



***Student handbook
Joint International Project
Health Promotion & Self-management
(Version 1.01., October 2016)***



Preface

Welcome to an 'international experience'! You are one of the students who will participate in our International Joint Project (JIP).

The JIP is a European research-related project between higher education institutions in health care. Participating professions are: occupational therapy, physical therapy, speech and language therapy, nursing, and nutrition and dietetics. The overarching topics of the project are health-promotion and/or self-management and/or salutogenesis.

The JIP was initiated in 2012 at the HAN University of Applied Sciences, together with ten other higher education institutions. All institutions expressed that internationalisation has a priority within their curriculum to promote and support the development of students' international and intercultural competences.

If you acknowledge that we live in a globalizing world, that we meet more and more clients from other countries and that we, ourselves, move much earlier to other countries to work there for a while, then this is your chance to be prepared for that!

In this JIP, you will have the opportunity to work together and to learn together with fellow students from other countries. A joint project means that in at least two different countries, individual students or 'project groups' work *separately or together on a similar topic*. The central topics for this JIP are health promotion, salutogenesis and self-management. Based on these central topics, different project questions, coming from clinical practice or research groups, will be used to design the JIP for you. To give you some examples ... Related to the central topics, a project can include a literature study regarding the concept of self-management and a small guideline how to apply this in rehabilitation. Another example is to study the concept of salutogenesis, as part of health promotion and self-management, and write a proposal how to apply this in programs for mothers with children with cerebral palsy.

Although each student or project group will work on an own project, the 'joint collaboration' will make that you can learn with and from other students and groups from other countries. Imagine the richness of sharing ideas, 'international discussions', Skype meetings with students from other countries or professions, or even international meetings in order to present and discuss the findings of your study with students who have done a similar project in another country!

You will be part of it!!!

This document describes the most important issues of the JIP.

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Details

Title:	Joint International Project
Credit value:	Depending on home institution
Prerequisite:	Depending on regulations home institution
Coordinator:	Coordinator in home country
Contacts:	Each university has its own contact

1. Introduction to the Joint International Project

1.1. Internationalisation and the global world

Internationalization is a development we all (have to) face, both on a national as on an international level. Globalisation and migration of people around Europe and beyond are the main causes for this trend.

Based on this development, different bachelor and master institutions in Europe have decided to prepare their students for an adequate professional approach for this. The need to address internationalization, cultural and ethnic diversity issues in allied health and medical education as a means to improve the quality of care for all, has been widely emphasized. International competences and cultural competences have been suggested as instruments to deal with diversity issues.

1.2. Who can join in the Joint International Project?

In this project, several institutions of applied sciences and universities within Europe are participating. They will propose projects, and students can apply on projects, or students can develop their own projects within the overall JIP themes self-management, health promotion and salutogenesis. Within each project, some 'project roles' are distinguished and described below.

Students

The most important people in this project are you, the students from the different participating institutions. The intention is that every student/group will work together with one or more student(s)/group(s) from partner institutions in other countries. From the moment they start planning, they can exchange with their fellow students in the other country/countries. If projects are coming from a customer or partner in professional practice, the students will also communicate with this customer or partner about the content, organization and outcomes of the project.

Customer or partner in a professional organization:

Some projects can be based on a question that comes from a customer or partner in professional practice, for example an allied health professional or a researcher. If the project proposal is coming from a customer, there can be also a contact person at the university (of applied sciences) to explain the content of the project. The customer or partner will read documents from students, and meet them regularly if necessary. Of course, this is very much depending on the organization of the school itself.

Supervisor

Each participating institution will appoint a supervisor. The role of the supervisor is to 'tutor and coach' the students of their own institution at home. The supervisor and the contact person may be the same person. This is to determine at the University (of applied sciences) itself. The supervisor is not the supervisor for the foreign students, but of course can be contacted to exchange for instance certain knowledge or to give feedback on certain proposals.

1.3. Aim of the Joint International Project

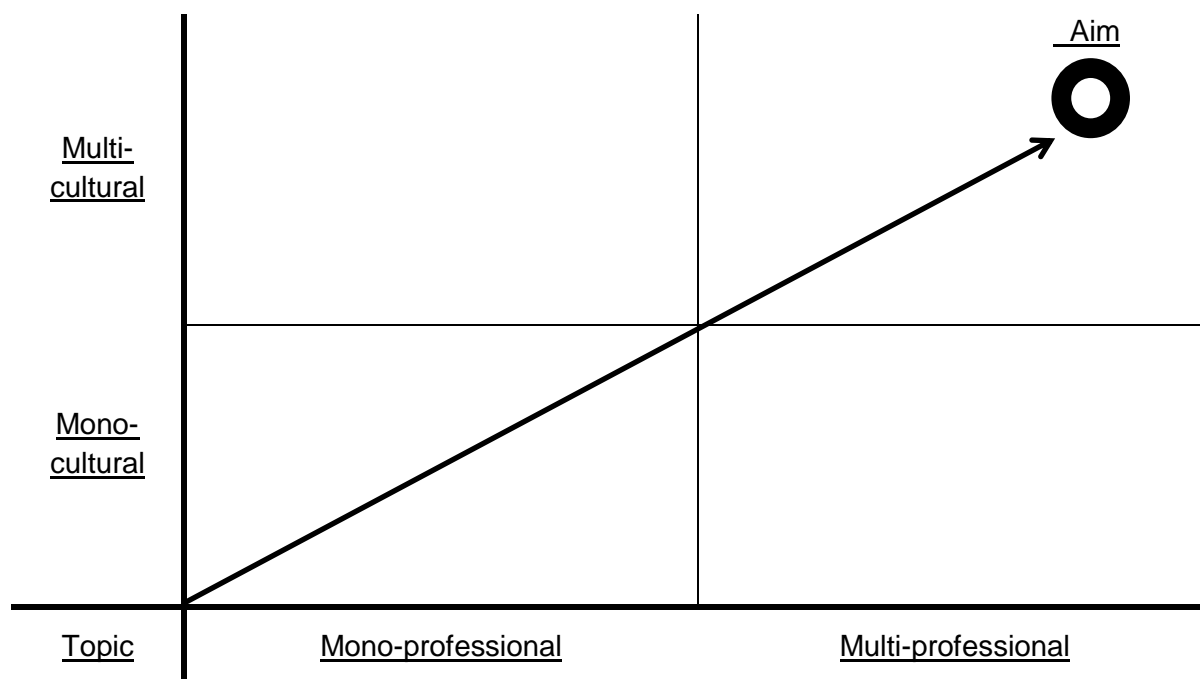
Overall aim

To provide an international multi-professional network for European students to complete their final degree project in the areas of health promotion, salutogenesis and self-management.

Key outcomes

- To facilitate more joint research projects between students and/or staff of institutions in higher education;
- To increase knowledge about key concepts and models in health promotion, salutogenesis and self-management;
- To facilitate international and inter-professional collaboration between students and staff.

Ideally students co-construct new multi-professional and multi-cultural common knowledge and understanding concerning the aforementioned topics. However mono-cultural and/or mono-professional projects may be undertaken too, when they will lead – as stepping stones (in the future) towards new multi-professional and multi-cultural common knowledge.



1.4. What is special in this project?

Students in an international context

Normally you – being a student - focus on your profession within your own country and context. Through this project you are challenged to broaden your scope, to look at other countries and to work together with fellow students from other countries: You are working in an international context!

Students are colleagues

Within this project you will have to widen your horizons. This is new and it might feel like a challenge. In such situations it is necessary to use resources around you, to exchange and share knowledge, and to act as a professional and colleague. Although you are expected to work as much as possible independently, we also invite you to work together with your fellow student as real colleagues!

Preparing an international project

Together with fellow students from other countries you will collaborate on your projects. The best way to work together is to make appointments about your way of working in this project. Think of issues such as communication, project questions, data collection, storage of documents and, very important, deadlines. Also make some good arrangements about the amount of hours you will spend and the timeframe of the project. Also talk about your expectations for the collaboration with your fellow students.

Skype meetings with and/or visits to your fellow students are most effective with a good preparation. You can also consult your tutor about the preparations.

Outcomes

The outcome of this project is threefold.

The first is a **product related to the project question**. In most cases this will be your Bachelor or Master thesis or project work. It can be a research report, a small guideline, or an advice to the customer, depending on the project question and the policy of your university (of applied sciences).

The second outcome is related to the joint international dimension. Often this will be integrated in the first outcome, the product. Based on the policy of the university (of applied sciences) you are expected to write a small **reflection about your experiences and insights in this JIP**.

The third outcome is the **experience** of working together with a fellow student from another country. This will give you the possibility to exchange knowledge and understandings related to occupational therapy, health care, national policies, etc. It will also add to your intercultural experience and skills.

Examination

Examination of the outcomes of this project is the responsibility of the home institution. The home institutions will provide you with additional information about the examination criteria.

Communication

You are expected to make your own appointments about communication, exchange and storage of documents. You can choose to use Skype, Facebook, E- mail or other social media. For the storage you can also decide the best platform for your project. Do this in collaboration with your fellow students and, eventually, with the customer or partner of your project. Especially for research projects, you should apply ethical and scientific rules.

Language

The English language is the shared language within the JIP at meetings and in collaborations. The research report, Bachelor or Master Thesis are written in your language. In collaboration with your tutor, the abstract should also be written in English, to facilitate exchange of the knowledge you gained in the JIP.

E-learning platform

We use Moodle as a communication platform <https://schulmoodle.azw.ac.at> . We use moodle as platform for future project topics, recorded “JIP-talks” on JIP topics, resources, literature and reports on JIP topics. You can also use it to get in contact with each other or the JIP staff members. The JIP contact person of your home institution will organize the password for you.

1.5. Exchange of reflections, knowledge, and literature without borders

As described above, an important feature of this project is that students in different countries are working together on a joint topic and/or a joint research question. This project is only successful if students are willing to share!

Of course, you first have to do your own project, your own search in databases, and develop your own products like your communication plan, research proposal, etc. But on a certain moment there can be a moment to share thoughts, ideas or important documents or literature. Reciprocity is important here. Sometimes you have found an interesting article, other times your fellow students have found something. Try to find a balance in this.

Beside the fellow students who really work on the same topic and project question, there are also other students in this project who work on a topic related to health promotion, self-management and salutogenesis. These students might have interesting information for you as well, and you might have interesting material or insights for them. If you like to exchange the material, please do so and make appointments about that.

1.6. International meeting

If possible, every year, we will try to organise a meeting (or even more) for students, staff and other lecturers. The objective of the meeting is to facilitate joint learning through exchange of knowledge, presentations and discussion. Your supervisor will provide you with more information about the next meeting.

1.7. Testimonials of participating students

I would recommend other students to join the JIP...

- because “I like the idea to connect professions from all over the world and give them time to exchange with each other about their experience” (OT bachelor student)
- because “together we can develop our job outline further” (OT bachelor student)
- to find out “how health care [works] in another country and how it is to study there” (physiotherapy bachelor student)
- “it shows me that as an occupational therapist you can work international[ly]” (OT bachelor student)
- “In addition, as a student you have to practice your English and for that, the JIP is a perfect chance and a very tolerant learning field, where students can learn from each other without pressure to perform (OT master student)
- “I take home many ideas, English, motivation, curiosity, an idea or framework for projects and a lot of joy” (OT master student)

2. Organisation and supervision

2.1. Organization and planning of projects

Start

In most cases you will start with the outline of your project at your home institution. Then there might be (or should be) a moment that you and your supervisor discover possibilities to link the project to that of a fellow student abroad. In that case and if possible, the international partners involved in the project will start with a short Joint Skype meeting to introduce the current project and explain the outline of the project.

After the Skype meeting or the initial contact, students will start to work on their own/joint project. Often, related to a different planning of the curriculum, students will start on different moments. A challenge for you is to contact/meet the fellow students abroad as soon as possible to make further appointments.

Think about the way(s) you want to work together with your fellow students in the other countries.

- How to communicate?
- What to share/ask/discuss?
- What is a good planning for all of you?
- When are you going to meet or Skype?
- etc.

Communication plan

Best is to develop a kind of 'communication plan', together with your fellow students abroad. In this plan you can describe the appointments you have made together. Show and discuss this communication plan with your tutor. Often, your supervisors are in contact with each other too, at least it is most interesting they are.

If you are planning to meet in order to exchange and discuss, you need to prepare this meeting very carefully. Discuss this with your tutor at home!

Finish

We do not have a specific moment for finishing. As every student/group has their own planning at their home institution, this planning below has to be seen as a guide for your project.

Milestones and planning

In every project, there will be some milestones. Milestones can be:

- Skype meeting(s);
- Communication plan;
- Research/Project proposal (depending on the institution);
- Data collection and analysis;
- Results;
- An international meeting with your fellow students (if possible);
- Final products.

It is advised to discuss these milestones with your supervisor and the fellow students abroad. See how you can cooperate, share, and support each other.

2.2. Supervising within the project

Every country will provide a supervisor. Students will start the project with a shared meeting at their own university (of applied sciences). This first meeting is chaired by the

tutor. After this start, students will independently work with the fellow students from a university (of applied sciences) abroad.

Along the way, students and tutor meet regularly. These ongoing meetings will be planned and chaired by the students.

The tutor can be contacted for reflections and work in the process. The consultations will be concerned with the content and not with editing the products.

3. Literature

International profiles of health care systems:

http://www.commonwealthfund.org/~media/Files/Publications/Fund%20Report/2010/Jun/1417_Squires_Intl_Profiles_622.pdf

Summary European Health care systems:

<http://www.euro.who.int/en/home/projects/observatory/publications/health-system-profiles-hits/hit-summaries>

COTEC: health care systems in Europe:

<http://www.cotec-europe.org/eng/22>

Kinébanian, A. & Stomph, M. (2009). Diversity matters: Guiding Principles on Diversity and Culture. WFOT.

Lynch, E.W., and Hanson, M.J. (2004). Developing Cross-Cultural Competence. A Guide for Working with Children and their Families. Baltimore: Paul H. Brookes Publishing, pp. 41-75.

APPENDIX 1: Project proposal application form

Note: Please take into account that a multidisciplinary team will have to read and understand your proposal. Therefore we advise you to ensure that your proposal is tailored for an audience consisting of health professionals of the various fields within the range of the cluster health studies: nursing, oral hygiene, nutrition and dietetics, occupational therapy, physiotherapy and speech and language therapy.

Describe the proposed applied (research) project below. The project proposal should refer to a topic or question that stems from professional practice and/or education within the various fields of health care studies. The research question is relevant for the context of the (partner) institutions.

Title project:

Name of institution:

Name contact person:

Address for correspondence:

E-mail contact person:

Number of students who can work on the proposed project:

Period of Bachelor-thesis / Research project in curriculum

Start around:.....

Finish:

Project will be initiated by:

- Nursing
- Oral Hygiene
- Occupational therapy
- Physical therapy
- Speech and language therapy
- Nutrition and Dietetics

1. Introduction

Short description and rationale of the project

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2. Question(s) and objective(s) – please specify

Subject and aim of the project

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3. Project

General description of all activities that should be accomplished (e.g., organization, time schedule, cooperating partners, resources, methods and analysis used, etc.)

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4. Outcome: product and consequence

Applied product: please provide a description of the intended product of the project

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5. Any other important remarks with regard to this application

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