



Universidad
**Católica de
Valencia**
San Vicente Mártir

Healthy Ageing and Sustainable Development Goals

1st BIP (Blended Intensive Programme) at the Faculty of Psychology

23-27 October 2023

Catholic University of Valencia (UCV), Spain

Where?

Onsite sessions will take place in the Faculty of Psychology, Avenida de la Ilustración, 2, 46100 Burjassot, Valencia, Spain.

The online session will be hosted by Teams platform. Date to be confirmed.

Course description: Educating students regarding health ageing is crucial for their overall well-being and academic success, as well as society in terms of sustainable development goals (SDG). By teaching them how to care for their well-being, students can prioritize their mental and emotional well-being, which ultimately leads to a happier life. Having a healthy brain is vital for optimal cognitive functioning, learning, and memory. Therefore, teaching about brain health enhances students' ability to concentrate, focus, and remember information, positively impacting their academic performance. Moreover, by promoting mental health awareness, students are encouraged to seek assistance when needed and foster an environment without stigma, including cultural challenges. Learning about brain health provides students with strategies to develop resilience, manage stress, and effectively handle society challenges. It also empowers them to adopt healthy.

ECTS: 3



Target audience: students of health science

Aims/learning outcomes:

- i) Increased awareness and understanding of the key factors contributing to healthy aging: One aim of studying healthy aging and sustainable development goals (SDG) is to develop a comprehensive understanding of the factors that influence healthy aging.
- ii) Enhanced ability to promote healthy aging through sustainable development practices. By learning about sustainable practices and their implications for healthy aging, individuals can contribute to creating age-friendly environments that support the well-being of older adults while minimizing ecological footprints.
- iii) Development of skills to address health disparities and inequalities in aging populations.
- iv) Empowerment to advocate for policy changes and initiatives supporting healthy aging and SDGs. This includes developing the skills to communicate effectively, engage with policymakers, and mobilize communities to take action.

Course duration: 70 h

- In-person: 25 h (5 h/day, Monday–Friday), from 23 to 27 October 2023.
- Autonomous work: 25 h
- Individual report: 15 h
- Virtual: 5 h

Assessment:

- Qualitative: Group activities (25%); Individual interventions (25%)
- Quantitative: Presentation of a communication plan (50%)



DRAFT PROGRAM

Monday 23 October 2023

9:30 Meeting at Padre Jofre Campus.

10:00 Welcome session
Opening lecture: Cognitive reserve in the digital era

12:00 Getting to know each other and Valencia: Paella tasting!



Tuesday 24 October 2023

Psychology Campus (Padre Jofré)

9:30 Meeting at San Juan Bautista Venue.

10:00 Psychology Faculty Main Door, visiting the facilities:
Laboratories and Departments.

12:00 Cultural Shock Workshop: cultural challenges to healthy ageing
Meeting UCV students





Wednesday 25 October 2023

9:30 Meeting at San Juan Bautista Venue.

10:00 Visit to the virtual hospital

16:00 Exploring the city center: Cathedral & Lonja



Thursday 26 October 2023

9:30 Meeting at San Juan Bautista Venue.

10:00 Workshop: communities to take action
Assignment of a reflection paper in groups

16:00 Fallas Museum

Friday 27 October

9:30 Meeting at San Juan Bautista Venue.

10:00 Closing lecture: Healthy Aging and Sustainable Development Goals

12:00 Farewell

Virtual component: Students will present their communication plan in groups. Date to be determined.