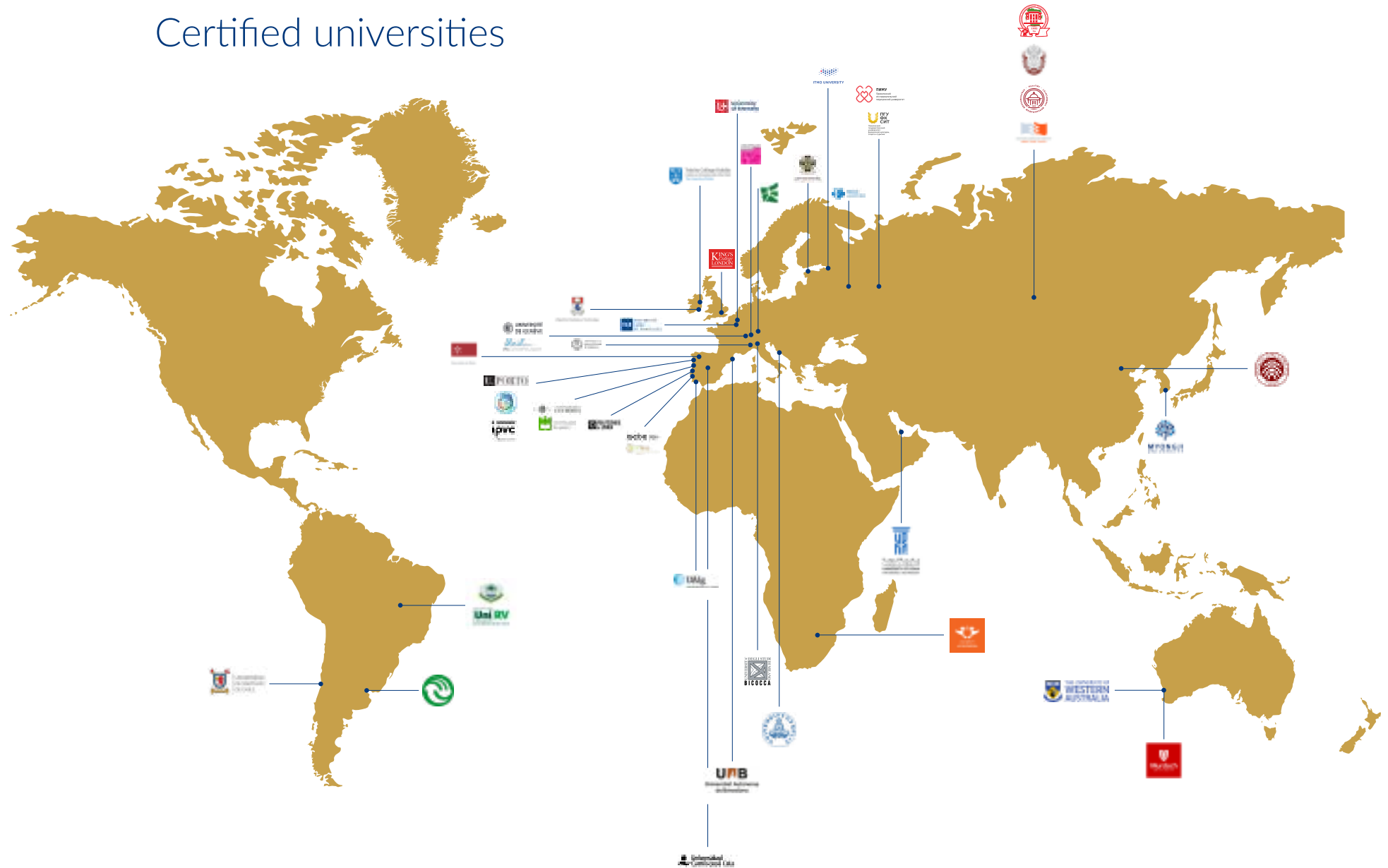














































FISU HEALTHY CAMPUS

Best Practices 2021

Certified universities



Best Practices 2021

Healthy Campus management



POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE WWW.IPLEIRIA.PTCONTACT SAPE@IPLEIRIA.PT**Name of the project**

100% IN

**Domain**

Healthy Campus management

**Criteria**

#4 The university shall identify relevant stakeholders and their activities in relation to the areas of the Healthy Campus approach in order to benefit from synergies or propose new partnerships.

**Keywords**

Stakeholders, synergies, partnerships, special needs

**Target & Stakeholders**

Students with special needs

**Time & Frame**

Year-round

**Team & Staff**

PLeiria, Instituto P. António Vieira, and other stakeholders

**Description**

Multidisciplinary social innovation project carried out in conjunction with the Padre António Vieira Institute to promote comprehensive responses for students with special needs (www.ipleiria.pt/arquivo/projeto-100-in-e-marca-registada/).

**Main Goals**

To promote the integral inclusion of students with special educational needs, involving the entire institution and the surrounding community in this mission of finding new solutions that allow to overcome obstacles.

**Motivation & Vision**

To find and provide solutions that mobilize the integral inclusion of students with specific special needs and facilitate their subsequent transition to active life.

**Evaluation**

More than 100 students with special needs got support from this project on its first year (2018/19); several initiatives (e.g., Hackaton 100% IN, Case Manager, Buddy 100% IN) have been strengthening the project.

**Lessons Learnt**

It is essential to involve the community in multiple examples of good practices. The actions developed during an initial phase allowed to obtain an effective diagnosis of the situation of students with specific needs.

**Recommendations**

The inclusion of students with special needs should be a key area of Universities and Polytechnics, assuming their contribution to Sustainable Development Goal 4 (Quality Education).


POLITÉCNICO DE LEIRIA
100% IN Project Presentation (1st slide)

Integrated Report of Management and Activities



One of Polytechnic of Leiria's adapted facilities



POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE WWW.IPLEIRIA.PT CONTACT PERSON RUI MATOS EMAIL HEALTHY.CAMPUS@IPLEIRIA.PT



Name of the project

Healthy Campus and Quality of Life at Polytechnic of Leiria Campus



Domain

Healthy Campus management



Criteria

#7 The university leadership shall ensure that the Healthy Campus policy and objectives are established and compatible with the strategic direction of the university



Keywords

Healthy Campus, quality of life, Strategic plan



Target & Stakeholders

Polytechnic of Leiria Community



Time & Frame

2021-2025



Team & Staff

Healthy Campus Team and Polytechnic Presidency



Description

The objectives established for the Healthy Campus of the Polytechnic of Leiria are in line with the strategic direction of the institution, as evident in its Strategic Plan 2030.



Main Goals

- To have a reference towards the creation of conditions regarding well-being, quality of life and healthy lifestyles on campus
- Contribute to the achievement of the Sustainable Development Goals (SDGs) of the United Nations 2030 Agenda.



Motivation & Vision

To promote regional and national development through health, sport and well-being, materialized on the creation of a Healthy Campus.



Evaluation

Monitoring is constant. In addition to the annual evaluations, an intermediate evaluation of Healthy Campus is pointed out in 2023. Desirably, in 2025 a projection will be made for 2030, to follow the Strategic Plan 2030 of the Polytechnic of Leiria.



Lessons Learnt

It is crucial to have a constant dialogue with the Polytechnic of Leiria leadership so that Healthy Campus policy and objectives are compatible with its strategic direction. That is why Leadership representatives make part of Healthy Campus team.



Recommendations

To maintain a close relationship between Healthy Campus team and Institution Leadership.



PLANO
ESTRATÉGICO
POLITÉCNICO
DE LEIRIA
2030

Polytechnic of Leiria
Strategic Plan 2030



Healthy Campus meeting
at Polytechnic of Leiria



Healthy Campus on Polytechnic
of Leiria web page



POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE WWW.IPLEIRIA.PT CONTACT PERSON RUI MATOS EMAIL HEALTHY.CAMPUS@IPLEIRIA.PT



Name of the project

Managing a Team



Domain

Healthy Campus management



Criteria

#12 The university leadership shall identify roles and responsibilities to manage the Healthy Campus approach



Keywords

Executive coordination team, sectorial teams



Target & Stakeholders

Healthy Campus Team



Time & Frame

Healthy Campus Lifetime



Team & Staff

Healthy Campus Team and Polytechnic Presidency



Description

Healthy Campus has executive coordination and sectorial teams. Of these, the most directly linked to the Coordination and Management of Healthy Campus are the Project Coordination Executive Team and Project Management Team.



Main Goals

Teams have to:

- Coordinate, prepare and submit the application of the Polytechnic of Leiria to the Healthy Campus Programme of FISU
- Implement, monitor and improve the Healthy Campus approach, focusing on collaboration and sharing between services.



Motivation & Vision

A strong and united team focusing on Polytechnic of Leiria's well-being, with regular meetings over time.



Evaluation

Positive, with the feeling that we are contributing to a healthier Campus through close relationships between Healthy Campus team(s) and Polytechnic of Leiria Leadership.



Lessons Learnt

Teamwork takes you further! Different teams can reveal unexpected points of view in different fields, allowing for an unusual, while effective, approach strategy.



Recommendations

Regular contacts are crucial. Share what you have and ask collaboration whenever needed.



POLITÉCNICO DE LEIRIA



One of the several Healthy Campus Team meetings



Order of constitution of the Healthy Campus team



Why having such a diverse team on Healthy Campus

Physical activity and sport

POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE [HTTPS://WWW.IPLEIRIA.PT/](https://www.ipleiria.pt/) CONTACT PAFE@IPLEIRIA.PT & DESPORTO@IPLEIRIA.PT**Name of the project**

PAFE® - Programa de Atividade Física para estudantes do Politécnico de Leiria (Physical Activity Programme for Polytechnic of Leiria Students)

**Domain**

Physical activity and sport

**Criteria**

#34 The university proposes physical activity and sport programmes that consider the specific needs and characteristics of the campus community.

**Keywords**

Physical activity, Well-being, Health promotion, Students.

**Target & Stakeholders**

Polytechnic of Leiria students

**Time & Frame**

All academic year, all working days

**Team & Staff**

PLeia's Social Services and ESECS' Human Kinetics section

**Description**

PAFE® - Physical Activity Programme for Students of the Polytechnic of Leiria is a programme based on exercise and physical activity. It offers structured physical activity on a daily basis to all Polytechnic of Leiria's students.

**Main Goals**

Its objectives are: 1 - to increase and maintain students' physical activity levels, following recommendations of the WHO and 2 - to provide students with the occupation of leisure time, through the practice of regular structured physical activity.

**Motivation & Vision**

PAFE® aims to respond to an unfortunately increasingly common problem in society: sedentary lifestyle.

**Evaluation**

The evaluation is frankly positive. The quantitative assessment is also positive, with all of its regular participants improving their Physical Fitness. With the restrictions associated with COVID-19, there was a slight decrease in participants.

**Lessons Learnt**

Physical Activity is a powerful tool for achieving better health and quality of life. An active lifestyle is associated with improvements in academic achievements.

**Recommendations**

The communication with the students must be improved, so that PAFE® can have more participants. The importance of an active lifestyle should be more valued by students, teachers and employees of the Polytechnic of Leiria.



POLITÉCNICO DE LEIRIA



Associação 2020/2021
PROGRAMA DE ATIVIDADES
Escola Superior de Educação e Ciências

Inscribe-te através do e-mail de estudante GRATUITO

Inscrição das atividades 1-7 semestral - todos a 2 de novembro

Inscreve-te aqui

PAFE

Physical Activity Prog. for Students (PAFE) Poster



PAFE's disclosure on FB of Polytechnic of Leiria

Nutrition



POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE WWW.IPLEIRIA.PT CONTACT IPLEIRIA.PT/ NATÁLIA TOMÁS; CÁTIA PONTES**Name of the project**

Less (salt, sugar and fat) is more

**Domain**

Nutrition

**Criteria**

#74 The university ensures that the vending machines on campus offer quality products with good nutritional value.

**Keywords**

salt, sugar, fat, vending machines, healthy eating

**Target & Stakeholders**

Polytechnic of Leiria population (students, teachers and administrative staff)

**Time & Frame**

All year

**Team & Staff**

Polytechnic of Leiria's Social Services and Food Services

**Description**

The Social Action Services reformulated their contract with the supplier and products with high content of saturated fat and sugar were prohibited. Fruit purees, nuts and dried fruits were introduced, and the sugar content was limited in hot drinks.

**Main Goals**

To improve the supply quality of vending machines eliminating foods with excessive calories and high levels of salt, sugar and trans fatty acids, introducing fruit purees and dried fruits and limiting the sugar content in hot drinks.

**Motivation & Vision**

This change (reducing the amount of harmful food and increasing potentially salutogenic foods) may contribute to healthier eating habits.

**Evaluation**

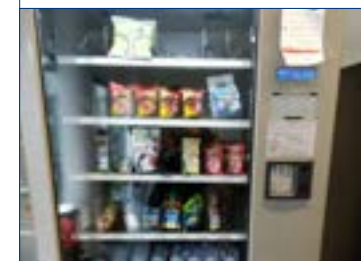
There were no complaints about this transformation and different users verbally expressed their satisfaction with this initiative.

**Lessons Learnt**

We must understand and remind that changing behaviours and habits is not an easy task but every long journey begins with one simple step.

**Recommendations**

Despite the fact that there will always be someone not satisfied with changes, we must persevere with eyes focused on positive and healthy targets.



Vending machine with healthy products



Fruit snack with no sugar



Packages of seeds and other healthy snacks

Disease prevention



POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE [HTTPS://WWW.IPLEIRIA.PT/](https://www.ipleiria.pt/) CONTACT PERSON ROSA PEDRO EMAIL S.MEDICOS@IPLEIRIA.PT



Name of the project

We help you to take care of your health



Domain

Disease prevention



Criteria

#76 The university organises at least once a year, prevention programmes in terms of non-communicable disease.



Keywords

Prevention, non-communicable diseases, health services, wellness, consultation, medical specialties



Target & Stakeholders

Students, teachers, technicians and administrative



Time & Frame

10 months per year



Team & Staff

1 administrative and doctors



Description

Polytechnic of Leiria provides, through its Medical Services, consultations at reduced prices. Whenever justified, doctors also prescribe complementary diagnostic tests. Information leaflets, brochures, among others, are available on a regular basis



Main Goals

To contribute so that students do not neglect their health. To provide students with easy access to health care at a reduced price. To promote the health and well-being of the academic community of the Polytechnic of Leiria.



Motivation & Vision

To help students not to neglect their health. To enable students to an easy access to health care at a reduced price. To promote the health and well-being of the academic community of the Polytechnic of Leiria.



Evaluation

Very positive impact. These Services have been in operation since 2005 and have allowed students to health care in an easy way and at a reduced price. In the context of the pandemic motivated by Covid-19, this Service proved to be crucial.



Lessons Learnt

It is essential to enable students to have easy and affordable access to health care, helping them not to neglect care for their health. This way, Polytechnic of Leiria complements the offer of consultations guaranteed by the National Health Service.



Recommendations

Carry out a campaign to disseminate medical specialties made available to the academic community, through the Medical Services of the Polytechnic of Leiria.



POLITÉCNICO DE LEIRIA



Disclosure of Polytechnic medical services



Visual screening campaign with stakeholders

Exemplo Estatística

Exame	2015	2016	2017	2018	2019
Exame de Visão	10	15	20	25	30
Exame de Audição	5	10	15	20	25
Exame de Pressão Arterial	20	25	30	35	40
Exame de Glicemia	15	20	25	30	35
Exame de Colesterol	10	15	20	25	30

PEleiria's medical consultations statistical data

Environment, sustainability and social responsibility



POLYTECHNIC INSTITUTE OF LEIRIA

WEBSITE WWW.IPLEIRIA.PTCONTACT [HTTPS://UBIKE.IPLEIRIA.PT/](https://UBIKE.IPLEIRIA.PT/) - UBIKE@IPLERIA.PT**Name of the project**

U-Bike Politécnico de Leiria -
RIDING YOUR BIKE FOR
KNOWLEDGE AND
SUSTAINABILITY

**Domain**

Environment, sustainability
and social responsibility

**Criteria**

#97 The university should
implement a communication
policy for the campus
community promoting a friendly
environmental travel from
home to the university and
the mobility inside the campus.

**Keywords**

Sustainability, Smooth mobility,
Energy saving, CO₂ emissions
reduction

**Target & Stakeholders**

University Students
and Staff - IMTT

**Time & Frame**

Year-round since 2018

**Team & Staff**

Social Services Sports Sector

**Description**

The U-bike Project aims to
promote soft mobility. All
members of the academic
community may apply to be
assigned a bicycle, provided they
are holders of driving licenses
and commit to ride a minimum
of 40km per bike per month.

**Main Goals**

Promotion of the use of electric
and conventional bicycles
in academic communities.
Contribution to the reduction
of primary energy consumption.
Contribution to the reduction of
greenhouse gas emissions and
pollutants atmospheric.

**Motivation & Vision**

Promoting changes in the modal
split in urban travel, namely
the transfer from individual
motorized transport mode to
cycling mode.

**Evaluation**

Increase in the number of
registered users. Until March
2022, there were reductions on
primary energy consumption
(12.7%), and on CO₂ emissions
(45,712 kg), with an energy
saving of 15.02 (toe) and a
travelled total distance of
270967 km.

**Lessons Learnt**

The need to involve
municipalities in the creation of
cycle paths and charging stations
in cities in order to increase the
number of users.

**Recommendations**

Increase the project's visibility
through the dissemination of
testimonies from users of the
advantages of using the bicycle.




Polytechnic of Leiria's U-Bike app



*One of the many U-Bike users
on Leiria City*



One of the U-Bike docking stations