

CULTURE AND HEALTH SUMMER SCHOOL

FH JOANNEUM
University of Applied Sciences

Department of Health Sciences

**BAD GLEICHENBERG
AUSTRIA**

If you enjoy working together with students from other cultures, if you want to explore how cultural differences and national perspectives shape lifestyle and health behaviors, if you like interactive and shared learning experiences also outside school – this may be just the summer school for you!

Practical information

Period: Monday, 22nd May – 7th June 2018
(optional: trip to Vienna 8th-9th June)

Course credits: 5 ECTS (European credits, 1 ECTS = 25 hours)

Profile prospective students: Students have a background in health studies, allied health care studies or social studies. They have basic research skills. As a student, you will work in international teams, so flexibility, open-mindedness, curiosity, reflective skills and some tolerance will be helpful!

Language of instruction: English (B2 level)

Instructors:

- Elisabeth Fattering (Senior lecturer, Institute of Dietetics)
- FH-Prof. James Miller (Institute of Health and Tourism Management)
- Guest lecturers from European partner universities

Synopsis and special features:

- The focus of the class is on the connections between health, nutrition, culture and society.
- The class illustrates cultural differences and culturally different health determinants by having students compare, experience and discuss topics from different national perspectives.
- Learning takes place in an intercultural setting: Students and instructors are from different cultural backgrounds; students will have online exchanges with further international students and experts.

Course methods:

- The approach to achieving the course objectives will not be just a cognitive one, but also an experiential and communicative one. You will also experience and see what you learn!
- The course is based on peer-assisted, intercultural and interactive learning.
- Discussions, readings, activities, presentations in groups; interactive lectures.



Goals:

By the end of the course, students will

- have trained their self-awareness as “cultural beings”
- have gained a better understanding of what culture means in human communication in general, and in the field of health care in particular
- have gained insights and first-hand experience into cultural aspects of nutrition, lifestyle and health
- have a better understanding of how social and economic structures frame individuals’ opportunities to pursue a healthy lifestyle
- be better able to place their own country’s approaches to health and health care into an international context
- have improved their English skills



Course contents:

Part 1: Cross-Cultural Competence

- What is culture? To which extent are we “cultural beings”? What is cross-cultural competence in health care, what does it mean for us?

Part 2: Diet, Society & Culture

- Health determinants and their relation to society and culture
- Cultural food habits
- Lifestyle & socio-cultural aspects of nutrition and health - A comparison between different countries, values and attitudes. You will, e.g. compare different national perspectives of topics such as: Alcohol & smoking; leisure &

physical activity; obesity; health insurance and health care systems; work-life balance; parenting, health & nutrition; poverty and health; eating habits & daily routines; health behaviors and the environment; notions of ‘wellness’; nutrition, culture and sustainability.

The program includes

- a 3 hour “cross-cultural” hike & scavenger hunt
- a full day **culinary excursion** to local food producers
- a **joint cooking class** with other students
- a **three-day hiking & explorative trip** to Graz and a village in the mountains (Greibenzen)
- a visit to the local **spa**

Assignments:

- Readings
- Preparing for class and contributions in class
- Presentation & Workshop (group assignment)
- Short written reflection on class

Accommodation:

 At the student dormitory

ÖJAB www.ojab.at/badgleichenberg

Estimated Costs (excluding travel to and from Bad Gleichenberg)

- No tuition
- Accommodation incl. breakfast for 16 nights: c. **260 €**;
- Estimated extra cost for food / day: 15-20 € (students can also cook their own meals in the dorm)
- Excursions: ca. **50 €**
- 3-day trip to Graz and a mountain village, including board: **180 €**

Costs may vary somewhat from these estimates, depending on the number of participants.

Application deadline:

19th March, 2018

Interested? Then contact:

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