



Places are limited so
register today to ensure
selection

Application Deadline: 31 March 2027

Registration: www.helica.net

Course Fee: free of cost

Type of Award: Certificate, up to 10 ECTS

Level: postgraduate (or equivalent) inquire for further
information

Mode of Delivery: online and/or hybrid

Duration: Intensive program one week full time

Extended program: Monday & Tuesday (May-June) (see
full schedule inside)

University Campus: University of Education Freiburg,
(Germany)

Start Date: 5 April 2027

Language: English

Applications are sought from those working on health
settings or in a community setting providing education
& health related-advice, practitioners, health educators/
community health workers or university graduates

(subject to changes: inquire for the last details of HeLiCA at www.helica.net)



By participating in the **HE**althy **L**ifestyles &
HEalth **L**iteracy **C**hair **A**cademy University
Program (HeLiCA), you will be equipped
with the latest knowledge on health literacy
and healthy lifestyles, become part of a
global community of health
promoters, or be a partner in
research and interventions
inovation that promote
sustainability, wellness and
quality of life. You can also
start a PhD program in order to
deepen further on knowledge
creation on the topic
(inquire with us the pre-
conditions that apply for
PhD candidates).



www.helica.net

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HeLiCA

Start Date: 5 April 2027

Health Literacy & Healthy Lifestyles

10 ECTS

Continuing professional education & accreditation

PhD introductory course

**Chair Academy
on Healthy Lifestyles
Lifelong Learning and
Sustainability**





Health in a think tank

Welcome to HeLiCA 2027 Freiburg

Date	Time	Session	Title	HeLiCA 2026 program of Contact Hours (10 ECTS) *
Paris Time				
Component A: Laying the foundation: reading portfolio (3 ECTS) (hybrid - intensive week)				
April Monday, 5 April	9-10 AM	01	Introducing HEalthy Lifestyles Chair Academy (HeLiCA) (University of Education Freiburg (UoEF), DE: Uwe Bittlingmayer, Eva Maria Bitzer & Luis Saboga-Nunes (LSN))	
	10-12 AM	02	Opening keynote: Social justice a feasible normative framework of WHO? (University of Namibia, Windhoek, NM. - Basilius Kasera)	
	11-12 AM	03	Health Literacy as a Human Right (Health Literacy Academy, Kristine Sørensen)	
	2-4 PM	04	Organizational HL / Evidence based public health (I) (UoEF - Eva Maria Bitzer) Health, Health Literacy (HL) and Education in context. (UoEF - Uwe Bittlingmayer)	
	3-4 PM	05	The contribution of health promotion to population health, wellbeing and equity (EUPHA-HP, School of Public Health EHESP, Rennes, FR - Eric Breton)	
Tuesday, 6 April	9-11 AM	06	HL development: the fundamental starting point for lifestyle and behavior change (Swinburne University of Technology, Swinburne, AUS - Richard H Osborne)	
	11-12 AM	07	Public health evidence & decision making - medicine & healthy lifestyles evidence based (Universidade de Medicina de Lisboa, PT - António Vaz Carneiro)	
	2-4 PM	08	Atelier 01: From homo sapiens to homo salus & the resilient human - Health Promotion Pillars: the quest for sustainability (UoEF- LSN)	
	3-4 PM	08	Health and inequalities (UoEF-Uwe Bittlingmayer)	
Wednesday, 7 April	9-11 AM	09	Evidence based public health (UoEF - Eva Bitzer)	
			Atelier 02: From genetics to epigenetics and the role of exercise (UoEF -LSN))	
	11AM-1PM		Atelier 03: the border line of nutrition (University of Nottingham, AC, UK - Jake Costello) World views of health and scientific theories of healthy lifestyles (Belloc) (UoEF -LSN)	
	2-4 PM	10	Epistemology of Sciences & research implications, UoEF - Baquer M). Role of HL in safety (University of Louvain, BE - Stephan Van den Broucke)	
Thursday, 8 April		11	Trickle-down policies: Utilizing strategic plans to facilitate local public health work (Norwegian University of Science and Technology, Trondheim, NO - Ruca Maass)	
	9-11 AM	12	Digital HL: measurements, determinants and outcomes (University of Haifa, IL - Diane Levin Zamir)	
	10-11 AM	13	Lifestyles & Styles: The role of music therapy & other therapies (Institute of Salutogenesis and Complementary Medicine (ISCAM), IN - Ananda Balayogi Bhavanani)	
	11AM-1PM		Atelier 04: From water to beverages: drinking up for health. Hydration and HL (UoEF-LSN) HL in primary care: a study case (Hong Kong Polytechnic University, HK-Angela L)	
	2-4 PM	14	Salutogenesis, Lifestyles & the creation of Health (European Training Consortium in Public Health and Health Promotion, SE - Bengt Lindström)	
Component B: From Theory to practice: boot camp (4 ECTS) online. Extended program				
May Monday, 3 May	4-6 PM	15	Health literacy, lifestyles & cancer: a case study from Africa (Mama Ngina University, Kenyatta University - Ruth Mbugua; Aga Khan University - Dinah Kassaman)	
	6-8 PM	16	Looking for capacities rather than vulnerabilities: How the salutogenic orientation can help health promotion to create capacities and well-being in adverse events/situations (Université de Sherbrooke, CA - Mathieu Roy, Mélissa Gagnéux)	
Tuesday, 4 May	4-6 PM	17	Beyond Information: Critical Health Literacy for Action and Equity (London South Bank University, UK - Susie Sykess)	
Monday, 18 May	6-8 PM	18	Mainstreaming the concept of planetary health in health promotion practice (International Union of Health Promotion and Education, CA - Liane Cameau)	
	9-11 AM		Atelier 05: From hedonists to practitioners of health: is there a place for health under the sun? (UoEF-LSN)	
Tuesday, 19 May	12-13 AM	19	Clocks within clocks and rest of it: timed lifestyle democracy & our cells sense of time - Atelier 08 Chronobiology and Rest. (Fundação Champalimaud, Isabel Palmeirín)	
	9-11 AM	20	Organizational HL - Evidence based public health (UoEF - Eva Bitzer)	
Monday, 31 May	11-13 AM	21	Risk or disease definition & overutilization - Medicine & Healthy Lifestyles Evidence based (Universidade de Medicina de Lisboa, PT - António Vaz Carneiro)	
	4-5 PM		Atelier 06: Confidence, trust, personality: cohesion social bond	
Tuesday, 1 June	6-8 PM	22	The complexity paradigm and health promotion for sustainable healthy lifestyles (Université S-Joseph Beyrouth, LB, Fadi El Hage)	
			Atelier 07: Healthy lifestyle or healthy lifestyles? From homeostasis to heterostasis (the quest for Equilibrium) (UoEF-LSN)	
	4-6 PM	23	Stress mediators and Mental Health: behind Healthy Lifestyles approach (Instituto P Coimbra - Paula Amaral; Faculdade Medicine Algarve, PT- Saul Neves)	
June Monday, 14 June	6-8 PM	24	Digital Public Health - social media and serious games to improve decision support, disease surveillance and early warning for emergencies (University College London, UK - Patty Kostkova)	
	9-11 AM	25	Social Networks for Health & Wellbeing: Co-creating health promotion in educational communities. (University Of Hawai'i Manoa, USA - Tetine Sentel)	
Tuesday, 15 June		26	Health, Health Literacy (HL) and Education in context. (UoEF-Uwe Bittlingmayer)	
	11-13 AM		Atelier 09: When society ends and the self begins. The role of Empowerment and healthy lifestyles promotion (UoEF -LSN)	
	9-11 AM	27	HL, vulnerability & treatment adherence (Universidade do Oeste de Santa Catarina, BZ - Fabiana Dallacosta)	
	11-13 AM	28	From pathogenesis to salutogenesis: Ease, dis-ease, and the river in between. (Ben Gurion University of the Negev, Beer Sheva, IL - A. Antonovsky)	
Component C: Moving forward: mentoring academic achievement (3 ECTS) online				
Monday, 28 June	4-PM	29	Psycho-pedagogical actions in the public university for the promotion of elderly health (Universidade Estadual do Norte Fluminense, BZ - Lea Sandra Risse)	
	6 PM	30	Theories & practices of change (study case: Paulo Freire Critical pedagogy) (Universidad de Antioquia, COL - Liliana Villa Velez)	
Tuesday, 29 June			Atelier 10: The role of the Sense of Coherence and of the general resistance resources to enact lifestyle changes for sustainability and health (UoEF - LSN)	
	4-6 PM	31	Health literacy in the digital and AI era - opportunities and challenges. (The University of Sydney, Australia - Don Nutbeam)	
	6-8 PM	32	Exploring the relationship between health literacy, other social determinants of health, and lifestyle choices. How can health literacy be used to support healthier lifestyle choices? (UK, Newcastle University - Gill Rowlands)	
HEalthy Lifestyles Chair Academy (HeLiCA) roundup program evaluation				* may be submitted to changes. Please inquire about the latest version



UNIVERSITY of HAWAII at MANOA
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