

F.L.O.W.S.

Focus on healthy Life, - Organisations
and Well-being in Society



An interdisciplinary minor for students Applied Social Studies, Nursing and Midwifery, Education, Well-being and Vitality Management

In Health Care, in Education, in Applied Social Community Services but also in Enterprises and Companies, the commitment to well-being, positive health and vitality management seems to become more than a hot topic! Creating connections, active dialogue capacity building and healthy life style interventions contribute to and are key components for a pro-active, preventive and sustainable society.

Key words

- Positive Health
- Social health care
- Prevention
- Intervention Mapping
- Healthy lifestyle
- Well-being and involvement
- Good Practices
- Social skills/connection (conflict prevention, aggression, bullying)
- Coaching

Objectives

At the end of the F.L.O.W.S. course, in the context of the international classroom, the participants are able to

- Explain the variety in active and healthy lifestyles within Europe
- Know the influence of the EU and/or other global organisations on the flow of an active and healthy lifestyle
- Interpret and give information about the health care organisation and health care settings in Belgium
- Expand their own international competences in a personal and professional way
- Organise a health care session to improve and/or motivate the healthy lifestyle in a specific population group
- Solve a specific case, working within an interdisciplinary group of students

New programme

The lecturers of the campus of Applied Social Studies in Kortrijk, the campi for Teacher Training in Bruges, Tielt and Torhout, the campi for of Health Care in Bruges, Kortrijk and Roeselare and the campus of Business Management - Well-being and Vitality Management in Kortrijk, are proud to present you the new programme: “F.L.O.W.S.”

This programme is developed for incoming students from our partner universities and university colleges, with which we have an interinstitutional agreement, as well as our own students.

Welcome in to study and to live in Kortrijk

Welcome to come and study in VIVES campus Kortrijk for the international classroom. Kortrijk (<https://www.kortrijk.be/vrije-tijd/toerisme/andere-talen/english/tourism-kortrijk/discover-kortrijk>) is a city where you can enjoy the heritage of the past and where at the same shopping is fun. The city of approximately 75,000 inhabitants is situated in West-Flanders in Belgium.

What do we offer?

- A 5 month interdisciplinary program (30 ECTS) in English for students Applied Social Studies (social work, socio-educational care work, public safety and applied psychology), teacher training and health (nursing and midwifery) and business management (more precisely well-being and vitality management).
- One full semester – autumn semester: September – January
- Flow to a healthy lifestyle starting throughout the lifespan from pre-birth over early childhood, childhood, adolescence, adulthood till active seniors and elderly.
- Interdisciplinary classroom
- Focus on international competences
- An enthusiastic teaching staff
- Highly qualified mentors for practical experience (traineeship)
- The program aims to be a balanced mixture of theory, research, practice, reflection and personal work focusing on the flow to a healthy lifestyle starting throughout the lifespan from pre-birth over early childhood, childhood, adolescence, adulthood, till the active seniors and the elderly.



The program in a nutshell

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| F.L.O.W.S. situated in the Global and European context | |
| Global issues of the 21 st century and Focus on Europe | 5 ECTS |
| Orientation on F.L.O.W.S. | |
| Introduction and vision on health, health prevention, coaching and entrepreneurship | 4 ECTS |
| Basics of F.L.O.W.S. | |
| Behavioural and environmental changes towards a healthy life and wellbeing in society | 3 ECTS |
| Methods and strategies towards F.L.O.W.S. | |
| Active Life Style and health | 3 ECTS |
| Stress prevention and – management in organisations Training in detection and coaching | 3 ECTS |
| F.L.O.W.S. into practice <i>One of the three possibilities below:</i> | |
| INTEGRATED interdisciplinary project - Field visits and good practices <i>(option open for all students)</i> | 12 ECTS |
| or INTERNSHIP <i>(option only open for students education)</i> | 12 ECTS |
| or INTERNSHIP + simulation <i>(option only open for students nursing and midwifery)</i> | |
| - Simulation | 3 ECTS |
| - Internship | 9 ECTS |
| TOTAL ECTS | 30 ECTS |



Global issues of the 21th century and focus on Europe 5 ECTS

A selection of global issues will be presented: Migration, BRICS-countries, Poverty in the world, Human Rights, Childrens' Rights, International Institutions, World religions, The world today, sustainable development, Fair trade, ... You will reflect in transnational and multidisciplinary groups on these topics. In 'Focus on Europe' we will focus on European citizenship and explore the function and significance of European policies, European institutions and directives. A visit to the European Parliament will be included and as ambassadors of your country you will prepare a group country presentation highlighting threats and challenges on social issues, economics, politics, cultural characteristics and some touristic and recreation spots.

Introduction and vision on health, health prevention, coaching and entrepreneurship 4 ECTS

Health promotion and prevention are important global issues, starting at the preconception phase until the end of life, taking into account more (evidence based) knowledge about medicine, empowerment, inclusion of the ageing population, ...

During this course, health and vitality will be discovered and explored in different stages of life and in a multicultural, international setting. Starting with the "Health & well-being" definitions by the World Health Organisation, the course will extend to: conditions to obtain health promotion, European action programs, differences in directives within the EU, ... A realistic and historical view on the growth of health promotion and prevention within Flanders will be explained. Success stories will be explained and failures will be discussed. The key question will be, how we can integrate health promotion and prevention, in our own daily personal and professional life and as a kindergarten teacher, as a director of a company or as a midwife/nurse or social worker.

In this course we define the vision and key components in developing and coaching towards a healthy life style. We focus as well on self-coaching as coaching individuals and groups.

We research the relationship between subjective wellbeing and new venture creation and how customers and employed workforce benefit from the entrepreneurial spirit.

Key questions, tasks, and exercises are tools to develop flexible training programs in practice.

We distinguish the following 5 key questions:

- Do I face (extra-) risks due to my/our life-style?
- What are realistic personal or group choices?
- How can we transform my individual choices to the desired behaviour?
- How can I/we change in a sustainable way?
- In which ways can my entrepreneurial drive influence HRM into a healthy life-style?

Behavioural and environmental changes towards a healthy life 3 ECTS

We only can promote and coach people to a healthy life style when we have knowledge of the basic health psychology like: motivation models, stages of change and models of self-regulation. Changes in life style, movement, food, use of medicine and self-care are only partially a personal responsibility. Moreover sustainable changes in the environment (school, family, neighbourhood and community, ...) are needed to create a successful change. Intervention mapping starts from a need analysis and defining the external determinant factors in society on micro-, meso- and macro level and the internal determinant factors in a person or group. The next steps are formulating realistic objectives, choosing the instruments and tools for each objective, creating the tool and implement it after a try-out on a focus-group. Process and product evaluation are the start of further improvement. Intervention mapping will be illustrated by evidence based Good Practices. We pay attention to social policy guidelines.

Active lifestyle and health 3 ECTS

As an active and healthy lifestyle is very important during our entire life (from the preconception phase to being a senior), the teacher has to motivate the pupils and his/her environment to have and enjoy an active and healthy life. Methods to introduce this active lifestyle during the studies will be learned in different classes in the University College. For example: learning mathematics in an active way, creative games to learn about food, playground activities that motivate pupils to move around, This will make you understand the standard guidelines of an active lifestyle and health, you will be able to compare different standards within an international context and you will need to read some English articles about the topic. Last but not least, you will need to be creative with the theory and translate this into practical examples.

- note - cooperation Zorgnet('carenet') Flanders and Province of West-Flanders
- cooperation PMB - International healthy cooking with different cultures...
- integration integrative medicine (Well-being & vitality)

Stress prevention and - management in organisations **Training in detection and coaching** 3 ECTS

The course assumes no specific knowledge of - and experience in guiding. We start with the basics. This training focuses on specific coaching skills in relation to stress prevention, -advising and -management. It is an added specialty for example, coaches, HR consultants, career coaches, social workers, socio-educational care workers, health nurses, physiotherapists, applied psychologists, etc. What will you learn in this training (goals)?

You can help to identify work pressure within organizations and develop a prevention – and action plan. You support leaders to recognize early stress signals and take adequate prevention actions. You can help persons and groups to identify impending overwork recognize and take action to prevent. You can formulate tips to team leaders how they can keep operating pressure at a healthy level. You can effectively supervise employees to stay vital or return revitalized at work.

You can advise managers and team leaders on how to reduce work-related stressors.

You can advise organizations how to realize a healthy and happy workplace.

F.L.O.W.S. into practice

One of the three possibilities upon your choice:

Integrated interdisciplinary project, field visits and good practices 12 ECTS *(option open for all students)*

Students will work together in interdisciplinary groups and work out some steps of the intervention mapping at the request or on proposal of an organisation. Each student can choose a setting or target group: an educational setting, an enterprise, a recreational organisation, a social-cultural organisation, ...

To start, you will visit Health promoting organisations like Sensoa, LOGO, VIGEZ, wellness and coaching centre and other organisations offering good practices. Afterwards you will visit your organisation of choice, with particular needs to improve an aspect of the lifestyle of the clients, employees, school children, personnel, ... and explore the organisations' expectations on the project. Then your group will start to work out the project integrating, all theory and skills, present steps and proposals regularly and implement some aspects on the spot in the last week, followed by an evaluation.

For students who need to work on a bachelor project this integrated casus is an ideal opportunity.

- Or -

Internship Education 12 ECTS

You will be posted in a school (elementary school or secondary school) for about 5 weeks to observe, participate and work on a project on active lifestyle and health. You gather information about the health policy in the school, the way of working and the accents. You will observe the involvement of the team of teachers, the parents and the community. You will assist the enrolment of the health policy. Afterwards, you work out a small project in a classroom and a project for the school or you might even give lessons. A portfolio will be made with some assignments.

- Or -

Internship Health Care (nursing & midwifery) 9 ECTS

You'll be doing a 5-week internship in a care setting (inter- or extramural) of your choice (if possible) and improve your international competences as an individual and as a professional nurse/midwife-to-be in a written paper but discussed with other (inter) national students and a teacher from the Health Care Department.

- And -

Simulation training 3 ECTS

You will train with the High Fidelity Patient Simulator. You'll have the opportunity to participate in 4 simulation sessions and debriefings and to write your own simulation scenario. In a written report, the student will reflect on the experience, the CRM principles and the added value of this simulation training for a professional caregiver.



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Websites

www.vigez.be

www.logoleieland.be

www.sensoa.be

www.coaching.be

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Application procedure and practical information

www.vives.be/international/incoming-students



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