

INTERNATIONAL WEEK

'Diversity in Care'

Cooperation Bachelor in Nursing
Kortrijk & Roeselare



16th - 20th Oct 2023

INTERNATIONAL WEEK

'Diversity in Care'

16th - 20th Oct 2023



CONTENT

Welcome
Schedule

Wednesday October 18th
Thursday October 19th
Friday October 20th

Welcome

During this nursing programme at VIVES University of Applied Sciences, we aim to enhance international competencies (ICOMs) in students. These competences are integrated into the four-year study programme of the Bachelor of Nursing in various ways.

In the first year, the international day is organised. During this day, the first steps are taken to develop international competences.

During the second training phase, this is further pursued and students are encouraged to follow the international week "Diversity in Care", a collaboration between the campuses Kortrijk and Roeselare (nursing education). This week will take place during the week of 16th of October. Students can also choose to follow a (digital) international week at a VIVES partner university abroad.

Finally, in the second, third or fourth year, there is also the possibility of doing an internship abroad for a minimum of four weeks and a maximum of 12 weeks, both European and intercontinental.

The main aim of the international week is to achieve international competences as well as possible. During the international week 'Diversity in Care', borders are blurred and the aim is to bring students closer to their peers with different cultures, beliefs, norms, values, traditions,... People who they come into contact with every day in society. In other words, closer look to their 'own' boundaries....

The international week consists of a mix of 'on' and 'off campus' guests, this in order to offer a programme as broad as possible. We also choose to organise a day out on Thursday 19th of October. During this day, students get to know certain organisations better in an (in)formal and enjoyable way.

Dear students,

We sincerely hope that this week makes you as students and future nurses wiser, gives you a broader view on healthcare worldwide, that you learn about the SDGs, that 'across borders' is already present in Belgium, ... that this week helps you discover your own unique identity as nursing students.

We also hope that you will be as enthusiastic as we are and enjoy this week with us.

Bring your metaphorical backpack and put on different glasses every now and then. We wish you all the best and let your senses be stimulated!

The 'Diversity in Care' team Kortrijk & Roeselare

Fauve Buyschaert, John Callens, Stefanie De Ceuninck, Marieke Metzger, Marieke Nyssen, Nele Vandeputte, Ellen Vanhaverbeke, Annelies Vancaeyzeele, Elisa Vanryckeghem, Sarah Verschuere, Marlies Verstraete, Anne-Lise Vuylsteke

Wednesday

18TH
OCTOBER

Thursday

19TH
OCTOBER

Friday

20TH
OCTOBER

8h30 - 12h00
(BREAK 10h00-10h30)

INTRODUCTION

Marieke Nyssen

GLOBAL ENGAGEMENT & SDG's

Lies Verstraete & Marieke
Nyssen

AFROMEDICA



8u30 - 9u30
Online Session

9u45 - 10u45
Intervention
Group 2

11u00-12u00
Intervention
Group 1

12h00 - 13h00

LUNCH

13h00 - 14h00

SESSION 1

14h00 - 14h30

BREAK

14h30 - 15h30

SESSION 2

15h30 - 16h00

BREAK

16h00 - 17h00

SESSION 3

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THE
END



vives University
of Applied
Sciences

Check Toledo for
time and places

Wednesday October 18th

Keynote speakers - plenary

 Or online for international participants abroad

8h30 - 9h00

Introduction

 Marieke Nyssen

9h00 - 10h00

Global engagement and SDG's

 Marieke Nyssen & Lies Verstraete

Globalisation has turned the world into a 'complex metropolis' with specific global challenges that are increasingly interlinked and interdependent. As a result, higher education is also facing major challenges, as Higher Education Institutes (HEIs) are expected to educate students with a cosmopolitan attitude to the world. With this in mind, VIVES UAS designed a holistic framework on global engagement, bringing together the inclusive, international and sustainability agendas. This to encourage discussion within HEIs on how to implement the Sustainable Development Goals in the institutions internationalisation strategy. Global engagement reflects a movement that goes beyond traditional activities linked to internationalisation; it means entering into meaningful collaborations with partners all over the world and it implies deeper and more long-term commitments based on reciprocity and equality. The VLHORA, the network for all 13 UAS in Flanders, has committed itself to use this framework in all its institutions.



10h30- 12h00

Afromedica

AfroMedica is an organisation that was founded in 2020 by mostly students who are in the medical field. This came to life because of the disparities that still live on in the health sector in Belgium. Our goal is to bring awareness to the general public about these health related issues and the consequences that come with. We aim to do this by organising educational events across Flanders and by sharing informational trivia/facts on our social media. In addition, we sit down with educational institutions (University of Ghent and Antwerp) to discuss how to improve the medical curricula. Some events that took place last year: a panel discussion with different health workers, a medical quiz, a lecture about the historical dimensions of our healthcare system...

12h00 - 13h00

Lunch break

13h00- 14h00

Session 1

14h30- 15h30

Session 2

16h00- 17h00

Session 3

Wednesday



13h00-14h00

Options session 1

Fracarita

Elisa Vanlerberghe

The need for mental health support in Africa is urgent and crucial. The continent faces numerous challenges that can significantly affect mental well-being. Factors such as poverty, violence, war conflict, social stigma and limited access to healthcare services contribute to the high prevalence of mental health disorders in the region. During this session, we will explore the work of Fracarita Belgium, an NGO provides essential mental health interventions to individuals and communities in the Great Lakes region of Africa. We will delve into the context and challenges faced by vulnerable groups in war-zone areas in eastern DRC and in post-conflict countries as Rwanda and Burundi. Local success stories, initiatives and support will be shared in an interactive workshop.

Integrating families into the care process

Nacera Benchlal

The objective of this is to raise awareness of the importance of taking care of the patient but also of the family. The hospitalization of a family member upsets the family dynamic. This upheaval can have an impact on the patient's healing process and on the family. Also, this is why we wanted to speak in our intervention of the family system and the place that can be given to the family in the care. This session will be given in French.

China

Jeanne Boden

Healthcare follows similar principles around the world, but it can also differ across cultures. This lecture will highlight how healthcare in China is embedded in the Chinese context of Confucianism, Taoism, and Communism. It will introduce the hospital system with international and Chinese hospitals, differences between urban and rural healthcare, central control with Covid as an example. It will also focus on traditional Chinese medicine in daily life and as treatment with massage, acupuncture, and food. Participants will get tips of how to make the most of their China visit.

Wednesday

Kom op tegen kanker

Naziha Maher

Cultural competence in oncology requires the acquisition of specific knowledge, clinical skills, and attitudes that facilitate effective cross-cultural negotiation in the clinical setting, thus, leading to improved therapeutic outcomes and decreased disparities in cancer care. Cultural competence in oncology entails a basic knowledge of different cultural attitudes and practices of communication of the truth and of decision-making styles throughout the world. Cultural competence always presupposes oncology professionals' awareness of their own cultural beliefs and values. To be able to communicate with cancer patients in culturally sensitive ways, oncologists and nurses should have knowledge of the concept of culture in its complexity and of the risks of racism, classism, sexism, ageism, and stereotyping that must be avoided in clinical practice. Oncologists and nurses should develop a sense of appreciation for differences in health care values, based on the recognition that no culture can claim hegemony over others and that cultures are evolving under their reciprocal influence on each other. Medical schools, nursing schools and oncology training can teach communication skills and cultural competence, while fostering in all students and young doctors and nurses those attitudes of humility, empathy, curiosity, respect, sensitivity, and awareness that are needed to deliver effective and culturally sensitive cancer care.

In this workshop, I will be telling about how we, with Kom op tegen Kanker, support cancer patients with a migration background and their loved ones in a culture-sensitive way because the regular care offer is still too often inaccessible for them. Kom op tegen Kanker is a champion of good health care and well-being and it cannot be that a part of the population is not getting the health care it deserves. We also notice that due to the many taboos surrounding cancer and low health skills, women in particular are left out in the cold. Kom op tegen Kanker cannot do this alone and needs partners to achieve this goal.

Organization of healthcare in Rwanda

Sr. M. Vestine Nyirahabimana

Sr. M. Vestine is looking forward to talk about the organization of healthcare in Rwamanagana, Rwanda and the possibilities for internships. She is responsible for the internships at her hospital. It will be a session full of interesting insights in the Rwandan healthcare and lots of time to ask questions.

Wednesday

Diversity in healthcare: an international context

The strategic working framework of B-FAST involves making Belgian (medical) capabilities available at the request of other state facing a sudden emergency situation that exceeds their own resources. Flexibility, interdisciplinarity and rapid response are the defining characteristics of the B-FAST structure. This will be explained on the basis of a mission that has taken place.

Preparation day-out Lille

Marieke Metzger

THIS SESSION IS ONLY FOR STUDENTS WHO ARE GOING TO LILLE ON OCTOBER 19TH!

(!) ATTENTION: If you register for this day out you have to choose on Wednesday afternoon session 1 (13:00 - 14:00) preparation workshop Lille. The aim is to coordinate and prepare the workshop in French that will be given during the visit.

Daktari Project: Supporting Kilembe Mines - Uganda

Kilembe Mines hospital is located in Kilembe, in the Kasese district of Western Uganda.

Daktari VZW

The hospital was founded in 1952 as a medical center for the miners from the nearby Kilembe Mines. In 1982 it became a community hospital. With no more than 200 beds, the hospital struggles to provide adequate care for a very large population. The hospital became a center of reference for orthopaedic surgery in the region.

Daktari Project was founded in 2010 by a group of enthusiastic medical students from Ghent, who traveled to the hospital to learn and participate in daily practice of the hospital. They befriended a Ugandese doctor, and thus got to know Kilembe Mines Hospital. From the friendship that originated there, Daktari Project was born. Since 2015 the Daktari Project is officially a non-profit organization (vzw). Daktari Project vzw aims to support the Kilembe Mines Hospital in a sustainable way, by means of financial, logistical, and educational support. This is realized by offering courses and support on site to the hospital staff, as well as organizing fundraisers in Belgium (eg. Daktari Tour, tote bag sale, piano concert, Warmste Week...). Daktari Project currently focuses on four main causes: infection prevention, orthopaedics, maternal care and wound care. Training courses focus on evidence based medicine, relying on the available means in this developing country. In 2015, the hospital suffered from severe floods, and part of the hospital building and staff residences were destroyed. In 2020, two even more severe floods destroyed most of the remaining infrastructure. The hospital was forced to relocate to the nearby city of Kasese. This is significantly further away from the local population of the mountain village of Kilembe, which causes new challenges concerning access to health care for these people.

Wednesday

Mother-child postnatal care in Poland

Online

Magdalena Korzyńska-Piętas

The main goal of care during the early postnatal period is to promote the physical well-being of mother and baby, as well as support the developing relationship between the baby and his or her parents and family. Moreover, it can also support the development of infant feeding skills and strengthen the mother's knowledge and confidence in her and her baby's health and well-being. According to studies, postnatal care knowledge enables mothers to develop parenting skills to fulfill their mothering role within their particular family. During the class we will discuss the quality of essential, routine postnatal care for women and newborns with the ultimate goal of improving maternal and newborn health and well-being.

Wednesday

14h30-15h30

Options session 2

Fracarita

Elisa Vanlerberghe

The need for mental health support in Africa is urgent and crucial. The continent faces numerous challenges that can significantly affect mental well-being. Factors such as poverty, violence, war conflict, social stigma and limited access to healthcare services contribute to the high prevalence of mental health disorders in the region. During this session, we will explore the work of Fracarita Belgium, an NGO provides essential mental health interventions to individuals and communities in the Great Lakes region of Africa. We will delve into the context and challenges faced by vulnerable groups in war-zone areas in eastern DRC and in post-conflict countries as Rwanda and Burundi. Local success stories, initiatives and support will be shared in an interactive workshop.

Recognising signals of trauma

Nils Vandenbroucke

Nils is an expert in psychological care and support for young refugees and their families. Often they are suffering from traumas caused by war, which ask for a very specific approach. Our work covers a wide social context, because mental health is an issue that affects everyone involved with the child. Especially with something as complex as the migration process. Besides, the right to good health is an absolutely basic right. A human rights-based perspective is the foundation of our work: for the right to good health is a basic right that everyone should enjoy. Contributions to Sustainable Development Goal 3 (SDG3) from the United Nations is thus at the core of our activities. SDG3 aims to ensure that health care is accessible, affordable and good quality. Just like we do. The realisation of this vision requires a broad ecological vision of psychological health. A vision which enables us to appreciate that psychological issues are not just bound to the individual, but are equally as influenced by environmental factors and the societal context. In this lecture, we will focus on recognizing signals of trauma and what you can do.

Wednesday

Health professional communication with children with autism spectrum disorders

Jolanta Uloziene

Autism is classified as a multifaceted developmental disorder, and the main features of autism spectrum disorders are associated with communication and socialization problems, as well as behavioral problems. Nurses are exposed to children with autistic spectrum disorders in their health care services, and visits of these children to the health care facility present challenges not only for them but also for the children and their parents/carers. Optimizing these children's visits to health professionals and their stay in the health facility requires an individual approach and understanding to improve communication with children with autistic spectrum disorders and their parents/carers. Respect and sensitivity, listening, and good communication with parents/carers are the cornerstones of communication with parents/carers, as they allow for cooperation, positive interaction, understanding, and trust, finding a common approach to the child's care that improves the child's well-being, enables understanding of the child's situation and encourages the development of joint plans to help the child. It is recommended that the nurses focus on the concerns and needs expressed by the parents/carers and understand that the main goal is to help the child, avoiding parental or carers' resistance and dissatisfaction. Children with autism spectrum disorders have different intellectual abilities and needs. Communicating with them is different as they may speak differently, use non-verbal communication, or use behavioral communication, and to ensure appropriate communication, it is recommended that nurses adapt or adjust the physical environment and care processes, communicate simply and clearly, use words that are easy to understand, and use alternative and augmentative communication, using visual aids, according to the individual needs of these children.

Preparation day-out Poelkapelle

Annelies Vancaeyzeele

THIS SESSION IS ONLY FOR STUDENTS WHO ARE GOING TO POELKAPELLE ON OCTOBER 19TH!

ATTENTION: If you register for The day-out in Poelkapelle (fedasil), you have to choose this session. The preparation workshop Fedasil refuge shelter.

The aim is to coordinate and prepare the workshop that will be given during the visit.

Wednesday

Mercy Ships

Luc Simoens

Mercy Ships is an international charity dedicated to the development of medicine in developing countries. The poorest of the local population receive free specialised medical assistance on board of Mercy Ships' hospital ships. In addition, Mercy Ships actively participates in the development of healthcare in Africa: education and advanced training in various fields of medicine, hygiene, nutrition, community building and health infrastructure. The projects developed thus create lasting change.

Mercy Ships brings hope and healing to the poorest of the poor by mobilising general and specialist volunteers worldwide. They put their high-level professional knowledge and skills in healthcare, maritime work and logistics at the service of the local population free of charge. This international crew is deployed on board the two hospital ships 'Africa Mercy' and 'Global Mercy' and in the target countries. Since 1978, Mercy Ships' fleet has been at work in more than 70 ports around the world. The dedicated volunteers come from more than 50 countries and pool their skills to make a lasting difference.

Healthy aging: a global international and intercultural opportunity.

Andreea Zamfirescu

Online

Ageing is a success, both at individual and populational level. Population ageing is a global international and intercultural topic; there are differences but also similarities of ageing between countries. Healthy ageing keeps the elderly healthy, independent and active.

Ageing has a life span perspective, WHO had a Department of Ageing and Life Course (ALC). WHO perspective on ageing includes: Age -friendly cities and Integrated care for older people (ICOPE). New WHO insights on Healthy Ageing are promoted by the WHO Decade of "Healthy Ageing": 2021-2030. "Healthy Ageing" stands for: health promotion, disease prevention, maintaining intrinsic capacity, improving functionality. Physical resilience: recently introduced concept, is associated with successful ageing, pillar for "functional independence of the elderly and active longevity". Positive health was defined, by M. Huber in 2012, as the ability to adapt and self-manage in the face of social, physical and emotional challenges; PH analyses: health, wellbeing and vitality. This presentation will be given online.

Wednesday

Ethical safety in health care

Agita Melbarde - Kelmere

Several ethical dilemmas and ethical problems were identified in nursing and physiotherapy students and professionals. Both ethical dilemmas and ethical problems should be analysed and discussed by healthcare professionals in order to develop educational tools for this population

Online education seems to be an effective learning tool with positive effects in nursing and physiotherapy students and professionals, improves their abilities in nursing ethics, decision-making and critical thinking. Zoom fatigue should be considered when designing new educational programs related to ethics in healthcare professionals. The results obtained are useful in order to design a formative model that allows them to practice the profession in a just, honest and responsible manner.

FIG - Ghana

First intervention Ghana (FIG) is a volunteer-based emergency response, social and healthcare non-profit organization in Ghana. First intervention Ghana's volunteer project provides you opportunity to engage in a new culture, investing in genuine relationships with participating communities and contribute in a meaningful way to projects that make a lasting difference.

We offer a wide variety of options for individuals or groups interested in long-term volunteer opportunities.

We can accommodate volunteers in areas of medicine, agriculture, teaching, engineering, pharmacy, building, care, tourism, emergency and trauma, firefighting, etc.. who would like to utilize their experience for sustainable, life-changing work.

Established in 2009, comprising a team of highly skilled staff, FIG delivers with a modified tailored program covering health interventions, social meetings, economic, cultural, environmental, children and other interest.

Can poverty influence human dignity?

Online
Helena Caseiro

Human vulnerability emerges especially in situations of poverty and loneliness, becoming obvious when core, meaningful values can no longer be achieved. It is in situations of greater vulnerability that the risk of compromising dignity can emerge, due to the influence that circumstances exert on the person and the way they perceive the situation and their dignity. Respect for the dignity of others is a concern in nurses' "actions" and is a determining factor in the relationship they establish in the context of care.

We therefore sought to analyse, from the perspective of very elderly people (over 80 years old), which situations they perceived as disrespect for their dignity in the context of healthcare.

Wednesday

16h00 - 17h00

Options session 3 - Clinical training abroad

Zambia

Julie Verniers

Zambia, with its impressive Victoria Falls and the Zambezi River, is the perfect destination for the adventurous Africa lover. It is also an impressive country for an internship.

Guatemala

Hanne Dejonckheere

Vivir en Amor is a local operation of two health posts in the villages of Yalanhuitz and Pojom, located in the northwest of Guatemala supported by a Belgium non-profit organisation.

In 2002, Vivir en Amor built a health post, the 'Clinica', in Yalanhuitz in cooperation with the local population. In 2008, a second one followed, in Pojom, which was named 'Casa Materna'.

Over the years, a team of local employees (promoters) has been built up around each health post.

Spain

Eva, Aida, Lucia, Seppe and Arne

Students from Spain who are in Kortrijk for their internship will tell you more about their experience, the differences between Belgium and their country as for health care, student life, ... Make sure to come and listen if you are interested in the experience of incoming students or you want to learn more about how other countries organise nursing schools, student life, health care, ... Students who went on internship to Tenerife last year will also talk about their experiences there.

Wednesday

Gambia

Rita Vancoillie

"Contano is Mandinka for happiness. And although it is said that happiness is found in small things, we do not hide it: our ambition with the non-profit organisation is big.

In general, we focus on the people of Basse, in the east of The Gambia.

We have a cooperation with several colleges to send students from different fields of study in the welfare sector on internships to Basse. Students on work placements abroad can ensure follow-up and continuity, always in consultation with local professionals.

In particular, we continue to focus on women and mothers in Basse who live in vulnerable situations. With a warm heart and a listening ear, we want to bring their stories of intra-family violence and poverty out of the shadows and make them debatable.

Uganda

Morgane Bille, Maxime Declercq, Nina Demeulenaere & Tessa Viaene

Uganda lies on the equator in East Africa and contains a great variety of nature and a rich African culture. That is why the country is also called the 'Pearl of Africa'. Four OLF4 students will tell you live from Uganda what makes this country and internship so special. This presentation will be given online since the students are in Uganda at the moment.

Greece

Stelios Parissopoulos

The goal of the one-hour introduction course "Refugee and Migrant Health in Athens: The Role of Nursing" aims to give nursing students a basic awareness of the special difficulties and duties involved in delivering healthcare to refugees and migrants in Athens. During the program, the effects of displacement on one's physical and mental health will be discussed, with a focus on cultural sensitivity, communication techniques, and trauma-informed care. It will emphasize the part nurses play in advancing vulnerable groups' psychological wellbeing and health fairness. The course aims to promote empathy and critical thinking via interactive discussions and real-life case studies, motivating students to support inclusive and humanitarian healthcare practices. Participants will leave the program more prepared to interact with various populations and make a constructive contribution to the healthcare. Overall, the one-hour introductory course should serve as a starting point, providing a foundation for understanding the complexities of the topic and motivating participants to explore and engage further in the context of refugee and migrant health in Athens.

Suriname

Mano , Emma , Lotte , Margaux, Veerle and Samuël

Suriname, officially the Republic of Suriname, is a republic on the north coast of South America with Paramaribo as its capital. The country was a colony of the Netherlands from 1667 to 1954 and then a country within the Kingdom. On 25 November 1975, Suriname became independent. The Surinamese population consists of several ethnic groups, none of which form an absolute majority. The main and official language is Dutch, while Sranan(tongo) is mainly used as a lingua franca, as a means of communication between the different ethnicities. There are also several local and indigenous languages spoken by the different ethnic groups. Students Mano, Emma, Lotte and Margaux will tell you something more about their experience abroad.

Latvia & Austria

Exchange possibilities in Riga Stradiņš university, Latvia & University of applied sciences Vienna,Austria.

France & Lithuania

Exchange possibilities in IFSI LE VINATIER FRANCE & Kauno kolegija Higher Education Institution, Lithuania.

Thursday
October 19th

DAY- OUT



Important information

On Thursday, "Diversity in Care" will be further explored outside the walls of VIVES. You can choose between 8 different cities to visit.

Each 'day-out' has an additional price for students. The maximum price is always mentioned. For each activity you agree with the mentioned extra price of the day-out and the conditions mentioned in the study trip commitment (see annex in Dutch) when you sign up on OneButton for the day-out. If you sign up for a day-out, you also agree to the agreement. This agreement can be found on toledo under the course page.

There is a maximum number of spots available per city. This means that we will apply the principle of 'first come, first served' upon registration.

Sustainability during the day-out, where you'll be working on (y)our SDG's, is of great importance. That is why the European and other international programmes include sustainability as one of their central concerns. VIVES and the study area healthcare follow this mindset. VIVES wants to take the ecological carrying capacity of the earth into account in all its (inter)national engagements through environmentally conscious screening.

We want to anchor our ambitions by promoting a sustainable travel policy and by developing, supporting and offering virtual mobility. The international week is a perfect example of a virtual mobility, you will be in touch with colleagues and students from abroad on campus and/or online. For you, VIVES-students, the international week is linked to internationalisation@home, which is key in sustainable travelling: exploring the world from home.

In terms of Global Engagement, sustainable travelling is linked to the P of Planet as well linked to SDG 13 "Climate Action". During the day-out we also promote sustainable travel, take the train, the bus, the bike, walk... The climate will be grateful.

Other tips and tricks linked to sustainability that we would like to share with you, valid during the international week as well as to integrate in your daily life:

- Reduce your waste: Thirsty during the international week? Bring your reusable mug or bottle, there are several water fountains on campus. A lunch box is also a good alternative to plastic.
- Travel: Using public transport during the day-out? Choose for a digital (entry)card, so you don't have to print and, another win, you can not lose the paper. Pay attention to your ecological foot print linked to travelling. No idea how big your ecological footprint is? Do the test! <https://www.footprintcalculator.org/home/en>
- Sustainable food: Eat locally and do not waste food! Some day-outs are linked to sustainable food for example. Ghent



Thursday

ANTWERP

- Lecturer: Marlies Verstraete
- Transport: The easiest way to go to Antwerp is by train. If you travel in group, a cheaper group ticket can be used. We will meet at the Central Station. Throughout the day, we will go on foot.
- **Cost: max. €13/person (excl. lunch/drinks/transport)**

Time	Activity
9.30 am	We meet at train station 'Antwerp Central' at the tourist information spot.
10am-11am	<p><u>TM – Institute of Tropical Medicine ('Vondelingenhuis')</u></p> <p>On this day trip, we will visit the 'children of care' expo. This expo has three stops. The first stop is the Institute of Tropical Medicine, which housed the former foundling home. Our guide of the day takes us through the history about the care of the so-called 'foundlings'. Young mothers would sometimes leave their child here in the 'foundling shelters'. In addition, here we learn more about health care for young children of the past, present and future. The Institute of Tropical Medicine is also strongly committed to scientific research on child and maternal health worldwide.</p>
11am -12.30 pm	<p><u>Maagdenhuis</u></p> <p>From the Institute of Tropical Medicine, we walk to the 'Maagdenhuis'. Take your time to learn more about the 'children of care' through some information boards along the way.</p> <p>The 'Maagdenhuis' mainly focused on taking care of young orphan girls. The focus here was not only on providing shelter and food, but also on education for the girls. They learned to read and write, for instance. They were also taught various household chores such as cooking, washing and sewing. This gave the girls the opportunity to work as maids later in life.</p>
12.30pm-2 pm	<p><u>Lunch</u></p> <p>You can bring your own lunch or choose to go lunch somewhere in Antwerp. Maybe try a type of cuisine you're not used to, there are countless options in the city of Antwerp</p>
2 pm-3.30 pm	<p><u>Knechtjeshuis</u></p> <p>The 'Knechtjeshuis' can be seen as the brother of the 'Maagdenhuis'. Orphans were also taken in here, but as the name suggests, these were boys. The boys were taught various crafts there. We learn about this rich history and learn how the crafts evolved over time. A link is also made to the current 'product development' study programme you can follow at the University of Antwerp.</p>
4 pm	Closing the day and going home



HEULE/KORTRIJK

- Lecturer: Ellen Vanhaverbeke
- Transport: Own transport, easy accesible by bike.

• Cost: max. 24 euro/person

Time	Activity
8.45 am	We meet at the entrance of the CAW Kortrijk (Address: Tuighuisstraat 40)
9.00 am - 10.00 am	Visit CAW: We go to the CAW of Kortrijk where streetnurses come to talk about their work in the region.
10.00 am - 11.30 am	<p>Visit De Deelfabriek (Address: Rijkswachtstraat 5, 8500 Kortrijk)</p> <p>The project site is under development and will be completed in 2023. There will be a market hall with a social grocery shop, and numerous bartering and sharing initiatives such as a baby library with diaper bank, an instrument library, a lending service for children's bicycles, a bartering shop for children's clothes, a bartering and sharing shop for sports clothes and sports equipment, and so on.</p>
12.00 am - 13.00 am	<p>Visit lunchbar Courgette (Address: Sint-Jansplein 14)</p> <p>At noon, we eat at Courgette. Courgette is a short-chain concept store for farm produce. You can get vegetables, fruit, herbs, dairy, etc. there - fresh from the field, straight from the producer. We eat there with on the menu chilli sin carne (vegetarian) with an organic lemonade.</p>
13.30 pm - 16.30 pm	<p>Visit De stuyverij (Address: R. Saverystraat)</p> <p>The Stuyverij in Kortrijk is more than a meeting place. This is an urban laboratory, where you build your own life together with others. A place and a network that offers opportunities and where you can experiment. A safe place where you can be 100% yourself.</p> <p>On Thursday afternoon there is an Open House and you can experience it yourself.</p> <p>Open Huys is a house/home for everyone, a (stuyf)place where the homely atmosphere is central, where you can un-mingle & find fulfilment. You can walk in freely and just enjoy the unique atmosphere & you can also meet a diversity of people and ideas. We experiment together in STUYFSESSIONS around very different themes.</p>

Thursday

RONSE

- Lecturer: Fauve Buysschaert
- Transport: Ronse is easily accessible by train from Kortrijk. We will travel on foot throughout the day. Of course, you can also come by bike along the bicycle highway that starts in Kortrijk and runs until Ronse.
- **Cost: max. €18/person (incl. lunch - excl. drinks/transport)**

Time	Activity
9.45 am	<u>VZW De Vrolijke Kring - Priestersstraat 38, 9600 Ronse</u> We start this day-out in Ronse in VZW De Vrolijke Kring. This is an association where people in poverty speak up. We will get to know the organisation and we get to know the members better as we make soup together. <u>So please bring a soup vegetable</u> so we can enjoy a delicious soup together.
12 am	<u>Bakery Lapin</u> Afterwards, we are expected for lunch at a sourdough bakery, Lapin (De Passage, Sint-Martensstraat 9, 9600 Ronse). This bakery not only has a focus on sustainable production and consumption, but is also housed in the Sint Martens church where all sorts of sustainable projects have found their home.
2 pm	<u>VZW Amon</u> In the afternoon, we pay a visit to VZW Amon. VZW Amon offers intensive and persistent assistance to young people and children who, due to problems, find it difficult to live together and/or are temporarily unable to do so, in order to unblock the situation and give a new perspective on parenting. We start our visit at the crisis center where children and young people stay for a longer period of time. Then we go on foot to a former farm on the outskirts of Ronse where young people can go for day care when it is no longer possible to go to school.
6.15 pm	Closing the day



Thursday

Ghent

- Lecturer: Anne-Lise Vuylsteke
- Transport: Heavy traffic in and around Ghent is a well-known fact. Punctual departure is strongly recommended and as part of SDG 13, we recommend that you use public transport as much as possible. Also take into account the strict low-emission zones in Ghent if you want to travel by car.
- With winter approaching, there is a huge demand for warm clothing for the homeless in the various Ghent social services. They would be very grateful to receive warm clothing such as: warm gloves, shoes, thick socks, scarves, hats, warm coats, etc... This for men, women and children (of all ages). Thanks for taking a look in your wardrobe or asking family or friends for warm clothing.

- **Costs: max. €12/person (excl. lunch & transport)**

Time	Activity
8.30 am-10 am	<u>MSOC Ghent</u> (Address: gewad 13, 9000 Ghent) A look at the operation of the Medical Social Reception Center is also provided. The MSOC is an outpatient operation that provides low-level services for users of illegal drugs. There is a multidisciplinary collaboration between doctors, pharmacists, nurses, social workers, etc.... The aim of the treatment program is to improve the physical, psychological and social situation of the user and his/her environment, eventually reducing or stopping drug use. There are several workings linked to MSOC, namely: vaccination campaigns, syringe exchange project, crisis situations etc..
10.30 am-12.15 pm	<u>Nightshelter 'Nieuwland'</u> (Address: Nieuwland 12-14, Ghent) The second organisation we would like to introduce you to is night shelter 'Nieuwland' in Ghent. This is an initiative of OCMW Gent, CAW Oost-Vlaanderen and the Ghent police. It offers a safe bed free of charge to people who have been admitted by a recognised relief organisation and who have nowhere else to spend the night, neither in their own network nor in other shelter initiatives and housing. It is a safe and low-threshold, but temporary solution that meets basic needs such as offering a bed, bread, soup and the possibility of washing.
12.30 pm-14.15 pm	<u>Café restaurant ENTR</u> (Address: Ham 147, 9000 Ghent) At noon, a tasty lunch of your choice is provided at café - restaurant ENTR. This is not just a place to eat, it is an inviting table where you can enjoy delicious meals with other people. At ENTR, diversity in society is also taken into account, which is why you will find not only vegetarian dishes in the menus, but also an extensive halal-range.
2.30 pm-4 pm	<u>Community health centre 'VZW De Sleep'</u> (Address: Désiré Fiévéstraat 31, 9000 Ghent) A community health centre is an accessible multidisciplinary group practice where different healthcare providers such as general practitioners, physiotherapists, nurses and social workers work together under one roof. This is to obtain integral care with attention to physical, psychological and social health aspects. A district health centre deals with social, economic, cultural and ethnic diversity in an open way. A district health centre is pluralistic and does not allow itself to be driven in any way by any particular philosophy of life or ideological leanings.
4 pm	Departure

Thursday

BRUGES

- Lecturer: Stefanie De Ceuninck
- Transport: Bruges is easily reachable by train. Own transport to train station Bruges, then walk to destination (20 min)
- **Cost: max 27 euro/person (incl. lunch) (excl. Transport to Bruges)**

Time	Activity
9.15 am	Gathering at Red Cross Bruges (Vlamingstraat 55, 8000 Bruges)
9.30 am -11.30 am	<u>Red Cross Bruges Reception Centre</u> We start the day-out with a visit to the relief centre in Bruges that opened its doors in 1990. Families and single people are accommodated there. The Red Cross reception centre for asylum seekers offers shelter to about 60 candidate refugees. While waiting for a decision, the centre offers material assistance with a view to general welfare.
11.30 am	<u>Het Paradijs</u> , Kruitenbergstraat 11, 8000 Bruges Het Paradijs is a lunch bar and food shop in a bright and completely revived bourgeois house from the 17th century in the heart of Bruges. You can go there every day, except on Sundays for a tasty and honest lunch. The team of Het Paradijs consists of people who are guided and supported by Sobo. Vzw Sobo creates sustainable employment trajectories for people with reduced opportunities on the regular labour market.
1.30 pm - 5 pm	<u>Welzijnsvereniging 't SAS</u> (Professor Dr. J Sebrechtsstraat 2, 8000 Bruges) After the lunch break, we go to vereniging 't SAS. The association 't SAS consists of different services: The Visiting House, The Kaba, Crisis Shelter, Night Shelter, Housing Service. We get word and picture about each of these services. <u>Het Inloophuis:</u> The open house aims to be an anchor point for vulnerable people with reduced chances of welfare. We offer meeting, relaxation, welcome and practical services as easily accessible as possible. <u>De Kaba:</u> De KABA is an acronym and stands for Groceries at Affordable Prices. It is a small-scale shop where customers can obtain quality food and household products for free or at greatly reduced prices. <u>Night shelter:</u> People who are acutely homeless and cannot turn to their own network can go to the night shelter from 19.15 to 8.30, according to the bed-bath-bread principle. <u>Crisis shelter:</u> Crisis shelter 't SAS offers short-term, accessible guidance tailored to each homeless client with the aim of reconnecting the client with himself, his environment and society. To achieve this, there is close cooperation with other services and sectors. We work within an integral and positive approach. <u>Housing service:</u> The housing service consists of Housing Assistance, Eviction Prevention, Housing and Welfare and Crisis Mediation for threatened eviction. After the informative part, we roll up our sleeves ourselves. Visitors of "Het inloophuis" can make use of a hand- and/or footcare that we will provide on site.
5 pm	Closing the day <div>Thursday</div>

YPRES- POELKAPELLE

- Lecturer: Annelies Vancaeyzeele
- Transport: Own transport
- **Cost: max €33/person (incl. lunch – excl. drinks/transport)**

! ATTENTION: If you register for this day out you have to choose on Wednesday afternoon session 2 (14:30 – 15:30) preparation workshop Fedasil refugee shelter. The aim is to coordinate and prepare the workshop that will be given during the visit.

Time	Activity
8.55 am	Meet at the entrance of 'Vereniging Ons Tehuis' (VOT) (Poperingseweg 30 8900 Ieper)
9 am	<p><u>VOT: Vereniging Ons Tehuis'</u></p> <p>Are you interested in: youth care, children and young adults, their families, ... in problematic living situations or who committed a crime, ...? In that case Vereniging Ons Tehuis is worth a visit...</p> <p>Because within our main target group of minors, young adults and their families who are living in a problematic family situation our main goal is to establish and manage initiatives on housing, assistance, guidance and training.</p> <p>To achieve this main goal our organisation consists of different sub-organisations, each with its own goal and expertise.</p> <p>The target group of HDO and JEZII are children and young people between age zero and twenty-one who are in problematic living conditions. Every family gets home-based support, possibly combined with residential care in six different living groups according to their age, reported issues and objectives. Homebased-support or family coaching means that the coach is going home once a week to discuss situations with the families, to give advice, ...</p> <p>With OSiO on the other side we preventively support parents and children dealing with questions about education, resilience, self image and self confidence.</p> <p>Last but not least DIVAM guides minors between 12 and 18 years old and their family who have committed a crime. Within these processes, DIVAM takes also victims in account.</p> <p>During your visit we guide you through our organisation and we consider how you with your profession and expertise can play a role in this. Looking forward to meet you!</p>
11.30 am	<p><u>Op 't Spoor</u> (Grachtstraat 17A, 8900 Ieper)</p> <p>Since May 2013, vzw 'Op 't Spoor', organizes the food distribution in Ypres at the rear of Cultural Center 't Perron. The food distribution takes place every week but the families can only come every 2 weeks to receive the most basic products such as bread, milk, dairy, vegetables and fruit. The distribution is carried out by 35 volunteers who provide a package to about 200 families</p>

Thursday

12.30 pm	<p><u>Lunch : 't Groenhuis</u> (Meenseweg 169, 8900 Ieper)</p> <p>'t Groenhuis is a unique meeting place for everyone who loves healthy and local food; of getting to know each other and being able to learn from each other; of music, art and culture in the broadest sense. And all that with respect and attention to people and planet. Here we are going to lunch.</p> <p>+ transfer under own means to the reception centre in Poelkapelle</p>
2 pm - 2.30 pm	<p><u>Opvangcentrum Fedasil Poelkapelle</u> (Stadensteenweg 68, 8920 Langemark-Poelkapelle)</p> <p>The shelter in Poelkapelle is one of the Belgian centres for applicants for international protection managed directly by Fedasil. The centre accommodates about 230 asylum seekers. These are people (men, women, young people, families, children, etc.) who have fled their country of origin for various reasons. You will first receive a brief explanation of the national and international legal framework concerning the reception of applicants for international protection. During the visit there is a guided tour of the centre and you will discover why people are fleeing, how they live here and what the centre does to guide and support them. From the medical department, the public health nurse explains her tasks and the specific nursing interventions she performs for the residents of the centre. After this introduction, the aim is for you to enter into dialogue and interaction with the target group. The preparation and elaboration of this session takes place on Wednesday afternoon 18/10 from 14:30 to 15:30.</p>
5 pm	Closing the day



BRUSSELS

- Lecturer: Elisa Vanryckeghem and John Callens
- Transport: use public transport to and in Brussels
- Attention points: apply as little metal as possible (belts, watches, jewelry, etc.), to ensure a smooth passage through the metal detector + don't forget to wear good walking shoes because we will be walking a lot. The language of this day out will be French!
- TO DO: FORWARD A COPY OF YOUR ID CARD TO JOHN.CALLENS@VIVES.BE, NO LATER THAN OCTOBER 9, 2023 OTHERWISE YOU WON'T GET ACCESS TO THE PRISON
- **Cost: max.€ 23/ person- incl. Warm 'Congolese' meal and drinks (excl. public transport to & in Brussels)**

Time	Activity
8 am	Meeting at the entry of Train station Haren-South at 8:00 at the latest
8.30 am	<p><u>Prison-village Haren</u> (Address: Witloofstraat 1130 Haren – 20 minutes walk from train station Haren-South)</p> <p>The prison village of Haren houses 1,190 prisoners, spread over several accommodation entities, including 1 arrest house for men, 1 penal house for men, 1 closed institution for women, 1 open institution for women, 1 observation institution and 1 psychiatric ward and medical centre. The prison complex opened its doors in 2022 and replaces the outdated prisons of Saint-Gilles, Forest and Berkendael.</p> <p>Nurses can be employed in or be outreached to the prison environment. During a guided tour, the different tasks and challenges of a nurse in this setting are identified and explained. A prison very rarely opens its doors to external visits, so a unique opportunity!</p>
12.00-1.30 pm	<p><u>The Flemish-African House Kuumba</u> (Address: Passerstraat 5, Anderlecht - 5 minutes walk from metro Clemenceau), in Anderlecht, is the place where African and Flemish cultures meet for exchange, dialogue and entertainment. There, we will be able to enjoy a delicious Congolese meal. https://www.kuumba.be/nl</p>
2.15 pm	<p><u>Diversity-responsive elderly care centre Saphir in Laeken</u>. (Address: Saphir, Rue Eliane Vogel-Polsky 20 · 1020 Laeken - 10 minutes walk from metro Bockstael)</p> <p>Saphir opened its doors in 2022 as the first diversity-responsive residential care centre for elderly people in Belgium. Saphir aims to be an open house and home for every elderly person in the Brussels metropolitan context. This means that its services and approach respond to the social reality of diversity (socio-economic status, origin, nationality, culture, religion, sexual orientation, ...). We get clarification and explanation of the vision and concrete approach. Through a tour of the residential units, we get an insight into the concrete translation of the diversity-responsive approach into the living and environmental conditions of the residents.</p> <p>www.korian.be</p>
4.45 pm	Closing the day



Thursday

LILLE

- Lecturer: Marieke Metzger
- Transport: Own transport
- **Cost: max. €11/person (excl. lunch/drinks/transport)**

ATTENTION: If you register for this day-out you have to choose on Wednesday afternoon session 1 (13:00 – 14:00) preparation workshop Lille. The aim is to coordinate and prepare the workshop in French that will be giving during the visit. The language of this day out is French.

Time	Activity
8.50 am	Meet at the entrance of 'FNAC Lille' in Gare Lille-Flandres (Gare SNCF Lille Flandres, Pl. de la Gare, 59000 Lille, France)
9.15 am	UMH's role in counselling the sick and people with disabilities by Dr Rachid TADJINE President of the UMH: 12 million people are affected by a disability in France. This is 20% of the French population, i.e. one person in five. These figures are worrying and the forecasts are even more so. The aim of the association L'Union Des Malades et Handicapés du Nord Pas De Calais is to contribute to finding solutions to the problems that disabled people face on a daily basis, through psychological support (listening to them and helping them to evacuate their distress), through the help that we give them on the administrative and legal level (in general, people are unaware of their rights) and through social and environmental support (helping them to look for a job or an adapted flat). This role is played by altruistic volunteers who complement the role of other specialised institutions.
10.30 am	Workshop on the difficulties of inclusion of people with disabilities in the society by the team UMH.
12 am	Lunch together in Le Dome 33 (33 rue du Molinel, 59800 Lille) We are going to lunch with the team UMH in the Dome 33. We will enjoy our meal in an atypical space illuminated by the rays that pass through the Dome. During the meal, the aim is to engage in conversation with volunteers from the UMH team. (not included in the price!)
1.30 pm	Workshop to intercultural parents of children on the first aid for babies and toddlers in French in the social house. It is the intention that you engage in dialogue and interaction with the target group. The preparation and elaboration of this session takes place on Wednesday afternoon 19/10 session 1 from 13:00 to 14:00.
4.30 pm	Closing the day

Thursday



Online

Friday October 20th

Choose one of the following online sessions

8h30 - 9h00

Green deal: sustainable care - AZ Groeninge



A health village, not just any hospital. The plans for the Kortrijk merged AZ Groeninge hospital were drawn up around that visionary concept. Maximum use of sustainable techniques was evident, but the philosophy behind the health village also explains why every patient has a view of the surrounding nature, why there are beehives in the hospital's own orchard, why walks are set out into the adjacent Kennedy Woods, why there is a tree house in the garden... And why a dog is one of the most popular staff members.

Fedasil - Lore Lefebvre



In 2021, 25971 refugees ended up in the fedasil collection system. The main countries of origin were Syria, Afghanistan, Palestine, El Salvador and Eritrea. Fedasil is a federal agency for the reception of asylum seekers. Refugees are people who have to flee their homeland because they are persecuted. And this because of their race, nationality, political conviction, religion or because they belong to a certain social group (e.g. LGBT people, or women). We offer them a high-quality reception which is more than the well-known 'bed-bath-bread'. The individual guidance of residents is undeniably an added value in our collection system and deserves attention. As a nurse, we are responsible for the initial care, referral and follow-up of the residents. On top of that, since March 2020, we have been facing many additional challenges, about which I will tell you more during the webinar. In addition to these nursing care, we have a number of projects in which there are European cooperation protocols and which are applied in all centres (residents with psychiatric problems, women who are victims of genital mutilation,...).

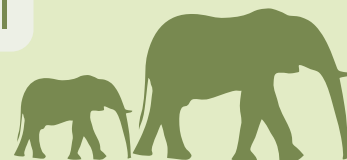
SDG's as a universal language to communicate about sustainability - Joni Rogiers

The 17 Sustainable Development Goals, adapted in 2015 by the United Nations, serve to achieve 3 extraordinary things by 2030: End extreme poverty. Fight inequality & injustice. Fix climate change. Colruyt Group uses these SDG's as a strong baseline and compass for our sustainable ambitions. In this lecture you will discover more on the roots of sustainable development and the Agenda 2030 and where we are today. Next, we will focus primarily on the SDG's where we, as a retailer, have the most impact and possible contribution.



From conflict to coexistence: The Klong Plakang Ecotourism Trail

- Wipawee Usaha



This talk presents SUT collaboration with international and local partners to develop the "Klong Plakang Thailand-Canada Friendship Trail" in Khao Yai National Park, addressing human-wildlife conflicts. Supported by the Canadian Fund for Local Initiatives, the project focuses on ecotourism and community engagement. Activities include trail design, the development of the first smart trail in Thailand, and nature guide training. The trail promotes biodiversity conservation, sustainability, and education, featuring unique interpretive elements. The project aims to establish a sustainable eco-tourism model through collaboration with the community and the park, mitigating income loss from wildlife conflicts and contributing to biodiversity conservation.

Climate change mitigation and adaptation - Michiel De Meyere



Join us at the upcoming congress for an insightful lecture on "Climate Adaptation and Mitigation Projects at VIVES University." During this engaging session, we will delve into the profound impact of climate change on urban environments and explore practical solutions for adaptation and mitigation strategies. Leading the discussion is Michiel De Meyere, a geographer and researcher affiliated with VIVES University, who brings extensive expertise from his involvement in numerous European projects dedicated to climate resilience.

Key highlights of this lecture will revolve around exemplary initiatives from two prominent European projects:

Water Resilient Cities (WRC): Discover how this ground-breaking project revolutionizes urban landscapes by introducing sustainable urban drainage systems. Learn how these innovations help cities effectively manage floodings and combat droughts, ensuring a more resilient and climate-adaptive urban environment.

Sustainable and Resilient Coastal Cities (SARCC): Dive into the world of coastal resilience as we explore the successful implementation of coastal defences. Gain insights into how these measures safeguard coastal cities against the challenges posed by rising sea levels, ultimately ensuring their sustainability in the face of climate change.



Agro-ecology in Senegal - Jade Hoornaert

Since its inception, Broederlijk Delen developed from an organisation providing emergency aid to a broad solidarity movement active in Flanders, Brussels and worldwide. We advocate system change with redistribution as a lever to work on that system change and do so together with partner organisations in 13 different countries. With our partners, we work around three different areas: solidarity in motion, resources and food systems, political voice and participation.

In Senegal, West Africa's fourth largest economy with agriculture as its main sector, we work around the resources and food systems domain. In fact, three quarters of Senegalese live on agriculture, but various factors mean that this poses more and more challenges. During this presentation, you will get to know the work of Broederlijk Delen and its partners in Senegal and zoom in on their most recent initiative RACINES (Réseau des Acteurs et Initiatives Ecologiques Economiques et Solidaires). RACINES has the ultimate goal of making sustainable food accessible to all, an objective that can be linked to no less than all 17 sustainable development goals! A must for anyone who is concerned about the future of the planet and is curious about the link with healthy food.

Friday



Proper Strand Lopers vzw - Tlm Corbisier

The origins of a citizens project on social media and how it transformed into an environmental non-profit organization. This organization organizes beach clean-up actions and tries to convince others to do the same by posting pictures of it on facebook. The peer stimulation works well, because the group grew throughout the years and is very succesfull up to today.

Friday



Intervision - evaluation

During the intervison you will be divided into groups together with other (international) students. The intervission takes place on two occasions: the week before the international week and on friday morning after the online lecture. Pay attention to which group you are in, because both groups have a different starting hour!

You will receive an invitation via MS Teams from your teacher.

9h45 - 10h45

Group 2

During the peer review, you will reflect on how you have experienced the past few days, what opinion you have formed about de SDGs and we will engage in debate together. During this session, it is important that you share your insights and opinions.

11h00 - 12h00

Group 1

During the peer review, you will reflect on how you have experienced the past few days, what opinion you have formed about de SDGs and we will engage in debate together. During this session, it is important that you share your insights and opinions.

Friday



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Thank
INTERNATIONAL WEEK
you

