



Places are limited so  
register today to ensure  
selection

Application Deadline: 31 March 2025

Registration: [www.helica.net](http://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: 7 April 2025

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](http://www.helica.net) )



By participating in the **HE**althy **L**ifestyles & **HE**alth **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](http://www.helica.net)

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# HeLiCA

Start Date: 7 April 2025

## 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 2025 Freiburg



UNIVERSITY of HAWAII at MANOA  
**THOMPSON SCHOOL**  
SOCIAL WORK & PUBLIC HEALTH

Date	Time	Session	Title	HeLiCA 2025 program of Contact Hours (10 ECTS) *
<b>Component A: Laying the foundation: reading portfolio (3 ECTS) (hybrid - intensive week)</b>				
April	Paris Time			
	9-10 AM	1	Introducing HEalthy Lifestyles Chair Academy (HeLiCA) (University of Education Freiburg (UoEF), DE: Uwe Bittlingmayer, Eva Maria Bitzer & Luis Saboga-Nunes (LSN))	
Monday, 7 April	10-12 AM		Opening keynote: Social justice a feasible normative framework of WHO? (University of Namibia, Windhoek, NM, - Basilius Kasera)	
	11-12 AM		Health Literacy as a Human Right (Health Literacy Academy, Kristine Sørensen)	
	2-4 PM	2	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		The contribution of health promotion to population health, wellbeing and equity (EUPHA-HP, School of Public Health EHESP, Rennes, FR - Eric Breton)	
Tuesday, 8 April	9-11 AM	3	Atelier 01: From homo sapiens to homo salus & the resilient human - Health Promotion Pillars: the quest for sustainability (UoEF -LSN)	
	11-12 AM	4	HL development: the fundamental starting point for lifestyle and behavior change (Swinburne University of Technology, Swinburne, AUS - Richard H Osborne)	
	12AM-1PM	5	Public health evidence & decision making - medicine & healthy lifestyles evidence based (Universidade de Medicina de Lisboa, PT - António Vaz Carneiro)	
	2-4 PM		Social Networks for Health & Wellbeing (University Of Hawai'i Manoa, USA - Tetine Sentel)	
Wednesday, 9 April	9-10 AM	6	Health Promotion & social change (Norwegian University of Science and Technology, NO - Geir Arild Espnes)	
	10-11 AM		Special needs education and HL health and inequalities (UoEF -Uwe Bittlingmayer) Atelier 02: Form genetics to epigenetics and the role of exercise (UoEF -LSN)	
	11AM-1PM	7	World views of health and scientific theories of healthy lifestyles (e.g. Belloc & Breslow) (UoEF -LSN) Orkan Okan	
	2-4 PM	8	Atelier 03: the border line of nutrition (University of Nottingham, AC, UK - Jake Costello)	
Thursday, 10 April	9-11 AM	9	Capitalism & mental health (Universidade Federal Fluminense, BZ-Fabrizio Maciel). Role of HL in safety (University of Louvain, BE - Stephan Van den Broucke)	
	11AM-1PM	10	Trickle-down policies: Utilizing strategic plans to facilitate local public health work (Norwegian University of Science and Technology, Trondheim, NO - Ruca Mass)	
	2-4 PM	11	Atelier 04: From water to beverages: drinking up for health. Hydration and HL (UoEF - LSN)	
			Lifestyles & Styles: The role of music therapy & other therapies (Institute of Salutogenesis and Complementary Medicine (ISCAM), IN - Ananda Balayogi Bhavanani)	
<b>Component B: From Theory to practice: boot camp (4 ECTS) online Extended program</b>				
May	4-6 PM	12	Digital HL: measurements, determinants and outcomes (University of Haifa, IL - Diane Levin Zamir)	
	6-8 PM	13	Health literacy in primary care through technology: using gaming systems to learn infection control - a study case (Hong Kong Polytechnic University, HK - Angela Leung)	
Monday, 5 May	4-6 PM	14	Salutogenesis, Lifestyles & the creation of Health (European Training Consortium in Public Health and Health Promotion, SE - Bengt Lindström)	
	6-8 PM	15	Why does HL matter? (The University of Sydney, Australia - Don Nutbeam)	
Tuesday, 6 May	4-6 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 Gendreau) / Atelier 05: From hedonists to practitioners of health: is there a place for health under the sun? (UoEF-LSN)	
	6-8 PM	17	HL, vulnerability & treatment adherence (Universidade do Oeste de Santa Catarina, BZ - Fabiana Dallacosta)	
Monday, 12 May	9-11AM	18	Critical health literacy for the marginalised (London South Bank University, UK - Susie Sykess)	
	11-13 AM	19	Atelier 06: Confidence, trust, personality: cohesion social bond	
Tuesday, 13 May	9-11AM	20	Digital Health & Risk / Disaster Reduction (University College London, UK - Patty Kostkova)	
	11-13 AM	21	Atelier 07: Healthy lifestyle or healthy lifestyles? From homeostasis to heterostasis (the quest for Equilibrium) (UoEF -LSN)	
Monday, 19 May	4-5 PM	22	Clocks within clocks and rest of it: timed lifestyle democracy & our cells sense of time - Atelier 08 Chronobiology and Rest. (Fundação Champalimaud, Isabel Palmeirín)	
	5 PM	23	Organizational HL - Evidence based public health (UoEF - Eva Bitzer)	
Tuesday, 20 May	6-8 PM	24	Theories & practices of change (study case: Paulo Freire Critical pedagogy) (Universidad de Antioquia, COL - Liliana Villa Velez)	
	6-8 PM	25	Risk or disease definition & overutilization - Medicine & Healthy Lifestyles Evidence based (Universidade de Medicina de Lisboa, PT - António Vaz Carneiro)	
Monday, 26 May	9-11AM	26	Psycho-pedagogical actions in the public university for the promotion of elderly health (Universidade Estadual do Norte Fluminense, BZ - Lea Sandra Risse)	
	11-13 AM	27	The complexity paradigm and health promotion for sustainable healthy lifestyles (Université S-Joseph Beyrouth, LB, Fadi El Hage)	
Tuesday, 27 May	4-6 PM	28	Stress mediators and Mental Health: behind Healthy Lifestyles approach (Instituto P Coimbra - Paula Amaral; Faculdade Medicina Algarve, PT- Saul Neves)	
	6-8 PM	29	Co-creating health promotion in educational communities (CIEC, Universidade do Minho, PT - Zélia Anastácio & Teresa V)	
Monday, 28 May	9-11AM	30	AI and Public Health: Lifestyles Medicine & Social Prescription: where is the HL (UoEF -LSN)?	
	11-13 AM	31	Atelier 09: When society ends and the self begins. The role of Empowerment and healthy lifestyles promotion (UoEF -LSN)	
Tuesday, 27 May	9-11AM	32	Health and inequalities (UoEF -Uwe Bittlingmayer)	
	11-13 AM	33	Social Networks for Health & Wellbeing: Co-creating health promotion in educational communities. (University Of Hawai'i Manoa, USA - Tetine Sentel)	
Monday, 9 June	4-6 PM	34	Atelier 09: When society ends and the self begins. The role of Empowerment (UoEF -LSN)	
	6-8 PM	35	From pathogenesis to salutogenesis: Ease, dis-ease, and the river in between. (Ben Gurion University of the Negev, Beer Sheva, IL - A. Antonovsky)	
<b>Component C: Moving forward: mentoring academic achievement (3 ECTS) online</b>				
Monday, 9 June	4-6 PM	36	Exploring the relationship between health literacy, other social determinants of health, and lifestyle choices? (Newcastle University, UK - Gill Rowlands)	
	6-8 PM	37	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)	
Tuesday, 10 June	4-6 PM	38	Researching and promoting health literacy among migrants (UoEF -Stefanie Harsch)	
	6-8 PM	39	HEalthy Lifestyles Chair Academy (HeLiCA) roundup program evaluation	

\* may be submitted to changes. Please

EVANGELISCHE HOCHSCHULE FREIBURG



Universidade do Minho  
Instituto de Educação  
Centro de investigação  
em Estudos da Criança



**LITERACIA para a SAÚDE PORTUGAL**  
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[www.literacia-saude.info](http://www.literacia-saude.info)



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**Component B: From Theory to practice: boot camp (4 ECTS) online Extended program**

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**Component C: Moving forward: mentoring academic achievement (3 ECTS) online**

June Monday, 9	4-6 PM	28	Exploring the relationship between health literacy, other social determinants of health, and lifestyle choices? (Newcastle University, UK - Gill Rowlands)
	6-8 PM		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)
Tuesday, 10 June	4-6 PM	29	Researching and promoting health literacy among migrants (UoEF -Stefanie Harsch)
	6-8 PM	30	<b>HEalthy LIifestyles Chair Academy (HeLiCA)</b> roundup program evaluation * may be submitted to changes. Please inquire about the latest version

