

**SCHEDULE FOR 2nd INTERNATIONAL SUMMER SCHOOL  
»HEALTHY LIFESTYLE FOR AGING WELL«  
23. 5. – 3. 6. 2016**

**1st WEEK**

	<b>Day 1 Monday, 23. 5.</b>	<b>Day 2 Tuesday, 24. 5.</b>	<b>Day 3 Wednesday, 25. 5.</b>	<b>Day 4 Thursday, 26. 5.</b>	<b>Day 5 Friday, 27. 5.</b>	<b>Weekend Saturday, 28. 5.</b>	<b>Weekend Sunday, 29. 5.</b>	
<b>Moderating country</b>	<b>Slovenia</b>	<b>Finland</b>	<b>Portugal</b>	<b>Poland</b>	<b>Slovenia</b>			
<b>8:30 – 9:00</b>	Morning coffee and registration	Morning coffee and registration	Morning coffee and registration	Morning coffee and registration			Free time	
<b>9:00 – 9:30</b>	<b>Opening Address</b> by the dean of CNC and presentation of the Summer School Programme  Dean: <b>Gorazd Voga</b>  Welcome by CNC students	Lecture: <b>Safety environment for elderly</b>  Lecturer: <b>Satu Elo</b>	Lecture: <b>Mental health in Slovenia and Celje region - facts and challenges</b>  Lecturer: <b>Nuša Konec Juričič</b>	Lecture: <b>Forms of physical activity recommended in selected diseases of the elderly</b>  Lecturer: <b>Alina Deluga</b>	<b>All day excursion:</b> - Open-air museum: Franja Hospital – Hospital operating during 2 <sup>nd</sup> World War - Primorska Region  <b>(from 7:30 till 22:00)</b>	<b>Celjska koča (the Celje hut) – leisure activities</b>  Dinner at Celjska koča at 18:00  (from 15:00 – 20:00)		
<b>9:30 – 10:30</b>	<b>Getting to know each other</b>  Selection of the members of the workgroups	Workshop: <b>Evaluation of safety environment in various environments (checklist preparation)</b>  Lecturer: <b>Satu Elo, Helvi Kyngäs</b>	Lecture: <b>Clinical Governance and Mental Health</b>  Lecturer: <b>Nuno Araujo, Clara Simoes</b>	Workshop: <b>Preparing the plan of activation of an elderly person (case study)</b>  Lecturer: <b>Alina Deluga</b>				
<b>10:00 – 10:30</b>	Workshop: <b>Preparing of the expectations of students</b>  Activity leader: <b>Jerneja Meža</b>		Workshop: <b>Clinical Governance: Openness Questions to Elicit Elder Abuse</b>  Lecturers: <b>Nuno Araujo, Clara Simoes &amp; Portuguese students</b>					
<b>10:30 – 11:00</b>	Coffee break	Field work: <b>Evaluation of safety environment in various environments</b>						
<b>11:00 – 11:30</b>	Workshop: <b>Presentation of expectations of students</b>		Coffee break	Coffee break				

		(museum, library, municipality, health centre, hospital, shops, transport)					
11:30 – 12:00	Lecture: <b>Some key insights into the Aging of European Population</b>  Lecturer: <b>Jana Goriup</b>	Field work: <b>Preparation of presentations – Safety environment</b>	Lecture: <b>Nutrition</b>  Lecturer: <b>Nataša Vidnar</b>	<b>Introduction to Field Work – Walk Test</b>  Activity leaders: <b>Boris Miha Kaučič, Nataša Vidnar</b>			
12:00 – 13:00	Lunch			Lunch			
13:00 -13:30	Workshop: <b>What does “Aging Well” Mean? – reflections in groups</b>  Lecturer: <b>Jana Goriup</b>	Lunch	Workshop: <b>Visit of local farm “Podpečan” with homemade dairy products and degustation</b>	Free time			
13:30 – 14:00		Workshop: <b>Workshop presentation (15 min per group) and discussion</b>		Field Work: <b>Walk Test (City Park)</b>  Activity leaders: <b>Miha Kaučič, Nataša Vidnar</b>			
14:00 – 14:30		Lecturer: <b>Satu Elo, Helvi Kyngäs</b>					
14:30 – 15:00	Free time (preparing for the evening event)	<b>Afternoon Tour of Celje</b> (till 18:00)	Free time	<b>Reflections of Field Work</b>  Activity leaders: <b>Boris Miha Kaučič, Nataša Vidnar</b>			
15:00 – 15:30			Visit <b>Celje Castle</b> – optional (16:30-18:00)				
15:30 – 16:00							
16:00 – 16:30							
16:30 - ...				Free time			
19:00	Dinner	Dinner	Dinner	Dinner		Dinner at Celjska koča	Dinner
19:00 – 22:00	<b>International food fair and presentation of countries and faculties. Prepared by the students in MCC Hostel</b>						

## 2nd WEEK

	Day 1 Monday, 30. 5.	Day 2 Tuesday, 31. 5.	Day 3 Wednesday, 1. 6.	Day 4 Thursday, 2. 6.	Day 5 Friday, 3. 6.	Weekend Saturday, 4. 6.	Weekend Sunday, 5. 6.
<b>Moderating country</b>	<b>Finland</b>	<b>Finland</b>	<b>Portugal</b>	<b>Poland</b>	<b>Slovenia</b>		
8:30 – 9:00	Morning coffee and registration	Morning coffee and registration	Morning coffee and registration	Morning coffee and registration	Morning coffee and registration	Travelling home	/
9:00 – 9:30	Lecture: <b>Physical activities in aging: Physical performance and physical activity in senior-house living elderly people</b>  Lecturer: <b>Sinikka Lotvonen</b>	<b>PRESENTATION OF THE RESEARCH RESULTS OF HSE</b>  Main idea of research (research design about research project and research questions) (Portugal). 10 minutes  General information about research sample (Finland) 10 minutes  Brief information about HL in each country (Poland, Portugal, Finland, Slovenia). Not more than 10 minutes for each country. 4x10 minutes  Results – Health care (Poland); Disease prevention	Lecture: <b>The Challenge of Aging: Mental Health and the Elderly</b>  Lecturer: <b>Sara Gama</b>	Lecture: <b>Care ethics when caring for the elderly</b>  Lecturer: <b>Beata Dobrowolska</b>	Visit (two groups): - Celje General Hospital or - Celje Home for the Elderly		
9:30 – 10:00	Workshop: <b>How to promote physical activity in senior-house-living elderly</b>  Lecturer: <b>Pirjo Kaakinen and Maria Kääriäinen</b>		Workshop: <b>Instructions about the Group Field Work: Street Flash Interview</b>  Lecturers: <b>Sara Gama, Francisca Pinto and Raquel Esteves</b>	Lecture: <b>Codes of ethics for nurses – comparison between countries</b>  Lecturer: <b>Beata Dobrowolska</b>			
10:00 – 10:30			Group Field Work: Street Flash Interview: <b>“What does it mean Active Aging for you, getting old actively, with quality of life? What does it imply?”</b> Lecturers: <b>Sara Gama, Francisca Pinto &amp; Raquel Esteves</b>	Coffee break			
10:30 – 11:00			Workshop – <b>Preparation of guidelines for ethical care for the elderly</b>  Lecturer: <b>Beata Dobrowolska &amp; Justyna Warda</b>				
11:00 – 11:30	Coffee break		Coffee break	Coffee break			

11:30 – 12:00	Reception at the Major of Celje (Municipality of Celje)	<p><b>(Portugal); Health Promotion (Slovenia) - results comparison between countries. 3x20 minutes</b></p> <p><b>What tell us research results together? (Finland) 20 minutes</b></p> <p><b>Conclusions and what we must do in future in each country (each country presents own conclusions) 3x10 minutes</b></p> <p><b>Final discussion (moderator is Finland) 10 minutes</b></p>	Group Field Work: <b>Edition of the Street Flash Interviews (5 min. movie)</b>		<p>Workshop 1: <b>Exploring Possibilities in the Sense of “What can be done next” and what can be learned</b></p> <p>Workshop 2: <b>Guidelines for developing new programmes for healthy lifestyle of the elderly</b></p> <p><b>Final reflections and evaluations</b></p>		
12:00 – 13:00	Lunch	Lunch	Lunch	Lunch			
13:00 -13:30	Free time	Free time	Group Field Work: <b>Edition and Presentation of the Street Flash Interviews (5 min. movie)</b>	Free time			
13:30 – 14:00	Field work: <b>Trip to the Celje Tree House in the City Forest Nordic walking</b>	Afternoon trip to Ljubljana – capital city of Slovenia <b>(from 13.30 till 20:00)</b>	<b>Final reflections</b>	Workshop in Savinjska Business incubator: <b>E-Health applications</b>	Lunch		
14:00 – 14:30							
14:30 – 15:00			Moderator: Saša Lavrič				
15:00 – 15:30				Free afternoon			
15:30 – 16:00			Free afternoon				
...	Activity leaders: <b>Boris Miha Kaučič, Nataša Vidnar</b>		Free afternoon	Free afternoon			
19:00	Dinner	Dinner (at 20:00)	Dinner	Dinner	Dinner		
20:00				<b>Social Event in Celeia Sky</b>			