



Hanze
University of Applied Sciences
Groningen



Quantified
Self Institute
self knowledge through numbers

School of Health Care Studies
International Health Care School

Summerschool

Global Health & Quantified Self

Think global, act personal

share your talent. **move** the world.



Summerschool Global Health & Quantified Self

The summer course Global Health & Quantified Self concerns aspects of globalisation and health, linked to digital health and self-tracking. It is organised in close cooperation with the Quantified Self Institute (www.qsinstitute.org/) and the first educational programme world-wide that incooperates Quantified Self in education at a bachelor level.

As Hanze we are part of the Healthy Ageing Network Northern Netherlands, which is the European and Dutch reference site for active and healthy ageing. Thanks to the national and international cooperation, the knowledge available and the short lines of communication with the private sector, the Northern Netherlands is a logical trial area for innovations and new care concepts, which you will of course encounter during the summerschool.

We are looking for students who are innovative within their field of work, who have a inter-professional mind-set and want to work with students from different cultures on globalisation and quantified self.

The programme offers you the unique opportunity to familiarize yourself with the increasingly globalized world, digitalisation and its effects on health. The course focuses on trends in (digital) health (care) viewed from a global perspective and the challenges that we, as health professionals, face over the next 10 years. This summerschool, with a view to the future, helps you to gain knowledge on prevention and self- management in health, useful topics in your later career.

The three pillars within this programme are:

1. Global Health, Globalization, International Organizations & International Cooperation;
2. Culture and Health;
3. Digital Health and Quantified Self

Quantified Self concentrates on the development of technical applications to support self-monitoring by individuals. This promotes self-knowledge and gives personal health information about aspects such as what your clients' nutritional intake has been or how he or she has slept recently. Wearables like activity trackers, smartphones and smartwatches generate these data. You will explore a number of state of the art selfquantification technologies and the significance of these digital (health)developments for health and social care professionals.

Practical information:

Period:

May- June, look for the exact dates on our website, www.hanze.nl/ihs

Profile prospective students:

Students have a background in sport studies, nursing, allied health care studies, midwifery, social studies or human technology studies, and completed the first year of their bachelor, undergraduate or associate degree. Students have experience with working in teams on a project basis and have developed research skills. No general education on these two topics will be offered. As a student you will work in an international interprofessional team. Useful additional personal characteristics for participation in such a team are: an open mind, the ability to listen actively, tolerance, flexibility, transparency in motives, interests and values. Students master the English language: Academic IELST 6.5 overall, or TOEFL Internet Based Test 80 or TOEFL Paper Based Test 550, or Dialang level B2

Group size:

25 students

Application deadline:

April 1st

Course fee:

Expenses differ per student based on whether the home university is a partner of Hanze UAS or not. For the latest information about the course fee, please check our website.

Course credits:

6 credits (ECTS. 1 EC = 28 hours)



Gary Wolf, visiting professor

'Hanze UAS truly is preparing students to become health care professionals of the future'

Contact person

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