



WHAT GENERATES HEALTH? WHAT MAKES US MOVE IN THE DIRECTION OF HEALTH?

Salutogenesis is the study of the origins of health and focuses on factors that support human health and well-being. During one week of July, a group of international Health Sciences students will get together in Almería (Spain) to learn a complementary perspective to the traditional disease-focused approach in healthcare, one that encourages a holistic approach to health by considering the physical, mental, emotional, social, and environmental factors that contribute to well-being.

ARE YOU INTERESTED?



Salutogenesis

Healthy Lifestyle
through
Community Health
Assets & Clinical
Simulation

Erasmus+ BIP
programme
July 8th-12th 2024

Innovative &
multidisciplinary
learning with
international students

Expenses covered by
an Erasmus+ grant

3 ECTS Certificate

UNIVERSIDAD DE
ALMERÍA

Spain



During this intensive program, students will be welcome in Almería (south Spain) and will study and work with a group of international students, followed by three days in September doing a collaborative project



Academic activities

At Almería July 8th-12th	Monday	Health promotion and Salutogenesis - Community Health Model based on health assets.
	Tuesday	Methodology in the identification of health assets – Participatory Action Research.
	Wednesday	Practical session on Participatory Action Research techniques - Photovoice, Mapping Party, etc.
	Thursday	Salutogenesis and Healthy Lifestyles - Prescription of health assets to change behaviours and attitudes in individuals, families and communities.
	Friday	Practical session with Clinical Simulation in the community context and its application to specific situations (obesity, diabetes, chronic pathologies, etc...).
Online	September 4th-11th-18th	Students do a mapping of health assets in a specific area (village, neighborhood, ...etc.), applying all the knowledge and competences acquired

The program includes free social activities like...

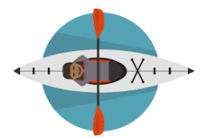
Welcome breakfast



Guided visit to Almería city center



Kayaking at Natural Park



If you're interested in participating, contact your International Office and ask them to get in touch with us (erasmusbp@ual.es)

Accommodation

Travelling to Almería

Information about Almería & Spain

UAL will help selected students