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# FISU HEALTHY CAMPUS

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Best Practices 2021

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PUBLISHED BY



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The FISU Healthy Campus project is an initiative that aims to enhance students' well-being in all aspects. FISU's objective with this project is to establish an interdisciplinary system dedicated to well-being, a healthy lifestyle & awareness among students regarding these aspects. The idea is also to share knowledge and best practices locally and globally between campuses using common references, and this publication is the first of many to come in the following years.

A 'FISU Healthy Campus Label' will be awarded to acknowledge the universities' efforts in improving the quality of life on their campuses, and 27 May 2022 will forever be a historic moment as the first certificates will be handed out to 42 Institutions of Higher Education.

FISU thanks all those who have worked and contributed in this programme, and in particular the Pilot Universities where the programme was first tested (University of Johannesburg, University of Lausanne, National University of La Matanza, Peking University, RUDN University, University of Torino and University of Western Australia) and the 30 international experts from the 5 continents who validated the Standard, a true reference for quality work in the well-being of the campus communities.

**Leonz Eder**  
FISU ACTING PRESIDENT





The constitution of FISU clearly mentions that FISU has a mission to act “for the health and well-being of students». Through the Healthy Campus programme, we have found a way to extend our activities to all students, not just elite student-athletes; we believe that FISU has a very important social responsibility and we want to reach millions of students.

After «bringing» the FISU headquarters to the Campus of the University of Lausanne, the Healthy Campus becomes symbolic and represents the ambition and achievement of working with universities as the roots of the development of university sport and well-being in a programme coordinated with our national and continental Member Associations.

This publication, with more than 100 Best Practices from the universities already certified with the Healthy Campus label is an excellent example of benchmarking and realises the goal of improving knowledge, and learning and adapting the best of what is done worldwide in all the domains of well-being.

Special thanks to the FISU staff and the Healthy Campus teams of all the universities for this excellent contribution to the development of the well-being of the campus communities.

**Eric Saintrond**  
FISU GENERAL  
SECRETARY





The FISU Healthy Campus programme is designed to help universities develop and improve health and well-being for all campus communities, while sharing global best practices of universities in the seven domains identified by the programme (physical activity and sport, mental health, nutrition, disease prevention, risk behaviour, environment, social responsibility and sustainability).

With 93 universities from more than 31 countries registered since 2020, this publication contains the best practices of the first year of operation of Healthy Campus programme and of the Universities already certified.

FISU, May 27, 2022



# Best Practices 2021

# Healthy Campus management

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**UNIVERSITY OF LAUSANNE**

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**Name of the project**

State of the art: UNI Santé – Healthy Campus project



**Domain**

Healthy Campus management



**Criteria**

#1 The university shall identify existing programmes related to the Healthy Campus scope in order to have an overview of what already exists as a base for implementing the approach.



**Keywords**

Collection of practice, state of the art, Health, UNIL Campus



**Target & Stakeholders**

Campus health managers and stakeholders



**Time & Frame**

May to December 2020



**Team & Staff**

Service des Sports Universitaires & UNISEP



**Description**

Students and staff use digital devices (cellphones, apps, and computers) to access information, write assessments and make bookings online and for support. UJ created online platforms to ease the workload and enable people to interact seamlessly.



**Main Goals**

Collecting current practices in relation to defined issues - Explore ways of thinking about achieving Healthy Campus recognition.



**Motivation & Vision**

To highlight the shortcomings in terms of operational and strategic health management in order to enter into a continuous improvement process.



**Evaluation**

We have obtained a comprehensive final document that gives a good overview of the existing actions on campus.



**Lessons Learnt**

We were able to identify our strengths, the main one being that the University of Lausanne is putting a lot of actions in place. We have also uncovered our weaknesses. A lack of coordination between all our actions is a fundamental one.



**Recommendations**

Communication between departments remains a crucial milestone in the final quality of this type of document. The actors must be integrated into the process and kept informed of the purpose of the document, which will also be made available to them.



Project Presentation



Project Presentation





**ISCTE - UNIVERSITY INSTITUTE OF LISBON**

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**Name of the project**

Strategic Action Plan 2018-2021



**Domain**

Healthy Campus management



**Criteria**

#3 The university shall enable the campus community to express their needs or make comments related to the Healthy Campus scope.



**Keywords**

University, Quality, Well-Being, Students, Staff, Development



**Target & Stakeholders**

Students and Staff



**Time & Frame**

2018-2021



**Team & Staff**

Integrated System of Quality Management (GEPQ)



**Description**

With the objective of further developing Iscte's regulation and services, Iscte gives their students and staff the opportunity to contribute to our improvement as a public institution.



**Main Goals**

To create efficient processes and a positive environment for Iscte's community.



**Motivation & Vision**

Define and achieve new objectives that will contribute for Iscte's development.



**Evaluation**

High participation by all of Iscte's community, which helped us have different perspectives on what processes we can improve and how we can improve them.



**Lessons Learnt**

It is crucial to give everyone an opportunity to express their opinion as a multi-perspective approach is essential to define new global objectives.



**Recommendations**

Define the process with rigor, encourage everyone to participate (including students through the pedagogical surveys), establish objectives that help to develop your institution and that contribute to create a better environment for everyone.



<p>Universidade de Lisboa, ISCTE-IUL</p> <p><b>Plano Estratégico e de Ação para o Quinquénio 2018-2021</b></p>
<p>Strategic Action Plan 2018-2021</p>
<p>Universidade de Lisboa, ISCTE-IUL</p> <p><b>Relatório Integrado de Atividades e de Gestão 2018</b></p>
<p>Integrated Report of Management and Activities</p>
<p>Boletim público</p> <p>1. Relatório de Atividades e de Gestão 2018 2. Relatório de Atividades e de Gestão 2019 3. Relatório de Atividades e de Gestão 2020 4. Relatório de Atividades e de Gestão 2021 5. Relatório de Atividades e de Gestão 2022</p>
<p>Public Forum Announcement</p>

**POLYTECHNIC INSTITUTE OF LEIRIA**

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**Name of the project**  
100% IN

**Domain**  
Healthy Campus management

**Criteria**  
#4 The university shall identify relevant stakeholders and their activities in relation to the areas of the Healthy Campus approach in order to benefit from synergies or propose new partnerships.

**Keywords**  
Stakeholders, synergies, partnerships, special needs

**Target & Stakeholders**  
Students with special needs

**Time & Frame**  
Year-round

**Team & Staff**  
PLeiria, Instituto P. António Vieira, and other stakeholders

**Description**  
Multidisciplinary social innovation project carried out in conjunction with the Padre António Vieira Institute to promote comprehensive responses for students with special needs ([www.ipleiria.pt/arquivo/projeto-100-in-e-marca-registada/](http://www.ipleiria.pt/arquivo/projeto-100-in-e-marca-registada/)).

**Main Goals**  
To promote the integral inclusion of students with special educational needs, involving the entire institution and the surrounding community in this mission of finding new solutions that allow to overcome obstacles.

**Motivation & Vision**  
To find and provide solutions that mobilize the integral inclusion of students with specific special needs and facilitate their subsequent transition to active life.

**Evaluation**  
More than 100 students with special needs got support from this project on its first year (2018/19); several initiatives (e.g., Hackaton 100% IN, Case Manager, Buddy 100% IN) have been strengthening the project.

**Lessons Learnt**  
It is essential to involve the community in multiple examples of good practices. The actions developed during an initial phase allowed to obtain an effective diagnosis of the situation of students with specific needs.

**Recommendations**  
The inclusion of students with special needs should be a key area of Universities and Polytechnics, assuming their contribution to Sustainable Development Goal 4 (Quality Education).



100% IN Project Presentation (1<sup>st</sup> slide)



Integrated Report of Management and Activities



One of Polytechnic of Leiria's adapted facilities

## ESTONIAN ACADEMY OF SECURITY SCIENCES

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### Name of the project

Healthy Campus  
Development Day



### Domain

Healthy Campus management



### Criteria

#5 The university leadership shall ensure that the needs of the campus community are identified and prioritised when developing the policy and objectives



### Keywords

Physical Activity and Well-Being, Involvement, Collaboration



### Target & Stakeholders

University students and staff



### Time & Frame

The first months after joining Healthy Campus



### Team & Staff

EASS Healthy Campus steering committee and volunteers



### Description

Development Day project included both, preparation activities and the Day. A large number of students and staff got acquainted with the criteria of HC during planning and preparations for the Development Day, and gave feedback on HC topics.



### Main Goals

Development Day helps to gather good practices that are already used in the academy and find new actions that the community needs. SWOT in all topics of HC and new activities plans were compiled.



### Motivation & Vision

Involve as many members of the community as possible, because they can all benefit from Healthy Campus.



### Evaluation

Development Day materials and preparation activities made EASS participation and Healthy Campus project visible to the whole University community. Over 100 members were involved, including members of the management.



### Lessons Learnt

Asking for opinion from the whole community is nothing to be afraid of. Proposals discussed during Development Day and written into strategic plan matter to the community and help to achieve Healthy Campus criteria.



### Recommendations

Be well prepared – select leaders for different topics and assign someone to take meeting minutes. A good way to organise discussion is breakout rooms with different topics, such as the World Cafe method. Share the official document with everyone.



Estonian Academy of Security Sciences



Healthy Campus Development Day



Development Day programme

UNIVERSITY OF COIMBRA

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**Name of the project**

Rector's Vision aligned with the Healthy Campus goals



**Domain**

Healthy Campus management



**Criteria**

#6 The university leadership shall demonstrate and communicate its commitment to implement, maintain and improve the Healthy Campus approach



**Keywords**

Vision, Healthy Campus main goals, Sport and well-being as a Strategic Pillar



**Target & Stakeholders**

Academic community



**Time & Frame**

All year



**Team & Staff**

Rectoral Team



**Description**

The Rector's vision is in line with the main goals of the Healthy Campus Project: "People are the most valuable resource at the University of Coimbra and their well-being is one of my personal commitments" (Amílcar Falcão, UC Rector).



**Main Goals**

Achieve the objectives that the University of Coimbra proposes under the Healthy Campus programme; Ensuring that sport, physical activity, well-being, risk prevention and sustainability play a central role in the mission of the University of Coimbra.



**Motivation & Vision**

Ensure and improve a healthy and active campus.



**Evaluation**

Positive impact reported through monitoring of the action plan carried out for the project.



**Lessons Learnt**

Through Healthy Campus it was possible to combine different areas working as one and enlarging the global impact of the project.



**Recommendations**

The Healthy Campus goals should be recognized in the rectoral team's strategy.



UNIVERSIDADE DE COIMBRA



Rector of the University of Coimbra



University Stadium Panoramic Photo



European Universities Games Coimbra



**POLYTECHNIC INSTITUTE OF LEIRIA**

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**Name of the project**

Healthy Campus and Quality of Life at Polytechnic of Leiria Campus



**Domain**

Healthy Campus management



**Criteria**

#7 The university leadership shall ensure that the Healthy Campus policy and objectives are established and compatible with the strategic direction of the university



**Keywords**

Healthy Campus, quality of life, Strategic plan



**Target & Stakeholders**

Polytechnic of Leiria Community



**Time & Frame**

2021-2025



**Team & Staff**

Healthy Campus Team and Polytechnic Presidency



**Description**

The objectives established for the Healthy Campus of the Polytechnic of Leiria are in line with the strategic direction of the institution, as evident in its Strategic Plan 2030.



**Main Goals**

- To have a reference towards the creation of conditions regarding well-being, quality of life and healthy lifestyles on campus
- Contribute to the achievement of the Sustainable Development Goals (SDGs) of the United Nations 2030 Agenda.



**Motivation & Vision**

To promote regional and national development through health, sport and well-being, materialized on the creation of a Healthy Campus.



**Evaluation**

Monitoring is constant. In addition to the annual evaluations, an intermediate evaluation of Healthy Campus is pointed out in 2023. Desirably, in 2025 a projection will be made for 2030, to follow the Strategic Plan 2030 of the Polytechnic of Leiria.



**Lessons Learnt**

It is crucial to have a constant dialogue with the Polytechnic of Leiria leadership so that Healthy Campus policy and objectives are compatible with its strategic direction. That is why Leadership representatives make part of Healthy Campus team.



**Recommendations**

To maintain a close relationship between Healthy Campus team and Institution Leadership.



*Polytechnic of Leiria Strategic Plan 2030*



*Healthy Campus meeting at Polytechnic of Leiria*



*Healthy Campus on Polytechnic of Leiria web page*

**TRINITY COLLEGE DUBLIN**

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**Name of the project**

Healthy Trinity Impact Report



**Domain**

Healthy Campus management



**Criteria**

#8 The university leadership shall ensure the evaluation process and review of the Healthy Campus approach at a frequency adapted according to the evolution of the internal and external context



**Keywords**

Impact, Health, Promotion, Strategy, Evaluation



**Target & Stakeholders**

Senior university management



**Time & Frame**

Once per annum



**Team & Staff**

All 9 Healthy Trinity working groups



**Description**

With so many champions and partners taking so many actions across campus, how can make sure management sees the diversity of work ongoing? Healthy Trinity worked together to identify categories for our actions.



**Main Goals**

To categorise the breadth of work delivered by Healthy Trinity under six headings. They are:

1. Events & Interventions,
2. Supportive Environment,
3. Living Lab,
4. Co-/curricular,
5. Funding,
6. Communications.



**Motivation & Vision**

Ensure and improve a healthy and active campus.



**Evaluation**

Healthy Trinity published its first impact report in Dec 2021. Link here: [www.tcd.ie/healthytrinity/assets/documents/Impact%20Report/Healthy%20Trinity%202021%20Final.pdf](http://www.tcd.ie/healthytrinity/assets/documents/Impact%20Report/Healthy%20Trinity%202021%20Final.pdf)



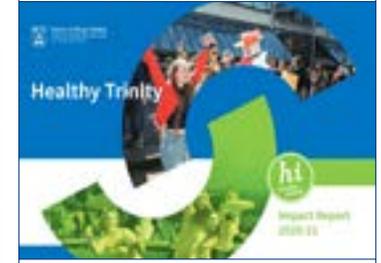
**Lessons Learnt**

Categorising actions under six headings makes it possible to create a report that shows management the breadth of health promotion activities on campus.



**Recommendations**

Other campuses might consider using the six headings we've identified as a means of classifying their work.



Impact report showing work under six headings



Activities completed in 2020/2021 under 6 headings



Images of health promotion on campus



**UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA**

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**Name of the project**

Board of Directors and Public Presentation



**Domain**

Healthy Campus management



**Criteria**

#9 The university shall define the long-term vision of Healthy Campus.



**Keywords**

Public Presentation, commitment



**Target & Stakeholders**

Maiêutica Board, students, professors, stakeholders



**Time & Frame**

23/02/2022 - Maiêutica Board and Healthy Campus Multidisciplinary Group;  
09/03/2022 - Public Presentation to all the campus community and stakeholders



**Team & Staff**

Maiêutica Healthy Campus Team, Marketing Department, Events Department, Healthy Campus Volunteers



**Description**

Following the official creation of the Group, we developed a Strategic Plan which was presented to the Maiêutica Board, Healthy Campus Multidisciplinary Group, together with the whole campus community and key stakeholders.



**Main Goals**

To make the programme public and known to the whole community. To bring all decision-makers together around the programme.



**Motivation & Vision**

The programme needed to have an impact on the whole community and bring together all key decision-makers.



**Evaluation**

All members of the Maiêutica Board were involved, and more than 250 students attended the public presentation. The enrolment in the programme of over 500 potential volunteers is an example of its success.



**Lessons Learnt**

Involving as many members of the community as possible is a good way to make the programme have an impact. A mobilising kick-off facilitates an effective implementation.



**Recommendations**

Invest in advertising and good internal and external communication. Design strategic events that convey the message in an impactful and dynamic way.



UMAIA Rector, Maiêutica Chairman, IPMAIA Chairman



Marketing material and volunteers.



Maiêutica Healthy Campus Team



**UNIVERSITY OF MINHO**

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**Name of the project**

Designing a Healthy Campus (Projetar UM Campus Saudavel) - FISU Healthy Campus Certification Programme



**Domain**

Healthy Campus management



**Criteria**

#10 The university shall establish and implement the strategy that results from the vision. It shall contain at least one strategic focus for each domain of th...



**Keywords**

UMinho, Activities, Certification, Well-being and quality of life, Academic Community



**Target & Stakeholders**

Academic Community and other UMinho services users



**Time & Frame**

Academic Year 2021/22



**Team & Staff**

Organisational Units and Services of UMinho; Student association



**Description**

Creation of a FISU HC programme certification team and creation of an operational team to implement the outlined actions; Establish a monitoring committee of the FISU HC programme, created to ensure collaboration between the various university bodies.



**Main Goals**

Certify UMinho activity in terms of well-being and quality of life; Share UMinho best practices in Healthy Campus areas; Develop strategic plan to develop new initiatives; Improve levels of satisfaction/involvement of the academic community in HC activities.



**Motivation & Vision**

Promote quality of life/well-being for academic community. Recognize physical activity/sport to adopt healthy lifestyles. Contribute to internal cohesion of the institution and for the construction of a future based on the principles of sustainability.



**Evaluation**

The responsible for the FISU Healthy Campus programme shall carry out an audit at the end of the year, to understand the next steps to take in the future, taking into consideration an deep analyse of the positive and negatives in implementation process of the strategy created.



**Lessons Learnt**

The HC programme was used as a tool and as a cornerstone to facilitate synergies between public health and sustainable development with the concern of creating healthy exploring, learning, living, sustainable environments for the academic community.



**Recommendations**

Promote the cooperation of the various organisational units and services of UMinho, not just as mere consultative elements, but as active partners in the execution of programmes and actions. Develop a marketing and communication plan for promotion and dissemination.



UMinho Sports Complex - Braga



UMinho Canteen



"One Tree for each Athlete" Project

**POLYTECHNIC INSTITUTE OF LEIRIA**

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**Name of the project**  
Managing a Team

**Domain**  
Healthy Campus management

**Criteria**  
#12 The university leadership shall identify roles and responsibilities to manage the Healthy Campus approach

**Keywords**  
Executive coordination team, sectorial teams

**Target & Stakeholders**  
Healthy Campus Team

**Time & Frame**  
Healthy Campus Lifetime

**Team & Staff**  
Healthy Campus Team and Polytechnic Presidency

**Description**  
Healthy Campus has executive coordination and sectorial teams. Of these, the most directly linked to the Coordination and Management of Healthy Campus are the Project Coordination Executive Team and Project Management Team.

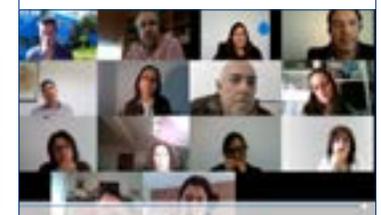
**Main Goals**  
Teams have to:  
– Coordinate, prepare and submit the application of the Polytechnic of Leiria to the Healthy Campus Programme of FISU  
– Implement, monitor and improve the Healthy Campus approach, focusing on collaboration and sharing between services.

**Motivation & Vision**  
A strong and united team focusing on Polytechnic of Leiria' s well-being, with regular meetings over time.

**Evaluation**  
Positive, with the feeling that we are contributing to a healthier Campus through close relationships between Healthy Campus team(s) and Polytechnic of Leiria Leadership.

**Lessons Learnt**  
Teamwork takes you further! Different teams can reveal unexpected points of view in different fields, allowing for an unusual, while effective, approach strategy.

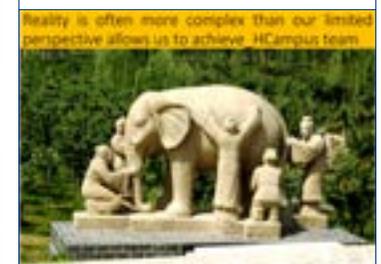
**Recommendations**  
Regular contacts are crucial. Share what you have and ask collaboration whenever needed.



One of the several Healthy Campus Team meetings



Order of constitution of the Healthy Campus team



Why having such a diverse team on Healthy Campus



**UNIVERSITY OF RIO VERDE**

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**Name of the project**

Management Committee of the Healthy Campus Program at UniRV - University of Rio Verde



**Domain**

Healthy Campus management



**Criteria**

#13 The university shall name an institutional and operational responsible person to lead and support the Healthy Campus approach.



**Keywords**

Leadership, Commitment, Responsibilities, Commission, Global Healthy Campus Development



**Target & Stakeholders**

UniRV Leadership, operational and sectoral management of Healthy Campus



**Time & Frame**

Since the implementation of the Programme, continuity and mandate of the members of the Commission



**Team & Staff**

Institutional Coordinator, Representative of the University Council, Professors, Staff and Students



**Description**

By joining the FISU Campus Healthy, UniRV identified the need to establish a management committee responsible for the implementation, management, and monitoring the activities to achieve the programmes's objectives.



**Main Goals**

Appoint a person with institutional political and strategic responsibilities for the internal coordination of the Healthy Campus at UnivRV, and appoint a person with external operational work with FISU in terms of communication and development of the domains and criteria established by the Programme. The coordination team monitors and supports all the work developed by these two people.



**Motivation & Vision**

Cohesion between representatives of the University's top Management and representatives of Professors, Students and Staff is decisive for the successful communication and implementation of the programme.



**Evaluation**

The evaluation of the work of the institutional and operational responsible persons is done annually by the number of criteria achieved and the quality of activities and events, as well by the annual reports produced by FISU. The responsible team will help those two responsible to define other objectives and intermediate goals to better monitor the programme.



**Lessons Learnt**

The nomination of the responsible staff with the support of representatives of the different groups at the University, will increase personal motivation and a very high sense of institutional cohesion.



**Recommendations**

It is important to define the responsibilities, goals and objectives of institutional and operational responsible person and members of the team for its success. As a strategy to improve the role of each one, it is important to create a framework of responsibilities and relationships between team members.



UniRV Rector Prof. Albert Barella



University of Rio Verde



UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

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**Name of the project**

Healthiest Campus in Qatar



**Domain**

Healthy Campus management



**Criteria**

#15 The university leadership shall ensure the availability of resources for the Healthy Campus approach (human resources, financial resources)



**Keywords**

Healthy Campus, Research, Faculty, Students



**Target & Stakeholders**

Students and Faculty/ Staff members on campus



**Time & Frame**

Ongoing – throughout the academic/fiscal year



**Team & Staff**

Campus Wide



**Description**

The Executive seek to position the wellness of students and staff as a distinct priority and differentiator for the university. UDST has enhanced wellness initiatives as part of the Campus Wellness Policy and Strategy designed to achieve the same.



**Main Goals**

Encourage and engage students & staff to live a healthy, productive and meaningful lifestyle through a comprehensive menu of services and supports to address the current needs while reinforcing a foundation of positive healthy choices going forward.



**Motivation & Vision**

UDST strives to be the region's healthiest university. To achieve that purpose, a number of initiatives have been initiated and related resource commitments have been planned and supported.



**Evaluation**

To secure required resources, data gathering is required to inform evidence based decisions. Staffing cannot be expanded, programmes cannot be enhanced without suitable information to substantiate the initial commitment and longer term sustainability.



**Lessons Learnt**

Wellness is important in a post-secondary educational environment given the significant stressors associated with balancing academic and other priorities. Students and employees have different wellness needs. However, both needs should be addressed.



**Recommendations**

Leadership needs to be engaged, need to be aware of the value of wellness to the Campus population and they have to advocate for the positioning of wellness as a key component in the strategic direction of the Institution.



Presidents Statement on the importance of Wellness



Executive support for multiple domains



Commitment to diverse wellness interpretation

## ESTONIAN ACADEMY OF SECURITY SCIENCES

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### Name of the project

Fundraising for Healthy Campus activities



### Domain

Healthy Campus management



### Criteria

#16 In accordance with the Healthy Campus vision and strategy, the university shall plan, implement, evaluate, and improve fundraising processes related to one or several domains of the Healthy Campus scope



### Keywords

Physical Activity and Well-Being, Fundraising, Volunteers



### Target & Stakeholders

University community, companies, funds



### Time & Frame

Always when planning future activities



### Team & Staff

EASS Sports club and Student Council



### Description

EASS Sports club representatives plan costs and fulfil the applications to get funding for Healthy Campus activities and bigger sports events. Student Council members ask support from the companies for competition awards.



### Main Goals

Extra funding creates opportunities for wider projects and more activities, students get experience how to work together with companies for mutual benefits.



### Motivation & Vision

Healthy Campus programme activities and values need besides voluntary support also material support, which can come from different sources.



### Evaluation

Cultural Endowment of Estonia has funded EASS Healthy Campus activities twice. Awards have been donated by 21 companies during first year of Healthy Campus programme.



### Lessons Learnt

If you don't ask support, you don't get it, but if you ask and can show good reasons to use extra money for students' health, you might get something for extra costs and widen your list of activities.



### Recommendations

Ask funding in such amount which is notable for extra activities. Be realistic, don't exaggerate. Make plan B with less activities and costs if funding is not enough. If you don't get support, don't hesitate to ask again from different sources.



Student Council presenting prizes from companies.



EASS mascot with sponsors' prize.



Sponsored introduction to new sports.

**WATERFORD INSTITUTE OF TECHNOLOGY**

WEBSITE [WWW.TCD.IE](http://WWW.TCD.IE) CONTACT SOCIAL MEDIA PLATFORMS: @WITVIKINGSSPORT



**Name of the project**

Lets Get Fundraising



**Domain**

Healthy Campus management



**Criteria**

#16 In accordance with the Healthy Campus vision and strategy, the university shall plan, implement, evaluate, and improve fundraising processes related to one or several domains of the Healthy Campus scope



**Keywords**

Sport, Physical Activity, Positive Experience, Fundraising, Good Health, and Wellbeing



**Target & Stakeholders**

Students



**Time & Frame**

All Year



**Team & Staff**

WIT Vikings & Wider WIT Community



**Description**

WIT Vikings are responsible for providing opportunities & structures that embeds health & wellbeing into all aspects of campus culture. In accordance with vision and strategy, WIT implements & evaluates fundraising processes annually.



**Main Goals**

To provide students of every level with a positive experience of a healthy campus through Sport & Physical Activity, Mental & Social Health, Nutrition, Disease Prevention, Risk Behaviour & Environ, Sustainability & Social Responsibility initiatives.



**Motivation & Vision**

To provide students with the highest standard sport & physical activity facilities to allow them to achieve upmost health and wellbeing.



**Evaluation**

This has had a positive impact thus far, it has allowed students to understand the fundraising process & has contributed directly into enhancing their programmes.



**Lessons Learnt**

Give students the resources and guidance and they will excel.



**Recommendations**

An effective marketing campaign is essential.



WIT VIKING GAA PRESENTS  
**COUNTY COLOURS NIGHT**  
MONDAY 7TH OCTOBER  
THE DOME BAR  
9PM | ADM €5

TICKETS ON SALE NOW FROM THE VIKING SPORTS OFFICE | LIVE MUSIC FROM THE DEVINE INTERVENTION



**UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA**

WEBSITE [WWW.ISMAI.PT/PT](http://WWW.ISMAI.PT/PT) AND [WWW.IPMAIA.PT/PT/](http://WWW.IPMAIA.PT/PT/) CONTACT [HEALTHYCAMPUS@MAIEUTICA.PT](mailto:HEALTHYCAMPUS@MAIEUTICA.PT) EMAIL [HEALTHYCAMPUS@MAIEUTICA.PT](mailto:HEALTHYCAMPUS@MAIEUTICA.PT)



**Name of the project**

Communication Plan



**Domain**

Healthy Campus management



**Criteria**

#18 The university shall implement an appropriate communication policy to internal and external stakeholders. The communications policy shall be relevant to the campus community, delivering with efficiency the right messages, at the right moment, to the right individuals.



**Keywords**

Internal communication, External communication



**Target & Stakeholders**

All Campus community and stakeholders



**Time & Frame**

All Year



**Team & Staff**

Marketing Department and Events Department



**Description**

Using existing resources (e.g., the Marketing Department and the Events Department), we established a set of procedures to create an internal and external communication plan, namely for our stakeholders and students.



**Main Goals**

To communicate clearly and effectively using formal and digital channels, through a single image (Maiêutica Healthy Campus), leveraging existing resources such as events organisation and marketing.



**Motivation & Vision**

A programme depends on a strong image and an effective communication plan. We are committed to setting up a corporate and unique image for Maiêutica Healthy Campus. By creating synergies, we will have a robust implementation and communication.



**Evaluation**

All activities and initiatives directly or indirectly related to Maiêutica's Healthy Campus programme are announced on Campus TVs, posted on official social media, and promoted through an existing mailing list.



**Lessons Learnt**

The impact of any event or initiative is greatly enhanced when there is an information dissemination campaign. Without appropriate advertising, the event/initiative can be very limited in its reach.



**Recommendations**

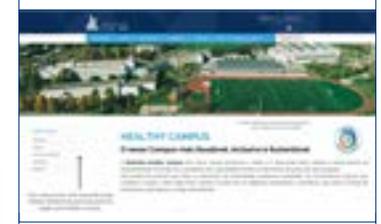
Planning initiatives/events in advance allows you to create more appealing and impactful communication materials. Their dissemination through multiple channels requires strategies that need time to have the desired effect.



Maiêutica Healthy Campus' official brand logo

Item	Value	Objective	Actual	Delta
1. Marketing Budget	10000	10000	10000	0
2. Marketing Activities	5000	5000	5000	0
3. Marketing Materials	2000	2000	2000	0
4. Marketing Campaigns	1500	1500	1500	0
5. Marketing Events	1000	1000	1000	0
6. Marketing Partnerships	500	500	500	0
7. Marketing Research	300	300	300	0
8. Marketing Analytics	200	200	200	0
9. Marketing Reporting	150	150	150	0
10. Marketing Evaluation	100	100	100	0
11. Marketing Improvement	50	50	50	0
12. Marketing Innovation	30	30	30	0
13. Marketing Sustainability	20	20	20	0
14. Marketing Compliance	15	15	15	0
15. Marketing Security	10	10	10	0
16. Marketing Transparency	5	5	5	0
17. Marketing Accountability	3	3	3	0

Cloud shared with the Marketing Department



Landing page on the official website



UNIVERSITY OF COIMBRA

WEBSITE WWW.UC.PT CONTACT PERSON FILIPA GODINHO EMAIL FILIPA.GODINHO@UC.PT



**Name of the project**

Be Healthy Campaign



**Domain**

Healthy Campus management



**Criteria**

#19 The university shall conduct at least one communication campaign per year for each domain of the Healthy Campus scope



**Keywords**

campaign, be healthy, be active, take care, eat healthy, reduce, reuse and recycle, organise time



**Target & Stakeholders**

Academic community



**Time & Frame**

annually



**Team & Staff**

UC Healthy Campus Multidisciplinary Team



**Description**

During six weeks a campaign was launched in the six Healthy Campus areas: Physical activity; mental and social health; nutrition, disease prevention, risk behaviour, environment, social responsibility and sustainability.



**Main Goals**

The campaign aimed to challenge the academic community to change or adjust habits and promote the programme and its areas of activity. The campaign aimed to challenge the academic community to change or adjust habits and promote the programme and its areas of activity.



**Motivation & Vision**

Promotion of active and healthy lifestyles; Promote the healthy campus; Implementation of the strategic plan for Healthy Campus UC.



**Evaluation**

The campaign had a very positive impact and some members of the academic community shared pictures on social media performing the challenges.



**Lessons Learnt**

Communication and dissemination of the projects are essential to achieve the defined goals.



**Recommendations**

Run campaigns that encourage actions, not just the transmission of ideas or sharing of images.



Be Healthy Campaign



Be Healthy Campaign | nutrition



Be Healthy Campaign | disease prevention

UNIVERSITÉ LIBRE DE BRUXELLES

WEBSITE WWW.ULB.BE CONTACT ULB-SANTE@ULB.BE



**Name of the project**

Each department has its own network of external stakeholders



**Domain**

Healthy Campus management



**Criteria**

#21 The university collaborates with external stakeholders in projects regarding the Healthy Campus scope



**Keywords**

ULB Santé, O'yes asbl, Health promotion, education in emotional and sexual relationships



**Target & Stakeholders**

Students



**Time & Frame**

All the year



**Team & Staff**

ULB Santé, O'yes, Modus Vivendi, Fares, suicide prevention center, sexual violence management center



**Description**

Each department has its own network of external stakeholders. E.g.: ULB Santé organises 2 awareness days about sexual health in October with its associative partners: "ça m'saoule... j'ai plus de capotes"



**Main Goals**

Prevention and promotion of health through an external association network at the university



**Motivation & Vision**

The partners train students at the university, creating civic participatory initiatives among students, making them: Citizens Responsible, Assets, Critic and Solidarity



**Evaluation**

31 trained students, 300 sensitized students



**Lessons Learnt**

Train and raise awareness about sexual health among young people (aged 15-30) through peer education in order to change mentalities and improve behaviour in the long term



**Recommendations**

Continue to work with experts' partners from different area of expertise



Training of students of "Ca m'saoule" project



Poster of the event





**AUTONOMOUS UNIVERSITY OF BARCELONA**

WEBSITE [WWW.UAB.CAT](http://WWW.UAB.CAT) CONTACT [WWW.UAB.CAT/RSU](http://WWW.UAB.CAT/RSU) & [RESPONSABILITAT.SOCIAL@UAB.CAT](mailto:RESPONSABILITAT.SOCIAL@UAB.CAT)



**Name of the project**

REUPS (Spanish network of health promoting universities)



**Domain**

Healthy Campus management



**Criteria**

#22 The university shall participate in national networks of universities.



**Keywords**

health promotion, well-being, life quality, university community, healthy campaigns



**Target & Stakeholders**

University Students and Workers



**Time & Frame**

All year



**Team & Staff**

60 Spanish Universities



**Description**

66 Spanish universities (<https://www.unisaludables.es/es/miembros>) form the Spanish Network of Health Promoting Universities with the aim of sharing experiences and jointly promoting healthy living habits as well as specific actions such as the prevention of addictions, healthy eating or physical exercise. The Network operates with working groups and meets twice a year. In these meetings the advances of the groups are explained and new topics are proposed.



**Main Goals**

The mission of the network is to become a space for exchange, reflection and analysis of issues that affect the field of health promotion and the development, implementation and evaluation of projects that promote healthy environments.



**Motivation & Vision**

To be an organisation recognized as a representative body of the associated universities and for its proactivity in promoting health.



**Evaluation**

The network has a sovereign body, the Plenary, which meets twice a year and where the president reports the activity of the network and the application of the agreements.



**Lessons Learnt**

Universities have similar problems and joint action helps in developing solutions.



**Recommendations**

Promote meetings and conferences where good practices are shared, and working groups that deal with common problems.



**UAB**  
Universitat Autònoma de Barcelona



Campaign "Social relationships, source of health"



Campaign "Your future is up in the air"



Campaign "Dare to break with tobacco"

**UNIVERSITY OF ANTWERP**

WEBSITE [HTTPS://WWW.UANTWERPEN.BE/EN/](https://www.uantwerpen.be/en/) CONTACT [INTERNATIONALOFFICE@UANTWERPEN.BE](mailto:INTERNATIONALOFFICE@UANTWERPEN.BE)



**Name of the project**

UAntwerp as a member of international networks



**Domain**

Healthy Campus management



**Criteria**

#23 The university shall participate in international networks of universities



**Keywords**

international, networks, young universities, education, research, student & staff mobility



**Target & Stakeholders**

international HE-networks, IRO's of other Universities



**Time & Frame**

A continuous cycle of planning, doing, checking and acting



**Team & Staff**

Central level IRO+faculties jointly steer internat. policy



**Description**

The central government (IRO) of the university as well as the faculties are the main drivers of new developments, including the creation or joining of networks. A good example is the YUFE partnership, one of Europe's first new generation universities.



**Main Goals**

UAntwerp wishes to be a driver of change in international higher education. Joining forces with likeminded institutions ensures a scale that facilitates change and reinforces positive outcomes.



**Motivation & Vision**

UAntwerp is dedicated to providing all its students and staff with international and intercultural competences during their student/staff journey. Being a part of international networks is part of the answer to this challenge.



**Evaluation**

The evaluation is done regularly with bottom-up as well as top-down and frank appraisals of outcome. Erasmus collaborations e.g. are scrutinized every five years. The networks or contract that haven't met expectations, are not renewed.



**Lessons Learnt**

International relations are a permanent source of learning opportunities. Learning processes vary from assessing the differences in academic approaches, over finding administrative/financial solutions to complex issues, to practical troubleshooting



**Recommendations**

Invest enough time in building personal relationships between partner institutions. A network can flourish only on a solid basis. Top-down initiatives seldom work. A broad array of people in every institution should find a "win" in the partnership.



University of Antwerp Campus



University of Antwerp Campus



Networking at University of Antwerp



**UNIVERSITY OF LAUSANNE**

WEBSITE [HTTPS://SPORT.UNIL.CH/?MID=105](https://sport.unil.ch/?mid=105) CONTACT PERSON SONIA MATTHEY EMAIL [SONIA.MATTHEY@UNIL.CH](mailto:SONIA.MATTHEY@UNIL.CH)



**Name of the project**

Jours Santé - Healthy Days



**Domain**

All domains of Healthy Campus



**Criteria**

#24 - The university organises for the campus community, at least one annual event, to bring together different areas of the Healthy Campus.



**Keywords**

Healthy days, Sustainable health, federating health stakeholders around a common event, Testing innovation.



**Target & Stakeholders**

The entire university community



**Time & Frame**

1-5 days in the first week of October



**Team & Staff**

SSU + health actors UNIL



**Description**

Since 2016, the University of Lausanne has been organising the Healthy Days event: an event to which the various players in the health sector are invited in order to popularise the information and make it accessible to the university community. In addition, the community has access to new technologies incubated at the Sport and Health Center (Centre Sport et Santé - CSS).



**Main Goals**

To bring together health stakeholders at the same event. Propose health solutions to the community. Make the link with the technologies incubated at the CSS.



**Motivation & Vision**

To convey key health messages while promoting information and easy access to the well-being, making the topic of "sustainable health" a common interest.



**Evaluation**

The number of collaborations around the event continues to grow. Every year, the objectives are achieved and supplemented by new collaborations. The number of participants in the event and in the sessions is constantly increasing. Those respond to a real demand and allow the employees to better manage their health in their work/study environment.



**Lessons Learnt**

Universities have similar problems and joint action helps in developing solutions.



**Recommendations**

Promote meetings and conferences where good practices are shared, and working groups that deal with common problems.



Amhipole building: participants in front of the "health village" booth.



Amhipole building: Swissball session



Internef building : Testing Pandafit technology

**WATERFORD INSTITUTE OF TECHNOLOGY**

WEBSITE [WWW.WIT.IE](http://WWW.WIT.IE) CONTACT @WITVIKINGS SPORT & WIT ARENA SOCIAL MEDIA



**Name of the project**

WIT Healthy Campus Beyond The Norm



**Domain**

Healthy Campus management



**Criteria**

#25 The university organises, for the campus community, events, workshops, conferences, seminars and/or trainings that cover each domain of the Healthy Campus scope emphasising alignment with SDGs, human rights and related policy at national and international levels.



**Keywords**

Healthy Campus, Campus Community, Well-Being, Human Rights, Reduce Inequalities, Spreading Information



**Target & Stakeholders**

University Students & Staff



**Time & Frame**

All year



**Team & Staff**

Waterford IT, WIT Vikings Sport, WIT Arena



**Description**

Waterford IT organises a number of educational events or workshops that aim to educate the campus population about the different domains that make up the healthy campus.



**Main Goals**

Educate on the different domains - Physical Activity - Nutrition - Disease Prevention - Mental & Social Health - Risk Behaviour



**Motivation & Vision**

Provide an array of different events open to all members of the WIT community. Educate and open their minds to all the different aspects of health and well-being.



**Evaluation**

All events had a positive impact on campus community members. Students are beginning to engage more with all different aspects of physical health & well-being not just physical activity.



**Lessons Learnt**

Introduce topics and then listen to students about how we can improve events & being new ideas.



**Recommendations**

Better advertisement & promotional campaign around each event.



Waterford Institute of Technology



Professor Ciara Losty - open psychology event



Catherine Norton - Sexual Health



WIT Student Physical Health Education Seminar



**Name of the project**

PsyCaD and CAT Online Support



**Domain**

All domains of Healthy Campus



**Criteria**

#26 The university shall use digital technologies to recommend healthy activities adapted to individuals in the campus community and to advise them according to their needs and resources.



**Keywords**

Online, Digital technologies, innovative and evolving, blended teaching and learning



**Target & Stakeholders**

Staff and Students, PsyCaD and CAT



**Time & Frame**

Entire Year (All-year round)



**Team & Staff**

Coordinators, Academic Advisors, Lecturers, IT Specialists



**Description**

Students and staff use digital devices (cellphones, apps, and computers) to access information, write assessments and make bookings online and for support. UJ created online platforms to ease the workload and enable people to interact seamlessly.



**Main Goals**

To support both staff and students to access technological tools and support in teaching and learning as well as working. To fulfil our vision of 21st-century skilled academia at UJ.



**Motivation & Vision**

The objectives that support the work of each of the three components are to support community-based management processes; provide scaffolded & just-in-time support; drive transformative learning practices & promote the use of cross-platform applets.



**Evaluation**

Using platforms like Blackboard & U-Link has provided an easier & convenient way of interaction between academic staff & students. Access to such platforms means that teaching & learning can continue both on and/or off the campuses. Positive impact.



**Lessons Learnt**

Many students' pass rate has significantly improved during the pandemic. They had enough time to study and the convenience of writing assessments online. Many people had access to services they normally never considered when they were on campuses.



**Recommendations**

A blended/hybrid learning environment is a better option for education institutions. Both Staff & students need to have options to learning & studying - some people excel in using online technology while others prefer the in-contact approach.



Disability Unit

Two UJ students using a computer laboratory.



Students Use Smartphones to Access Services



Booking Method: Tests & exams, access information



**MURDOCH UNIVERSITY**

WEBSITE [HTTPS://WWW.MURDOCH.EDU.AU/](https://www.murdoch.edu.au/) CONTACT [HTTPS://WWW.MUACTIVECALENDAR.COM/](https://www.muactivecalendar.com/)



**Name of the project**

Active Campus Calendar



**Domain**

Healthy Campus management



**Criteria**

#26 The university shall use digital technologies to recommend healthy activities adapted to individuals in the campus community and to advise them according to their needs and resources.



**Keywords**

University Clubs & Societies, Well-Being, Promote student connection, Active living, Student-led



**Target & Stakeholders**

University Students & Staff



**Time & Frame**

All year



**Team & Staff**

Murdoch Active Staff



**Description**

The Murdoch Active Campus Calendar project endeavours to track all the student-led events at Murdoch University on one calendar. We've recently added a second calendar for Murdoch staff that tracks opportunities for staff to get active.



**Main Goals**

Provides a comprehensive visual guide to a weekly social activity calendar for students and staff to find social, hobby, or learning events to enhance their university experience.



**Motivation & Vision**

To show the broad variety of campus events and activities available for students and staff to engage with and keep physically and mentally active as they pursue their academic careers.



**Evaluation**

Continued engagement with the calendar by students and a desire to see it replicated for staff have shown the calendar is a resource that has immediate returns on student activity by demonstrating how busy campus life is throughout the year.



**Lessons Learnt**

To combat the common complaint we heard from first year students, we've learned it's important to provide a visual representation of campus life so students can plan their social calendars, and discover opportunities outside of their coursework.



**Recommendations**

Develop a CMS system that allows student clubs and societies to manage their social calendars. Demonstrate value by ensuring to provide an accurate and up-to-date calendar of events. Assist clubs by promoting key events to the university community.



Mascot designed by a Murdoch University student.



A snapshot of student-led events mid semester.



Example of the promoted weekly event roundup.



**UNIVERSITY OF ST.GALLEN**

WEBSITE [HTTPS://WWW.UNISG.CH/](https://www.unisg.ch/) CONTACT UNIVERSITY SPORTS DEPARTMENT



**Name of the project**

Everyday University life



**Domain**

Healthy Campus management



**Criteria**

#27 The university shall plan and carry out at least weekly activities related to one or several Healthy Campus domains



**Keywords**

Healthy campus, sports, nutrition, sustainability, mental health, campus community, Healthy Campus



**Target & Stakeholders**

Campus community



**Time & Frame**

Daily



**Team & Staff**

Unisport, counselling services, cafeteria, student clubs



**Description**

At the University of St. Gallen, we have daily activities relating to the various Healthy Campus Domains. These consist of a multitude of sports activities, healthy food choices, and frequent events regarding sustainability or mental health.



**Main Goals**

The main goal is to promote a healthy and balanced lifestyle amongst the campus community and to increase awareness for the Healthy Campus pillars. Through this, the University is encouraging students to take part in building a sustainable future.



**Motivation & Vision**

One of the principles of the University of St. Gallen's is to make use of our social, economic and natural resources in a sustainable way, starting in our daily lives.



**Evaluation**

The University of St. Gallen has always had a lot of sports activities. In recent years, the University has expanded its focus on activities relating to sustainability and mental health topics. These events promote a healthy learning environment.



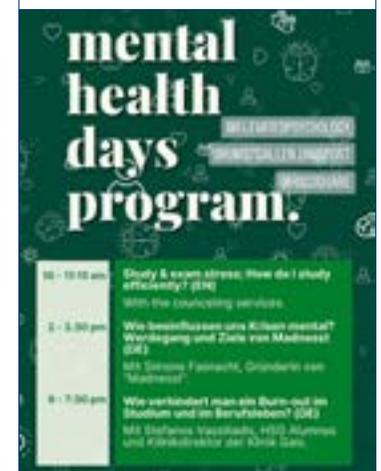
**Lessons Learnt**

Members of the campus community are keen to take part in activities relating to Healthy Campus pillars. By providing enough activities, the University can ensure that all students are given the opportunity to participate and make their voices heard.



**Recommendations**

These daily activities are organized by various University departments and committees as well as student clubs. Student involvement and initiative is necessary to ensure that these events are successful and to evoke change.



Mental Health Days promoted on social media



TRX class as one of the daily sports activities



Student Involvement through Sustainability clubs



**KING'S COLLEGE LONDON**

WEBSITE [HTTPS://WWW.KCL.AC.UK/](https://www.kcl.ac.uk/) CONTACT [KCL.AC.UK/SPORT](mailto:kcl.ac.uk/sport) EMAIL [KINGSSPORT@KCL.AC.UK](mailto:kingssport@kcl.ac.uk)



**Name of the project**

King's College London | King's Sport BeActive



**Domain**

All domains of Healthy Campus



**Criteria**

#28 The university proposes a minimum number of free of charge activities or at an affordable price for each area of the Healthy Campus scope.



**Keywords**

Physical Activity, Social Sport & Wellness



**Target & Stakeholders**

University Students



**Time & Frame**

Throughout the academic year September - June



**Team & Staff**

King's Sport, King's Residences & Academic Partners



**Description**

We provide a number of free initiatives for our community to stay active and well, via digital technology and at our Sport & Wellness Clinic and Gyms. All students living in King's Residences have access to our BeActive programme and Halls Gyms.



**Main Goals**

Reduce barriers to sport and physical activity whilst improving the wellness of the King's Community. Our aim is to make activity inclusive and accessible, taking place close to where our students and trying to enable an optimal state of health.



**Motivation & Vision**

Aiming to work in collaboration with partners across the University, to contribute to the education and extra-curricular experience through co-creation. To encourage active lives by reducing barriers of time, cost and location in accessing services.



**Evaluation**

Annually, we have over 9,000 active members of our community through the King's Move platform. 60%+ of our Halls students are active via Halls Gyms each month. As well as 300+ attendances to our Wellness clinic in the first few months of launching.



**Lessons Learnt**

King's has over 40% international students, living across 11 residences so providing the right activities to the right students can be a challenge. We aim to use data and insight to inform what works, as well as receiving constant feedback



**Recommendations**

Try to put activity at the heart of where your community is, and aim to build financially sustainable models of activity that enables activities to be free to the community. Supported via a digital and hybrid approach to extend reach and flexibility.



Students taking part in yoga on campus.



Rave Run, the sights on London through activity.





UNIVERSITY OF PORTO

WEBSITE CDUP.UP.PT CONTACT PERSON CATARINA SAMPAIO EMAIL CATARINA.SAMPAIO@CDUP.UP.PT



**Name of the project**

Get your ball and be active



**Domain**

Healthy Campus management



**Criteria**

#28 The university proposes a minimum number of free of charge activities or at an affordable price for each area of the Healthy Campus scope.



**Keywords**

University Sport, Physical Activity, Good Health and Well-Being, Reduce Inequalities, University Students, Outdoor Activities, Free Use, Covid19.



**Target & Stakeholders**

University Students



**Time & Frame**

All year. Since September 2020, from 9am to 5 pm



**Team & Staff**

U.Porto Sport Center



**Description**

With the opening of the renovated University Stadium, launched a campaign for free use of outdoor spaces. U,Porto are invited to use the outdoor fields (football 11, football 7 and football 5) freely, just have to join a group of friends, bring a ball and use the facilities between 9 am and 5 pm.



**Main Goals**

Promote physical activity without major restrictions or regulations in which the rules of the game are defined by the participants; Make the renovated university stadium known as the new home of sport.



**Motivation & Vision**

Present the university sports facilities to all students as this will help them be active during the Covid-19 pandemic.



**Evaluation**

Positive impact despite the restrictions on COVID. Students have joined the initiative well and are already organising themselves in groups to come and play. The evaluation is made by the number of users separated from those already registered in previous activities and new users.



**Lessons Learnt**

It is important to give space to students to be able to decide without stricter timetable constraints and compliance with strict rules for informal sporting practice.



**Recommendations**

Carry out a good promotional campaign. This activity was designed for a special period of restrictions, but constituting itself as a success it will continue for the future, taking advantage of hours of less use of indoor and outdoor sports facilities.



University Stadium, University of Porto.



Ball in hand free use participants.



Rectory University of Porto, Praça dos Leões, Porto.



UNIVERSITY OF COIMBRA

WEBSITE [HTTPS://WWW.UC.PT/](https://www.uc.pt/) CONTACT [HTTPS://WWW.UC.PT/HEALTHYCAMPUS/](https://www.uc.pt/healthycampus/) EMAIL [FILIPA.GODINHO@UC.PT](mailto:filipa.godinho@uc.pt)



**Name of the project**

Healthy Campus Multidisciplinary Team, Reports and Surveys



**Domain**

All domains of Healthy Campus



**Criteria**

#30 The university monitors participation in the Healthy Campus and related programmes and activities. At least, participant numbers from the campus community in activities, organised events, workshops, conferences, seminars and/or trainings; how often they are carried out (frequency); number of internal and external stakeholders involved.



**Keywords**

Multidisciplinary team, monitoring, strategy, implementation and improvement of measures



**Target & Stakeholders**

Academic Community



**Time & Frame**

Throughout the academic year September - June



**Team & Staff**

UC Multidisciplinary Team



**Description**

The university uses monitoring and evaluation tools such as strategic plans and account reports. In the scope of health services, mental health and nutrition there is a focus on interviews and questionnaires and in the scope of physical activity and sport a platform and an APP is used for registration, monitoring and evaluation making the process simpler and more precise. In the scope of sustainability, we use specific tools that report the production of green energy and CO2 reduction per year.



**Main Goals**

Establish a long-term plan that envisions actions focused on the Healthy Campus scope. Promote SDG's and the development of monitoring, evaluation and reporting tools.



**Motivation & Vision**

Promote the cohesion of the campus and academic community by keeping it more active and healthier. Promotes and develop methodologies that allow the monitoring of the participants, as well as the effect that results from the implemented actions.



**Evaluation**

The fact that we have a team focused on developing and monitoring the measures associated with the Healthy Campus, allows a faster and more efficient development of the plan outlined for the project, as well as the constant monitoring of actions.



**Lessons Learnt**

It is important to build a team with defined goals and a specific work plan to ensure the success of the project and for each implemented action define a monitoring methodology.



**Recommendations**

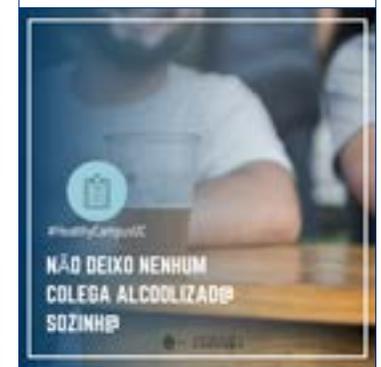
Involvement of Human Resources working on the fields of the Healthy Campus project and promote the identification and promote the constant search for new initiatives and innovative and attractive strategies based on the different target audiences.



Strategic and Action Plan 2020-2022



Areas of operation



Activity carried out under the project action plan

## ESTONIAN ACADEMY OF SECURITY SCIENCES

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### Name of the project

Feedback as resource for planning



### Domain

Healthy Campus management



### Criteria

#31 The university evaluates the satisfaction of the campus community regarding the Healthy Campus approach and responds to the suggestions or remarks.



### Keywords

Physical activity and well-being, Involvement, Feedback, Ideas



### Target & Stakeholders

University community



### Time & Frame

At the end of the academic year or after activities



### Team & Staff

The Department of Education, the leaders of HC programme



### Description

The satisfaction of first year students, graduates, and staff is assessed regularly. We conducted a survey on some of the Healthy Campus topics in spring and used the responses and comments as the basis for improvements and actions in autumn.



### Main Goals

Collect feedback and put it into use to allow the community benefit most from Healthy Campus programme.



### Motivation & Vision

Our regular feedback system provides some understanding about the community's reception of HC but we wanted to add specific questions and ask for their opinion. Feedback is used as the source of ideas for changes and new actions.



### Evaluation

About 10% of students and 20% of staff responded to the survey. Useful information from feedback – popular topics and campaigns to continue with, new ideas. From feedback to action – 1 article in EASS journal, at least 4 new projects or activities.



### Lessons Learnt

If you plan collecting feedback regularly, and share the results afterwards, it is easier to make decisions about future steps.



### Recommendations

Involve management. Asking for the community's opinions and ideas provides you with the feedback that helps you to explain what changes have been made and what activities have been organised.



New leisure opportunities in the EASS park



Estonian top athlete's nutrition lecture



Training with top athlete who is student of EASS



**KING'S COLLEGE LONDON**

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**Name of the project**

King's College London| King's Sport | Quest Accreditation



**Domain**

Healthy Campus management



**Criteria**

#32 The university is involved in at least one national or international networks of universities that propose benchmarking tools to evaluate their own functioning and compare it to others.



**Keywords**

Audit, Health & Safety, Customer Experience, Compliance, Facility Management



**Target & Stakeholders**

Student, Staff and Local Community



**Time & Frame**

Annual audits, usually held in the Summer



**Team & Staff**

King's Sport, Estates & Facilities, Quest



**Description**

Quest is a UK quality scheme for sport and leisure. It continues to be the Sport England recommended Continuous Improvement Tool for facilities and sports development teams, to measure how effective organisations are at providing customer service.



**Main Goals**

Aimed at comparing across the sector in the UK, there are a number of bandings that serve as best practice, with audits covering: Customer Service Excellence, Compliance.



**Motivation & Vision**

Our aim is to deliver trusted, responsive and reliable services that enable the King's community to make the world a better place. Quest enables us to provide world class facilities with inclusive environments at an exceptional institution.



**Evaluation**

This year, King's received 'Excellent' for their recovery to COVID 19 - putting us at the top of the bandings. Each year, an auditor will visit the facilities to re-assess the experience and future direction of the department.



**Lessons Learnt**

In future, we will be looking to undertake the 2day assessment, which combines a number of other industry accreditations. Additionally, we will be looking at international best practice to continuously improve.



**Recommendations**

The initial assessment can be quite daunting, however, to implement a culture of continuous improvement, the initial audits provide a basis to start from and begin working towards your desired banding of accreditation.



Quest Accreditation



King's Sport - Strand Gym



King's Sport - Honour Oak Park

# Physical activity and sport

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**POLYTECHNIC INSTITUTE OF LEIRIA**

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**Name of the project**

PAFE® - Programa de Atividade Física para estudantes do Politécnico de Leiria (Physical Activity Programme for Polytechnic of Leiria Students)



**Domain**

Physical activity and sport



**Criteria**

#34 The university proposes physical activity and sport programmes that consider the specific needs and characteristics of the campus community.



**Keywords**

Physical activity, Well-being, Health promotion, Students.



**Target & Stakeholders**

Polytechnic of Leiria students



**Time & Frame**

All academic year, all working days



**Team & Staff**

PLeiria's Social Services and ESECS' Human Kinetics section



**Description**

PAFE® - Physical Activity Programme for Students of the Polytechnic of Leiria is a programme based on exercise and physical activity. It offers structured physical activity on a daily basis to all Polytechnic of Leiria's students.



**Main Goals**

Its objectives are: 1 - to increase and maintain students' physical activity levels, following recommendations of the WHO and 2 - to provide students with the occupation of leisure time, through the practice of regular structured physical activity.



**Motivation & Vision**

PAFE® aims to respond to an unfortunately increasingly common problem in society: sedentary lifestyle.



**Evaluation**

The evaluation is frankly positive. The quantitative assessment is also positive, with all of its regular participants improving their Physical Fitness. With the restrictions associated with COVID-19, there was a slight decrease in participants.



**Lessons Learnt**

Physical Activity is a powerful tool for achieving better health and quality of life. An active lifestyle is associated with improvements in academic achievements.



**Recommendations**

The communication with the students must be improved, so that PAFE® can have more participants. The importance of an active lifestyle should be more valued by students, teachers and employees of the Polytechnic of Leiria.



Inscribe-te através do e-mail de estudante GRATUITO

Inscribe-te através do e-mail de estudante GRATUITO



Physical Activity Prog. for Students (PAFE) Poster



PAFE's disclosure on FB of Polytechnic of Leiria



**PEKING UNIVERSITY**

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**Name of the project**

Night Run



**Domain**

Physical activity and sport



**Criteria**

#34 The university proposes physical activity and sport programmes that consider the specific needs and characteristics of the campus community.



**Keywords**

University Sport, Physical Activity, Good Health and Well-being, Sustainable Cities and Communities, University Students, Outdoor Activities, Running



**Target & Stakeholders**

University Students



**Time & Frame**

Tuesday and Thursday every semester. Since 2014, from 9 pm to 10 pm



**Team & Staff**

Department of PE, PKU



**Description**

Night Run happens on the May 4<sup>th</sup> Playground twice a week and lasts for an hour per time. Students run in the company of music coming from outdoor speakers. The playlists under specific themes are decided through online voting by students. This event is held around 40 times every year, with more than 1500 participants each time. In the fall semester of 2020, the number of participants reached 23811.



**Main Goals**

Attract students to participate in physical activities on their own initiative through abundant and active forms; Let students enjoy exercising; Make physical exercise a habit of them; Help them develop perseverance; Promote students' health and well-being.



**Motivation & Vision**

Make interest the trigger for students to participate in physical activities more actively and enjoy sports.



**Evaluation**

The evaluation is based on the number of participants in Night Run and extracurricular exercise. By choosing themes, picking playlists and managing activities on their own, Night Run, which emphasizes self-education, has made running on the playground a joint expectation for students and received positive responses from students.



**Lessons Learnt**

It is beneficial to provide students with opportunities to exercise regularly in a proper way through a well-organised activity.



**Recommendations**

Helping students develop the habit of physical exercise calls for regular, interesting and attractive activities organised by the sports department of the university. Night Run, which has been held for 6 years, has become a key event of PKU sports and will be carried into the future.



May 4<sup>th</sup> Playground



Night Run



Night Run



**Name of the project**

UWA Sport Inclusive Sport Framework



**Domain**

Physical activity and sport



**Criteria**

#34 The university proposes physical activity and sport programmes that consider the specific needs and characteristics of the campus community.



**Keywords**

Inclusion Framework  
Community



**Target & Stakeholders**

All students and participants in all services



**Time & Frame**

Ongoing



**Team & Staff**

UWA Sport, University Sporting Clubs, Student Life



**Description**

At UWA Sport we want to contribute positively to our student's journey by meeting their individual needs, pursuits and backgrounds. We are committed to providing everyone at UWA equality of opportunity, experience and outcome.



**Main Goals**

Our focus is on fostering an environment that welcomes, accepts, sees and embraces the diversity of our UWA community. The Inclusive Sport Framework focuses on advancing diversity and inclusivity in sport via long-term cultural change.



**Motivation & Vision**

Sport is an avenue whereby all individuals can come together to build social cohesion and improve their health and well-being. We foster an environment that welcomes, accepts and embraces the diversity of our community across all services.



**Evaluation**

The framework has underpinned an increase in offering of services to priority populations. A number of sporting clubs have engaged in diversity and inclusion reviews. UWA Sport expectations of venue use by clubs has prioritised equity focus of groups.



**Lessons Learnt**

Clubs and students want to impact and achieve greater inclusion and diversity, the support to do so is welcomed when offered. Peer to Peer and co-design efforts have been most impactful. Dedicated resource is important.



**Recommendations**

A clear statement of intent and focus is important for tangible improvement and progress. Student engagement and 'champions' of inclusion and diversity bridge a gap for student groups. Third party collaboration amplifies both parties aims.



Mixed sport event of residential college students



Our framework



**KING'S COLLEGE LONDON**

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**Name of the project**

King's College London | King's Sport | Delivery Plan



**Domain**

Physical activity and sport



**Criteria**

#35 The university shall determine its own vision, mission and values of physical activity and sport service.



**Keywords**

Sport & Physical Activity, Well-being, Gyms, Sports Grounds, Digital Innovation, Removing Barriers



**Target & Stakeholders**

Students, Staff and our Community



**Time & Frame**

Annually, with our ambition delivered from 2017 - 2021



**Team & Staff**

King's Sport Team



**Description**

The King's Sport Delivery Plan is developed annually in pursuit of being the Most Active University in London. Putting our community at the heart of our decisions through co-creation, aligned to our University Vision to Make the World a Better Place.



**Main Goals**

Increase engagement in sport and physical activity. Deliver world class, transformative experiences & services. Support the university's vision 2029 ambitions.



**Motivation & Vision**

To be the Most Active University in London by 2021 and Most Active Capital City by 2029 - delivered through reducing barriers to sport and physical activity in time, cost and location.



**Evaluation**

We have seen growth in engagement to over 40% of our university community. Aligned to Sport England metrics, with over 65% deemed active. We also measure outcomes aligned to social and mental wellness and individual aspiration.



**Lessons Learnt**

Over the course of the implementation, we have continued to use business intelligence and insight as key drivers in the pursuit of our ambition. Being spread over 5 campuses in Central London, digital innovation has been pivotal in reducing barriers.



**Recommendations**

To set a clear and compelling direction for strategic growth, the guides all decision-making. Co-created with community, identifying ways to build sustainable programmes, services & facilities to improve the lives of those that take part in services.



The Great King's Run



King's Sport Academy Launch



Rave Run

UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

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**Name of the project**

Budget for Sport and Wellness



**Domain**

Physical activity and sport



**Criteria**

#36 The university shall provide a specific budget for physical activity and sport sector.



**Keywords**

Yearly Budget, Revenue Generation, Alternate Strategies to mitigate budget demands



**Target & Stakeholders**

Students, Faculty/Staff, external community



**Time & Frame**

Annual Fiscal



**Team & Staff**

HR, Student Affairs, Finance and Facilities



**Description**

S&W activities funded through two separate budgeting frameworks. A regular operating budget and a budget based on revenues generated by S&W which allows for flexibility in addressing operational needs and address inconsistencies of the marketplace.



**Main Goals**

To maximize the resources available to operate S&W programming and to augment programming and offerings of student affairs and other University priorities also to maintain flexibility while ensuring sustainability of the S&W operation.



**Motivation & Vision**

To deal with the on-going operational expenses while utilizing the flexibility of the second budget to ensure sufficient human resources and to create student employment opportunities.



**Evaluation**

The budget analysis is done weekly and monthly with updated forecasts. Anomalies are investigated to determine trends and patterns.



**Lessons Learnt**

The state funds the operations of S&W services to students. The cost of generating rental and service revenues is appropriately charged against those revenues and not included in the regular operating budget. Thereby providing required flexibility.



**Recommendations**

To engage community, facility and service resources can be a great driver. The lesson is that this does not have to impact current operations as revenues can be secured in non-traditional operating hours. A balanced approach works!



Internal Sport Tournaments



Community Events



Sport Camps and Academies

**UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA**

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**Name of the project**

Official social media



**Domain**

Physical activity and sport



**Criteria**

#37 The university shall establish a marketing plan for physical activity and sport.



**Keywords**

Communication Plan, Official social media



**Target & Stakeholders**

Campus community and stakeholders



**Time & Frame**

Throughout the year



**Team & Staff**

Marketing, Fitness and Leisure Centre



**Description**

All the activities and initiatives related to the Physical Activity and Sports field are posted on official social media. The main focus in terms of communication is the association with the image of Maiêutica Healthy Campus.



**Main Goals**

Strengthen the Maiêutica Healthy Campus brand through the association of activities and initiatives in the physical activity and sports field.



**Motivation & Vision**

Our Fitness and Leisure Centre promotes numerous specific and systematic activities throughout the year. Through the association with the Maiêutica Healthy Campus brand, there is also a clear partnership with the area of health.



**Evaluation**

The association of the Fitness and Leisure Centre activities with the Healthy Campus brand allowed promoting the connection of these activities with the health field. In this way, more participants have started to integrate healthy activities.



**Lessons Learnt**

The physical and sporting activities can create the illusion that they are only for sportspeople or active people. This perception may inhibit non-active people from participating because they do not feel comfortable and capable.



**Recommendations**

Communicate in an inclusive language. Communicate the message that the activities are for everyone, not just sportspeople, and that they are tailored to everyone's starting level.



Post informing the opening of the Centre



Post of an initiative for disabled students



Post linking Physical Activity and Nutrition



**Name of the project**

Unist Health Days - First aid course



**Domain**

Physical activity and sport



**Criteria**

#39 The university organises, at least once a year, a first aid course open to people practicing physical activity and sport, to related staff, coaches and trainers.



**Keywords**

Good Health and Well-Being, Quality education, First Aid, University Students, University coaches



**Target & Stakeholders**

University Students, University coaches and leaders



**Time & Frame**

Once a year



**Team & Staff**

Split University Sports Association, University of Split



**Description**

The first aid course is organised for coaches and leaders of sports activities at the University. Through the course, participants learn the basics of first aid as well as the operation of an automatic defibrillator.



**Main Goals**

The main goal is to increase health security in sports activities carried out at the University of Split.



**Motivation & Vision**

Raise public awareness of the importance of first aid knowledge and skills.



**Evaluation**

The course is designed for 25 participants, of which at least 15 are coaches and leaders of sports activities.



**Lessons Learnt**

Students learn to provide first aid to an injured person in external and/or internal bleeding, various types of injuries and wounds, bone and joint injuries, accidental conditions, and sudden-onset conditions.



**Recommendations**

As the number of users (students) of sports activities is constantly growing, it is necessary to increase awareness and knowledge of first aid. This will be achieved through several organised courses throughout the year.



Campus - University of Split



The first aid course



The first aid course



**UNIVERSITY OF LUCERNE**

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**Name of the project**

Combining Sports and Arts



**Domain**

Physical activity and sport



**Criteria**

#40 The university shall have infrastructures for indoor sports. These facilities can be their own or shared with the municipality or clubs of the region.



**Keywords**

University Sports, indoor Activities, Gym, more Opportunities



**Target & Stakeholders**

Students, Employees, Alumni



**Time & Frame**

All year round



**Team & Staff**

Multiple different facilities in and around Lucerne



**Description**

With the opening of the HSCL-Gym in 2020 we wanted to include as many students as possible. We launched a contest where the winner could realize their own graffiti on the wall of the gym.



**Main Goals**

Including students which are not interested in active sport and creating a platform where they can display their talent.



**Motivation & Vision**

The graffiti lightens up the room and creates a welcoming environment for everyone.



**Evaluation**

We were able to use the time during the corona-lockdown, when the gym was closed. We got a lot of feedback and submissions for the contest, which showed us how interested the people were in projects like that.



**Lessons Learnt**

There are not only art students who are interested in projects like that. It's important to create possibilities for everyone and advertise on different platforms.



**Recommendations**

Advertising on different platforms to reach as many people as possible. Not only concentrating on the art students. Calculating enough time for the interested to come up with a concept and realizing their vision.



UNIVERSITÄT  
LUCERNE



New HSCL-Gym



The finished graffiti in the gym

**TRINITY COLLEGE DUBLIN**

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**Name of the project**

Outdoor facilities



**Domain**

Physical activity and sport



**Criteria**

#41 The university shall have infrastructures for outdoor sports. These facilities can be their own or shared with the municipality or clubs of the region.



**Keywords**

Sports Facilities, Outdoor, Sports Grounds, Outdoor facilities.



**Target & Stakeholders**

Staff, Students, alumni and external stakeholders



**Time & Frame**

All year round



**Team & Staff**

Trinity Sport and grounds staff



**Description**

Trinity Sport has many outdoor facilities such as the on campus grass pitches for hockey, soccer and rugby. There is a grass running track, a croquet lawn and all weather tennis. We have off site facilities and a boathouse.



**Main Goals**

Our main goals are to promote physical activity to all staff and students. This includes participants from the elite to the participation programmes.



**Motivation & Vision**

Present the best facilities to all staff and students. Be able to rent out our outdoor facilities when not in use.



**Evaluation**

Low participation this year.



**Lessons Learnt**

To recognize emergencies situations such as heart attack, to manage the situation (call the emergency services, to give cardiac massage and use of AED).



**Recommendations**

To keep this annual training and to render mandatory training for the newcomers. The AED is present in each sporting facility.



Boathouse, Islandbridge



Trinity College Rugby Pitch



College Park home to Soccer, Hockey and Athletics



**UNIVERSITY OF MINHO**

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**Name of the project**

Cat on the beach (Gata na Praia)



**Domain**

Physical activity and sport



**Criteria**

#41 The university shall have infrastructures for outdoor sports. These facilities can be their own or shared with the municipality or clubs of the region



**Keywords**

Beach Sports, Social Activities, Informal Competition, Spring Breaks



**Target & Stakeholders**

Students of University of Minho



**Time & Frame**

One week during Spring Break



**Team & Staff**

Sports Services and Students Union; Local municipality



**Description**

The University of Minho organise every spring break time a beach camp festival. Every day, there is a team's sport competitions between teams composed by 4 men's and 4 women, in parallel they run a series of traditional and popular games. At the start of each day of sports activities there is a warm up with musical choreography with stretching session.



**Main Goals**

This initiative was developed to promote sport and the academic spirit and gender equity. All activities are done in group and outdoor environment, this programme promotes social cooperation and sports development.



**Motivation & Vision**

To promote sport and the academic spirit, with activities in a group and in a place outside the academy. Every year we have to promote new sports, to create new experiences.



**Evaluation**

Most of the students repeat this experience throughout their academic life. The participants get a questionnaire at the end of the activity about their satisfaction.



**Lessons Learnt**

It's the perfect environment to promote different experiences, practicing new sports in different environment, creation of new friendships and getting a life time experience.



**Recommendations**

A good and comprehensive planning process; knowing very well the place where the activity will happen; Engage a large and experienced staff with a good background in sports.



Universidade do Minho



Final Day Group Photo



Warm Up before Sports Activities



Beach Sports Activities

**ESTONIAN ACADEMY OF SECURITY SCIENCES**

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**Name of the project**  
Notice, report, and fix

**Domain**  
Physical activity and sport

**Criteria**  
#43 The university ensures the security of its sports facilities.

**Keywords**  
Sport facilities, Security

**Target & Stakeholders**  
Users of university's sports facilities

**Time & Frame**  
Regularly

**Team & Staff**  
Staff of EASS sports centre and administration centre

**Description**  
The EASS students have constant access to the academy's sports facilities, and they need to follow safety rules and report about malfunctions. There is an information flow line how problems are reported and fixed.

**Main Goals**  
Users of the sports facilities feel that it is important to keep facilities and machines safe for themselves and other users. Administration helps to repair faults and solve problems.

**Motivation & Vision**  
We can all help to maintain the best conditions for physical activity and sport in university.

**Evaluation**  
We receive reports about problems and inquiries concerning the purchase of new equipment about once a month. The reported problems have been discussed among administration on the same or the next workday. The time for solving the problems has ranged from 1 day to 3 months.

**Lessons Learnt**  
Besides solving reported problems, regular check (once a month) of facilities and machines by members of staff is necessary. For special equipment, service agreements and maintenance twice a year helps to maintain the safety of the machines.

**Recommendations**  
Inform students that they must report about problems. Solutions can be made according to risks and costs of solving the problems. If necessary, danger signs shall be displayed. Cost of service and replacement parts should be planned in budget.



Regular check of machines is necessary



Rules of usage of the EASS gym



Safety rules avoid misusing of equipment



**AUTONOMOUS UNIVERSITY OF BARCELONA**

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**Name of the project**

Healthy and sustainable Campus activities on the central axis



**Domain**

Physical activity and sport



**Criteria**

#44 The university facilitates access and removes potential barriers to accessing sports facilities.



**Keywords**

Healthy activities, outdoors, free, without registration



**Target & Stakeholders**

whole community: students, PAS and PDI



**Time & Frame**

From October to December and from February to May. Every Tuesday, Wednesday and Thursday from 2:15 p.m. to 3:15 p.m.



**Team & Staff**

Trinity Sport and grounds staff



**Description**

Activities: Initiation to Taichi, Initiation to Zumba (aerobic activity with musical support), Initiation to Yoga, Initiation to Kombat (aerobic activity with musical support).



**Main Goals**

Promote an active lifestyle. Promote the practice of physical activity and the socialization of class groups and others. Energize the central axis and the nearby natural environment → cut to the circulation of vehicles.



**Motivation & Vision**

Take advantage of the opportunities posed by outdoor activities around the campus. Promote shared activities between teachers, students and PAS staff.



**Evaluation**

Initial and final satisfaction survey of the participants. Final report from teachers. Adhesion register.



**Lessons Learnt**

The health and well-being benefits of education in the nearby natural environment. Holistic effect of outdoor learning. Different experimentation with the human senses. Improvement of the social skills of the students. Commitment to nature.



**Recommendations**

Temporal activities with good weather. Find direct communication channels with the community. Promote “peer-to-peer” activities.



**WATERFORD INSTITUTE OF TECHNOLOGY**

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**Name of the project**

Try WIT Vikings Physical Activity & Sport



**Domain**

Physical activity and sport



**Criteria**

#44 The university facilitates access and removes potential barriers to accessing sports facilities.



**Keywords**

Sport, Physical Activity, Health and Well-being, Reduce Inequalities, Outdoor Activities, Free



**Target & Stakeholders**

Students



**Time & Frame**

All Year



**Team & Staff**

WIT Vikings & WIT Arena



**Description**

Together with the WIT Arena, one of the main objectives for WIT Vikings Sport is to facilitate access and remove potential barriers to accessing our sports facilities, thus ensuring ease of access to all.



**Main Goals**

At WIT Vikings Sport we aim to create an inclusive environment that helps to enhance the quality of life to all students and staff, along with the wider community through increased physical health and well-being.



**Motivation & Vision**

For all students to be informed of the university's sports facilities, since this will encourage them to be active during their college years.



**Evaluation**

Positive impact. Regular reviews and audits conducted in order to ensure all our operations for the above are to the highest standard and cover all areas.



**Lessons Learnt**

It is critical to provide individuals with the freedom to make decisions without being constrained by rigorous timetables and stringent restrictions for recreational sporting activity.



**Recommendations**

Execute a successful promotional campaign. This activity was created for a limited time period, but because it was a success, it will be repeated in the future, taking advantage of occasions when indoor and outdoor sporting facilities are less used.



Free Shuttle Bus



Try Olympic Weightlifting



Sport Open Days

UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

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**Name of the project**

Sport and Wellness Booking Website



**Domain**

Physical activity and sport



**Criteria**

#45 The university shall use adequate tools to manage the booking of sports facilities and to evaluate their use.



**Keywords**

Sports Facilities, Bookings, Website



**Target & Stakeholders**

Students, Faculty/Staff, Public community



**Time & Frame**

Since 2019



**Team & Staff**

Sport and Wellness



**Description**

Sport and Wellness operate a fully integrated customized scheduling and booking system. Find below overview of full system capabilities including flow charts for facility rentals and service registration. <https://falconsport.cna-qatar.com/>



**Main Goals**

To allow smooth functioning of the S&W facilities at UDST. To record and track facility usage trends to provide better support to the campus and the local community.



**Motivation & Vision**

To facilitate smooth access for all user groups for S&W facilities and Services without impacting the existing services and supports to students.



**Evaluation**

The booking system's two most important characteristics are its consistent-seamless performance and its ability to engage a wide variety of user groups whilst aligning with the universities policies and procedures.



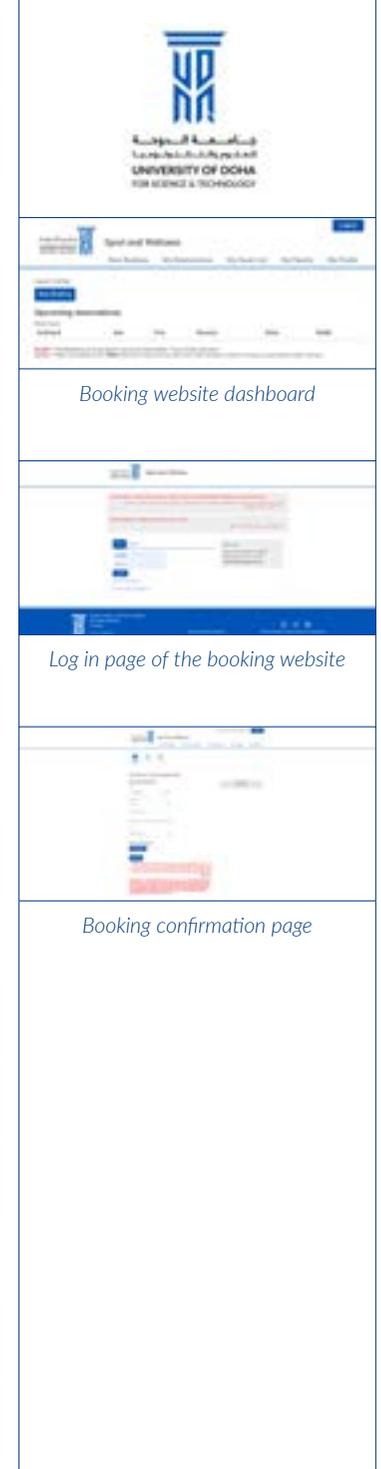
**Lessons Learnt**

The booking system makes it much easier to manage the facilities. It indicates the busiest times and the most popular facilities on campus, enabling the most effective use of the facilities to meet the demands of the campus and the greater community.



**Recommendations**

S&W has been able to effectively monitor facility utilization, increase everyday operation, and improve recording and tracking capabilities while maintaining user safety and security because to the booking system.



Booking website dashboard

Log in page of the booking website

Booking confirmation page

**PRIVOLZHSKY RESEARCH MEDICAL UNIVERSITY**

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**Name of the project**

Psychological monitoring and functional profiling of students of Privolzhsky Research Medical University as a determination of the optimal exercise regime



**Domain**

Physical activity and sport



**Criteria**

#46 The university offers activities and/or events that allow the campus community to conduct an evaluation of an individual's personal situation in terms of physical activity participation.



**Keywords**

Psychological adaptation, functional testing, physical activity, monitoring, pilates



**Target & Stakeholders**

All students of the university



**Time & Frame**

Every year, at the beginning of each academic year



**Team & Staff**

Employees of the Department of Physical Culture and Sports, employees of the Institute of Clinical Psychology



**Description**

This project is aimed at determining the optimal physical activity of students by monitoring their personal situation, studying the level of functional reserves of the body, as well as teaching the basics of pilates.



**Main Goals**

To assess the psychological state of students with the help of a specially designed questionnaire. To investigate physiological parameters using hardware and software equipment Introduction of a three-stage method of training using the Pilates system.



**Motivation & Vision**

All students are engaged in the discipline "physical culture". However, it is necessary to take into account the psychophysiological characteristics of each student for an individual approach to the implementation of physical activity.



**Evaluation**

Psychological questionnaires, functional testing with the determination of more than 180 physiological parameters have been developed and implemented, 1 direction of physical activity has been introduced.



**Lessons Learnt**

These activities are necessary to identify students who need correction of physical activity. They should be implemented not only at the beginning, but also in the middle of the academic year, after the winter examination session.



**Recommendations**

Adapt the psychological questionnaire to maximize the assessment of the student's psychological profile Timely adjust the level of physical activity for students Implement these activities at least once a academic year.



**ПИМУ**  
Приволжский  
исследовательский  
медицинский университет



Monitoring of the student's personal situation



Functional testing using hardware and software



Teaching students the pilates system



**Name of the project**

Gender Equality Plan (GEP)  
Promoting gender balance and inclusion in dual career programme



**Domain**

Physical activity and sport



**Criteria**

#47 The university supports or organises programmes for gender equality promotion in physical activity and sport.



**Keywords**

Equal opportunity, dual career



**Target & Stakeholders**

Female and disabled students' athletes



**Time & Frame**

Annual report (March).  
GEP every 4 years (21-24)



**Team & Staff**

Sport Committee, Equality Committee



**Description**

The University promotes a Dual Career programme for students-athletes. The participation of female and paralympic athletes is encouraged. The sport committee shall guarantee equal opportunities in the selection phase. The equality committee supports the action and evaluates the results.



**Main Goals**

The Equality Committee's and the GEP design specific actions in order to promote well-being and prevent discrimination in all dimensions of the academical life. Sport activities are designed to improve inclusion and participation for all members of the community.



**Motivation & Vision**

The committee promotes measures designed to prevent and fight all forms of discrimination. The University aims at achieving a sustainable and inclusive community characterized by equal opportunities.



**Evaluation**

The GEP sets objectives and actions for gender equality. This specific action is related to sport activities and the dual career programme. The annual report describes progress along the path set by the project.



**Lessons Learnt**

We believe that an independent committee working in the equality perspective and a GEP specifically devoted to gender parity may be powerful tools to increase female and paralympic participation to dual career programme.



**Recommendations**

Establish an independent body and set specific goals and actions for gender equality and inclusion. Apply this perspective in the top athletes supporting programme.



GEP 21-24



Bilancio di Genere e Gender Equality Plan: attuazione e prospettive future

Presentation



Keywords

**RUDN UNIVERSITY (PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA)**

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**Name of the project**

Training course of physical culture



**Domain**

Physical activity and sport



**Criteria**

#47 The university supports or organises programmes for gender equality promotion in physical activity and sport.



**Keywords**

Students, physical activity teachers



**Target & Stakeholders**

Students of both sexes, different countries, teaching staff



**Time & Frame**

The events are held annually



**Team & Staff**

Sport team



**Description**

Classes are aimed at meeting the students' needs by doing sports regularly, communicating. The study groups consist of girls and boys. Over 6,000 students from more than 150 countries are involved in physical activity.



**Main Goals**

Regularly expanding the types of physical activity (programmes under the current implementation: basketball, badminton, volleyball, football, athletics, aerobics) considering the interests of students of both sexes. Promoting the values of gender equality in physical education and sports is required.



**Motivation & Vision**

Friendly communication of students, mutual assistance in mastering the types of physical activity. Development of communication skills, removing bars in communication of both sexes. Obtaining new motor skills and skills inherent in certain sports.



**Evaluation**

Psychological questionnaires, functional testing with the determination of more than 180 physiological parameters have been developed and implemented, 1 direction of physical activity has been introduced.



**Lessons Learnt**

The interests of both sexes should be considered when expanding the types of physical activity under the programme implementation. It is necessary to adapt the programmes to the physical abilities and capacities of boys and girls.



**Recommendations**

Developing the physical education methods and means used in terms of quality considering the peculiarities of students' physiological development. Testing new types of physical activity in small mixed focus groups of students from different countries.



**VOLGA REGION STATE UNIVERSITY OF PHYSICAL CULTURE, SPORT AND TOURISM**

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**Name of the project**

Project for people with musculoskeletal disorders (MSD)



**Domain**

Physical activity and sport



**Criteria**

#48 The university supports or organises programmes of physical activity and sport for people with disabilities.



**Keywords**

disabled people, sitting volleyball, physical rehabilitation



**Target & Stakeholders**

Athletes with disorders of the MSD, students, teachers



**Time & Frame**

Since 2018 - annually



**Team & Staff**

Manager, team coach, students



**Description**

Organisation of sports training in sitting volleyball for persons with a lesion of the MSD, with the participation of university students. Performance of the team "Alga" at competitions. In 2020, 3rd place in the Russian Championship.



**Main Goals**

Physical rehabilitation and social integration of disabled people. Development of adaptive sports. Formation of professional competence of students. Development of innovative methods of teaching disabled people.



**Motivation & Vision**

Participation in the Russian Championship. Obtaining a sports title (candidate Master of sports, Master of sports). Increasing the level of physical capabilities.



**Evaluation**

Number of participants 50 Ranked in the Russian Championship Publication in the media and social networks.



**Lessons Learnt**

The method of sports training sitting volleyball for people with musculoskeletal system damage. Scientific data on improving the mental and physical condition of disabled athletes. Professional competencies of sitting volleyball coaches.



**Recommendations**

To implement the project an advertising company to motivate the disabled, an accessible environment at the university, volleyball coaches, financial support for the purchase of special equipment, uniforms, athletes going to competitions.



Team of Tatarstan "Alga" in sitting volleyball



Team of Tatarstan "Alga" in sitting volleyball



Practice in sitting volleyball



**UNIVERSITY OF COIMBRA**

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**Name of the project**

UC+Ativa, Try it, Walk and Run Group



**Domain**

Physical activity and sport



**Criteria**

#49 The university supports or organises programmes of physical activity and sport for non-active people of the campus community.



**Keywords**

be active, sport activities, improve posture and well-being



**Target & Stakeholders**

Academic Community



**Time & Frame**

All year



**Team & Staff**

UC Sport Team



**Description**

In these programmes it's possible to experience a variety of activities according to the preferences, walk and run accompanied by specialized monitors and take the opportunity during breaks from work to stay active and improve their posture.



**Main Goals**

To offer quality activities to the academic community, contributing to the formation of more active, healthy people and consequently promoting their well-being.



**Motivation & Vision**

Contribute to a more cohesive, balanced and active academic community.



**Evaluation**

Very positive satisfaction from the participants and a high number of interested people.



**Lessons Learnt**

It should be one of the premises of educational institutions to make available to their community activities that meet their preferences.



**Recommendations**

Promote quality programmes.



**PROGRAMA EXPERIMENTAL!**

Try it



Walk and Run Group



Logo



**ISCTE - UNIVERSITY INSTITUTE OF LISBON**

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**Name of the project**

Reception Week/ Sports Week



**Domain**

Physical activity and sport



**Criteria**

#50 The university organises programmes of physical activity and sport for the new students.



**Keywords**

University, Sports, Students, Physical Activity, Exercise, Erasmus, International



**Target & Stakeholders**

Students



**Time & Frame**

Every year



**Team & Staff**

Sports Unit, International Relations Unit, Students Association



**Description**

Every year, Iscte organises both the Reception Week and Sports Week for national and international new students in which we provide them with multiple and diverse sports activities such as surf workshops, caving tours, coasteering and trekking.



**Main Goals**

To promote physical activity among Iscte's students and to create opportunities for students to socialize and meet one another.



**Motivation & Vision**

Give student's easy access to opportunities for them to engage in physical activity and to socialize.



**Evaluation**

Positive impact. Both the Reception Week and the Sports Week have a high rate of participation and, overall, all students enjoy the activities in which they participate.



**Lessons Learnt**

It is important to create these types of opportunities not only to promote physical activity, but also because it is one of the easiest forms to create an environment for students to socialize.



**Recommendations**

The main obstacle is to be able to reach all students and let them know that these initiatives exist. Once they know, most of them are open to participate.



**iscte** INSTITUTO UNIVERSITÁRIO DE LISBOA



Sports services presentation to new students



Sports Week in Iscte's main patio



Reception Week - Trekking activity



UNIVERSITY OF JOHANNESBURG

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**Name of the project**

Internal Leagues



**Domain**

Physical activity and sport



**Criteria**

#50 The university organises programmes of physical activity and sport for the new students.



**Keywords**

Student recreational activities, competitions, healthy residence life, sport for new students



**Target & Stakeholders**

Residence students, Student Affairs, Day Houses



**Time & Frame**

February to October



**Team & Staff**

Residences, Sports Clubs, Club Managers, Residence Managers



**Description**

The UJ internal leagues are organised for new and returning students who wish to participate in sport that classified as non-competitive or high-performance codes. The excelling students are then absorbed into the University's formal team structures.



**Main Goals**

To introduce a residence culture that values an active lifestyle, to recruit new players for the formal teams, to complement the academic schedule with a recreational student ethos.



**Motivation & Vision**

Internal leagues are very important for keeping a healthy and active student population. Some students may not be initially recruited into the formal teams, but through the residence leagues team managers and coaches notice their talent.



**Evaluation**

Internal leagues have had a positive impact in terms of improving the quality of residence life for students. Students make friendships through the leagues as many of them are mixed with new students in the residences and the teams.



**Lessons Learnt**

Internal leagues are not only important for an active student life, but also good for relationship building and scouting new talent.



**Recommendations**

The internal leagues programme should be marketed and publicised to the entire student population at the First-Year-Seminar at the beginning of each year. This is important because everyone gets to hear about it and can join a team.



Basketball Women's Team



Basketball Men's Team



UJ International Student Festival

**UNIVERSITY OF ST.GALLEN**

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**Name of the project**  
Unisport Introduction StartWeek (Freshers week)

**Domain**  
Physical activity and sport

**Criteria**  
#50 The university organises programmes of physical activity and sport for the new students.

**Keywords**  
Unisport, Physical activity, Sports, StartWeek, University Students, New students, introduction

**Target & Stakeholders**  
New students

**Time & Frame**  
First week of University for all new students

**Team & Staff**  
University Sports department

**Description**  
In the StartWeek the Sports department introduces themselves in a presentation and sports clubs are introduced at the club fair. All new students see the Unisport facilities on the mandatory campus tour. Introduction sessions for the Gym are offered.

**Main Goals**  
The main goal of promoting the Unisport facilities and activities to all new students at the beginning of the semester is to encourage them to make use of the sports facilities and activities.

**Motivation & Vision**  
By motivating students to take advantage of the sports opportunities offered, the Sports department tries to encourage a healthy and balanced environment and the well-being of the community members.

**Evaluation**  
Promoting the Unisport to new students in the first week enables students who may not have been aware of the extensive sports facilities and activities to try them out. However, this is hardly needed, as 98% of students at the University do sports.

**Lessons Learnt**  
By offering multiple (of the mandatory) gym introduction sessions in the StartWeek and offering the course as an online self-study course, students can start using the facilities right away.

**Recommendations**  
Use the presentations and events in the first week to promote the Unisport activities. Offer introduction courses in those first few weeks to ensure that new students feel comfortable and know how to use the sporting facilities.



Unisport teacher presenting the Sports department



Introduction of the Unisport to new students



Sign-ups for the Gym introduction course



**MYONGJI UNIVERSITY**

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**Name of the project**

Games Day



**Domain**

Physical activity and sport



**Criteria**

#51 The university organise programmes of physical activity and sport for the international exchange students.



**Keywords**

Sports. Easy Instruction. Sports Spirit. Teamwork. Encouragement. Cultural Exchange.



**Target & Stakeholders**

University students



**Time & Frame**

From mid September to early October



**Team & Staff**

Office of International Affairs



**Description**

Baseball, volleyball, soccer, Go-moo-jul nori (hopping over an elastic band), Ttangttameokgi (a game expanding territories within the boundary of a square or a round game board drawn on a flat area of dirt).



**Main Goals**

Facilitate interaction between Korean students and international students through sports.



**Motivation & Vision**

Using sports to overcome difference and encourage dialogue so that students will learn to break down prejudice, stereotypes, cultural differences, intolerance, and discrimination.



**Evaluation**

International students who have never played traditional Korean games understood the instructions fairly well, and after each game, they wanted to repeat the games themselves to see if they remembered the rules correctly.



**Lessons Learnt**

Students are able to create new games and make creative adaptation to existing games through dialogue and interactions.



**Recommendations**

Prepare a written instruction in advance about the rules of each game and have students read them before they participate. Conduct a survey in advance if there is any traditional game international students would like to introduce to their friends.



Games Day



Games Day



Games Day

## ESTONIAN ACADEMY OF SECURITY SCIENCES

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### Name of the project

Introduction to Fitness Trainings in different forms



### Domain

Physical activity and sport



### Criteria

#52 The university provides physical activity and sport counselling to the campus community.



### Keywords

Physical Activity and Sport, Guidance, Fitness Training



### Target & Stakeholders

New cadets, Experienced athletes, instructors



### Time & Frame

During the first semester of the academic year.



### Team & Staff

The Department of Academic Affairs, Head of Sport, Athletes



### Description

Fitness Training is one of elective subjects in EASS curricula. Together with the Physical Education classes and individual instructed workouts, this elective course helps students to master proper training techniques in the gym.



### Main Goals

The main goal of various introductions to fitness exercises and training principles is to encourage our students to use the gym regularly to improve their physical skills and fitness.



### Motivation & Vision

University time is loaded with mental effort and intellectual growth, but it is also important to create opportunities for students to build their physical strength. Without introduction and instruction, many new students are afraid to use the gym.



### Evaluation

Fitness Training has been elected by students every time when offered; last semester, 36 students completed this course. Introductory gym trainings have been part of compulsory subjects in 3 colleges. Individual guided workouts are held once a year.



### Lessons Learnt

Fitness training as elected subject is a good solution for students who don't have compulsory Physical Education in their curriculum. Top level athletes are ready to share their skills and experience; even more – they value the teaching experience.

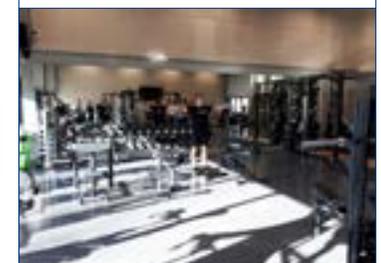


### Recommendations

If you have a gym at the campus, ensure that guided introductions to strength training are available for these members of the community who are not familiar with it. Even a couple of workouts with instructors or athletes can help.



Powerlifter Helena Veelmaa with co-students



Top bodybuilder sharing experiences in EASS gym



Fitness Training lecture in EASS gym

## ESTONIAN ACADEMY OF SECURITY SCIENCES

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### Name of the project

Camps for prospective students



### Domain

Physical activity and sport



### Criteria

#53 The university promotes its physical activities and sport to prospective students.



### Keywords

Physical Activity and Sport, Prospective Students



### Target & Stakeholders

High Schools, Volunteers



### Time & Frame

Couple of times during academic year



### Team & Staff

The Centre for Continuing Education and volunteers



### Description

EASS coordinates preliminary internal security studies in high schools and organises camps for these students. Volunteers from our colleges provide physical activities to participants (terrain games, physical tests, self-defence practices).



### Main Goals

Camps for prospective students help to introduce our academy to them and offer couple of days full of physical activities and fun.



### Motivation & Vision

It is important for prospective students to meet university students who were in the same position as them a few years ago, because university students can encourage the preparation for entrance tests and give useful advice.



### Evaluation

Approximately 400 prospective students from 14 high schools participate in camps every academic year.



### Lessons Learnt

For those high school students who participated in camps, it was easier to choose EASS for their further studies and volunteers learned how to share experience through organised activities.



### Recommendations

Joint sporting activities which you plan in the camp's programme can serve as both, physical exercises, and an opportunity to share their knowledge and teach new skills in university specialties.



Introduction of EASS to prospective students



Camp activities for prospective students.



Camp activities for prospective students.



**UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA**

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**Name of the project**

Special Conditions to alumni



**Domain**

Physical activity and sport



**Criteria**

#54 The university promotes its physical activities and sports to alumni of the university.



**Keywords**

Alumni, special conditions



**Target & Stakeholders**

Alumni and Campus community



**Time & Frame**

All year



**Team & Staff**

Fitness and Leisure Centre



**Description**

The Fitness and Leisure Centre promotes several physical activities for different target groups. Our alumni can participate with special conditions. Thus, we also promote generational continuity between new, current and former students.



**Main Goals**

Keeping the bond between the Academy and the alumni. Promote contact and the provision of services to the whole local community, including alumni. Enable the professional and academic training for students.



**Motivation & Vision**

Promoting bonding through physical activities is important for generations of students. With intergenerational contact, physically active habits cross the different generations of students and members of the academic community.



**Evaluation**

At the end of the day, our sports facilities are frequented by a wide range of users representing different age groups, which promotes social and intergenerational contact.



**Lessons Learnt**

Participation in physical activities is more enduring over time if social contacts and close relationships are established between different users - students, members of the academic community and external stakeholders.



**Recommendations**

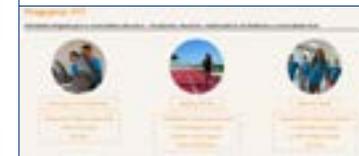
Communication through images of people or groups of different age groups. Investing in the monitoring of technicians who may themselves be students in professional training.



*Engaging communication*



*Active + Programme - for academic community*



*Fit + Programme - for stakeholders including alumni*

**RUDN UNIVERSITY (PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA)**

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**Name of the project**

Centre of sports events



**Domain**

Physical activity and sport



**Criteria**

#55 The university organises or collaborates with partners in the organisation of sports events open to the local community.



**Keywords**

Athletes, students, local community



**Target & Stakeholders**

Athletes, students, local community, event organisers



**Time & Frame**

The events are held annually



**Team & Staff**

Sport department



**Description**

RUDN University hosts the Russian Powerlifting Championship at its base, in which athletes of various ages from all over Russia take part, on the days of the competition, the doors of RUDN University are open to everyone to watch and cheer on the athletes.



**Main Goals**

Increasing the number of students and the local community doing sport at the RUDN University indoor and outdoor sports facilities on their own, increasing the number of sports events hosted by RUDN University.



**Motivation & Vision**

Opportunity to organise sport competitions which will be unforgettable in terms of entertainment and intensity of emotions for students and the local community. Receiving positive emotions and expanding partner sports ties.



**Evaluation**

Number of people doing sports at the RUDN University sports facilities on their own, number of sports competitions (events) hosted by RUDN University.



**Lessons Learnt**

When implementing events, it is necessary to consider the number of participants in the competition, number of spectators, medical care services. It is necessary to pay attention to arranging food outlets. One can learn how to organise various components of the processes of a large sports event.



**Recommendations**

Special attention should be paid to working with the audience, providing an entertainment programme during breaks, organising lounge areas and catering places, including optional entertaining mini-games or draw games.



Awards ceremony for the winners of the competition



RUDN powerlifting team after Russian Powerlifting Championship



**UNIVERSITY OF LAUSANNE**

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**Name of the project**

Polysports



**Domain**

Physical activity and sport



**Criteria**

#56. The university organises sports competition within the university.



**Keywords**

24 disciplines, 22 committee members all student volunteers, 6 days of presence at the sports centre, 1200 athletes at the sports centre, 400 registrations for the 20km of Lausanne



**Target & Stakeholders**

Students community



**Time & Frame**

During the spring semester



**Team & Staff**

22 students volunteers +1 referent SSU



**Description**

Every year, throughout the spring semester, students from EPFL and UNIL gather by section/faculty to compete in about twenty different sports. Based on the principle of the Olympic Games, each medal won earns points for its section, and at the end of the tournament, the section with the most points wins the PolySports Cup!



**Main Goals**

Creating moments of encounter through multi-sport tournaments.  
Sharing with other students.  
Provide opportunities for students to organise events.



**Motivation & Vision**

Super motivated students in the organising committee, They are not counting their hours. Lot of energy and ideas.



**Evaluation**

Regular sessions with a numerical assessment at the end and the definition of new objectives for the next edition.



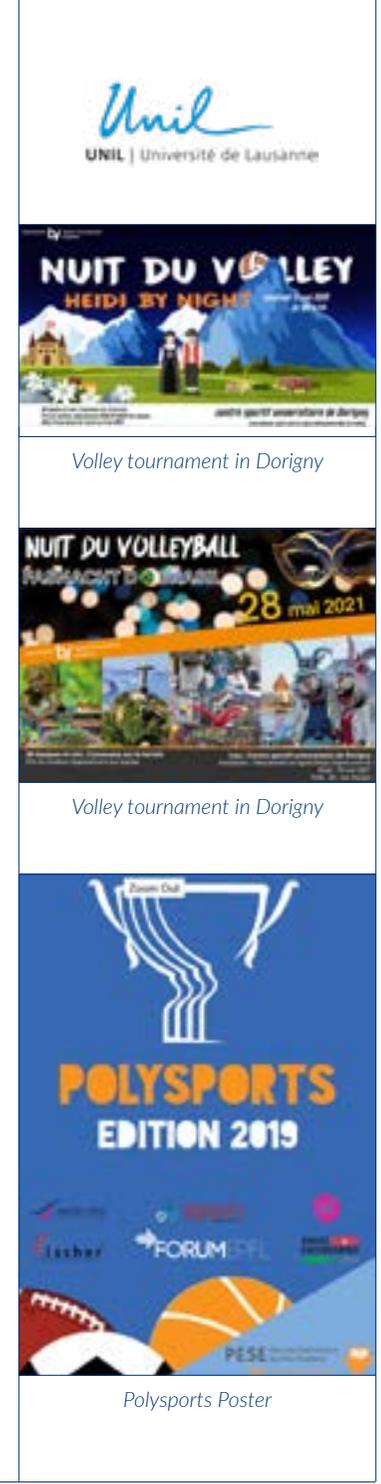
**Lessons Learnt**

Tournament is established over time and student teams in the committees are renewed. Fear at the beginning that students would be unreliable, that projects would fall through.



**Recommandations**

A structure like the sports department to supervise them and to have an eye on the finances and security is necessary.  
But otherwise, don't be afraid!  
The students are amazing.



Volley tournament in Dorigny

Volley tournament in Dorigny

Polysports Poster



**UNIVERSITY OF MINHO**

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**Name of the project**

European Universities Futsal Championship 2019



**Domain**

Physical activity and sport



**Criteria**

#58 The university organises and participates in the organisation of national or international sports events or championships



**Keywords**

University Competition, European, UMinho, AAUMinho, EUSA, FADU



**Target & Stakeholders**

University students-athletes



**Time & Frame**

6 to 8 days at the end of the academic year - 15 to 23 July



**Team & Staff**

UMinho, AAUMinho, FADU, FPF, Braga City Hall, IPDJ



**Description**

An organisation attributed by EUSA to FADU, in partnership with UMinho and AAUMinho, which provides for the involvement of 40 teams - around 500 participants and 250 staff and volunteers - with 3 sports halls planned for the competition.



**Main Goals**

Provide university students/athletes with new experiences at a highly competitive level; Develop/promote the sport at the local level; Promote the University and the organising city brand image.



**Motivation & Vision**

To cement the image of the University of Minho as one of the most active Higher Education Institutions in terms of sports and dual career promotion, both at nationally and internationally level.



**Evaluation**

A satisfaction survey was held to all participating teams during the competition. EUSA, as the regulatory body for university competitions in Europe, collects information to produce a final report to be delivered to the local organisation.



**Lessons Learnt**

Improves the internal knowledge over the organisation and perception of organisational realities in other countries; Development of human resources skills interacting with different cultures that are put in to practice daily with foreign students.



**Recommendations**

Develop sports policies aligned with international sports federations and implemented at the University level; Foster good relations between the University and local clubs, local Associations and National Sports Federations; Encourage a positive relationship with City Hall and national higher-educational institutions.



Universidade do Minho



Opening Ceremony at city historical center



Competition at UMinho Sports Hall



Delivery of medals and Closing Ceremony

UNIVERSITY OF TURIN

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**Name of the project**

Dual Career Programme



**Domain**

Physical activity and sport



**Criteria**

#60 The university offers a dual career programme.



**Keywords**

Education, sport career, student-athletes, e-learning, e-tutoring, educational schedule flexibility



**Target & Stakeholders**

All students-athletes competing at high competition levels.



**Time & Frame**

The programme shall place all year long from acceptance date.



**Team & Staff**

UNITO teachers and administrative, Turin University Sport Centre, and UniCredit



**Description**

The programme provides flexible learning paths and exam dates, and administrative tutoring for student-athletes. Economic benefits (university fees exemption, scholarships) for students highly deserving for study, sport, and economic situations.



**Main Goals**

The programme aims at promoting the combination of sport and educational careers of students enrolled in UNITO educational courses, by means of a more adaptable university path in terms of time and place flexibility.



**Motivation & Vision**

To offer the availability of more-adequate-to-student-athletes educational paths (time/place flexible), which can guarantee an equal-to-other-students university preparation, in line with the EU political vision.



**Evaluation**

Positive impact, despite UNITO Dual Career Programme just started in this academic year (2021-21). Seventy-two students have already joined the initiative. A progressive dissemination of this project will surely enlarge the number of participants.



**Lessons Learnt**

All UNITO student-athletes appreciated this initiative, recognizing it as useful for their dual career, and also confirming what emerged in preliminary investigations on the same UNITO student category (Lupo et al., 2017a,b; Brustio et al., 2020a,b).



**Recommendations**

The UNITO Dual Career Programme should be progressively appreciated, also through the direct participants' experience of this initiative first year and a well-defined institutional webpage.



Student-Athletes Awards Ceremony



Student-Athletes Awards Ceremony



Academic Ceremony-Dual Career Student C. Gilli

**VOLGA REGION STATE UNIVERSITY OF PHYSICAL CULTURE, SPORT AND TOURISM**

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**Name of the project**

Road to success



**Domain**

Physical activity and sport



**Criteria**

#60 The university offers a dual career programme.



**Keywords**

Education, elite sports



**Target & Stakeholders**

high-class athletes, sports clubs



**Time & Frame**

annually



**Team & Staff**

Department of Sports Work, Educational Department



**Description**

The university provides a solid foundation for a future career. Students have the opportunity to engage in professional sports, at the same time receive higher education. The individual educational schedule is provided for high-class athletes.



**Main Goals**

To attract high-class athletes to study at the university, in order to obtain higher education along with a professional career. The possibility of receiving increased scholarships.



**Motivation & Vision**

The opportunity to study without interrupting sports activities. The possibility of receiving an increased scholarship when achieving sports results.



**Evaluation**

Thanks to the implementation of this project, the number of applicants and high-class student-athletes has increased.



**Lessons Learnt**

Control the learning process according to the individual training schedule. And also to give the student, who is engaged in physical culture and sports, the opportunity in the future to be selected in the sport of the highest achievements.



**Recommendations**

The presence of sports titles and ranks among applicants provides additional points in the entrance examinations. Rational allocation of time for sports and study by students makes it possible to get an education, build a professional sports career.



ПГУ  
ФК  
СИТ  
Поволжский  
государственный  
университет  
физической культуры,  
спорта и туризма



Krasnykh Alexander -  
2020 Olympic Games medalist



Students - medalists  
of the 2020 Olympic Games



Students are winners  
of all-Russian competitions



**UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA**

WEBSITE [HTTPS://WWW.ISMAL.PT/PT](https://www.ismal.pt/pt) AND [HTTPS://WWW.IPMAIA.PT/PT/](https://www.ipmaia.pt/pt/) CONTACT [HEALTHYCAMPUS@MAIEUTICA.PT](mailto:HEALTHYCAMPUS@MAIEUTICA.PT)



**Name of the project**

Healthy Campus Volunteers



**Domain**

Physical activity and sport



**Criteria**

#61 The university develops volunteer programmes to support events and sports activities.



**Keywords**

Volunteer, Volunteers Corps



**Target & Stakeholders**

Students and Campus staff



**Time & Frame**

All year



**Team & Staff**

Healthy Campus Team



**Description**

Volunteering plays an important role on our Campus and Healthy Campus team, as well as in our specific Strategic Plan. Growing civic awareness and the importance of being helpful without financial reward are valued.



**Main Goals**

To identify individuals with the appropriate conditions, skills and values to integrate our events as volunteers. Create a corporate image associated with Healthy Campus that can distinguish regular students from a volunteer.



**Motivation & Vision**

The Volunteers Corps plays a crucial role in our team and in our ability to execute the specific Strategic Plan. We must call for their integration, training and appreciation so that they feel an integrated part of the organisation of events.



**Evaluation**

With the creation of the Volunteers Corps, it was possible to increase the quality of our initiatives and activities and thus create conditions for greater impact.



**Lessons Learnt**

Volunteers' quality is more important than their quantity. Invest in good basic training for volunteers and event-specific training. There should be a clear assumption of responsibilities between volunteers and the event organisation.



**Recommendations**

Create a communication campaign for potential volunteers. Identify volunteers with the right profile, skills and values for each event. Promote general and specific training of volunteers.



Volunteer in a self-defence workshop



Volunteer at a Solidarity Campaign for Ukraine



Volunteers in an inclusive event



UNIVERSITY OF THE ALGARVE

WEBSITE [HTTPS://WWW.UALG.PT/PT](https://www.ualg.pt/pt) CONTACT GABINETE DE DESPORTO AAUALG - DESPORTO@AAUALG.PT



**Name of the project**

Outdoor Physical activity and sport



**Domain**

Physical activity and sport



**Criteria**

#63 The university offers outdoor activities (mountain, forest, river, beach, parks).



**Keywords**

Nature, Nautical Activities, Wellness



**Target & Stakeholders**

Academic Community



**Time & Frame**

All year



**Team & Staff**

Office of Sports and Partners



**Description**

Provision of several physical-sports activities to the UALG academic community, such as: walking tours, bicycle tours, nautical activities (surf, bodyboard, canoeing, stand up paddle, sailing) and climbing.



**Main Goals**

Take advantage of the existence of natural spaces with optimal conditions for the practice of outdoor activities. Promote the diversification of the offer of physical, sporting and leisure activities together with the UALG academic community.



**Motivation & Vision**

An academic community with more active and healthy lifestyles.



**Evaluation**

The evaluation is highly-rated and measured by the high number of activities and participants over the different school years.



**Lessons Learnt**

In today's university context, as in society in general, it is imperative to find new ways, activities, and alternative spaces to facilitate the adoption of more active and healthy lifestyles for everyone.



**Recommendations**

Seek to take advantage of and make profitable the existence of natural spaces with optimal conditions for the practice of outdoor activities, whenever they exist, whether in the natural space associated with the Sea or on Land.



Regular classes wof Surf and Bodyboard



Project «Todos a Pedalar»



Projet Cycle of Walks

TRINITY COLLEGE DUBLIN

WEBSITE [WWW.TCD.IE](http://WWW.TCD.IE) CONTACT [HTTPS://WWW.MINDBODYBOOST.EU/CONTACT](https://www.mindbodyboost.eu/contact)



**Name of the project**

Mind Body Boost an Erasmus Plus Funded Project



**Domain**

Physical activity and sport



**Criteria**

#65 The university offers activities to promote the values of physical activity and sport activity to the campus community.



**Keywords**

Mental Health, Well-being, Physical Activity, inclusivity



**Target & Stakeholders**

Students from Trinity College Dublin & 9 other Universities



**Time & Frame**

One 6 weeks intervention per semester (one session a week)



**Team & Staff**

Sport, counselling & psychology staff



**Description**

The Mind Body Boost is an Erasmus+ funded project designed to encourage inclusivity and equality through sport. The project calls upon referrals from educational, health & sporting professionals to provide holistic support.



**Main Goals**

To establish a European collaboration with the aim of improving the mental and physical well-being of young people in a university setting. To promote and foster social inclusion and equal access to sport for all.



**Motivation & Vision**

Mind Body Boost is an evidence-based intervention, devised to support young people in managing their mental and physical health.



**Evaluation**

The evaluation process will use the data collected by the app specially developed for the project to assess how effective the intervention sessions were on the weekly mood and mental well-being of the participants.



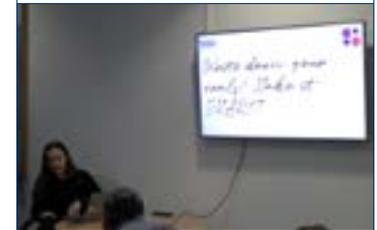
**Lessons Learnt**

The project is dealing with a number of sensitive topics for the participants, and it is important to them to feel supported throughout the 6 weeks. This can be done through the interventions, app notifications, emails, sending of well-being resources.



**Recommendations**

Develop a best practice model, handbook and toolkit and intellectual outputs, to ensure that the project can be replicated and scaled up elsewhere in other institutions or organisations for the benefit of more European citizens.



Mind Body Boost Counselling



Mind Body Boost Exercise session



Mind Body boost Instructor

# Nutrition

TRINITY COLLEGE DUBLIN

WEBSITE [HTTPS://WWW.TCD.IE/](https://www.tcd.ie/) CONTACT [WWW.TCD.IE/ACCOMMODATION/COLLEGE-CATERING/](http://WWW.TCD.IE/ACCOMMODATION/COLLEGE-CATERING/)



**Name of the project**

Trinity College Catering



**Domain**

Nutrition



**Criteria**

#67 The university shall name a person or a group of people (commission) responsible for food and nutrition services.



**Keywords**

Catering, Nutrition, food, Restaurant



**Target & Stakeholders**

Staff, Students and visitors on campus



**Time & Frame**

Catering is open all year round, opening & closing times vary



**Team & Staff**

Trinity College Catering Team



**Description**

Trinity college catering runs eight outlets on campus: the Buttery Restaurant, Perch Café, East Dining Hall, Old Dining Hall, Westland Eats located in the Hamilton building, Forum Restaurant and Jolt Café in the business school, and Trinity 1592.



**Main Goals**

The University has a full catering department that looks after all food and nutrition services.



**Motivation & Vision**

Across campus students, staff and visitors have a wide choice of restaurants and coffee shops to suit all tastes and budgets. All catering outlets on campus also accept payment by TCard!



**Evaluation**

Staff and students are regularly surveyed to ensure Catering Services meet their needs. Initiatives are regularly trialled in response to feedback and implemented, e.g. No Chip Monday and negotiating a wider range of vegan sandwiches with our supplier.



**Lessons Learnt**

Regular evidence-based engagement with all stakeholders is key, e.g. when we engaged with a student project by waiving the surcharge for milk alternatives in tea/coffee and measured the impact on sales and consumer demand.



**Recommendations**

Generate more interactive content for social media. Engage in more projects that have long term visibility e.g. we recently engaged with the Healthy Trinity Committee to commission a student to paint a mural on seasonal fruits and vegetables.



Trinity College Dining Hall



Trinity College Catering Team



Trinity College Buttery Restaurant



**UNIVERSITY OF COIMBRA**

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**Name of the project**

Campaigns for the reduction of food waste and promotion of healthy eating



**Domain**

Nutrition



**Criteria**

#68 The university shall provide among others sustainable food and nutrition catering services and meals that are appropriate for the campus community.



**Keywords**

Reduce food waste, raise awareness, healthy eating behaviour



**Target & Stakeholders**

University Community



**Time & Frame**

All year



**Team & Staff**

Catering Team, UC Sports Team



**Description**

Implementation of measures to combat food waste. Reduce the consumption of salt, sugar, and fat in university restaurants. Promotion of campaigns that reinforce the adopted measures and make the community aware of the healthy eating.



**Main Goals**

Empower the academic community on food waste issues by changing behaviours. Highlight the importance of healthy eating for health.



**Motivation & Vision**

Developing a more food-conscious and balanced community. Implementation of the strategic plan for Healthy Campus UC.



**Evaluation**

Reducing food waste in university restaurants by half. Reducing the use of salt and sugar in food. Reducing the number of fried meals in university restaurants.



**Lessons Learnt**

Constant evaluation of the academic community's eating patterns is important especially in the services provided.



**Recommendations**

Raise awareness in the academic community about the importance of adopting healthy eating behaviours and the risks of consuming products with a negative impact on health.



National Television Interview about the campaign



"Less = More" campaign



"Did you know that..." campaign



**UNIVERSITY OF LUCERNE**

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**Name of the project**

First vegan/vegetarian cafeteria in a university of Switzerland



**Domain**

Nutrition



**Criteria**

#68 The university shall provide among others sustainable food and nutrition catering services and meals that are appropriate for the campus community.



**Keywords**

vegan, vegetarian, something for everyone, healthy lifestyle, brain food, good for the environment



**Target & Stakeholders**

Students, employees



**Time & Frame**

All year, since September 2021



**Team & Staff**

Cooperative ZFV - Unternehmungen «Mensa 1574»



**Description**

Since the fall semester 2021 serves the cafeteria of the university of Lucerne mainly vegan and vegetarian meals. If you would like to add some sort of meat you pay a little extra.



**Main Goals**

Creating awareness on healthy and balanced nutrition. Reducing the environmental impact of the food production. Focusing on products from the region.



**Motivation & Vision**

It's important to offer healthy and balanced food for students and employees who are mainly sitting and don't get that much exercise during the whole day. Another goal was to minimize the imported foods by preferring local farms and vendors.



**Evaluation**

A lot of students and employees reacted positive to the new concept of the cafeteria. It's a good way of trying new foods. It's a win-win situation in general because it's more sparing on the environment and still has a reasonable price.



**Lessons Learnt**

After a couple of months, the cafeteria serves meat again. The switch to a meatless offer was a little too extreme for some people. They made the compromise, that if you want to add meat to your menu, you pay a little extra. The meat is solely swiss.



**Recommendations**

It's important to offer food which everyone with different intolerances can enjoy. It also created a range of meals, which people with intolerances can enjoy as well.



Cafeteria in the university of Lucerne



Daily salad buffet in the cafeteria



**PEKING UNIVERSITY**

WEBSITE PKU.EDU.CN CONTACT PERSON HE ZHONGHUI EMAIL HEALTHYCAMPUS@PKU.EDU.CN



**Name of the project**

More Food Choices, More Nutrition



**Domain**

Nutrition



**Criteria**

#68 The university shall provide among others sustainable food and nutrition catering services and meals that are appropriate for the campus community.



**Keywords**

Nutrition Catering Service, Zero Hunger, Good Health and Well-Being, Campus Community



**Target & Stakeholders**

Campus Community



**Time & Frame**

All year. Meal time.



**Team & Staff**

Catering Services Center, PKU



**Description**

Equipped with about 20 canteens on campus which cover a floor area of 64,000m<sup>2</sup> with 10 thousand seats, the university offers ample food options of over 1000 kinds for the campus community, including Chinese cuisine, western food, regional cuisines, pastries, drinks, etc. The canteens also offer light meals with low fat, low sugar and low oil, vegetarian diets and iodized salt free foods.



**Main Goals**

Offer the campus community diversified and nutritious foods and specially prepared foods.



**Motivation & Vision**

Meet the nutritional and health needs of different groups.



**Evaluation**

Based on the number of people's choices of different foods and drinks in the dining halls, the Center evaluates whether the catering services and meals are appropriate for the community, so as to maintain or adjust the arrangements and better meet the needs of students and staff.



**Lessons Learnt**

Meet the dietary needs of students and staff from different regions by providing expanded food range daily and live up to the healthy diet philosophy by serving sustainable food.

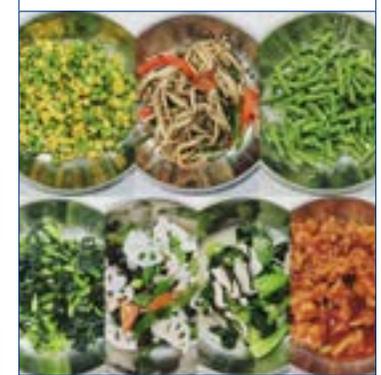


**Recommendations**

Continue to add variety to and increase the quantity of sustainable food in campus dining halls. Promote healthy diets and health education.



Ample Food Options



Vegetarian Diets

UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

WEBSITE [WWW.UDST.EDU.QA](http://WWW.UDST.EDU.QA) CONTACT S&S - UDST.WELLNESS@CNA-QATAR.EDU.QA / UDST.EDU.QA



**Name of the project**

Know what your food contains



**Domain**

Nutrition



**Criteria**

#69 The catering service of the university shall inform consumers of the ingredients and nutrients in the menus, especially regarding the most common allergies and intolerances.



**Keywords**

Nutrition, Food, Awareness, Education



**Target & Stakeholders**

Students, Faculty, Staff, Guests and Visitors on Campus



**Time & Frame**

All year



**Team & Staff**

Student Affairs, Facilities Management



**Description**

UDST cafeteria's provide nutritional information including name, calories, total fat, saturated fat, polyunsaturated fat, monounsaturated fats, cholesterol, sodium, potassium, carbs, fibres, sugar, protein, and allergen information.



**Main Goals**

Create awareness of the composition of menu and offered ingredients and encourage campus community to make healthy choices.



**Motivation & Vision**

To enhance student awareness of nutrition related considerations and to support conscious, informed and healthy decisions about food choices. Individuals realize healthy choices are not necessarily more expensive or less nutritious or appealing.



**Evaluation**

Quantity and type of food items sold each year is monitored and used as criteria in the evaluation. Anticipated implementation of the nutritional information labelling of food items when compared to this data will hopefully encourage better choices.



**Lessons Learnt**

The most important component of living a healthy lifestyle is having a good understanding of nutrition. Typically, students have difficulty selecting an appropriate meal. This approach assists students in making conscious eating choices.

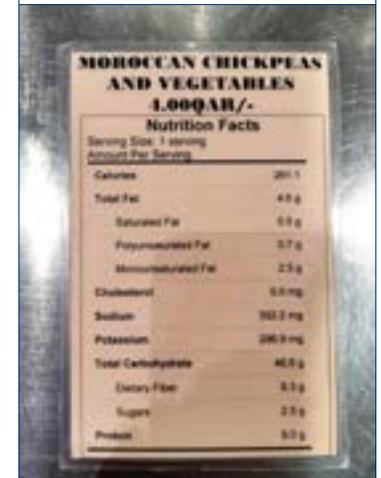


**Recommendations**

Once established, on-going consideration as to how improvements and refinements to information dissemination and promotional platforms utilized. Recommended, augment this information with educational seminars and other related programming.



Nutritional information - Example 1



Nutritional information - Example 2



**KING'S COLLEGE LONDON**

WEBSITE [HTTPS://WWW.KCL.AC.UK/](https://www.kcl.ac.uk/) CONTACT INSTAGRAM @KCLFOOD KINGSFOOD@KCL.AC.UK



**Name of the project**

King's College London | King's Food | Natasha's Law & Cookbook



**Domain**

Nutrition



**Criteria**

#69 The catering service of the university shall inform consumers of the ingredients and nutrients in the menus, especially regarding the most common allergies and intolerances.



**Keywords**

Food, Cooking, Ingredients, Allergies, Intolerances



**Target & Stakeholders**

Staff and Students of the University, External Guests



**Time & Frame**

Provided across the year, over 5 campuses in London



**Team & Staff**

King's Food, Hospitality & Catering



**Description**

As of October 2021, outlets in the UK were required to have full labelling of ingredients on all pre-packaged food. Over the last 12 months, we have worked in collaboration with areas of the University to provide nutritional information to customers.



**Main Goals**

King's Food aim to highlight local, healthy choices that are sustainable - with an ambition to increase customer loyalty and engagement. In doing this, we are able to meet the nutritional needs of a diverse customer base with exceptional service.



**Motivation & Vision**

Our mission is to feed the minds and bodies of those that aspire to change the world. Our services are conveniently located in all King's buildings and provided at affordable, competitive pricing by knowledgeable and passionate staff.



**Evaluation**

We look to measure a number of key areas including revenue, average spend of users, our online engagement through newsletters and social media as well as increased sales of promotional products.



**Lessons Learnt**

Throughout this time, we have aimed to increased the amount of data captured in order to inform what works with our labelling and products, whilst standardising our brand, point of sale and signage in order to embed the King's Food in our community.



**Recommendations**

Aim to join with College-wide programmes (Well-being Week, King's Move rewards etc) and produce a calendar of activity around the academic year targeting the different customer user groups to meet their nutritional needs.



Example of labels used across King's Food outlets



King's Food, King's Kitchen, The Strand, London



King's Food, King's Kitchen, The Strand, London

**ISCTE - UNIVERSITY INSTITUTE OF LISBON**

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**Name of the project**

Healthy Diet



**Domain**

Nutrition



**Criteria**

#70 The catering service of the university offers healthy menus at affordable prices, at least one well-balanced menu at the same price or even cheaper than others.



**Keywords**

Students, Staff, Meal, Food, Healthy, Balanced, Menu, Inclusive



**Target & Stakeholders**

Students and Staff



**Time & Frame**

All year



**Team & Staff**

Canteen and restaurants staff



**Description**

Iscte has several restaurants (and canteen) inside the campus, which provide diverse (one meat dish, one fish dish and one vegetarian dish) and complete menus at special prices for Iscte's students and staff.



**Main Goals**

Provide healthy and diverse meal options at affordable prices for Iscte's community.



**Motivation & Vision**

Both the diversity of food options and the fact that they are affordable for everyone, are important factors to promote the well-being of Iscte's community. Additionally, we want to provide a healthier meal option than fast-food restaurants.



**Evaluation**

Extremely high participation by Iscte's community, most of Iscte's restaurants and canteen are full at lunch, during the afternoon and even at dinner (for night students).



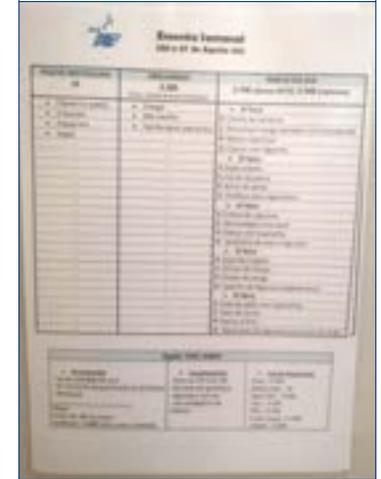
**Lessons Learnt**

Now more than ever, it is key to present diverse, quality and affordable meal options as students and staff are increasingly opting for alternative types of diets.



**Recommendations**

In order to follow the best practices, the menus should include these nutritional values: [http://www.sas.uminho.pt/uploads/Cantina\\_Almo%C3%A7o\\_Mar%C3%A7o.pdf](http://www.sas.uminho.pt/uploads/Cantina_Almo%C3%A7o_Mar%C3%A7o.pdf). Organise thematic days/weeks regarding healthy dieting.



Iscte's weekly menu



Iscte's Takeaway service

**VOLGA REGION STATE UNIVERSITY OF PHYSICAL CULTURE, SPORT AND TOURISM**

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**Name of the project**

Healthy food for an affordable price



**Domain**

Nutrition



**Criteria**

#70 The catering service of the university offers healthy menus at affordable prices, at least one well-balanced menu at the same price or even cheaper than others.



**Keywords**

Healthy food, Without genetically modified organism and conservatives



**Target & Stakeholders**

Staff, students, participants of events held



**Time & Frame**

All year



**Team & Staff**

Food Factory staff



**Description**

The development of a basic balanced diet, agreed with the Russian Federal Service for the Supervision of Consumer Rights Protection and Human Welfare, for an affordable price with the possibility of adjusting it to the needs of the target group.



**Main Goals**

Developing a balanced diet for a specific age category, taking into account the characteristics, needs and taste and other preferences of the target group (children under 16, sports, vegetarian, vegan, Halal, lactose-free and gluten-free).



**Motivation & Vision**

Formation of knowledge about healthy and balanced nutrition, formation of healthy eating habits.



**Evaluation**

Formation of a food culture among students and university staff. The healthy and balanced diet provided by the University's Nutrition Factory empowers students and staff to move away from fast food and opt for a healthy diet.



**Lessons Learnt**

To implement the project, it is necessary to develop a basic balanced diet, agreed by the Federal Service for Supervision of Consumer Rights Protection and Human Welfare.



**Recommendations**

Offer tasty and healthy food as an alternative to fast food for the adoption of healthy lifestyle students and the younger generation.



Поволжский государственный университет физической культуры, спорта и туризма



Students at the University Cafe



Balanced meals for student, athletes



Balanced meals for student, athletes



**UNIVERSITY OF JOHANNESBURG**

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**Name of the project**

Free Drinking Water Stations



**Domain**

Nutrition



**Criteria**

#71 Free drinking water stations are available on campus.



**Keywords**

Water, free water, clean drinking water, water stations, campus water, water is life



**Target & Stakeholders**

Staff and students



**Time & Frame**

Entire year



**Team & Staff**

Operations, Maintenance & Technical Services, Plumbers



**Description**

The university provides free drinking water stations for its entire campus population. This is a basic necessity for all people in the University and the country. The water drinking stations are in the form of taps cooling water systems everywhere.



**Main Goals**

To render basic services to campus communities. Water is a basic human right and a necessity for people. To create a healthy living, working environment.



**Motivation & Vision**

The provision of water services to the campus communities means that business can continue normal and without delays. Water is life and therefore its provision is necessary to all persons in the University premises.



**Evaluation**

Water is important. Without water, our university will not be able to function well. We use water for many purposes: cleaning, washing, cooking, drinking, etc. The provision of cooling water systems for free has enabled people to save costs.



**Lessons Learnt**

Water is an integral part of human life. Providing free water drinking stations helps reduce costs for both staff and students. They do not have to buy water for consumption. The filter system has also improved the quality of water provided.



**Recommendations**

Each institution should provide free water to its staff, students and clients. The filter system is even better if bottled water cannot be provided.



Filtered drinking water station for offices



Water taps available for use to everyone



Taps installed in various campus locations



**MURDOCH UNIVERSITY**

WEBSITE [WWW.MURDOCH.EDU.AU/](http://WWW.MURDOCH.EDU.AU/) CONTACT [ACTIVE@MURDOCH.EDU.AU](mailto:ACTIVE@MURDOCH.EDU.AU)



**Name of the project**

Accessible water



**Domain**

Nutrition



**Criteria**

#71 Free drinking water stations are available on campus.



**Keywords**

Health & Well-Being, Student Care, Necessities



**Target & Stakeholders**

University students and faculty



**Time & Frame**

All year



**Team & Staff**

Murdoch University



**Description**

Murdoch University aims to provide access to fresh clean drinking water for students and staff across the campus.



**Main Goals**

Provide access to clean drinking water in all buildings and at multiple outdoor areas. Provide both chilled and hot filtered water options for students and staff to access freely.



**Motivation & Vision**

Murdoch University strives to ensure all students and staff can readily access clean drinking water easily, and freely.



**Evaluation**

In recent years health concerns especially with a global pandemic have seen the need to upgrade older drinking fountains to also include attachments able to fill water bottles.



**Lessons Learnt**

By providing access to both boiling and chilled water systems students have access to water to not only for drinking. Simple cooking and making tea, coffee, or other drinks becomes available to students.



**Recommendations**

Ensure an even distribution of systems throughout the campus grounds and buildings to avoid needing to travel too far to access water. Ensure free standing stations and kitchen facilities are of an accessible height for wheelchair users to access.



Kitchens provide boiling & chilled filtered water



Filtered water bottle filling stations



Map of campus H2O station distribution

**WATERFORD INSTITUTE OF TECHNOLOGY**

WEBSITE [HTTPS://WWW.WIT.IE/](https://www.wit.ie/) CONTACT INSTAGRAM: WITVIKINGSPTS WITFOOD\_ON\_CAMPUS



**Name of the project**

Fill it Up-Lets Stay Hydrated



**Domain**

Nutrition



**Criteria**

#71 Free drinking water stations are available on campus.



**Keywords**

Health and Well-Being Benefits, Environmentally Friendly, Hydration, Reduce, Reuse, Refresh, Free



**Target & Stakeholders**

Institute Students & Staff



**Time & Frame**

All year



**Team & Staff**

WIT Novus Food and Beverage & WIT Vikings



**Description**

WIT Vikings and indeed the whole WIT community recognize the importance of drinking water for its many health benefits. In addition, we also are committed to the environment and know the problems that single use plastics are having.



**Main Goals**

To keep students and staff hydrated in an environmentally friendly way by allowing them to fill their reusable bottles as many times throughout the day as they wish, while also being.



**Motivation & Vision**

For students and staff to stay hydrated in a way that is safe, clean and environmentally friendly.



**Evaluation**

Students and staff have embraced the concept and are actively encouraging others to join the initiative. The number of users, including those who have already registered for prior activities and new users, is used to evaluate the activity.



**Lessons Learnt**

It is vital to inform students and staff of the benefits of drinking water in an environmentally friendly way, thus providing the resources to avail of this opportunity is imperative.

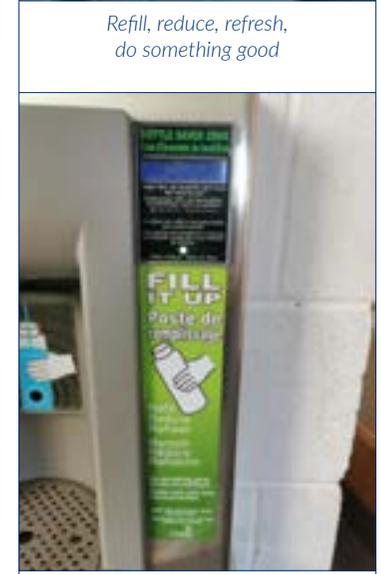


**Recommendations**

An effective promotional effort and campaign is essential.



Refill, reduce, refresh, do something good



1 of 23 water machines available in the Institute



UNIVERSITY OF THE ALGARVE

WEBSITE [HTTPS://WWW.UALG.PT/PT](https://www.ualg.pt/pt) CONTACT UAGA - ESSUALG@UALG.PT E SASSAUDE@UALG.PT



**Name of the project**

Nutritional Counseling



**Domain**

Nutrition



**Criteria**

#72 The university provides nutrition counselling to the campus community.



**Keywords**

Mediterranean Diet, Food Health Literacy, Capacity Building, Healthy Eating



**Target & Stakeholders**

UALG's Academic Community and Surrounding Community



**Time & Frame**

Weekdays



**Team & Staff**

SASUALG and ESSUALG's Department of Dietetics and Nutrition



**Description**

UALG provides two nutritional / food counseling services, one only for its academic community, through the Health Services of SASUALG, and another for the entire population, under the responsibility of the DN department of ESSUALG.



**Main Goals**

Inform and empower the population to adopt healthy eating habits; Promote nutritionally healthy environments; Make the natural resources profitable, favoring the consumption of the national product; Put the Mediterranean Diet on the table.



**Motivation & Vision**

An informed and empowered Society for the adoption of balanced and healthy eating habits, so we can live longer, better, and in a more sustainable way.



**Evaluation**

The evaluation of the project is measured by the number of initiatives and events that address these themes, as well as by the number of food counseling consultations carried out by the two services.



**Lessons Learnt**

Adequate food consumption, both in quantity and quality, plays an important role in health promotion and disease prevention, helping to maintain and improve the health status of communities.



**Recommendations**

Healthy and appropriate food is essential for the growth, development, and maintenance of the human body to occur in an appropriate manner. Thinking about the promotion of healthy eating is also thinking about Welfare and Quality of Life.



Nutritional Counselling SASUALg



Promotional Poster

UNIVERSITY OF MILANO-BICOCCA

WEBSITE [HTTPS://EN.UNIMIB.IT/](https://en.unimib.it/) CONTACT PERSON PAOLA PALESTINI EMAIL BICOCCA.SOSTENIBILE@UNIMIB.IT



**Name of the project**

SoGood



**Domain**

Nutrition



**Criteria**

#72 The university provides nutrition counselling to the campus community.



**Keywords**

Healthy food choice, sustainability



**Target & Stakeholders**

Students and employees



**Time & Frame**

Since 2019



**Team & Staff**

Bicocca Sostenibile, BASE Committee, Sodexo



**Description**

Reorganise the campus canteen in order to induce healthy food choices and reduce food waste. A series of green footprints traced on the floor leads to the fruit and vegetable area. The healthiest foods were highlighted by "So Good" labels.



**Main Goals**

Investigate nutrition habits of the community and adopt nudging strategies in order to promote healthier and sustainable eating behaviour for people and planet.



**Motivation & Vision**

Educate the campus community to healthy lifestyle. The possibility of knowing what healthy foods is, what are the optimal food combinations and the correct portions should make people increasingly aware of the importance of correct food choices.



**Evaluation**

Choices are registered and data analysed before and after the nudging intervention.



**Lessons Learnt**

Based on our experience, nudging strategies are effective in promoting healthier food choices. Our analysis formed the basis for an ongoing research project. We plan to extend the pilot project to the whole campus bar and canteen services.



**Recommendations**

Use signs, guided tours and product highlighting, to gently push users to healthier and more balanced food choices.



Footprints in the campus canteen



Nutrition information



Healthy food choices



**MYONGJI UNIVERSITY**

WEBSITE [HTTPS://WWW.MJU.AC.KR/US/INDEX.DO](https://www.mju.ac.kr/us/index.do) CONTACT WEBSITE [WWW.MJU.AC.KR](http://WWW.MJU.AC.KR)



**Name of the project**

Help you reach your nutrition to become a healthy athlete



**Domain**

Nutrition



**Criteria**

#72 The university provides nutrition counselling to the campus community.



**Keywords**

University athlete, physical activity, well-being, balance, nutrition, performance, Covid-19



**Target & Stakeholders**

University athlete



**Time & Frame**

All year (since March, 1967)



**Team & Staff**

Myongji University Student-Athletic organisation



**Description**

Myongji University Student-Athletic organisation hires a certified nutritionist to improve the nutrition and health of student athletes and their performance.



**Main Goals**

To provide nutritionally balanced meals to student athletes.



**Motivation & Vision**

To teach the importance of eating balanced meals.



**Evaluation**

Student athletes are asked to assess their level of satisfaction with meals provided at the end of each semester, and the nutritionist makes adjustments in his/her menu planning based on these assessments/comments.



**Lessons Learnt**

To learn the importance of eating balanced meals.



**Recommendations**

We would like to promote this programme to middle and high schools in the neighbourhood so that they can learn the importance of eating balanced meals from early age.



Bangmok Memorial Hall (Cafeteria)



Bangmok Memorial Hall (Cafeteria)



Weekly Menu & Allergy information



WEBSITE [HTTPS://WWW.UNILU.CH/EN/](https://www.unilu.ch/en/) CONTACT PERSON RON PREISER EMAIL [INFO@ZFV.CH](mailto:INFO@ZFV.CH)



**Name of the project**  
Favoring swiss produce



**Domain**  
Nutrition



**Criteria**  
#73 The university shall pursue strategies to minimise the environmental impact of food and nutrition catering services and meals.



**Keywords**  
Swiss made, healthy, regional, farms, balanced nutrition, good for the climate



**Target & Stakeholders**  
Students and employees of the university



**Time & Frame**  
Every day since September 2021



**Team & Staff**  
Cooperative ZFV - Unternehmungen «Mensa 1574»



**Description**  
Since the new concept of the cafeteria, they foster Swiss and especially regional producers to deliver the cafeteria.



**Main Goals**  
Serving nutritious meals which are good for humans and the environment. Buying the ingredients from local farmers and companies. Bringing attention to the customer on eco-friendly foods and reducing food waste.



**Motivation & Vision**  
Reducing the environmental impact by buying mainly Swiss products. Even plant-based alternatives and tofu are Swiss made. Reducing air transported products. Preferring goods with fairtrade labels such as Max Havelaar coffee or MSC fish.



**Evaluation**  
All the meats which are used in the cafeteria are from Switzerland. Fish always has the MSC-label and is organic. Vegetables and fruit is as good as possible from Switzerland and always in season according to the WWF-calendar.



**Lessons Learnt**  
Eco friendly nutrition is getting more popular for the customer. More and more students and employees ask about the origin of the produce, especially of meats. The demand of fairtrade products grows.



**Recommendations**  
Surveys help a lot on finding out what the costumers look for in a cafeteria. For example, was the cafeteria able to reduce food waste due to a survey and study, by adjusting the portion sizes.



QUESTION	ANSWER
1. How do you measure the success of your project?	• Through the satisfaction survey of the students
2. How do you measure the success of your project?	• Through the satisfaction survey of the students
3. How do you measure the success of your project?	• Through the satisfaction survey of the students
4. How do you measure the success of your project?	• Through the satisfaction survey of the students
5. How do you measure the success of your project?	• Through the satisfaction survey of the students
6. How do you measure the success of your project?	• Through the satisfaction survey of the students
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13. How do you measure the success of your project?	• Through the satisfaction survey of the students
14. How do you measure the success of your project?	• Through the satisfaction survey of the students
15. How do you measure the success of your project?	• Through the satisfaction survey of the students
16. How do you measure the success of your project?	• Through the satisfaction survey of the students
17. How do you measure the success of your project?	• Through the satisfaction survey of the students



**UNIVERSITY OF ST.GALLEN**

WEBSITE [HTTPS://WWW.UNISG.CH/](https://www.unisg.ch/) CONTACT CAFETERIA, FOOD SERVICES COMMISSION OR UNISPORT



**Name of the project**

Lifestyle Menu



**Domain**

Nutrition



**Criteria**

#73 The university shall pursue strategies to minimise the environmental impact of food and nutrition catering services and meals.



**Keywords**

Sustainable food, healthy nutrition, balanced meals, sustainability



**Target & Stakeholders**

Campus community, students, employees



**Time & Frame**

Daily since 2013



**Team & Staff**

Cafeteria, Nutrition Commission, Climate solutions taskforce



**Description**

The lifestyle menu was introduced to reduce the environmental impact by offering affordable, seasonal and mainly vegetarian menus. Leftovers are sold at a reduced price and environmentally-friendly reusable containers are offered for take-away meals.



**Main Goals**

Reduce the environmental impact and offer healthy and sustainable choices.



**Motivation & Vision**

The University wants to be carbon neutral by 2030. Food is an important aspect of a sustainable campus. Sustainability is being improved by offering more regional and sustainably sourced products and by implementing measures to reduce food waste.



**Evaluation**

The Lifestyle menu has become quite popular and almost 1/3 of the menus consumed at the University are the daily lifestyle menus. The lifestyle menu is the second cheapest menu offered, which make them even more attractive to students.



**Lessons Learnt**

Seeing as the lifestyle menu was a student initiative and that these menus are so popular, it is evident that students and employees want healthier and sustainable options.



**Recommendations**

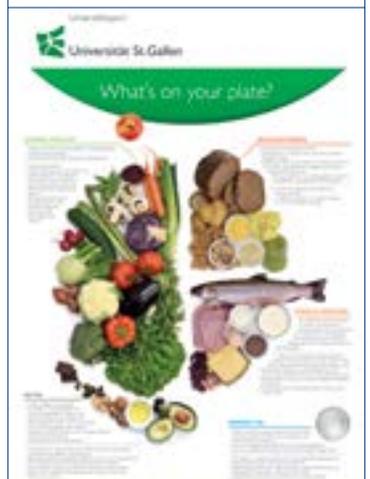
Offer vegetarian and locally sourced foods at an affordable price. Use Apps like "TooGoodToGo" to sell leftovers at a high discount to minimise waste. By offering reusable containers against a small deposit, disposable tableware can be avoided.



Lifestyle menu



Cafeteria at the University of St.Gallen



Poster to encourage balanced eating

UNIVERSITÉ LIBRE DE BRUXELLES

WEBSITE [WWW.ULB.BE](http://WWW.ULB.BE) CONTACT [ULB-SANTE@ULB.BE](mailto:ULB-SANTE@ULB.BE)



**Name of the project**  
« Frigo Partagé » ULB



**Domain**  
Nutrition



**Criteria**  
#73 The university shall pursue strategies to minimise the environmental impact of food and nutrition catering services and meals.



**Keywords**  
Social assistance, nutrition, well-being, fight against food waste and precariousness



**Target & Stakeholders**  
University Community and external Community



**Time & Frame**  
From Monday to Friday: lunch  
Tuesday evening: food baskets



**Team & Staff**  
Collectifrécup'



**Description**  
Distribution of unsold food to people in need, distribution of food baskets (paniers solidaires): foodstuff and hygiene products.



**Main Goals**  
Reduce food waste, offer to people in need fresh food and hygiene products.



**Motivation & Vision**  
Too many students suffer of precariousness and are going hungry for lack of financial means, they skip meals. It's important to help them and provide access to foodstuff. At the same time, it can allow to reduce food waste.



**Evaluation**  
Positive impact, even more after Covid crisis: increase of student precariousness.



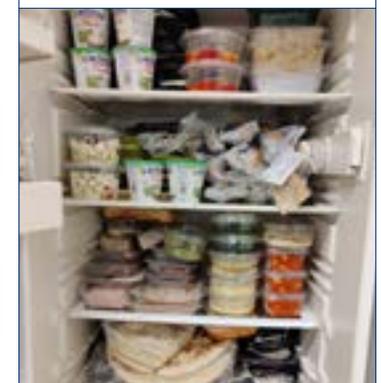
**Lessons Learnt**  
Solidarity: to help people in need, and to reduce food waste.



**Recommendations**  
To maintain this service and disseminate information.



Poster of food basket distribution



Milk products



Fresh food

UNIVERSITY OF COIMBRA

WEBSITE WWW.UC.PT CONTACT PERSON FILIPA GODINHO EMAIL FILIPA.GODINHO@UC.PT



**Name of the project**

Rector's decision on vending machine products



**Domain**

Nutrition



**Criteria**

#74 The university ensures that the vending machines on campus offer quality products with good nutritional value.



**Keywords**

Food Awareness Literacy, Well-being, Healthy food



**Target & Stakeholders**

Academic Community



**Time & Frame**

All year



**Team & Staff**

UC Healthy Campus multidisciplinary team



**Description**

Rectoral Decision nº216/2021 determines the specifications for the purchase and installation of vending machines and establishes the obligation to make healthy food available in each machine of the contract.



**Main Goals**

Ensure that 50% of the list of products available are products considered healthy according to the National Health Service, table (regardless of the quantity per product), not including water. Offer products that promote healthier eating habits.



**Motivation & Vision**

The University wants to be carbon neutral by 2030. Food is an important aspect of a sustainable campus. Sustainability is being improved by offering more regional and sustainably sourced products and by implementing measures to reduce food waste.



**Evaluation**

Considerably higher impact by having a transversal implementation in all units, services, and departments of the organisation.



**Lessons Learnt**

Implementation of strategic measures, must be implemented transversally to achieve the desired goals.



**Recommendations**

Hold tenders that include all vending machines in the organisation to simplify the implementation and control of measures like this.



Rectoral Decision n°216/2021

	GENERAL TAVOLA	GENERAL AVULSA	ADICIVAS	SAL
ALTO	max de 17,5g	max de 5g	max de 22,5g	max de 1,5g
MEDIO	max de 10,5g	max de 3g	max de 15g	max de 1g
BAIXO	3g	1,5g	5g	0,3g

	GENERAL TAVOLA	GENERAL AVULSA	ADICIVAS	SAL
ALTO	max de 6,75g	max de 2,5g	max de 11,25g	max de 0,75g
MEDIO	max de 4,5g	max de 1,5g	max de 7,5g	max de 0,5g
BAIXO	1,5g	0,75g	2,5g	0,3g

Label decoder



**POLYTECHNIC INSTITUTE OF LEIRIA**

WEBSITE [WWW.IPLEIRIA.PT](http://WWW.IPLEIRIA.PT) CONTACT [IPLEIRIA.PT](mailto:IPLEIRIA.PT)/ NATÁLIA TOMÁS; CÁTIA PONTES



**Name of the project**

Less (salt, sugar and fat) is more



**Domain**

Nutrition



**Criteria**

#74 The university ensures that the vending machines on campus offer quality products with good nutritional value.



**Keywords**

salt, sugar, fat, vending machines, healthy eating



**Target & Stakeholders**

Polytechnic of Leiria population (students, teachers and administrative staff)



**Time & Frame**

All year



**Team & Staff**

Polytechnic of Leiria's Social Services and Food Services



**Description**

The Social Action Services reformulated their contract with the supplier and products with high content of saturated fat and sugar were prohibited. Fruit purees, nuts and dried fruits were introduced, and the sugar content was limited in hot drinks.



**Main Goals**

To improve the supply quality of vending machines eliminating foods with excessive calories and high levels of salt, sugar and trans fatty acids, introducing fruit purees and dried fruits and limiting the sugar content in hot drinks.



**Motivation & Vision**

This change (reducing the amount of harmful food and increasing potentially salutogenic foods) may contribute to healthier eating habits.



**Evaluation**

There were no complaints about this transformation and different users verbally expressed their satisfaction with this initiative.



**Lessons Learnt**

We must understand and remind that changing behaviours and habits is not an easy task but every long journey begins with one simple step.



**Recommendations**

Despite the fact that there will always be someone not satisfied with changes, we must persevere with eyes focused on positive and healthy targets.



Vending machine with healthy products



Fruit snack with no sugar



Packages of seeds and other healthy snacks

# Disease prevention



**ISCTE - UNIVERSITY INSTITUTE OF LISBON**

WEBSITE [WWW.ISCTE-IUL.PT](http://WWW.ISCTE-IUL.PT) CONTACT [DESPORTO@ISCTE-IUL.PT](mailto:DESPORTO@ISCTE-IUL.PT)



**Name of the project**

Healthy Iscte



**Domain**

Disease prevention



**Criteria**

#75 The university shall plan, implement and evaluate specific actions to reduce the risk of non-communicable disease.



**Keywords**

Health, Well-being, Disease prevention, Social, Students, Staff



**Target & Stakeholders**

Students and Staff



**Time & Frame**

Every year



**Team & Staff**

Iscte's Social Services and Sports Services



**Description**

The Healthy Iscte day is a day focused on providing several actions that promote health and well-being among the Iscte community, such as: blood donation, STIs screening, Cardiovascular screening, stress management workshops (among others).



**Main Goals**

Create opportunities for students and staff to assess and improve their health and well-being.



**Motivation & Vision**

To educate students and staff on diverse problems intrinsic to both our personal and professional lives.



**Evaluation**

The opportunities created by our Social Services always have an impact and end up helping and educating a large portion of our community.



**Lessons Learnt**

The theme of mental health should be rethought in order to become more "attractive" to the participation of the university's community, our psychology students could be a good resource to organise more activities related to this theme.



**Recommendations**

Hold tenders that include all vending machines in the organisation to simplify the implementation and control of measures like this.



**iscte** INSTITUTO UNIVERSITÁRIO DE LISBOA



Healthy Iscte 2021 programme



Healthy Iscte 2020 programme

**PRIVOLZHSKY RESEARCH MEDICAL UNIVERSITY**

WEBSITE PIMUNN.RU CONTACT HTTPS://WWW.PRORODINKI.RU



**Name of the project**

ProRodinki



**Domain**

Disease prevention



**Criteria**

#75 The university shall plan, implement and evaluate specific actions to reduce the risk of non-communicable disease.



**Keywords**

University's clinic, skin neoplasms, neural network, medical diagnostics, health



**Target & Stakeholders**

Students and staff of University, the population of Russia



**Time & Frame**

At the request of the patient



**Team & Staff**

Head and staff of the Department of skin, venereal diseases



**Description**

The University has developed a mobile application "ProRodinki", which allows screening and further routing of patients with suspicious skin neoplasms using a conventional smartphone using a neural network, issuing a recommendation to consult a doctor.



**Main Goals**

1. Control of the spread of skin cancer in patients.
2. Early diagnosis of skin neoplasms and their timely treatment.
3. Formation of recommendations on the choice of a doctor.
4. Maintaining an optimal level of health in the population.



**Motivation & Vision**

Fight against oncology in the Nizhny Novgorod region, prevention of malignant tumours, dissemination of experience and popularization of the project throughout the Russian Federation.



**Evaluation**

Development of a mobile application with an adapted neural network, introduction of a technique for rapid and early diagnosis of skin neoplasms, holding scientific and practical conferences and seminars on this topic.



**Lessons Learnt**

The measures are necessary for the early diagnosis and prevention of skin neoplasms in accordance with the strategy of maintaining optimal health of the population. They allow you to make further routing of patients with suspicious skin formations.



**Recommendations**

The neural network should be adapted to any electronic device, the studied database of skin formations should be constantly replenished.



Filming of the project by the Federal channel



The project is the winner of the city Award



Example of a report in the programme on the phone



**POLYTECHNIC INSTITUTE OF LEIRIA**

WEBSITE [HTTPS://WWW.IPLEIRIA.PT/](https://www.ipleiria.pt/) CONTACT PERSON ROSA PEDRO EMAIL [S.MEDICOS@IPLLEIRIA.PT](mailto:S.MEDICOS@IPLLEIRIA.PT)



**Name of the project**

We help you to take care of your health



**Domain**

Disease prevention



**Criteria**

#76 The university organises at least once a year, prevention programmes in terms of non-communicable disease.



**Keywords**

Prevention, non-communicable diseases, health services, wellness, consultation, medical specialties



**Target & Stakeholders**

Students, teachers, technicians and administrative



**Time & Frame**

10 months per year



**Team & Staff**

1 administrative and doctors



**Description**

Polytechnic of Leiria provides, through its Medical Services, consultations at reduced prices. Whenever justified, doctors also prescribe complementary diagnostic tests. Information leaflets, brochures, among others, are available on a regular basis



**Main Goals**

To contribute so that students do not neglect their health. To provide students with easy access to health care at a reduced price. To promote the health and well-being of the academic community of the Polytechnic of Leiria.



**Motivation & Vision**

To help students not to neglect their health. To enable students to an easy access to health care at a reduced price. To promote the health and well-being of the academic community of the Polytechnic of Leiria.



**Evaluation**

Very positive impact. These Services have been in operation since 2005 and have allowed students to health care in an easy way and at a reduced price. In the context of the pandemic motivated by Covid-19, this Service proved to be crucial.



**Lessons Learnt**

It is essential to enable students to have easy and affordable access to health care, helping them not to neglect care for their health. This way, Polytechnic of Leiria complements the offer of consultations guaranteed by the National Health Service.



**Recommendations**

Carry out a campaign to disseminate medical specialties made available to the academic community, through the Medical Services of the Polytechnic of Leiria.



Disclosure of Polytechnic medical services

Visual screening campaign with stakeholders

PLeia's medical consultations statistical data

## ESTONIAN ACADEMY OF SECURITY SCIENCES

WEBSITE [HTTPS://WWW.SISEKAITSE.EE/EN/EASS-HOME](https://www.sisekaitse.ee/en/eass-home) CONTACT [HTTPS://WWW.SISEKAITSE.EE/EN/EASS-HOME](https://www.sisekaitse.ee/en/eass-home)



### Name of the project

Get moving for better health!



### Domain

Disease prevention



### Criteria

#76 The university organises at least once a year, prevention programmes in terms of non-communicable disease.



### Keywords

Physical Activity, Support, Counting Steps, Cardio-Vascular Health



### Target & Stakeholders

University Community



### Time & Frame

At least one campaign a year, that lasts longer than a week



### Team & Staff

Personnel employees, Student Council, Head of Sport



### Description

EASS offers movement and activity campaigns for the whole community. Campaign descriptions include references to WHO's recommendations on exercise. Campaigns call for walking more to improve and maintain good health.



### Main Goals

The main goal is to encourage community to take care of their health and reduce the risk of cardiovascular disease and diabetes due to insufficient exercise and sedentary lifestyle. Movement is a good way to improve general health.



### Motivation & Vision

Even though most people know well that physical activity is good for their health, it is difficult to find time and motivation to exercise regularly. Movement campaigns help to keep a focus and to develop good habits together.



### Evaluation

220 participants in movement campaign in Yumuuv platform for 1 month (76395103 steps) and 945 participants in Fitsphere platform for 11 days (65690641) steps. In the feedback, Yumuuv was mentioned most as motivator for regular activity.



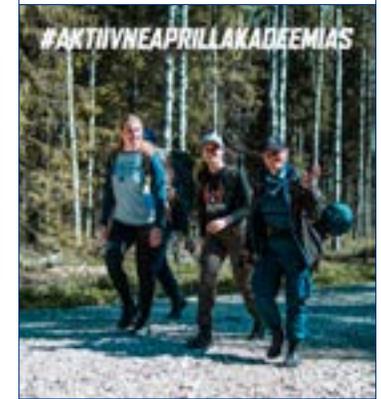
### Lessons Learnt

Even some top athletes admitted that it was difficult for them to make at least 10,000 steps per day regularly. The movement campaign helped people to understand the level of their activity and to make changes in it, if needed.



### Recommendations

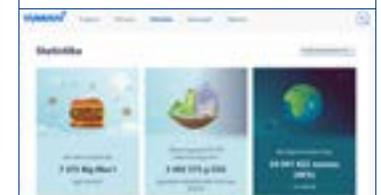
If you can't find free of charge platforms to use, some investments might be necessary if you want to get participants' results online during campaign period. But you can also start with collecting data of activity hours or kilometres to Excel.



Movement campaign poster



Movement campaign advertisement in FB



Campaign statistics



UNIVERSITY OF COIMBRA

WEBSITE [WWW.UC.PT](http://WWW.UC.PT) CONTACT PERSON FILIPA GODINHO EMAIL [FILIPA.GODINHO@UC.PT](mailto:FILIPA.GODINHO@UC.PT)



**Name of the project**

University of Coimbra Vaccination Plan



**Domain**

Disease prevention



**Criteria**

#77 The university promotes or informs about the benefits of vaccination and if relevant complement vaccine at affordable prices for students.



**Keywords**

Vaccination plan, prevention, literacy for vaccination



**Target & Stakeholders**

Measures to ensure the vaccination plan



**Time & Frame**

Anually



**Team & Staff**

UC Healthy Campus Multidisciplinary Team



**Description**

Steps to ensure that everyone in the academic community has a complete vaccination plan. Whether it is mandatory upon students' registration and through actions to raise awareness of the vaccines, counselling, and scheduling medical appointments.



**Main Goals**

Ensuring that the entire academic community has a complete vaccination plan. Literacy for vaccination. Raising awareness of the academic community about the importance of vaccination. Ensuring Traveller's consultation for mobility students.



**Motivation & Vision**

Healthy academic community. Containment of risk within the academic community. Fulfilment of the Healthy Campus UC strategic plan.



**Evaluation**

The evaluation is positive in the implementation of the vaccination plans up to now, which was verified during the period of the COVID-19 pandemic with the success in the plan implemented.



**Lessons Learnt**

With the pandemic COVID-19 the importance of vaccination plans was even more apparent. In addition to plans, it is important to implement measures to ensure them.



**Recommendations**

Implementation of measures that guarantee the established plans.



UNIVERSIDADE D COIMBRA

e-prevenção

[e-prevenç@o](mailto:e-prevenç@o)

e-prevenç@o webpage

**Vaccinacão**

Vaccination information

**SIBERIAN FEDERAL UNIVERSITY**

WEBSITE [HTTP://ABOUT.SFU-KRAS.RU/CAMPUS/MAP](http://about.sfu-kras.ru/campus/map) CONTACT EKATERINA V. SIDORENKO – [EVSDORENKO@SFU-KRAS.RU](mailto:EVSDORENKO@SFU-KRAS.RU)



**Name of the project**

Call Center for COVID-19



**Domain**

Disease prevention



**Criteria**

#77 The university promotes or informs about the benefits of vaccination and if relevant complement vaccine at affordable prices for students.



**Keywords**

volunteering, covid-2019, social and psychological help



**Target & Stakeholders**

Volunteer Centre, students and staff with positive PCR-test



**Time & Frame**

till the end of pandemic



**Team & Staff**

Youth Policy Department, Dormitory Management, Medical Centre



**Description**

Representatives of the university can contact with questions of coronavirus infection. Questions can be of a different nature: what to do if symptoms appear or there was contact with a sick person, how to properly follow the quarantine rules.



**Main Goals**

The university as a research and educational platform is the first and only place where opinions are accumulated, and final conclusions are formed. The main goal is the possession of reliable information and its dissemination.



**Motivation & Vision**

SibFU - as an opinion leader, is obliged to become a communication platform for the fight against coronavirus infection and a place where can help.



**Evaluation**

Number of calls, attracted volunteers, caller reviews, speed of problem solving.



**Lessons Learnt**

The call center must receive the most accurate information. Practice should include: 1. Volunteer training system. 2. Protocol of responses for hotline. 3. Creation of online psychological support tools: mastery of such techniques will also be a bonus.



**Recommendations**

In addition to information support, assistance can be provided in the formation of an application for contacting the Medical Center or psychological service.





**MYONGJI UNIVERSITY**

WEBSITE [HTTPS://WWW.MJU.AC.KR/US/INDEX.DO](https://www.mju.ac.kr/us/index.do) CONTACT WEBSITE [WWW.MJU.AC.KR](http://WWW.MJU.AC.KR) EMAIL [SUNHEE@MJU.AC.KR](mailto:SUNHEE@MJU.AC.KR)



**Name of the project**

Oral health check-ups provided by Korea's National Health Insurance Service



**Domain**

Disease prevention



**Criteria**

#78 The university promotes or informs about the benefits of dental care and if relevant complement dental care at affordable prices for students.



**Keywords**

Early detection of oral health challenges, improvement of life patterns



**Target & Stakeholders**

Students



**Time & Frame**

Oral health check-ups by National Health Insurance Service



**Team & Staff**

UC Healthy Campus Multidisciplinary Team



**Description**

Students who received a free oral health check-up provided by Korea's National Health Insurance Service can apply for "academic mileage" and also receive discount on dental treatment in hospitals/dental clinics.



**Main Goals**

Early detection of oral health challenges through regular oral health check-ups and learn to maintain proper dental hygiene.



**Motivation & Vision**

To raise awareness for the importance of good oral health.



**Evaluation**

Students learned how to maintain good oral health through these check-ups and they received the NHIS dental health care benefit at local hospitals/dental clinics.



**Lessons Learnt**

Regular oral health check-ups are important, and the delivery of the right care at the right time is key to maintaining good oral health.



**Recommendations**

As the average life-expectancy continues to grow, the importance of maintaining oral health should be emphasized from early age. In this regards, universities shall continue their efforts at raising awareness for the importance of good oral health.



Public Health Center



Public Health Center



Public Health Center Website



**Name of the project**

Awareness days « Ça m'saoule... j'ai plus de capotes »



**Domain**

Disease prevention



**Criteria**

#79 The university organises a communicable disease prevention programme at least once a year.



**Keywords**

Sexual health, activities, peer education, awareness days, respect, STI, AIDS, screening, sexual assault, consent, contraception



**Target & Stakeholders**

Students



**Time & Frame**

2 days, every year in October



**Team & Staff**

ULB Santé, Modus Vivendi, O'Yes, ACE Students



**Description**

15 awareness-raising stands form a pathway, run by trained and project leaders. Each stand offers a sexual health awareness game: sexual relations, anatomy, STI and screening, consent, love, etc.



**Main Goals**

Disseminate knowledge and acquire sexual health skills, raise awareness of the care services at ULB and Brussels.



**Motivation & Vision**

Training students to become caregivers, actors in their own health, acquire knowledge about STI, AIDS, testing, contraception, love, consent, combating gender-based and homophobic discrimination, combating violence, equality, respect, etc.



**Evaluation**

31 students trained each year on sexual health. 300 sensitised students in October 2021. The first years (18 yo) are encouraged to come to acquire this knowledge and skills at the beginning of their university studies.



**Lessons Learnt**

Acquiring sexual health knowledge and skills: condoms, Sexually Transmissible Infections, Anatomy of Sexual Organs, Contraception, Violence in Friendly and Sexual Relations, Consent, Pleasure.



**Recommendations**

Peer learning: trained students raise awareness of their peers, a sustainable project since 2016.



Pathway sexual health



Pathway sexual health



Pathway sexual health



UNIVERSITY OF THE ALGARVE

WEBSITE [HTTPS://WWW.UALG.PT/PT](https://www.ualg.pt/pt) CONTACT JORGE MALVEIRO, PH.D EMAIL [SASGP@UALG.PT](mailto:SASGP@UALG.PT)



**Name of the project**

HIV/AIDS Prevention Plan



**Domain**

Disease prevention



**Criteria**

#80 The university provides communicable disease (HIV, etc.) support services.



**Keywords**

Social Services Psychology Office GPAP, Health prevention, Well-being, UAlg, HIV prevention



**Target & Stakeholders**

UAlg academic community



**Time & Frame**

Weekly HIV Tests in Mobile Screening Unit



**Team & Staff**

CAD/ARS, APF Algarve e GPAP-UAlg



**Description**

HIV/AIDS Prevention Plan includes weekly screenings on the campuses of the UAlg throughout each academic year, as well as the systematic and free distribution of prophylactic and preventive information to the entire academic community.



**Main Goals**

Health and prevention of certain risky attitudes and behaviours, through technical and peer-to-peer interactions of a (in) formative nature, within the scope of sexually transmitted diseases (HIV and STDs).



**Motivation & Vision**

Given the inherent risks, raise the awareness of the academic population to the importance of Prevention and early detection of HIV infection and STDs.



**Evaluation**

The number of tests carried out on users of the academic community of UAlg. This health promotion practice proved to be an efficient measure in the promotion of healthy sexuality, in the prevention of sexually transmitted diseases.



**Lessons Learnt**

This practice proves to be quite effective in raising awareness on prevention and early detection of HIV/AIDS, which indicates that it is an asset in the long term for the general well-being of the community.

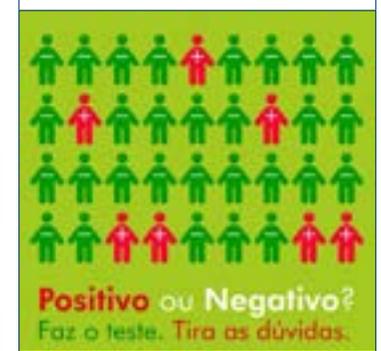


**Recommendations**

This practice included the development of a systematic model of prevention and early detection of HIV, which can facilitate its replication or transfer of results to other Higher Education Institutions, even if adapted on a case-by-case basis.



Mobile Unit, provided by ARS E APF Algarve



Information leaflet, distributed by the UAlg



Example of a weekly screening on UAlg campuses



**PEKING UNIVERSITY**

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**Name of the project**

COVID-19 Prevention and Control



**Domain**

Disease prevention



**Criteria**

#80 The university provides communicable disease (HIV, etc.) support services.



**Keywords**

Disease Support Service, Good Health and Well-Being, Campus Community, Communicable Disease, COVID-19, Nucleic Acid Test, Vaccination Campaign



**Target & Stakeholders**

Campus and Local Community



**Time & Frame**

During the COVID-19 pandemic



**Team & Staff**

Peking University Hospital



**Description**

After the outbreak of the COVID-19 pandemic, Peking University Hospital responded quickly by publishing the COVID-19 Treatment Guideline, launching an online nucleic acid test reservation platform and providing testing services. A lab is also converted into a nucleic acid testing lab. With COVID-19 vaccines made available, the faculty and students can get vaccinated at no cost.



**Main Goals**

**Nucleic Acid Test:** All people holding jobs on campus and living in the campus community in need are tested before the Fall Semester 2020.  
**COVID-19 Vaccination:** All people holding jobs on campus and living in the campus community in need get vaccinated before 30 May 2021.



**Motivation & Vision**

Protect the health and safety of all students and faculty. Maintain the safety and stability of the campus community.



**Evaluation**

From May 2020 to March 2021, the Hospital provided testing services for 32'249 people, which amounted to 79'916 tests in total. 40'00 tests can be done in a single day. 29'682 people, taking up 73% of the campus community received COVID-19 vaccines. There is 0 confirmed case on campus ever since the COVID-19 outbreak.



**Lessons Learnt**

Act under unified deployment and involve the entire campus community. Adopt a science-based approach and prevent and control the epidemic in accordance with the law.



**Recommendations**

Acting under unified deployment, taking responsibilities respectively and involving the entire campus community constitute the mechanism of COVID-19 epidemic prevention and control and have proved successful.



Nucleic Acid Test



Vaccination Campaign



Observation Area

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**Name of the project**

Free screening of Sexually Transmitted Infections



**Domain**

Disease prevention



**Criteria**

#80 The university provides communicable disease (HIV, etc.) support services.



**Keywords**

screening, Sexually Transmitted Infections, free access



**Target & Stakeholders**

Students, postgraduates and staff member



**Time & Frame**

2 times per year, from 9 am to 6 pm, on 2 campuses



**Team & Staff**

Centre de planning familial Aimer à l'ULB, ULB Santé



**Description**

Free screening of Sexually Transmissible Infections.



**Main Goals**

Provide STI screening free of charge and information about sexuality.



**Motivation & Vision**

Provide students with free medical screening and provide information on ad hoc care according to each individual's situation.



**Evaluation**

500 people are screened each year at the Solbosch Campus, 300 at the Erasme Campus.



**Lessons Learnt**

Raising awareness of STI, the importance of protecting oneself and the importance of medical screening.



**Recommendations**

Maintain the organisation of these events and the free testing.



Poster of testing day



Poster of testing day - campus Erasme



Poster of testing day - campus Solbosch

**ISCTE - UNIVERSITY INSTITUTE OF LISBON**

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**Name of the project**

Healthy Iscte



**Domain**

Disease prevention



**Criteria**

#81 The university promotes or informs about the benefits of medical check-ups and if relevant complement medical check-ups at affordable prices for students.



**Keywords**

Health, Well-being, Disease prevention, Social, Students, Staff



**Target & Stakeholders**

Students and Staff



**Time & Frame**

Every year



**Team & Staff**

Iscte's Social Services and Sports Services



**Description**

The Healthy Iscte day is a day focused on providing several actions that promote health and well-being among the Iscte community, such as: blood donation, STIs screening, Cardiovascular screening, stress management workshops (among others).



**Main Goals**

Create opportunities for students and staff to assess and improve their health and well-being.



**Motivation & Vision**

To educate students and staff on diverse problems intrinsic to both our personal and professional lives.



**Evaluation**

The opportunities created by our Social Services always have an impact and end up helping and educating a large portion of our community.



**Lessons Learnt**

The theme of mental health should be rethought in order to become more "attractive" to the participation of the university's community, our psychology students could be a good resource to organize more activities related to this theme.



**Recommendations**

The activity could be more diversified if there was a budget available that would allow the participation of health professionals from different areas.



Healthy Iscte 2021 programme



Healthy Iscte 2020 programme

UNIVERSITY OF TURIN

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**Name of the project**

Centre for preventive medicine and sport for the university student



**Domain**

Disease prevention



**Criteria**

#81 The university promotes or informs about the benefits of medical check-ups and if relevant complement medical check-ups at affordable prices for students.



**Keywords**

Check-ups, prevention, corporate welfare, lifestyle education



**Target & Stakeholders**

The whole University population, researchers, PhD students, fellows, professors and administrative staff



**Time & Frame**

Whole year, from Monday to Friday, 8.30 - 19.30



**Team & Staff**

The team is made by eight University administrative employees and 35 external consultants (MDs for 20 different specialties and nursing staff)



**Description**

The Centre provides specialized prevention, diagnosis and therapy services for students and employees of the University of Turin and their families, Italian and foreign citizens, associated with recreational clubs, sports clubs and associations.



**Main Goals**

To reach the highest fraction of the university population offering the opportunity to save money for examinations, to share the vision in term of prevention and lifestyle, and to proudly feel part of a healthy community.



**Motivation & Vision**

To offer the availability of a medical environment to the whole university community with the aim to increase individual awareness in the possibility to actively change his/her own lifestyle based on prevention, health, and well-being.



**Evaluation**

The Medical Centre is now just redesigned, rebuild, and moved to a new university area allowing the alignment with the Healthy Campus framework.



**Lessons Learnt**

To hold fares at the lowest level (with respect the local competitors) to push people to move to Medical Centre from their usual one. Only in a second step the quality of the provided services would act on the community feeling.



**Recommendations**

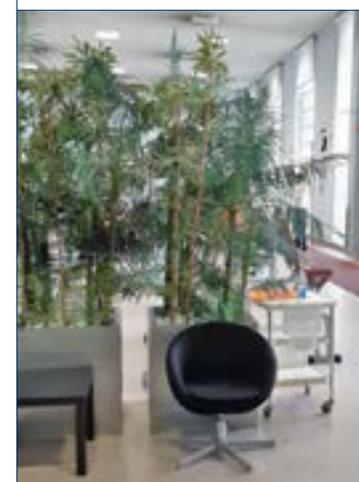
We are aware that communication (about opportunities, special fares, facilities) with the university community is pivotal to reach the highest rate of engagement. Hence, we will spend the highest effort in such a direction.



UNIVERSITA  
DEGLI STUDI  
DI TORINO



Rendering where Medical Centre is now re-located



Physiotherapy Gym Entrance



Physiotherapy Gym (detail)

# Mental and social health

---

**PRIVOLZHSKY RESEARCH MEDICAL UNIVERSITY**

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**Name of the project**  
Healthy Future project

**Domain**  
Mental and social health

**Criteria**  
#82 The university disseminates information about mental and social health to the campus community.

**Keywords**  
Mental and psychological health, personal growth, self-esteem, medical university students

**Target & Stakeholders**  
All students of educational institutions

**Time & Frame**  
During each academic year

**Team & Staff**  
Rector and staff of the Institute of clinical psychology

**Description**  
Every year, the university distributes information and conducts trainings on psychological and mental health among the student community. The project was presented by the Rector of the University in the State Duma Committee.

**Main Goals**  
1. Assessment of the psychological and mental state of students. 2. Prevention of disadaptation conditions. 3. Help in dealing with stress at all stages of training. 4. Monitoring of persons entering a medical university.

**Motivation & Vision**  
Psychological and mental assistance to students upon admission to the university, during examination sessions, during practical activities. Dissemination of the experience gained to the leading educational institutions of higher education.

**Evaluation**  
Development and implementation of a methodological complex for assessing psychological and mental health, holding scientific and practical conferences, psychological support during studies, presentation of the project at meetings of the Federal Assembly.

**Lessons Learnt**  
These measures are necessary for the prevention of disadaptation conditions of students at different stages of training, monitoring their psychological and mental health. They should be implemented during each academic year.

**Recommendations**  
Systematization and adaptation of the used methods of monitoring psychological and mental health to the individual characteristics of each student.



Address by the Rector of the University



Address by the Governor of Nizhny Novgorod Oblast



Conference audience

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**Name of the project**

Healthy Tuesday

**Domain**

Mental and social health

**Criteria**

#82 The university disseminates information about mental and social health to the campus community.

**Keywords**

Mental health, social health, well-being, social network

**Target & Stakeholders**

University community

**Time & Frame**

Publication every Tuesday from November 2020 to June 2021

**Team & Staff**

ULB Santé, Mental Health Service ULB

**Description**

Every Tuesday during the pandemic, ULB Santé broadcasts on its social media an activity or advice to take care of yourself, detailed by scientific literature and supported by advice from health professionals.

**Main Goals**

Disseminate information and advice on mental well-being and thematic activities on our campuses.

**Motivation & Vision**

Ensuring the link during the pandemic and the distance of members of the community. Ensure their well-being and disseminate information to enable them to take care of their mental and physical health.

**Evaluation**

The project appreciated during the pandemic allowed individual students to meet other students and fight loneliness. Others identified symptoms of depression and contacted a professional service.

**Lessons Learnt**

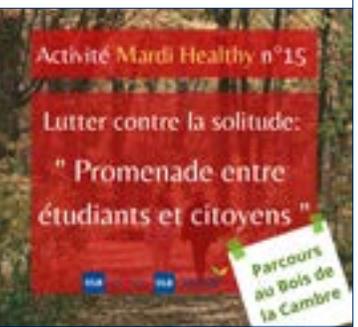
Identify symptoms, acquire skills to take care of themselves and fighting against stress, foster dynamics between students and fighting against loneliness.

**Recommendations**

Sanitary conditions on campuses have changed since the end of the pandemic. As the evaluation is positive, these publications take the form of face-to-face workshops on our campuses. Healthy Tuesdays become "Healthy Decent Days".



Instagram Healthy Tuesday: Combat student isolation



Combat student isolation - Healthy Tuesday Activity



Contact details : Psy-campus (SSM ULB)

**PROFESSOR V.F. VOINO-YASENETSKY KRASNOYARSK STATE MEDICAL UNIVERSITY**

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**Name of the project**

From personal well-being to professional achievements



**Domain**

Mental and social health



**Criteria**

#83 The university offers check-ups, assessments and evaluations about mental and social health by professionals to the campus community.



**Keywords**

Adaptation, psychological well-being, self-development, mental hygiene, psychological centre (PC)



**Target & Stakeholders**

Students, tutors, curators, teachers, KrasSMU PC



**Time & Frame**

Annual



**Team & Staff**

Head and specialist of the PC, social educator, tutors



**Description**

The project is being implemented in order to reduce the risks of misadaptation, psychological distress and increase the level of psychological competence and personal effectiveness of students through individual and group psychological work.



**Main Goals**

Psychological diagnostics and support of first-year students' adaptation, the development of both emotional regulation, psychological well-being components. Prevention of emotional burnout and professional deformation, conducting consultations.



**Motivation & Vision**

Increasing personal effectiveness, developing a conscious personal attitude, mastering the techniques of self-regulation and self-development, improving communication, skills, creating resource potential in the continuous mastering of the profession.



**Evaluation**

The key results are a decrease in the number of non-adapted students (more than 90%), an increase in indicators of psychological well-being (more than 76%). A methodical technique based on the development of a reflexive mechanism was tested.



**Lessons Learnt**

It is important to take into account voluntary participation in group activities, characteristic of different cultures. It is important to take into account the state of health, international, ethnic and interfaith aspects, motivation type.



**Recommendations**

Open-access online publishing of self-diagnosis tests for students and employees, self-help and self-development algorithms. Systematic development and implementation of student adaptation programmes.



Individual psychological work



Multifunctional uSenso complex



Group psychological work



**Name of the project**

The Living Room



**Domain**

Mental and social health



**Criteria**

#83 The university offers check-ups, assessments and evaluations about mental and social health by professionals to the campus community.



**Keywords**

Mental Health, Student Support, Peer To Peer, Well-being



**Target & Stakeholders**

Students from all communities and cohorts



**Time & Frame**

Monday to Friday, from 11am to 4pm



**Team & Staff**

14xPeer Supporters (UWA students), onsite health staff



**Description**

A welcoming, inclusive and student- focused space that promotes well-being through early intervention, peer support and low barrier access to UWA health services. Students can visit for varying concerns such as feeling stressed, lonely or just a chat.



**Main Goals**

The Living Room offers respite from pressure and strain, a place to feel listened to, short-term support, information on mental health and well-being and connection to appropriate services and activities - on campus or in the community.



**Motivation & Vision**

Acknowledging the University as an important setting to promote, support and sustain positive mental health and well-being, while addressing common stressors for students and facilitating timely connection to services at times of adversity.



**Evaluation**

A mix of qualitative and quantitative measures provide a greater understanding of the reach of TLR and assists in the ongoing evaluation of service. Engagement and feedback from students remains consistently high.



**Lessons Learnt**

A peer-to-peer approach is transformative to service delivery, complimenting and taking pressure off traditional support services. Therapy dogs has also been a highly successful engagement strategy. Philanthropic and external support is critical.



**Recommendations**

TLR has received widespread interest from local and international universities and has the potential to become a transferable, scalable service delivery model.



The interior view of the space



Therapy Dogs



The Living Room



UNIVERSITY OF THE ALGARVE

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**Name of the project**

Promotion of Academic Success



**Domain**

Mental and social health



**Criteria**

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer students.



**Keywords**

Mental and Social Health, Well-being, Academic Success, School Dropout Prevention.



**Target & Stakeholders**

University Students



**Time & Frame**

All year



**Team & Staff**

Health service SAS UAlg e GAIP-UAlg



**Description**

The Plan for the Promotion of Academic Success and Prevention of School Dropout (PPSAPAE 2018-2023), seeks the promotion of study methods and time management in UAlg students, being complemented by three other initiatives: "SOS DROPOUT", "Interculturality Programme" and Mindfulness "and" Life Skills Online Course ".



**Main Goals**

Promote the mental and social health of the UALG academic community, identifying and signalling students with difficulties in adapting and integrating at the social and school level, with the goal of better and more successful integration of students in the context of university life.



**Motivation & Vision**

A UALG academic community with good levels of Well-Being and Mental and Social Health.



**Evaluation**

The Evaluation of the Plan for the Promotion of Academic Success and Prevention of School Dropout (PPSAPAE 2018-2023), is measured by the number of situations identified and successfully resolved. Since 2019, that number has exceeded four hundred UALG students. Adherence to the three complementary programmes is positive, involving more than 1000 UALG students in 2020.



**Lessons Learnt**

In the current context, it is essential to promote mental health and academic success for students, as well as to develop transversal skills, as a way of preventing school dropout.



**Recommendations**

The promotion of mental health and well-being through programmes that advocate for the interaction and integration of students in the university context and development of social, emotional and transversal skills, can function as elements that promote academic success and protect students from dropping out of school.



PALESTRA ABERTA  
7 outubro 19h30as 21h  
Universidade do Algarve - Campus do Porto  
Rua 501 - Instituto Superior de Engenharia (ISE)

**Interculturalidade e Mindfulness para Universitários**

Programa para promover uma melhor interação e integração na UAlg em Portugal





**KING'S COLLEGE LONDON**

WEBSITE [HTTPS://WWW.KCL.AC.UK/](https://www.kcl.ac.uk/) CONTACT [WELFARE@KCL.AC.UK](mailto:welfare@kcl.ac.uk) – [KCL.AC.UK/ACCOMMODATION](https://www.kcl.ac.uk/accommodation)



**Name of the project**

King's College London | King's Residence | Welfare Lead Team



**Domain**

Mental and social health



**Criteria**

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer students.



**Keywords**

Student Welfare, Student Well-being, Pastoral Support, Safeguarding, Halls of Residence



**Target & Stakeholders**

Students living in King's Residences



**Time & Frame**

On-call support available 8pm – 8am, 365 days a year



**Team & Staff**

King's Residence & Students & Education Directorate



**Description**

The RWLs are staff or postgrad students, specially trained in welfare, and live alongside students in every residence. They provide an out-of-hours well-being service for residents and create safe spaces for students to access emotional support.



**Main Goals**

Assist students in need by providing emotional support, information and signposting to support services. Promote, educate and empower students to improve their well-being and escalate students at risk to the University - assisting in times of crisis.



**Motivation & Vision**

Our vision is to support and empower every one of our students to thrive during their stay in Halls of Residence. Our goal is to help students overcome obstacles that may present during their stay and be able to go on to succeed in their studies.



**Evaluation**

In the first 2 terms of 2021/22 academic year, the Residence Welfare Lead team has supported 475 student welfare cases in Residences. Inclusive of 91 high-risk student cases that were escalated to the University mental health and safeguarding teams.



**Lessons Learnt**

To set a clear expectation with the students of the level of care and support the RWL team can provide to them. Also, the RWL team have robust training around setting clear boundaries with their students, to prevent student-dependence on the service.



**Recommendations**

Continue to invest in the training of Residence Welfare Leads to ensure we are meeting the complex and evolving needs of our student community at King's.



RWLs at a community event



Great Dover Street Apartments, 1 of 11 Residences

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**Name of the project**

Ciné-club for the “Déclic SANTE – mental well-being” Day



**Domain**

Mental and social health



**Criteria**

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer students.



**Keywords**

Mental health, debate, testimony, schizophrenia.



**Target & Stakeholders**

University community



**Time & Frame**

2 times a year – 2 campuses, around 10 October: Mental Health Awareness Day



**Team & Staff**

ULB Santé, Pscampus, BEPsyEL (student office - Faculty of Psychology)



**Description**

Screening of the documentary “Loulou”: testimony to destigmatise and dedramatize schizophrenia. Screening of the movie “First Year” on the stress of medical students. Screenings moderated by Bepsyel, Pscampus and ULB Santé students.



**Main Goals**

Raise awareness of mental well-being, give testimony and debate on a topic of mental health.



**Motivation & Vision**

Through a documentary/movie, dedramatize and destigmatise mental health disorders.



**Evaluation**

80 students sensitised during these two screenings, enthusiastic students, debates, and exchanges on mental health in general, thanks at the end of the screening.



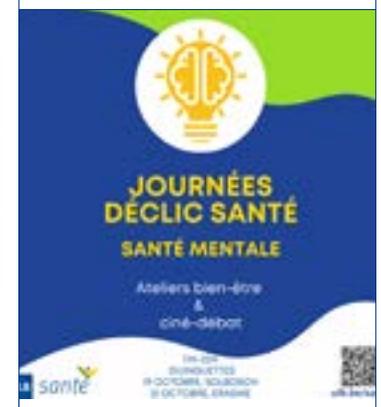
**Lessons Learnt**

Identifying symptoms, deconstructing stereotypes and identifying resources to be taken care of by professionals.



**Recommandations**

Ensure the sustainability of this type of project.



Poster for the declic health film-debate



Social network BEPsyEL



Film-debate organised by BEM & SSM & ULB Santé



**Name of the project**

Stride



**Domain**

Mental and social health



**Criteria**

#84 The university shall offer a programme to help identify or detect the signs of discomfort or illness of students based on the commitment of volunteer students.



**Keywords**

Mental Health, Student Support, Peer to Peer, Well-being



**Target & Stakeholders**

Students from all communities and cohorts



**Time & Frame**

Flexible within schedules of mentors and participants



**Team & Staff**

UWA Student Life, Mental Health & Exercise Research Team



**Description**

A free 12-week supervised and personalised exercise programme for UWA students experiencing mental health difficulties, which also provides an opportunity for Master of Clinical Exercise Physiology students to gain valuable mentorship experience.



**Main Goals**

Through a student mentor relationship, help students feel physically and mentally healthier by introducing an individualised exercise programme and providing an opportunity to develop long-term exercise habits.



**Motivation & Vision**

The programme takes a unique approach of integrating a number of services across campus. The programme allows mentors to give back to the university and support students, while also furthering their clinical training in an area of community need.



**Evaluation**

Approximately 120 students have completed their initial assessment to commence the programme, with 60 students graduating from Stride. There have been over 500 exercise sessions delivered through various means.



**Lessons Learnt**

On average the programme is seeing a decrease in depressive symptomology in students who participate. Peer mentors have suggested that Stride provides them with autonomy, professional growth, a valuable learning opportunity and personal satisfaction.



**Recommendations**

We hope to use the information we have gathered and learned through Stride as a framework to roll out similar programmes across other campuses and settings to assist individuals who are having difficulties with their mental health.



In action 1



In action 2



In action 3



**UNIVERSITY OF LAUSANNE**

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**Name of the project**

Health prevention with peer



**Domain**

Mental and social health



**Criteria**

#85 The university offers accessible counselling services and coping skills training for students to discuss their struggles or illnesses, and also has clear referral signposts towards more...



**Keywords**

Risk reduction, sexual health, drug consumption, alcohol consumption, mental health, prevention, Health promotion, empowerment, peer prevention, community



**Target & Stakeholders**

Students and UNIL community



**Time & Frame**

All year



**Team & Staff**

Accueil santé UNIL (health service)



**Description**

Accueil santé recruits and trains students from the University of Lausanne to intervene on the campus as peer during student parties and during lunch time. They get in touch in a pro active way on various subjects as intimacy, sexual health, alcohol and drug consumptions and mental health. The peer use the motivational approach and point the internal resources to produce empowerment.



**Main Goals**

To reduce the riskier behaviours in sexual health, alcohol and drug consumption and mental health. To promote an healthy way to study at UNIL. To promote discussion about health prevention on the campus.



**Motivation & Vision**

Accueil santé promotes interventions with active participation of the community at all stages of the project to ensure the perpetuation and the efficiency of the interventions and the empowerment of the community.



**Evaluation**

All the partners shows satisfaction with the peers interventions. The project put together people they don't necessary use to work together to talk about global health and to promote health. Participating evaluations are regularly done to ensure partners and target audience satisfaction. Involving students increase their motivation.



**Lessons Learnt**

The prevention messages through peers are well accepted. Peers create opportunities to talk about sensitive subject in the study environment.



**Recommendations**

To have resources in term of budget and professionals to accompany the peer team. Paying the peer students during their engagement is highly recommended. Developing a collaborative atmosphere to create new ideas and new orientations.



Accueil santé Workshop 2019



Accueil santé Peers in action



Accueil santé Peers on the UNIL campus



UNIVERSITY OF LUCERNE

WEBSITE [HTTPS://WWW.UNILU.CH/EN/](https://www.unilu.ch/en/) CONTACT PERSON KARIN UDVARDI EMAIL [KARIN.UDVRADI@UNILU.CH](mailto:KARIN.UDVRADI@UNILU.CH)



**Name of the project**

Health week – Stress reduction



**Domain**

Mental and social health



**Criteria**

#86 The university disseminates information about looking after oneself and managing stress at university.



**Keywords**

keep calm, self-awareness, meditation, taking a break, balanced lifestyle, healthy mind



**Target & Stakeholders**

University students and employees



**Time & Frame**

One week a year



**Team & Staff**

HSCL, University of Lucerne and Hochschuleseelsorge Luzern



**Description**

One week per year the HSCL holds a health week at the University of Lucerne. In 2019 it was all about “Stress reduction”. There were free meditation and yoga classes during lunch break, a supervised information desk and a free lecture.



**Main Goals**

Promoting the, as we call it, “wellness” sector of the HSCL sports programme, such as meditation, yoga and pilates. Informing people about the Hochschuleseelsorge of the University, which can be contacted if you have mental issues.



**Motivation & Vision**

Raising self-awareness about the importance of mental health, taking breaks and having a healthy relationship with stress.



**Evaluation**

The lessons during lunch break were almost always fully booked. The information desk was also well visited. The health week had a positive impact on the people who took part in it, so that we will be holding one about stress reduction again soon.



**Lessons Learnt**

Living a healthy life is not only about being active and doing a lot of physical sport. It’s important to have a “wellness” section in your sports programme which focuses more about mental health.



**Recommendations**

It was very well received that the health week not only targeted the students, but the employees of the university as well. Having the meditation and yoga classes during lunch break made it accessible for everyone as.



Flyer of the Health Week “Stress reduction”



Free Yoga lesson during lunch break



Free lecture during the health week



**MYONGJI UNIVERSITY**

WEBSITE [HTTPS://WWW.MJU.AC.KR/US/INDEX.DO](https://www.mju.ac.kr/us/index.do) CONTACT WEBSITE [HTTPS://SANGDAM.MJU.AC.KR](https://sangdam.mju.ac.kr)



**Name of the project**

Counseling Services



**Domain**

Mental and social health



**Criteria**

#86 The university disseminates information about looking after oneself and managing stress at university.



**Keywords**

Stress counselling, adaptation to school life, easily accessible, emotional wellness, COVID-19



**Target & Stakeholders**

Students



**Time & Frame**

Beginning of each academic semester (twice a year)



**Team & Staff**

Accueil santé UNIL (health service)



**Description**

Set a booth on each campus to provide psychological assessment (sometimes called testing). Provide individual counselling based on the assessment results. During the epidemic, services have been switched to online.



**Main Goals**

To help students gain a deeper understanding of themselves. To help students get the right kind of support when needed the most.



**Motivation & Vision**

To increase the accessibility of counselling services. To identify students who are in need of counselling assistance.



**Evaluation**

Students who had felt COVID-19 has impacted their lives through increased isolation, loneliness, stress, and sadness reported that they felt more relaxed and happier after the counselling.



**Lessons Learnt**

We learned the importance of having our students know about the support they can receive from the Counselling Centre.



**Recommendations**

This programme was assessed to be effective in increasing the emotional well-being of our students who are faced with various personal, career-related, and academic difficulties.



Student Counselling Centre Website



Visiting Counselling Programme



Visiting Counselling Programme



**PEKING UNIVERSITY**

WEBSITE PKU.EDU.CN CONTACT PERSON HE ZHONGHUI EMAIL HEALTHYCAMPUS@PKU.EDU.CN



**Name of the project**

Tea Party & Mental Health



**Domain**

Mental and social health



**Criteria**

#86 The university disseminates information about looking after oneself and managing stress at university.



**Keywords**

Mental Health, Good Health and Well-Being, University Students, Stress Management



**Target & Stakeholders**

University Students



**Time & Frame**

Once a week during the semesters. Since 2017



**Team & Staff**

Mental Health Center, PKU



**Description**

This is a communication activity in the form of a tea party. Guided by a counselor and accompanied by a tea specialist, the group chat over tea about topics such as health, reducing stress, fighting depression etc. Around 20 activities are held each year, which amount to 60 activities in total since its launch in 2017. Over a hundred students are involved in the activities each year.



**Main Goals**

Through the tea party, students who are interested in topics such as self-care, stress management etc. or those in need of mental health gather together and exchange different perspectives, so as to help students improve their mental health.



**Motivation & Vision**

Help students gain insights and inspiration in a happy and harmonious atmosphere, so as to improve their mental health.



**Evaluation**

After each activity, the Center will ask participants for feedback and suggestions. The Center has received positive responses.



**Lessons Learnt**

Benefiting from a relaxed and pleasant atmosphere, students can communicate easily about different topics and share their perspectives, which can lead to surprising results.



**Recommendations**

As the stress and emotion management issues getting more and more prominent to college students, the university should pay due attention to the students and take various approaches to guide them or help them relax and regulate their emotions.



Tea Party



Tea Party



Tea Party

## ESTONIAN ACADEMY OF SECURITY SCIENCES

WEBSITE [HTTPS://WWW.SISEKAITSE.EE/EN/EASS-HOME](https://www.sisekaitse.ee/en/eass-home) CONTACT [EPP.JALAKAS@SISEKAITSE.EE](mailto:EPP.JALAKAS@SISEKAITSE.EE)



### Name of the project

Wide variety of stress management techniques for the community



### Domain

Mental and social health



### Criteria

#86 The university disseminates information about looking after oneself and managing stress at university.



### Keywords

Stress Management, Positivity Jar, Video Lectures



### Target & Stakeholders

University community



### Time & Frame

Regularly during academic year



### Team & Staff

The Centre for Continuing Education, Student Council



### Description

EASS offers variety of possibilities to help manage stress, some of them are directed at students, others at staff, but most of them, like lectures, rector's talks, support from the psychologist and Positivity Jar are aimed at the whole community.



### Main Goals

When university shares ideas about ways of managing stress and reminds the community that help is available and the solutions are there, it enhances the social cohesion and builds community that is mentally healthier stronger.



### Motivation & Vision

In times of crises, it is good to use broader stress management aid package, addressed to everyone who needs support.



### Evaluation

10 special lectures or activities in the first year of Healthy Campus programme with 460 participants in the lectures in real-time. Every community member can access these lectures afterwards in the e-learning environment.



### Lessons Learnt

The need for mental health differs by years and community groups, but university should be ready to offer a variety of possibilities to reduce and manage stress, especially during the crises.



### Recommendations

Involve qualified psychologists and specialists to share their knowledge and teach skills in areas that can support mental health. Even small things, like taking a positive message from Student Council's organised the Positivity jar can help.



The Positivity Jar at the EASS entrance



Brochures on mental health



Social activities in nature help to reduce stress



**ISCTE - UNIVERSITY INSTITUTE OF LISBON**

WEBSITE [WWW.ISCTE-IUL.PT](http://WWW.ISCTE-IUL.PT) CONTACT [DESPORTO@ISCTE-IUL.PT](mailto:DESPORTO@ISCTE-IUL.PT)



**Name of the project**

Buddy Programme



**Domain**

Mental and social health



**Criteria**

#87 The university identifies potential barriers and create opportunities regarding mental and social health to allow interactions and exchanges between individuals within the campus community.



**Keywords**

Health, Well-being, Social, Students, Buddy, Mental Health, Inclusive



**Target & Stakeholders**

Students



**Time & Frame**

Every year



**Team & Staff**

Students/former Students and Social Services



**Description**

The Buddy Programme is an initiative in which Iscte's students/former students offer their help and support to new students by guiding them throughout the semester, receive them at Iscte, show them our institution and giving them academic support.



**Main Goals**

To encourage the socialization among students, to make new students feel more integrated in a new environment and to promote good practices among Iscte's students/former students.



**Motivation & Vision**

To facilitate the integration of new students at Iscte and to give Iscte's students/former students an opportunity to acquire new skills and to undergo a different type of international experience.



**Evaluation**

Mentors have expressed their satisfaction with the training and interaction they obtained from this experience. 100% of mentees reported they were satisfied/very satisfied with the programme. 100% of mentees consider their mentors to be their friends.



**Lessons Learnt**

The programme proved to be essential in supporting the process of integration of new students (specially from PALOP) who arrive from a very different academic and cultural reality than what they experience in their home countries.



**Recommendations**

It is important to reinforce the divulgation of the buddy programme, as there are still many students that could use the help provided by their peers.



**iscte** INSTITUTO UNIVERSITÁRIO DE LISBOA



Welcome activity in Iscte's Patio



Receiving new students



Global village at Iscte



**KING'S COLLEGE LONDON**

WEBSITE [HTTPS://WWW.KCL.AC.UK/](https://www.kcl.ac.uk/) CONTACT [KCL.AC.UK/SPORT](mailto:KCL.AC.UK/SPORT) EMAIL [KINGSSPORT@KCL.AC.UK](mailto:KINGSSPORT@KCL.AC.UK)



**Name of the project**

King's College London | Active Wellness Scheme | Togetherall



**Domain**

Mental and social health



**Criteria**

#87 The university identifies potential barriers and create opportunities regarding mental and social health to allow interactions and exchanges between individuals within the campus community.



**Keywords**

Welfare, well-being, mental health, social health, therapy, counselling



**Target & Stakeholders**

University Staff and students



**Time & Frame**

Throughout the academic year  
September - June



**Team & Staff**

King's Sport, Well-being and welfare support services



**Description**

The Active Wellness Scheme aims to support staff and students facing low-level mental health challenges identified by the Togetherall project. The AWS provides holistic, proactive, preventative support to improve the well-being of our community.



**Main Goals**

Improve mental, physical and social wellness of staff and students experiencing physical and mental well-being challenges.



**Motivation & Vision**

Advance individual health and social integration, to provide a sense of belonging and positively impact well-being. That in turn supports strategic priorities of attainment, experience, employability and student retention.



**Evaluation**

Staff and students who complete the AWS see a well-being improvement of, on average, 19%. Since September 98 students and staff have enrolled on the scheme.



**Lessons Learnt**

Build partnerships and collaboration through effective communication with all stakeholders. Work together to ensure no gaps in provision or misunderstandings of roles so the most effective range of support is available and communicated to all.



**Recommendations**

Gain an understanding of where the challenges are in welfare/ well-being support and be a solution. Network across the institution and beyond to identify how to successfully provide holistic and proactive support to the whole university community.



Coach and participant part of the scheme



Participant on the scheme exercising



King's Sport, Active Wellness Scheme

UNIVERSITÉ LIBRE DE BRUXELLES

WEBSITE [WWW.ULB.BE](http://WWW.ULB.BE) CONTACT [ULB-SANTE@ULB.BE](mailto:ULB-SANTE@ULB.BE)



**Name of the project**

Fighting against student loneliness



**Domain**

Mental and social health



**Criteria**

#87 The university identifies potential barriers and create opportunities regarding mental and social health to allow interactions and exchanges between individuals within the campus community.



**Keywords**

Loneliness, volunteer, solidarity, social, meeting



**Target & Stakeholders**

Students



**Time & Frame**

During the pandemic



**Team & Staff**

ULB Santé et ULB Engagée, ULB Sports



**Description**

During the pandemic, collaboration between services created opportunities to facilitate student meeting while respecting the gestures of barriers. For example, bundled activities were organised.



**Main Goals**

Fight against loneliness among students, discover part of the city (wood, architecture, street art, orientation race).



**Motivation & Vision**

Encouraging solidarity between students, encouraging students' engagement with their peers.



**Evaluation**

21 activities, 104 participants. The project is appreciated by the students.



**Lessons Learnt**

Students register on a platform to "volunteer and offer time to walk with students". Students meet their peers and create a social network.



**Recommendations**

Face-to-face courses resumed on campus, student and folkloric life resumed as before the pandemic. Some students still want these activities to be organised again.



Social network ULB Santé

Combat student isolation - Healthy Tuesday Activity

Orienteering race

# Risk behaviour

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UNIVERSITY OF MAIA & POLYTECHNIC INSTITUTE OF MAIA

WEBSITE [WWW.ISMAI.PT/PT](http://WWW.ISMAI.PT/PT) AND [WWW.IPMAIA.PT/PT/](http://WWW.IPMAIA.PT/PT/) CONTACT [HEALTHYCAMPUS@MAIEUTICA.PT](mailto:HEALTHYCAMPUS@MAIEUTICA.PT) EMAIL [HEALTHYCAMPUS@MAIEUTICA.PT](mailto:HEALTHYCAMPUS@MAIEUTICA.PT)



**Name of the project**

Laws, statutes and regulations



**Domain**

Risk behaviour



**Criteria**

#90 The university determines applicable rules regarding alcohol, drugs, doping and tobacco issues.



**Keywords**

Law, Statutes, Regulations



**Target & Stakeholders**

Academic community



**Time & Frame**

All year



**Team & Staff**

Maiêutica, UMAIA and IPMAIA



**Description**

We want to go beyond compliance with the legal norms, by implementing awareness-raising activities on risk behaviour, namely with drugs, doping, alcoholic beverages and tobacco.



**Main Goals**

Reduce the consumption of alcoholic beverages and not allow the use of products prohibited by law.



**Motivation & Vision**

A Healthy Campus is a space free from risky and harmful behaviours for the academic community. For this purpose, in addition to applying legal documents, we seek to promote initiatives to raise awareness of these and other risky behaviours.



**Evaluation**

With a communication campaign in association with activities to raise awareness of risk behaviours, we have noticed a reduction in tobacco consumption in outdoor spaces on the Campus.



**Lessons Learnt**

We have to create a constant movement throughout the year to provide information and raise awareness of risky behaviours. This is the only way to maintain pressure, especially for socially accepted risk behaviours such as tobacco consumption.



**Recommendations**

Successive awareness campaigns. Informal contacts with members of the academic community by faculty members.



No smoking sign in sports facilities



No smoking sign in outdoor spaces



UNIVERSITY OF THE ALGARVE

WEBSITE [HTTPS://WWW.UALG.PT/PT](https://www.ualg.pt/pt) CONTACT JORGE MALVEIRO, PH.D. - SASGP@UALG.PT



**Name of the project**

TU DECIDES - YOU DECIDE



**Domain**

Risk behaviour



**Criteria**

#91 The university organises prevention programmes in terms of alcohol, drugs, doping and tobacco.



**Keywords**

Road Safety, Risk Awareness, Perception of Self-Control, Decision Making, Alcohol, Academic Festival



**Target & Stakeholders**

Festival-goers, driving licence



**Time & Frame**

Annually, during the nights of the UAlg Academic Festival



**Team & Staff**

AAUAlg, MAI (GNR/PSP) and GPAP-UAlg



**Description**

Prevention of risky road behaviour under the influence of alcohol, which involves peer intervention and the prevention of driving under the influence, with an assessment of the blood alcohol level that includes pre-test and post-test technical advice.



**Main Goals**

Prevent risks associated with alcohol consumption and road accidents. Raise awareness of individuals so that they can decide to assume safer behaviours in relation to the previous determination to drive under the influence of alcohol.



**Motivation & Vision**

Part of road accidents is associated with young people driving under the influence of alcohol. Academic festivals are conducive to excessive alcohol consumption, and it is urgent to intervene in this context.



**Evaluation**

The programme has a positive impact, as demonstrated by 2 published studies. Both longitudinal studies confirm that the number of participants who expressed an intention to drive was significantly lower after intervention.



**Lessons Learnt**

Awareness and self-regulation about driving under the influence of alcohol seems to be influenced by personalized technical advice and psych pedagogical intervention.



**Recommendations**

Since part of the road accidents involving young drivers is associated with driving under the influence of alcohol, we believe that the encouraging results of this model of preventive intervention can contribute to the reduction of accidents.



Stand "TU DECIDES" - Academic Week Festival



Team of Volunteers "TU DECIDES" - Academic Week



Testing - Professional calibrated breathalyzer

UNIVERSITY OF DOHA FOR SCIENCE AND TECHNOLOGY

WEBSITE [WWW.UDST.EDU.QA](http://WWW.UDST.EDU.QA) CONTACT S&S - [UDST.WELLNESS@CNA-QATAR.EDU.QA](mailto:UDST.WELLNESS@CNA-QATAR.EDU.QA) / [UDST.EDU.QA](http://UDST.EDU.QA)



**Name of the project**  
Quit Smoking Campaign



**Domain**  
Risk behaviour



**Criteria**  
#91 The university organises prevention programmes in terms of alcohol, drugs, doping and tobacco.



**Keywords**  
Smoking, Cessation, Campus.



**Target & Stakeholders**  
Students and Faculty/Staff members on campus



**Time & Frame**  
On-going



**Team & Staff**  
Student Affairs, Environmental Club, Facilities Management, Human Resources, Health, Safety and Environment



**Description**  
The Environmental Club at UDST developed a multi-faceted campaign to raise awareness of smoking cessation. Multimedia content highlighted how smoking affects the human body, the environment, and the impacts of inhalation of secondary smoke.



**Main Goals**  
To educate the UDST community about the harms of smoking and to encourage people to quit for the sake of themselves, others, and the environment.



**Motivation & Vision**  
To create awareness about smoking and help UDST become a smoke-free campus.



**Evaluation**  
A unique measure counted number of cigarette butts found on campus to help evaluate smoking prevalence. Particularly the calculation of cigarette butts pre and post awareness campaign gives an idea of the effectiveness of the awareness programmes.



**Lessons Learnt**  
Campaigns are an excellent way to raise awareness but provide limited impact on the reduction of smoking on campus. It is realized that a more effective strategy would be a commitment to a formalized and enforced campus smoking restriction policy.



**Recommendations**  
An effective strategy to implement a no smoking policy on campus is to gradually introduce regulations. Noted, a combination of restrictions and supports for smokers is most effective in creating behavioural change (i.e. patch & counselling support).



Instagram 'Quit Smoking' Campaign



Instagram 'Quit Smoking' Campaign

TRINITY COLLEGE DUBLIN

WEBSITE [HTTPS://WWW.TCD.IE](https://www.tcd.ie) CONTACT PERSON MARTINA MULLIN – MULLINM1@TCD.IE



**Name of the project**

Tobacco Free Trinity



**Domain**

Risk behaviour



**Criteria**

#91 The university organises prevention programmes in terms of alcohol, drugs, doping and tobacco.



**Keywords**

Tobacco Free Campus



**Target & Stakeholders**

Students and staff



**Time & Frame**

2013-2020



**Team & Staff**

Health, Registrar, Medicine, Comms, Board, Student & Staff Unions



**Description**

Our Tobacco Free Campus has achieved an 80% reduction in smoking and achieves >90% compliance when enforced. Using a living lab approach it has engaged students and staff in multiple projects and published 2 papers to date.



**Main Goals**

To create a tobacco free campus using a living lab apach.



**Motivation & Vision**

Tobacco kills 100 per week in Ireland. Our vision was to remove smoking from our campus to support those who choose not to smoke. By using a living lab approach to doing so, we could engage our students and staff in making the change.



**Evaluation**

Tobacco free policies reduced smoking. by ~80%. Data collection was essential. It showed that smoking policies were effective, despite some smokers ignoring them. A living lab approach was appropriate and engaged students and staff in the project.



**Lessons Learnt**

To encourage adherence to a tobacco free policy, an implementation strategy that includes data collection and engages students and staff must be undertaken. A living lab is an appropriate approach to encouraging this engagement.

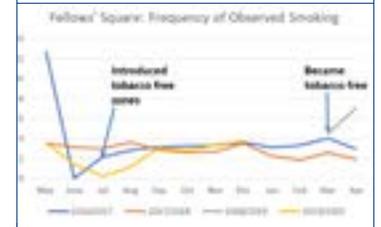


**Recommendations**

Become a tobacco free campus, it reduces smoking. Include data collection in the process of becoming tobacco free. Engage students and staff in the process. Consider a living lab approach.



The winning blow on a cigarette shaped pinata



Frequency of observed smoking



Students collecting butts for a smoke free project

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WEBSITE [WWW.ULB.BE](http://WWW.ULB.BE) CONTACT [ULB-SANTE@ULB.BE](mailto:ULB-SANTE@ULB.BE)



**Name of the project**

« Ça m'saoule »



**Domain**

Risk behaviour



**Criteria**

#91 The university organises prevention programmes in terms of alcohol, drugs, doping and tobacco.



**Keywords**

Alcohol, tobacco, psychotropic drugs, addiction



**Target & Stakeholders**

University Students



**Time & Frame**

All year



**Team & Staff**

ULB Santé, Modus Vivendi, Fares, students



**Description**

Students are trained to raise awareness among their peers on the topics of addiction (alcohol, tobacco, psychotropic, etc.) and the risks associated with student festive life. They also refer to professionals.



**Main Goals**

Improve well-being of students during their student life or/and festive life by developing their knowledge and adopting healthy behaviours.



**Motivation & Vision**

Health promotion and risk reduction.



**Evaluation**

Students welcome their peers, awareness-raising stands are organised at festive events (6/ an). About 100 students are aware each time. They also raise awareness on their social media channels: information, quiz, etc.



**Lessons Learnt**

Increase knowledge about alcohol consumption and addiction, adopt healthier lifestyle and identify appropriate services.



**Recommandations**

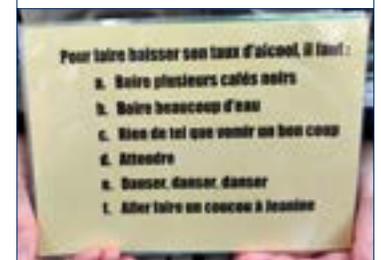
Continue this activities & broaden awareness to staff member (tobacco, alcohol, drugs).



Brochures



Animations



Animations



**MYONGJI UNIVERSITY**

WEBSITE [HTTPS://WWW.MJU.AC.KR/US/INDEX.DO](https://www.mju.ac.kr/us/index.do) CONTACT WEBSITE [WWW.MJU.AC.KR](http://WWW.MJU.AC.KR) EMAIL [SUNHEE@MJU.AC.KR](mailto:SUNHEE@MJU.AC.KR)



**Name of the project**

“Anti-doping” and “No drugs” campaigns



**Domain**

Risk behaviour



**Criteria**

#92 The university organises educational programme preventing the use of doping.



**Keywords**

Drug, education, programme



**Target & Stakeholders**

Students, faculty members, staff members



**Time & Frame**

Education on illegal drugs to be provided by KOREA ANTI-DOPING AGENCY



**Team & Staff**

Health Service Centre / Athletics Division (Management Office)



**Description**

Drug prevention education, including the teaching of the importance of balanced meals.



**Main Goals**

To encourage students to choose proper nutrition and balanced meals over drugs.



**Motivation & Vision**

The first and probably the best way to prevent drug use is an effective drug prevention education, and through such programme, we expect our students to learn to protect their own health and well-being.



**Evaluation**

Raising awareness of the risk of substance abuse/misuse can eventually reduce substantial long-term costs.



**Lessons Learnt**

We learned to maintain close collaboration with KOREA ANTI-DOPING AGENCY so that we will stay informed of the latest information pertaining to illegal drugs.



**Recommendations**

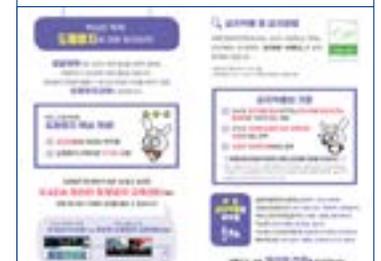
Communication with students is crucial in drug prevention education, and, in this regard, we emphasize the importance of teaching our faculty members to become positive role models for our students.



Public Health Centre



Programme preventing the use of doping



Programme preventing the use of doping

UNIVERSITY OF COIMBRA

WEBSITE [HTTPS://WWW.UC.PT/HEALTHYCAMPUSUC/](https://www.uc.pt/healthycampusuc/)

**Name of the project**

XPTO seXualidades & Cores Universas

**Domain**

Risk behaviour

**Criteria**

#93 The university informs and organises programmes about sexual health promotion.

**Keywords**

Counseling, psychological support, diversity and sexual orientation, gender identity

**Target & Stakeholders**

Academic Community

**Time & Frame**

Annually

**Team & Staff**

Faculty of Psychology and Education Sciences

**Description**

Counselling and psychological support projects on issues of diversity and sexual orientation, gender identity and expression, LGBT issues, training, and education for sexual and reproductive health. The service is confidential, anonymous, and free.

**Main Goals**

Support the academic community in the scientific and research areas of the University of Coimbra. For these themes in the areas of Psychology and Education Sciences.

**Motivation & Vision**

Having a more balanced and healthy academic community. Awareness of discrimination, violence, and prejudice and of the rights, freedoms and guarantees related to diversity and inclusion. Implementation of the Healthy Campus UC strategic plan.

**Evaluation**

The projects are implemented every year and develop regular activity.

**Lessons Learnt**

Importance of developing projects related to the organisation's research areas.

**Recommendations**

Implementation of anonymous. Methodologies to identify the needs of the academic community.



# Environment, sustainability and social responsibility

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UNIVERSITÉ LIBRE DE BRUXELLES

WEBSITE [WWW.ULB.BE](http://WWW.ULB.BE) CONTACT [ULB-SANTE@ULB.BE](mailto:ULB-SANTE@ULB.BE)



**Name of the project**

MOBILE program



**Domain**

Environment, sustainability and social responsibility



**Criteria**

#95 The university shall adopt and implement a policy and information to ensure the campus environment is accessible to the whole campus community (including users of wheelchairs, bicycles, scooters, skates, roller skates).



**Keywords**

Cyclists, environment, accessibility, soft mobility, home-to-campus travel



**Target & Stakeholders**

University Community



**Time & Frame**

All year + bicycle repair shop from Monday to Friday pm



**Team & Staff**

Department Infrastructures ULB  
Mobility & Environment



**Description**

Travel expenses reimbursement. Cycling equipment: guarded parking, repair shop. Multi-modal accessibility to campuses: bicycles, carsharing, scooter, bike path, connection to the station.



**Main Goals**

To enhance soft mobility within and into campuses, the program is aimed at increasing cycling, public transport, etc. as an alternative to the car. To improve access to cyclists, to reduce the use of individual car, to promote active road users.



**Motivation & Vision**

To increase accessibility within and into campus and reduce environmental impact.



**Evaluation**

Regular survey of multi-modal transport by University Community. There is a decrease of car use and increase of bicycle use and public transport.



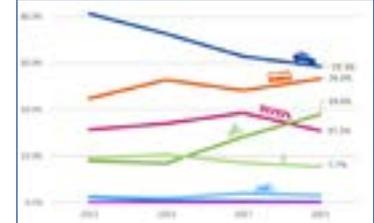
**Lessons Learnt**

To use sustainable transport and select soft mobility.



**Recommendations**

Strengthen accessibility to PRM, continue the effort: reduce use of car. Every 3 year, the Environmental Department conduct mobility survey.



Travel mode statistics: university staff member



Repair shop



Bike Guarded parking

**VOLGA REGION STATE UNIVERSITY OF PHYSICAL CULTURE, SPORT AND TOURISM**

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**Name of the project**

Study and sport without barriers



**Domain**

Environment, sustainability and social responsibility



**Criteria**

#95 The university shall adopt and implement a policy and information to ensure the campus environment is accessible to the whole campus community (including users of wheelchairs, bicycles, scooters, skates, roller skates).



**Keywords**

Availability, development, health



**Target & Stakeholders**

Students, staff, teaching staff, visitors, spectators



**Time & Frame**

Per year



**Team & Staff**

Facilities Administration, Economic Activity Department



**Description**

Unhampered access to facilities, classrooms, premises and sports grounds as well as access to the services provided by them to all categories of the population.



**Main Goals**

Creation and maintenance of conditions. Providing with special sports and other equipment. Proper placement of equipment and media. Providing staff with assistance and advice in overcoming barriers to services.



**Motivation & Vision**

Providing and receiving fruitful information and knowledge, active studying of educational programmes, striving for physical and moral perfection, self-affirmation and satisfaction of cultural requirements in comfortable and equal conditions.



**Evaluation**

Provision of services, including education and sports to all categories of the population. Full loading of sports facilities within the framework of extra-budgetary activities.



**Lessons Learnt**

Within the framework the project realization, the quality of the provided services keeps improving as well as consumers' assessment of the services.



**Recommendations**

In order to meet the needs of the population and the further development of facilities, financial investments in infrastructure and personnel training are required.



Поволжский государственный университет физической культуры, спорта и туризма



Accessible environment of sports facilities



Accessible environment of sports facilities



Accessible environment of sports facilities



**Name of the project**

UALg+Healthy-Plastic



**Domain**

Environment, sustainability and social responsibility



**Criteria**

#96 The university shall develop partnership plan with external stakeholders to implement social responsibility activities and promote social inclusion and cohesion.



**Keywords**

Sea protection, Nature rights, Migration of Climate change, Healthy habits of enjoying nature



**Target & Stakeholders**

Students, staff and regional stakeholder



**Time & Frame**

All year



**Team & Staff**

UALg R&D, V+, Social Action Services



**Description**

Actions: 1. Return all the material used in bars. 2. Bring your own mug to drink, coffee or tea in bars. 3. Use the special plastic deposit to collect material for art projects. 4. Go to marine litter clean action. 5. Do the Seahorse itinerary Bordaloll.



**Main Goals**

“UALg+Healthy-Plastic” campaign - to contribute to a future “Plastic free” ocean and for a more sustainable environment for all of us and for future generations, contributing to reduce climate change effect, by the reduction of single use plastic.



**Motivation & Vision**

UALg is deeply committed to teach and research marine science and environmental sustainability. Our research already produced evidence of impacts of plastics in the whole Ocean trophic web, including humans.



**Evaluation**

All UALg’s services adopted the initiative. Researchers and Students have joined well, and they have organising ways to spread the impact. Number of bar, restaurants, cantinas that joint the initiative inside and outside the University of Algarve campus.



**Lessons Learnt**

UALg+Healthy-plastic showed that behaviours inside campus have impacted the surrounding societal ecosystem. Good practices shared by from UALg are more easily adopted in an inclusive way.



**Recommandations**

It is necessary to close the tap source of plastic litter in the oceans: the human use. More campaigns to REDUCE PLASTIC LITTER are urgent due to the direct negative impact in fisheries food resources, and the whole PLANET.



Poster UALG + Saudável - Plástico



Urban Art with Marine Plastic Waste

TRINITY COLLEGE DUBLIN

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**Name of the project**

Trinity Sport Social Sports Programme



**Domain**

Environment, sustainability and social responsibility



**Criteria**

#96 The university shall develop partnership plan with external stakeholders to implement social responsibility activities and promote social inclusion and cohesion.



**Keywords**

Social Sports, participation, physical activity, non-active



**Target & Stakeholders**

Students and staff



**Time & Frame**

Academic terms for students and all year for staff



**Team & Staff**

Sports Participation Officer



**Description**

Our social sports programmes run each academic term and consist of a number of programmes such as social 5 a side, 3x3 basketball, roundnet, learn to play GAA, touch rugby, badminton. Our social programmes also include our campus runs & UV events.



**Main Goals**

To provide students with as many opportunities to be physically active.



**Motivation & Vision**

Present as many social sports to our students to give them every opportunity to be active. Having a variety of social sports enables students to find something they enjoy doing in a social non-competitive environment.



**Evaluation**

“Joining a sport, you’ve only ever been involved with casually can be quite intimidating. But joining the women’s social soccer is one of the best decisions I’ve made this year! The environment is so inclusive and accepting of all levels of players”.



**Lessons Learnt**

It is important to offer social programmes to give students an outlet away from their studies. Those who are socially active often have a better support system and self-esteem, which results in an increased sense of belonging and connectedness.



**Recommendations**

Continue to offer a variety of social sports. Survey the students annually to see what they would like to be available via the social sports programmes. Annual promotional campaigns to raise awareness of all social events available to students.



Campus 5k



Social Ladies Soccer



Social UV Glow in the Dark multi sports event

UNIVERSITY OF TURIN

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**Name of the project**

Center for university students detained



**Domain**

Environment, sustainability and social responsibility



**Criteria**

#96 The university shall develop partnership plan with external stakeholders to implement social responsibility activities and promote social inclusion and cohesion.



**Keywords**

Inclusion, prison education, resocialization, community, re-entry



**Target & Stakeholders**

Inmates, prison administration, Banking Foundation



**Time & Frame**

All year long



**Team & Staff**

Responsible, manager, academic tutor, teachers, volunteers



**Description**

In 1998 University of Turin was the first in Italy to set up a section of the city prison for detained university students, in collaboration with the prison administration. The programs include degrees in Political science, Law, Art, Music, Theatre.



**Main Goals**

Guarantee the access and the implementation of the right to study and more in particular to university study for persons deprived of personal liberty.



**Motivation & Vision**

Detention shouldn't be a reason for renouncing the rights that the state provides for its citizens and it is also proven that prison education is a highly cost-effective investment both for inmates life during detention and for prevention of relapse.



**Evaluation**

In the past years about 150 inmates have enrolled and about half graduated from university. In the academic year 2021/22, 66 inmates are enrolled in university courses.



**Lessons Learnt**

Working with the prison's inmates offers an important added value for the university context, as it represents a challenging context for traditional forms of teaching.



**Recommendations**

It would be relevant to implement online teaching for inmates and the access to the online resources, as those can be important and enriching tools. This always considering the important value of human exchange that develops in face-to-face meetings.



Prison classroom



Prison university centre anniversary ceremony



Graduation ceremony of inmate student



**UNIVERSITY OF COIMBRA**

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**Name of the project**

UCicletas



**Domain**

Environment, sustainability and social responsibility



**Criteria**

#97 The university should implement a communication policy for the campus community promoting a friendly environmental travel from home to the university and the mobility inside the campus.



**Keywords**

Soft mobility, UCicletas, Healthy Lifestyle, Sustainability



**Target & Stakeholders**

University Community



**Time & Frame**

All year



**Team & Staff**

UC Sport Team



**Description**

Project for the provision and temporary use of conventional bicycles at the University of Coimbra, for the entire academic community, collaborators, researchers and students.



**Main Goals**

Promotion of habits of physical activity within the academic community of the University of Coimbra, through the adoption of alternative means of mobility. Promoting behaviours that contribute to achieving the goals for sustainable development.



**Motivation & Vision**

Promote services to the academic community that are in line with the strategies defined by the University. Contribute to reduce the use of personal vehicles on a regular daily basis. Making the UC a Sport and Sustainability reference.



**Evaluation**

Every year more applications are submitted than there are bicycles, and the satisfaction of the participants is always very positive.



**Lessons Learnt**

The acquisition of habits and behaviours during the academic period remains for later life.



**Recommendations**

Identify with the academic community their preferences and act accordingly.



UNIVERSIDADE D COIMBRA



UCicletas Bicycles



UCicletas Participants

PROGRAMA UCICLETAS

Programme Logo

**POLYTECHNIC INSTITUTE OF LEIRIA**

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**Name of the project**

U-Bike Politécnico de Leiria - RIDING YOUR BIKE FOR KNOWLEDGE AND SUSTAINABILITY



**Domain**

Environment, sustainability and social responsibility



**Criteria**

#97 The university should implement a communication policy for the campus community promoting a friendly environmental travel from home to the university and the mobility inside the campus.



**Keywords**

Sustainability, Smooth mobility, Energy saving, CO<sub>2</sub> emissions reduction



**Target & Stakeholders**

University Students and Staff - IMTT



**Time & Frame**

Year-round since 2018



**Team & Staff**

Social Services Sports Sector



**Description**

The U-bike Project aims to promote soft mobility. All members of the academic community may apply to be assigned a bicycle, provided they are holders of driving licenses and commit to ride a minimum of 40km per bike per month.



**Main Goals**

Promotion of the use of electric and conventional bicycles in academic communities. Contribution to the reduction of primary energy consumption. Contribution to the reduction of greenhouse gas emissions and pollutants atmospheric.



**Motivation & Vision**

Promoting changes in the modal split in urban travel, namely the transfer from individual motorized transport mode to cycling mode.



**Evaluation**

Increase in the number of registered users. Until March 2022, there were reductions on primary energy consumption (12.7%), and on CO<sub>2</sub> emissions (45,712 kg), with an energy saving of 15.02 (toe) and a travelled total distance of 270967 km.



**Lessons Learnt**

The need to involve municipalities in the creation of cycle paths and charging stations in cities in order to increase the number of users.



**Recommendations**

Increase the project's visibility through the dissemination of testimonies from users of the advantages of using the bicycle.



*Polytechnic of Leiria's U-Bike app*



*One of the many U-Bike users on Leiria City*



*One of the U-Bike docking stations*

TRINITY COLLEGE DUBLIN

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**Name of the project**

Healthy Trinity: Smarter Travel



**Domain**

Environment, sustainability and social responsibility



**Criteria**

#97 The university should implement a communication policy for the campus community promoting a friendly environmental travel from home to the university and the mobility inside the campus.



**Keywords**

walking, cycling, public transport



**Target & Stakeholders**

Students and staff



**Time & Frame**

2011-2022



**Team & Staff**

SU, HR, students, staff, national transport authority, estates



**Description**

Active commuting is strongly recommended by the WHO. By working with the National Transport Authority, Trinity promote walking, cycling and public transport with students and staff.



**Main Goals**

To encourage students and staff to walk, cycle or take public transport to Trinity by taking action under six headings:  
 1. Events and Interventions.  
 2. Supportive Environment.  
 3. Co/-curricular. 4. Living Lab.  
 5. Funding. 6. Communications.



**Motivation & Vision**

By increasing walking, cycling and public transport, more people would be physically active particularly when stress levels are high towards the end of term.



**Evaluation**

Trinity is a global leader in Smarter Travel: <https://www.tcd.ie/healthytrinity/travel/Stats.php#2019>.



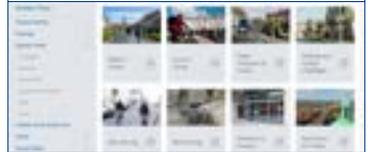
**Lessons Learnt**

Walking, cycling and public transport are positively viewed in a university and once the private car is removed from campus, people no longer wish to travel by private car.



**Recommendations**

Promote walking, cycling and public transport and remove car parking.



The Smarter Travel website



Living Lab data on how students and staff commute



New bike parking installed on campus



**Name of the project**

UALg+Healthy-Plastic



**Domain**

Environment, sustainability and social responsibility



**Criteria**

#99 The university shall plan, implement and evaluate specific actions to improve the sustainability and use of infrastructure and resources.



**Keywords**

Environmental and social responsibility to sea protection, Nature rights, Migration of Climate change, Healthy habits of enjoying nature.



**Target & Stakeholders**

Students, staff and regional stakeholder



**Time & Frame**

All year



**Team & Staff**

UALg R&D, V+, Social Action Services



**Description**

Several actions were launched with communication to academia and poster spreads in UAlg Bar/ canteens, and later to restaurant, schools and region mupi: 1. Return all the material used in bars. 2. Bring your own mug to drink, coffee or tea in bars. 3. Use the special plastic deposit to collect material for art projects. 4. Go to marine litter clean action. 5. Do the Seahorse itinerary Bordaloll.



**Main Goals**

“UALg + Healthy - Plastic” campaign in bar, canteen and residences main goals were to contribute to a future “Plastic free” ocean and especially for a more sustainable environment for all of us and for future generations, contributing to reduce climate change effect, by the reduction of single use plastic.



**Motivation & Vision**

UALg is deeply committed to teach and research marine science and environmental sustainability. Our research already produced evidences of impacts of plastics in the whole Ocean trophic web, including humans.



**Evaluation**

All services inside the UAlg adopted the initiative, besides COVID, that bring the single items again on the agenda. Researchers and Students have joined well and they have organising ways to spread the impact. Number of bar/restaurantes/ cantinas that joint the initiative inside and outside the University of Algarve campus.



**Lessons Learnt**

UALg+Healthy-plastic showed that behaviours inside campii have impacted the surrounding societal ecosystem. Good pratics shared by from UAlg are more easily adopted in an inclusive way



**Recommadations**

Cleaning actions of plastic items coastal areas have educational but insignificant global impact. It is necessary to close the tap source of plastic litter in the oceans: the human use. More campaigns to REDUCE PLASTIC LITTER are urgent due to the direct negative impact in fisheries food resources, and the whole PLANET.



Poster UALG + Saudável - Plástico



**ITMO UNIVERSITY**

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**Name of the project**

Green Zoom Universities



**Domain**

Environment, sustainability and social responsibility



**Criteria**

#99 The university shall plan, implement and evaluate specific actions to improve the sustainability and use of infrastructure and resources.



**Keywords**

Sustainable development, green practices, energy and water efficiency



**Target & Stakeholders**

Educational centers in Russia and abroad



**Time & Frame**

Perpetual



**Team & Staff**

Architects, engineers, ecologists, experts, IT specialists



**Description**

ITMO has developed the Green Zoom Universities standard - Russia's first-ever set of construction standards for innovative research and educational institutions that follows principles of the smart city model, environmentally friendly construction.



**Main Goals**

Promotion of the Green Zoom Universities standard, which is Russia's first system of practical recommendations for reducing power consumption and increasing water efficiency and sustainability of university campuses.



**Motivation & Vision**

To build the first object adhering to the new green standard, which will be the research and educational center located at ITMO Highpark. In the future, the solutions developed in the process could be applied in other educational centers.



**Evaluation**

ITMO University has already taken steps towards decreasing its environmental footprint by installing water dispensers and organising waste sorting stations, as well as providing free scooter-sharing and bike parking for students.



**Lessons Learnt**

An active public position of the academic and student communities turns them into agents of change and makes it possible to promote the values of sustainable development to a wider audience.



**Recommendations**

To actively implement sustainability in the design and construction of university campuses and adapt the existing infrastructure to the corresponding standards.



ITMO UNIVERSITY



ITMO Highpark



ITMO Highpark



ITMO Highpark



**Name of the project**

UJ Clean Up Campaign



**Domain**

Environment, sustainability and social responsibility



**Criteria**

#99 The university shall plan, implement and evaluate specific actions to improve the sustainability and use of infrastructure and resources.



**Keywords**

Clean-up, Environment, Environmental Sustainability, No Littering, Clean Up Campaign, Recycle



**Target & Stakeholders**

Students and Staff



**Time & Frame**

Weekly



**Team & Staff**

Students, Staff, Operations Department, City of Johannesburg Municipality



**Description**

The UJ Clean Up campaign is aimed at keeping the campuses clean and raising awareness on clean working and teaching and learning environments. The materials picked up are placed in specified recycle bins. All staff and students are involved.



**Main Goals**

To keep a healthy, clean environment. To teach the campus community to respect the environment. To encourage people to recycle plastics, bottles & other waste materials. To encourage the campus community to make UJ a cleaner & sustainable environment.



**Motivation & Vision**

Keeping a clean studying, working and living environment is important for individual and collective well-being. Clean environments are not only important for people, but they are also important for the natural ecosystem.



**Evaluation**

Many people have stopped littering. People have adopted the use of bins provided.



**Lessons Learnt**

People find it embarrassing to throw away plastics in open spaces. The Clean Up campaign has improved the quality of life on campuses.



**Recommendations**

All persons must be encouraged to use bins provided in public spaces. Littering should be punishable if found/caught in the act.



Clean Up campaign at UJ



Clean Up campaign partnership with the City of JHB



Clean Energy Initiatives



**MYONGJI UNIVERSITY**

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**Name of the project**

Low-carbon Green Initiatives



**Domain**

Environment, sustainability and social responsibility



**Criteria**

#100 The university shall plan, implement, evaluate and improve specific actions to reduce the energy consumption of facilities and avoid waste as much as possible.



**Keywords**

Green campus, green industry, human capital for green growth, experts for green economy



**Target & Stakeholders**

Students, faculty members, staff members



**Time & Frame**

Since 2011



**Team & Staff**

Office of Planning & Coordination/ Facilities & Maintenance Team



**Description**

Engineering building 5: rainwater collection.  
Engineering building 2: using sunlight to heat water and generate electricity.  
Myongji park: green landscape for university community on campus.



**Main Goals**

To protect the environment and promote green campus sustainability. To educate future professionals for green economy.



**Motivation & Vision**

To create an eco-friendly campus and take the lead in creating a more sustainable tomorrow (as a university which earned its official status as “Low-Carbon Green Campus” by the Ministry of Environment and Korea Environment Corporation in 2011).



**Evaluation**

Green campus initiatives implemented by our institution resulted in saving energy, reducing long term costs and also creating many other positive impacts on the local community.



**Lessons Learnt**

Climate change is clearly one of grand challenges facing humanity, and we came to learn that universities should take the lead in creating a more sustainable tomorrow by developing new and longer-term policies for tackling climate change.



**Recommendations**

We believe investing more in sustainable buildings will reduce long term costs.



Arts and Design Centre  
(Low-carbon Green Campus)



Myongji Campus Complex  
(Low-carbon Green Campus)



Clean Campus Campaign

# List of Universities Registered on Healthy Campus Programme

Australian Catholic University	Orenburg State Medical University	University of Maia (ISMAI)
Bashkir State Medical University	Peking University	& Polytechnic Institute of Maia (IPMAIA)
Mario Pontes Jucá University Center	Plekhanov Russian University of Economics	University of Minho
Chang'an University	Polytechnic of Leiria	University of Porto
Chengdu Sport University	Pontifical Catholic University of Valparaíso	Federal University of Goiás
Chengdu University	Privolzhsky Research Medical University	University NOVA of Lisbon
Chinhoyi University of Technology	Prof. V.F. Voino-Yasenetsky	University Paulista UNIP
Don State Technical University	Krasnoyarsk State Medical University	University IULM
Donghua University	Queensland University of Technology	Autonomous University of Barcelona
Guangdong Polytechnic	RUDN Universtiy (Peoples' Friendship University of Russia)	University of Lucerne
Guangdong Polytechnic of Industry and Commerce	Shanghai International Studies University	University of Geneva
Institute of Technology Carlow	Shanghai University of Finance and Economics	University of Lausanne
Institute of Technology Sligo	Shanxi University	Université Libre de Bruxelles
Institute of Technology Tralee	Siberian Federal University	University of Antwerp
Polytechnic Institute of Beja	Siberian State Medical University	University of Aveiro
Polytechnic Institute of Viana do Castelo - IPVC	Estonian Academy of Security Sciences	University of Coimbra
Institute of Technology Costa Rica	Tartu Health Care College	University of Doha for Science and Technology
ISCTE - University Institute of Lisbon	The Southern Federal University - The Academy	University of Johannesburg
ITMO University	of Physical Culture and Sport	University of Milan - Bicocca
Kazakh Academy of Sport and Tourism	The University of Auckland	University of Physical Education
King Saud University	The University of Western Australia	University of Split
King's College London	Trinity College Dublin	University of St.Gallen
Liaoning Agricultural Technical College	Ulster University	University of the Algarve
Makerere University	Unicerrado - University Center of Goiatuba	University of Turin
McMaster University	University of Rio Verde	UNLaM - National University of La Matanza
Murdoch University	University of Camilo José Cela	Volga Region State University of Physical Culture,
Myongji University	University of Burgos	Sport and Tourism
Nagaland University	University of Guanajuato	Wageningen University and Research Centre
National Research University	University of Málaga	Waterford Institute of Technology
Moscow Power Engineering Institute	University of Santiago de Chile	Zhejiang Police Vocational Academy
National University of Ireland	University of Zaragoza	
National University of Singapore	University of Pablo de Olavide	
Ningxia Vocational Technical College of Industry And Commerce	Peruvian University of Applied Sciences	
Obuda University	University Veracruzana	



**FISU**