

Zurich University
of Applied Sciences

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School of
Health Professions

International Winter School

Practical Guide

7 January -
1 February 2019

Winterthur,
Switzerland

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1. Preface

The share of migrants in all European populations is substantial and growing. Everyone in our society sooner or later is confronted with people of different cultural backgrounds. Health and social work professionals in particular need to be able to deal with these culturally diverse backgrounds of their clients and colleagues. In addition, their colleagues will not only be the ones of their own profession. Working inter-professionally according to the needs of the clients has become a crucial and the most promising approach to deal with the increasing complexity of today's health and social care issues.

Therefore, we felt the need to bring together local and international students of health and social professions to learn with and from each other, to discuss different approaches within and across professional borders and to broaden their perspective internationally, interculturally and interprofessionally.

We compiled a programme covering topics key to all health and social work professionals, because everyone...

- engages in counselling clients,
- is confronted with patients' crises and needs to know about coping strategies,
- will work in interprofessional teams,
- has clients of culturally, socially or economically diverse backgrounds,
- needs a basic knowledge of one's own and other health and social systems to understand future dynamics and changes,
- needs to be aware of the own professional identity and that of future colleagues, and
- will apply aspects of health promotion and prevention strategies, regardless of the setting.

We are convinced that participation in the Winter School "Challenges in Interprofessional Health and Social Systems" will turn out to be an exciting learning experience and of great value for your further professional and personal development!

2. Partners of the program

The Winter School "Challenges in Interprofessional Health and Social Systems" is a joint initiative of the ZHAW School of Health Professions, the ZHAW School of Social Work, the INUAS and COHEHRE networks. It is kindly supported by the ZHAW School of Health Professions, the ZHAW School of Social Work and the INUAS network.



In addition, the course "Professional Identity and its Visibility (for Occupational Therapists)" is part of a mobility program run by three Universities: ZHAW, Hogeschool van Amsterdam and Karolinska Institutet. It is also known as the "Mobility Week".

The ZHAW School of Health Professions and the ZHAW School of Social Work invite their national and international partners to participate in the Winter School. We are inviting students as well as lecturers from all over the world to learn and teach with us. Around 150 international students and 30 international teachers join the Winter School every year.

3. Overall Learning Objectives

Within this program, the role of communication and teamwork is central. Students will deepen their understanding of the importance of collaborative practice. They will reflect on complex and challenging situations of their professional life and develop strategies to deal with such situations from different professional perspectives. The key competence of being able to take another health professional's perspective will be practised in all courses, framed to the needs of the specific situations the different courses focus on.

4. Overall schedule of the Winter School

	week 1 7-11 Jan	week 2 14-18 Jan	week 3 21-25 Jan	week 4 28 Jan-1 Feb
1. Counseling	German			German
2. Crisis and Coping		German		German
3. Interprofessional Collaboration	German		German	
4. Diversity Management in Health Professions	English	English		
5. Study Visits to Swiss Health and Social Care Institutions	English		English	
6. Professional Identity and its Visibility		English (only OT*)		English
7. Health in demanding settings			English	

If not stated otherwise, all courses are open to all professions and all partner schools.

* OT – Occupational Therapy

5. Short description of courses

Course 1: Counselling

We will introduce different concepts of counselling. Students' competence in using client-centered communication will be developed and the active use of the different phases of the counselling process will be trained in small groups.

Course 2: Crisis and coping

There are different types of crises and coping strategies. We will talk about stress, burnout, crisis, and trauma as well as coping from a psychological, sociological and neurobiological perspective. Students will reflect their own coping strategies and behaviour and learn how to support patients in acute crisis situations.

Course 3: Interprofessional collaboration

Each health profession has its own philosophy and paradigms, and there are different models of multi-, inter- and trans-professional collaboration. Most importantly, the value of interprofessional

collaboration but also the stumbling blocks will be discussed. Students will get first-hand insight into interprofessional team-work through visits to selected institutions.

Course 4: Diversity in Health Professions

We will discuss concepts of diversity, intercultural communication and how we relate to other people. Students will develop their competence in dealing with culturally diverse people at work and develop skills to interact with people of different background more effectively.

Course 5: Study visits to Swiss health and social care institutions

During this course, we will visit different institutions where health and social work professionals work together. Jointly, we will learn about and reflect on the challenges of their daily interprofessional work. Presentations of each participating country's health and social care system broaden the perspective beyond students' own health and social system.

Course 6: Professional Identity and its Visibility (aka OT Mobility Week)

Professional identity is an important criterion for professional development. In this course, we will increase your understanding of the various roles of your own profession in contrast to other health professions. You will gain practical skills for making your profession visible and promoting it to the public.

Course 7: Health in demanding settings

Students learn about complex settings, where interprofessional health services can only be provided under difficult circumstances (e.g. prison, drop-in service for drug addicts). In groups, students reflect and improve existing practice by considering health promotion and prevention strategies. Two of these settings will be visited during the week.

6. Methodological approach

Each course uses a variety of learning environments: There will be inputs to kick off the topics, interactive sessions to practice new skills, reflection rounds to deepen understanding, interprofessional group work where students work on cases or assignments, student presentations and visits to institutions to gain in-depth insights into the Swiss Health and Social System.

7. Assessment and certification

Assessment

Group work presentations and course attendance.

Credits

Each course (= pre-assignment + 1 week) gives an equivalent of 2 ECTS credits.

Certificate

Participation during the full week is mandatory. Monday is the day of introduction to the topic and the week; the assessment will take place on Friday. You will receive a certificate stating your participation and your credits only in case of successful assessment and full participation.

8. Teaching hours

Registration

Courses 1-5 & 7: Monday, 8:30 – 9:00 a.m.

Course 6: Monday, 12:30 – 1:00 p.m.

Only international students: Please bring the fee (50 Euro or 50 CHF per course-week) in cash to the registration. If you attend more than one week, please bring the fee for your entire stay when you register for the first week. Then you do not have to come to the registration again the following week(s).

Teaching hours

Start: Monday 9 a.m. **Please be there between 8:30 – 9:00 a.m. for personal registration!**

End: Friday afternoon, see detailed descriptions

For more information, see description of courses and schedules at the end of this document. Further details will be provided via Email or the Moodle learning platform. We will register your Email-address and you will receive a link to your course(s) on Moodle.

Participation during the full week is mandatory to receive your certificate – please arrive on Sunday for courses 1-5 and 7.

Exception: Teaching hours course 6 "Professional Identity and its Visibility"

Start: Monday 1:00 p.m. **Please be there between 12:30 – 1:00 p.m. for registration.**

End: Friday 1 p.m.

For more information, see description of courses and schedule at the end of this document. A more detailed schedule will be provided by the course leader via Email in November.

9. Participants

The Winter School is targeted at students of health professions and social work. At ZHAW we have Bachelor students of Occupational Therapy, Midwifery, Nursing, Physiotherapy, Health Promotion and Social Work. But also students from other professions are invited to participate – we already had students from: community health care, evidence-based healthcare, exercise and sport rehabilitation, health and diversity, health management, health sciences, human biology, psychology, public health and speech therapy. Students are at least in their 2nd year of profession-specific studies (Bachelor or Master).

The courses have different compositions of ZHAW and international students, see the list of participants.

Normally, we have students and teachers from around 15 countries, 35 universities and 15 professions! We already welcomed students and/or teachers from:

- ✓ Australia: Curtin University
- ✓ Austria: FH Campus Wien, FH Gesundheitsberufe Oberösterreich, FH Gesundheit Tirol, FH Kärnten, FH Krems, FH Salzburg, Paracelsus Medical Private University
- ✓ Belgium: Arteveldehogeschool Gent, Henallux, Katholieke Hogeschool Leuven, KU Leuven, PXL University College Hasselt
- ✓ Denmark: University College Syddenmark
- ✓ Finland: Metropolia, Tampere University of Applied Sciences
- ✓ Germany: Alice-Salomon-Hochschule Berlin, Evangelische Hochschule Rheinland Westfalen-Lippe, Hochschule 21, Hochschule Fulda, Hochschule für Angewandte Wissenschaften Hamburg, Hochschule für Gesundheit Bochum, Hochschule Hannover, Hochschule München, Katholische Stifungshochschule München, Universität Duisburg-Essen, Universität Witten-Herdecke
- ✓ India: Christ University Bangalore, Kiran Village
- ✓ Japan: Saitama Prefectural University
- ✓ Mongolia: Mongolian National University of Medical Sciences
- ✓ Netherlands: Hanzehogeschool Groningen, Hogeschool Rotterdam, Hogeschool Utrecht, Hogeschool van Amsterdam, Hogeschool van Arnhem en Nijmegen, The Hague University of Applied Sciences, Zuyd Hogeschool
- ✓ Portugal: Instituto Politécnico de Setúbal
- ✓ Singapore: Singapore Institute of Technology
- ✓ South Korea: Silla University
- ✓ Spain: Universidad de Vic, Universidad Francisco de Vitoria
- ✓ Sweden: Karolinska Institutet
- ✓ Switzerland: Berner Fachhochschule, École d'études sociales et pédagogiques Lausanne
- ✓ Turkey : Hacettepe University
- ✓ UK: Brunell University, Coventry University, Napier University, St Joseph's Hospice, Teesside University
- ✓ US: Boston College, Tufts University

10. Location, infrastructure and contacts

Location for all courses

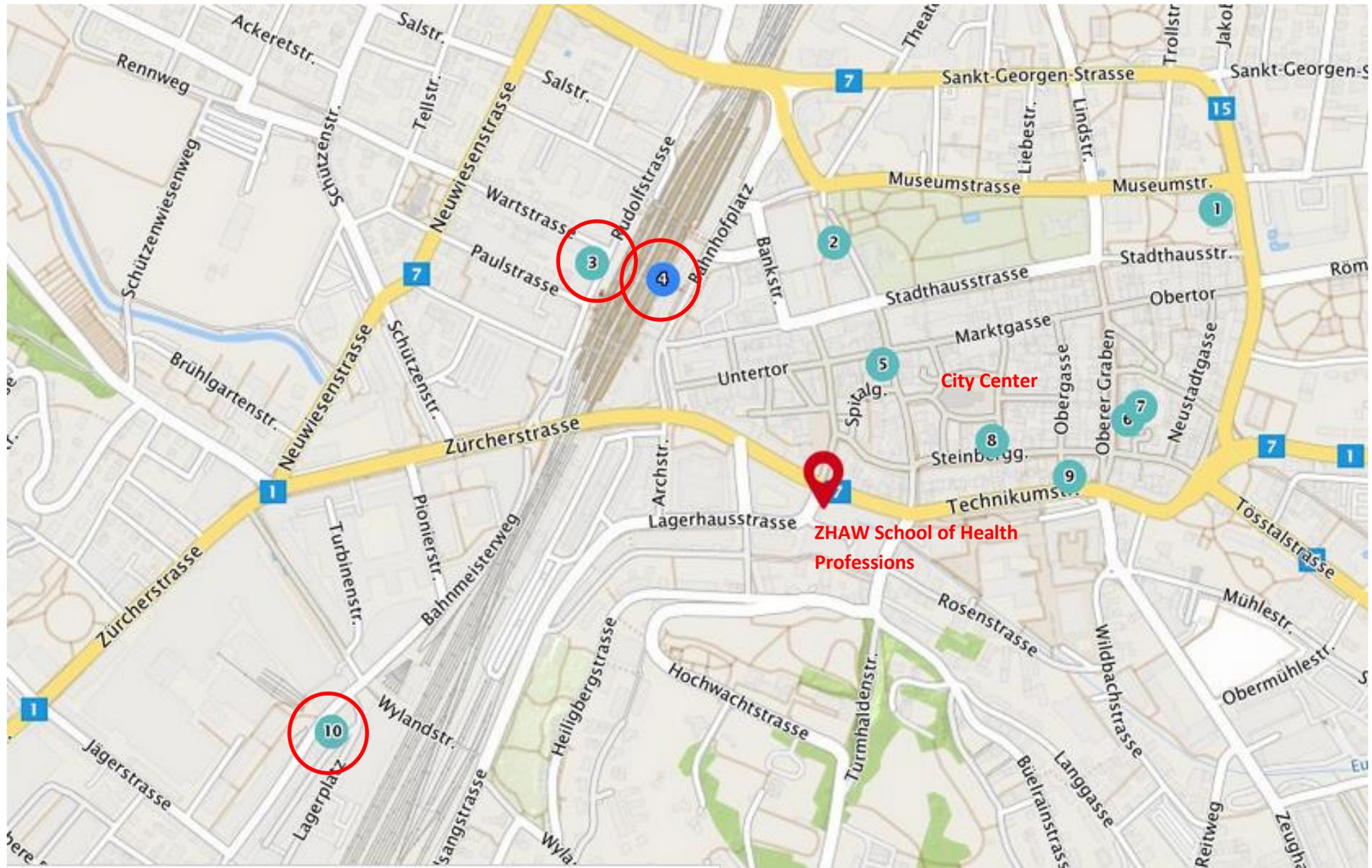
Registration: Technikumstrasse 71, 8400 Winterthur, building "TN", Foyer (ground floor)

Room numbers will be provided with the detailed schedule of your course(s).



Main entrance of the TN-building at
Technikumstrasse 71, 8400 Winterthur.

See map next page.



3 = Hotel Wartmann, 4 = Main Train Station Winterthur, 10 = Hostel Depot 195 ([Link to Map](#))

WLAN

ZHAW provides access to the **Eduroam** network or its guest network **guest-ZHAW**. Please connect and follow the instructions (you will need a mobile number to receive the access code via SMS).

→ [More information](#)

Contacts

Course 1: Stephanie Rösner (stephanie.roesner@zhaw.ch)

Course 2: Anita Manser (anita.manser-bonnard@zhaw.ch)

Course 3: Andrea Citrini (andrea.citrini@zhaw.ch)

Course 4: Samuel van den Bergh (samuel.vandenbergh@zhaw.ch)

Course 5: René Schaffert (rene.schaffert@zhaw.ch)

Course 6, week 2: Anja Christopher (anja.christopher@zhaw.ch)

Course 6, week 4: Sandra Schächtelin (sandra.schaechtelin@zhaw.ch)

Course 7: Günter Ackermann (guenter.ackermann@zhaw.ch)

International Office: Andrea Tamas, Diana Bruni (international.gesundheit@zhaw.ch)

The International Office is located in the TN-building, 1st floor, room TN O1.11

Emergency phone number (Andrea Tamas): +41 58 9346443

11. Social program

To get to know each other outside the classes and to support the interaction of students, national and international, taking part in the different courses taking place during the same week, we thought it would be nice to have some joint activities. We are inviting all international and ZHAW students to the:

Welcome reception

Mondays: 17:00-18:30

Each Monday after the courses we will have a Welcome Reception with some last-minute information on the week, some interactive games and a small Aperó – that is the Swiss word for having a drink together 😊. Participation for the information part is mandatory for international students.

International dinner

Tuesdays: 17:30 (preparation starts around 17:00)

Each Tuesday evening we will have a joint international dinner – that is not only for the students, but also teachers will be invited. Participation is highly recommended, this is the fun part!

How it works: Everyone who participates in the International Dinner brings some food (or ideas about what you could prepare) from her or his country. We have a real kitchen at our disposal to prepare things. There is a stove, baking ovens, microwaves, plates, bowls, and cutlery.

Please bring a sign stating the name of the dish and whether it is a meat, pork, fish, vegetarian or vegan dish. Some decorative items from your country will make the buffet look even nicer... ☺

12. Accommodation

There are three options we recommend¹:

- a) **Own accommodation** – you have organized your own accommodation
- b) **Couch Surfing**
- c) **Hostel.**

Couch Surfing

You will be staying at a local student's flat on a couch / spare bed and will most probably get a good glimpse of local student life! You will not necessarily have your own room. We ask the host students to provide a bicycle and some introduction to Winterthur, but this cannot be guaranteed. We have couch surfing options in and around Winterthur.

How it works

We will compile a table with all the offers on a Google spreadsheet (will be ready end of October, link will be provided via Email) with contact data of our students. Please read all the information that is available for a certain place and follow these steps:

- choose your option from the table and check availability. The green cells contain the number of places during a certain week. Grey cells are not available. Please also pay attention to what is written under "availability".
- once you found a green cell with a number in it, enter your name. If you are looking together with a friend, please only ask at places where they allow for 2 people and enter BOTH of your names in the table.
- please choose only one option at a time and enter your name BEFORE you contact the student. We don't want our students get flooded with parallel requests.
- send the person offering the place an email with your exact travel dates, ask whether you can stay with them and organize all the details of your arrival and departure. In case of staying over the weekend, you have to ask whether this is possible. We only asked our students to host someone from Sunday to Friday.
- in case you have to change to a different place, please also change your name in the spreadsheet.

If it is not possible to stay over the weekend or longer, you can always stay in the hostel for 34 CHF per night.

¹ Former students advised us not to recommend staying in a hotel, although if you share a room with three people it may be the same price as the hostel. The cheaper hotels are not within walking distance to the school and you will miss the atmosphere of being part of the international group in the hostel.

Hostel

You will be staying in shared rooms with max. 8 students. The hostel is located 15 Minutes walking distance from the course venue. The hostel is quite new, just check their Website www.depot195.ch.

We have pre-reserved rooms for you. For booking your bed, please enter your data into our [Booking Form](#) until **30 November 2018**. You will be asked your exact travel dates and a credit card number. If you wish to stay together in one room as a group, it is possible to make a group reservation.

For bookings after 30 November, places cannot be guaranteed. Any booking or changes after 30 November have to be made directly with the hostel: info@depot195.ch, phone: +41 52 203 13 63. Please mention that you are coming for the "ZHAW Winter School".

Check-In: In case of late arrival (after 10 p.m.) you have to notify the hostel.

13. Costs

Course fee (international students only)

We charge 50 CHF per course week upon personal registration Monday morning. **Please bring the correct amount in cash with you.** We also accept Euros, but we will not have coins for change. Swiss students do not have to pay the course fee.

For international students, tickets for the travels from Winterthur to Zurich (course 5) and to the different institutions (courses 3 + 5 + 7) are included in the course fee.

Accommodation

Couch Surfing: 50 CHF (or 50 Euros) for 1 week of Couch Surfing. **Please bring the money in cash with you and pay your host directly.** The public transportation ticket from and to your accommodation you have to pay yourself. Most often though, the places are within walking distance or your host provides a bicycle for you.

Hostel: 34 CHF per night. **You will have to pay your bed upon arrival directly at the hostel.**

Other expenses

Zurich Airport – Winterthur: 8.80 CHF one way

Zurich – Winterthur: 26.00 CHF per day (day ticket valid on all transportation in Zurich and Winterthur)

Meals: approx. 30 CHF per day

14. How to get from Zurich airport (ZRH) to Winterthur

Winterthur is easy to reach by public transport. At the airport you can find a train station in the lowest floor, follow the blue train signs. From there you can get direct trains to Winterthur. The train journey takes about 15 minutes. The full-fare, one-way ticket Zurich-Airport to Winterthur costs 8.80 CHF. It takes 5 minutes to walk from the train station in Winterthur to the ZHAW School of Health Professions.

Train connections

08:18 08:21 08:27 08:44 08:48 08:51 08:57

This is the same every hour. For further information about the timetable please visit www.sbb.ch

If you prefer to take a taxi, you can call +41 52 202 22 22. However, this takes longer (especially during rush hours) and is very expensive.

How to buy a train ticket to Winterthur at Zurich airport

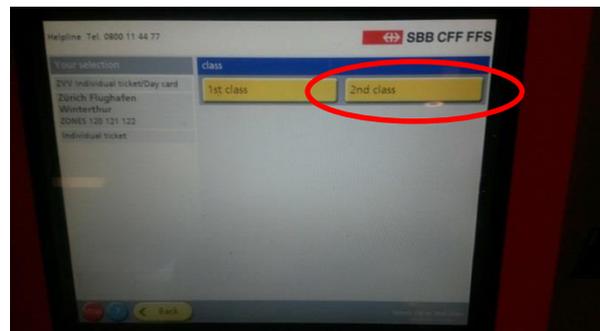
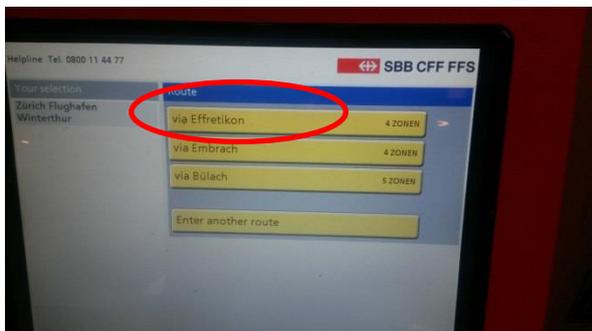
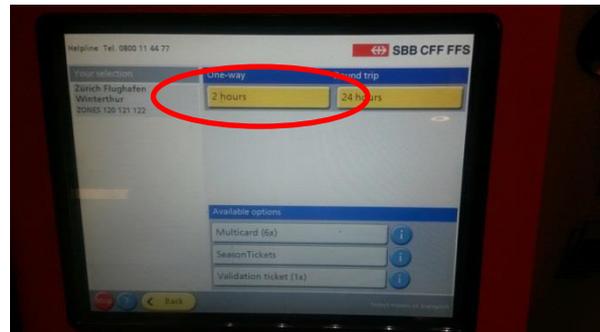
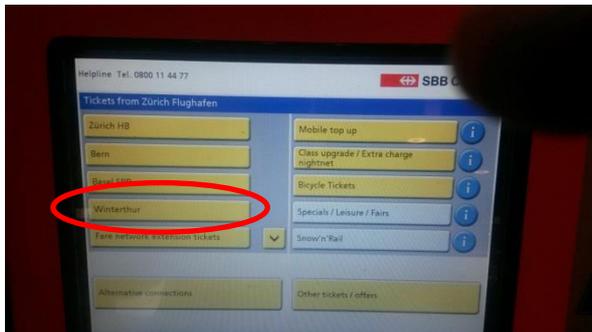


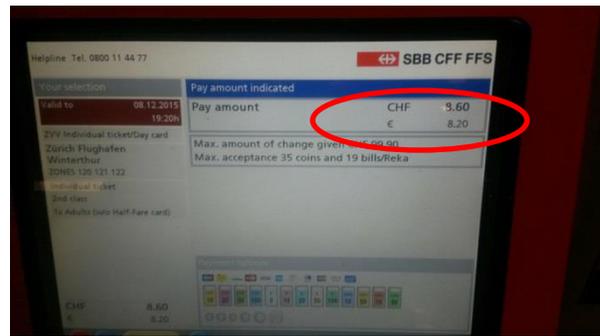
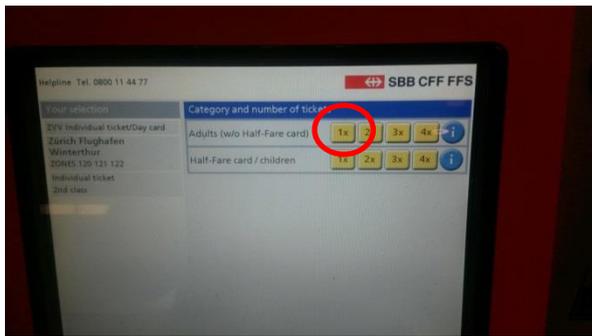
Change language to "English"

Then choose on the screen:

1. Winterthur
2. 2 hours
3. via Effretikon
4. 2nd class
5. Adults 1x

Pay by credit/debit card or with coins/bills.





15. Some links about Switzerland

The closest **skiing** destinations are around 1.5 hours train ride from Winterthur away. Overview of all skiing destinations: <http://www.bergfex.com/schweiz/>

A very comprehensive **guide to Switzerland** has been compiled by ESN – <https://esn.ch/esn-booklet>

Train and all other public transport timetables: <http://fahrplan.sbb.ch/bin/query.exe/en>

Map of Switzerland: <http://map.search.ch>

16. Detailed description of courses and schedules

The following pages contain a description and the detailed weekly schedule of each course. Courses that are offered in German have a German description; courses that are offered in English have their description in English.

Further details will be provided via our Moodle learning platform or via Email. For Moodle-access, we will register your Email-address and you will receive a link to your course(s). You can also contact the responsible lecturer of your course for further questions.

Please regularly check your Email!

Kurs 1: Beratung

Kursverantwortliche	Stephanie Rösner (Psychologin MSc, Psychotherapeutin und Physiotherapeutin), Dozentin Fachstelle Interprofessionelle Lehre und Praxis, ZHAW Departement Gesundheit (stephanie.roesner@zhaw.ch)
Kapazität	110 CH-Studierende, 10 internationale Studierende
Sprache	Deutsch <input checked="" type="checkbox"/> Englisch <input type="checkbox"/>
Durchführung	7.-11. Januar 2019, 28. Januar-1. Februar 2019
Credits	2 ECTS

Ziele – die Studierenden...

- ✓ entwickeln ihre Beratungskompetenz aktiv weiter: praktizieren klientenzentrierte Kommunikation, wenden erlernte Kommunikationstechniken situativ richtig an und erweitern ihre Fragekompetenz
- ✓ leiten mögliche Konsequenzen für das eigene Handeln innerhalb der verschiedenen Phasen des Bera180502 Course Descriptions (Practical Guide) Winter School 2019tungsprozesses ab und beurteilen deren Spezifika
- ✓ reflektieren ihre Haltung und deren mögliche (Aus-)Wirkungen im Beratungsprozess, kommunizieren diese, erhalten und geben kriteriengeleitetes Feedback
- ✓ kennen mindestens zwei unterschiedliche Beratungskonzepte, deren Möglichkeiten und Grenzen und wählen je nach Auftrag einen entsprechenden Beratungstyp und beschreiben ein mögliches Vorgehen

Lerninhalte:

- ❖ Einführung in das Themenfeld Beratung
- ❖ Theoretische und praktische Auseinandersetzung mit unterschiedlichen Beratungsthemen und -feldern, der eigenen Rolle und dem eigenen Erleben in Workshops
- ❖ Entwickeln und Erweitern der Beratungskompetenzen

Weiterführende Literatur:

- 📖 Dehn-Hindenberg, A. (2010). *Gesundheitskommunikation im Therapieprozess*. Schulz-Kirchner, Idstein.
- 📖 Greif, S. (2008). *Coaching und ergebnisorientierte Selbstreflexion. Theorie, Forschung und Praxis des Einzel- und Gruppencoachings*. Hogrefe Verlag, Göttingen und Bern.
- 📖 Migge, B. (2007). *Handbuch Coaching und Beratung*. Beltz Verlag, Weinheim und Basel.
- 📖 Schaeffer, D., Schmidt-Kaehler, S. (Hrsg. 2011). *Lehrbuch Patientenberatung*. Huber, Bern.
- 📖 Tietze K.-O. (2019). *Kollegiale Beratung. Problemlösungen gemeinsam entwickeln*. Rowohlt Taschenbuch Verlag, Hamburg.
- 📖 Warschburger, P. (Hrsg., 2008). *Beratungspsychologie*. Springer Medizin Verlag, Heidelberg.

Kurs 1: Beratung, Stephanie Rösner

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Vor- mittag	8:30 Registrierung 9:00-11:35 Einführung: <ul style="list-style-type: none"> - Beratung in den Gesundheitsberufen - von Patientenaufklärung zu Gesundheitsberatung - Beratung als Prozess - Beratungskompetenzen 	8:50-11:35 Parallele Workshops von Vertretern aus der Praxis: <ul style="list-style-type: none"> - Beratung unter Zeitdruck - Patienten-Coaching - Angehörigen-Coaching - Konflikt-Management 	Begleitetes Selbststudium in der Gruppe: Vorbereitung Leistungsnachweis in Gruppen	8:50-11:35 Parallele Workshops von Vertretern aus der Praxis: <ul style="list-style-type: none"> - Patienten-Coaching - Beratung unter Zeitdruck - Motivierende Gesprächsführung - Konflikt-Management 	8:00-12:00 Leistungsnachweis: Präsentation (Gruppe) einer Sequenz aus einer Beratungssituation (Film oder live) und deren kritischen Reflexion Abschluss und Evaluation
Nach- mittag	12:50-16:15 Gruppenfindung, Beratungssituationen zusammentragen, Planung des Vorgehens, der Lernziele und des Leistungsnachweises	12:50-17:00 Parallele Workshops von Vertretern aus der Praxis: <ul style="list-style-type: none"> - Hypnotherapeutische Sprachmuster in der Beratung - Patienten-Coaching - Zürcher Ressourcenmodell - Motivierende Gesprächsführung 	Begleitetes Selbststudium in der Gruppe: Vorbereitung Leistungsnachweis in Gruppen	12:50-15:35 Parallele Workshops von Vertretern aus der Praxis: <ul style="list-style-type: none"> - Angehörigen-Coaching - Hypnotherapeutische Sprachmuster in der Beratung - Zürcher Ressourcenmodell - Konflikt-Management 	
Abend	17:00-18:30 Welcome Reception Winter School	17:30 – open end International Dinner Winter School			

Kurs 2: Krise und Coping

Kursverantwortliche	Anita Manser (Psychologin, Psychotherapeutin und Pflegefachfrau), Leiterin Weiterbildung Institut für Gesundheitswissenschaften, ZHAW Departement Gesundheit (anita.manser-bonnard@zhaw.ch)
Kapazität	110 CH-Studierende, 10 internationale Studierende
Sprache	Deutsch <input checked="" type="checkbox"/> Englisch <input type="checkbox"/>
Durchführung	14.-18. Januar 2019, 28. Januar-1. Februar 2019
Credits	2 ECTS

Ziele – die Studierenden...

- ✓ erkennen und benennen verschiedene Arten von Krisen und Copingstrategien
- ✓ beschreiben psychologische, somatische und neurobiologische Abläufe bei Menschen in Krisensituationen
- ✓ reflektieren ihr eigenes Verhalten in Krisensituationen und wenden geeignete Copingstrategien bei sich selbst an
- ✓ sind in der Lage, bei akut auftretenden Krisen angemessene Erstinterventionen durchzuführen und diese zu begründen
- ✓ kennen und achten insbesondere während der Krisenverarbeitung eines Klienten/Patienten die Grenzen ihrer eigenen Berufsrolle und verweisen Klienten wenn nötig an Experten und/oder Fachinstitutionen

Lerninhalte:

- ❖ Definitionen, Ursachen, Verlauf: Stress, Burnout, Krisen und Trauma
- ❖ Verarbeitung aus psychologischer, soziologischer und neurobiologischer Sicht
- ❖ Unterstützungs- und Handlungsmöglichkeiten

Weiterführende Literatur:

- 📖 Aguilera D.C. (2000): *Krisenintervention – Grundlagen – Methoden – Anwendung*. Verlag Hans Huber Bern, Göttingen
- 📖 Kast V.(1987): *Der schöpferische Sprung – vom therapeutischen Umgang mit Krisen*. Walter Verlag, Olten und Freiburg im Breisgau, 2. Auflage
- 📖 Hausmann C. (2003): *Handbuch Notfallpsychologie und Traumabewältigung*. Verlag Facultas Wien
- 📖 Rensing L. et al. (2006) *Mensch im Stress*. Verlag Elsevier München
- 📖 Schuchardt, E., (2006) *Warum gerade ich...? - Leben lernen in Krisen - Fazit aus Lebensgeschichten eines Jahrhunderts*. Verlag Vandenhoeck & Ruprecht Göttingen, -12., überarb. und erw. Aufl.

Kurs 2: Krise und Coping, Anita Manser

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Vor- mittag	8:30 Registrierung 9:00-12:15 Krisen aus psychologischer Sicht Neurobiologie von Stress	8:00-11:35 Vorlesungen, Seminare und zu: - Psychosoziale Akutintervention - Burnout - Angst und Panik Improvisationstheater mit Reflexion in Kleingruppen	Begleitetes Selbststudium mit Beratungsangebot: Vorbereitung Leistungsnachweis in Gruppen	8:00-11:35 Parallele Vorlesungen, Seminare, Übungen zu: - Psychosomatische Entspannungsverfahren - Selbstsicherheit - Depression - Krise und Kunst - Konflikte in Teams - Traumatisierte Migranten	8:00-11:35 Leistungsnachweis: Präsentationen der Gruppenarbeiten mit verschiedenen Medien (Film, Poster, Musik, ...)
Nach- mittag	13:30-16:30 Traumatisierung Podium mit Betroffenen Gruppenfindung	12:50-17:00 selbes Programm wie am Vormittag	Begleitetes Selbststudium mit Beratungsangebot: Vorbereitung Leistungsnachweis in Gruppen	12:50-16:45 Parallele Vorlesungen, Seminare, Übungen zu: - Achtsamkeit - Selbstsicherheit - Krise bei Kindern - Krise und Seelsorge	12:50-15:00 Psychohygiene: - Singen - Bewegen - Gestalten Abschlussveranstaltung
Abend	17:00-18:30 Welcome Reception Winter School	17:30 – open end International Dinner Winter School			

Kurs 3: Interprofessionelle Zusammenarbeit

Kursverantwortliche	Andrea Citrini (Ergotherapeutin MSc), Dozentin Interprofessionelle Lehre und Praxis ZHAW Departement Gesundheit (andrea.citrini@zhaw.ch)
Kapazität	110 CH-Studierende, 10 internationale Studierende
Sprache	Deutsch <input checked="" type="checkbox"/> Englisch <input type="checkbox"/>
Durchführung	7.-11. Januar 2019, 21.-25. Januar 2019
Credits	2 ECTS

Ziele – die Studierenden...

- ✓ beschreiben ihre beruflichen Rollen, Kompetenzprofile und Verantwortlichkeiten anderen Professionen und Fachdisziplinen
- ✓ kontrastieren Unterschiede und Gemeinsamkeiten in Bezug auf Aufgaben, Ziele und Funktionen anderer Fachdisziplinen und Gesundheitsberufe und erläutern, wie die gewonnen Erkenntnisse klientenzentriert genutzt werden können
- ✓ decken förderliche und erschwerende Faktoren berufsübergreifender und interdisziplinärer Verständigung und Zusammenarbeit auf und tragen durch proaktives Handeln zur Verbesserung der Interdisziplinarität und Interprofessionalität bei
- ✓ beurteilen verschiedene interprofessionelle Modelle, Assessments, Konzepte und Behandlungsmethoden/-möglichkeiten und erläutern, wie diese in den verschiedenen Arbeitsbereichen der Gesundheitsversorgung angewendet werden können

Lerninhalte:

- ❖ Definition: Multiprofessionalität, Interprofessionalität, Transprofessionalität
- ❖ Philosophien und Paradigmen der verschiedenen Berufsgruppen
- ❖ Bedeutung der interprofessionellen Zusammenarbeit in der Praxis, Forschung und Gesellschaft
- ❖ Best Practice: Besuch von Institutionen, Inputreferate, Workshops, Expertengespräche, Fallbeispiele/Interventionen

Weiterführende Literatur:

- 📖 Davis, M., & Devlin, M. (2007): *Interdisciplinary higher education: Implication for teaching and learning*. Retrieved from: <http://www.cshe.unimelb.edu.au/>
- 📖 Gilbert, J. H. (2005). Interprofessional education for collaborative, patient-centred practice. *Nursing Leadership*, 18(2), 32-36, 38.
- 📖 Kaba-Schönstein, L., & Kälble, K. (2004). *Interdisziplinäre Kooperation im Gesundheitswesen*. Mabuse Verlag Frankfurt am Main
- 📖 Suddick, K.M., & De Souza, L. (2006). Therapists' experiences and perceptions of teamwork in neurolog-ical rehabilitation: reasoning behind the team approach, structure and composition of the team and teamwork process. *Physiotherapy Research International*, 11, 72-83.
- 📖 World Health Organization (2010). *Framework for Action on Interprofessional Education and Collaborative Praxis*. Genf: World Health Organization.

Kurs 3: Interprofessionelle Zusammenarbeit, Andrea Citrini

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Vor- mittag	8:30 Registrierung 09:00-11:35 Uhr Bedeutung der interprofessionellen Zusammenarbeit in der Praxis	8:30-12:00 Uhr Referate, Workshops und Seminare zu: <ul style="list-style-type: none"> - Palliative Care - Frührehabilitation auf der Intensivstation - Interprofessionelle Zusammenarbeit - Herausfordernde Situationen analysieren - Assessments und ICF - Anamnesegespräch und Erstbefund 	ca. 9:00-12:00 Institutionsbesuche: <ul style="list-style-type: none"> - Integrierte Psychiatrie Winterthur - Spital Affoltern am Albis 	Begleitetes Selbststudium mit online Beratungsangebot/Forum: Vorbereitung Leistungsnachweis in Gruppen	8:30-11:55 Leistungsnachweis: 3 parallellaufende Veranstaltungen, Präsentationen und Diskussion
Nach- mittag	12:50-16:30 Uhr Begleitetes Selbststudium in den LN-Gruppen	13:00-16:30 Uhr Referate, Workshops und Seminare zu: <ul style="list-style-type: none"> - Frühgeburt - Matching Person and Technology - Chronische Schmerzen - Liegen und Sitzen nach Verletzung des ZNS - Selbststeuerungsmuster erkennen 	ca. 13:00-17:00 Institutionsbesuche: <ul style="list-style-type: none"> - Rehaklinik Bellikon - Zürcher RehaZentrum - Wohnhaus Bärenmoos - Spital Affoltern (Frau und Kind) - Kantonsspital Winterthur 	Begleitetes Selbststudium mit online Beratungsangebot/Forum: Vorbereitung Leistungsnachweis in Gruppen	12:50-14:30 Abschlussveranstaltung
Abend	17:00-18:30 Welcome Reception Winter School	17:30 – open end International Dinner Winter School			

For international students, tickets for the travels from Winterthur to Zurich and to the different institutions are included in the course fee.

Course 4: Diversity in Health Professions

Course leader	Samuel van den Bergh (Professor of intercultural management, intercultural competence and English language), lecturer at ZHAW School of Applied Linguistics, visiting Professor at the University of Malaysia, co-founder of van den Bergh Thiagi Associates GmbH (samuel.vandenbergh@zhaw.ch)
Capacity	90 Swiss students, 30 international students
Language	German <input type="checkbox"/> English <input checked="" type="checkbox"/>
Dates	7-11 January 2019, 14-18 January 2019
Credits	2 ECTS

Objectives – Participants will be encouraged to...

- ✓ be aware of diversity and international differences at their workplace
- ✓ be aware of their own conditioned behaviour and value systems
- ✓ contrast their own systems to systems of different cultures and contexts
- ✓ develop skills to interact with people of different background more effectively
- ✓ avoid or solve intra- and inter-culturally biased conflicts and misunderstandings
- ✓ apply skills to health professions (ability to design, play and analyse critical situations)
- ✓ improve diversity skills (ability to change perspectives, role switch, give feedback to peers)
- ✓ enhance an inclusive environment at work: act mindfully and learn to appreciate ambiguity and uncertainty
- ✓ initiate the learning process for continuous improvement for celebrating differences

Study content:

- ❖ Concepts of diversity, communication and dimensions of how we relate to other people, time and space
- ❖ Diversity at work
- ❖ Reconciling differences
- ❖ Application of theoretical concepts

Selected Bibliography:

- 📖 Bennett, M. J. (2013). *Basic concepts of intercultural communication: paradigms, principles & practices (2nd Ed.)*. Boston, MA: Intercultural Press.
- 📖 Domenig, D (2007). *Transkulturelle Kompetenz (2nd. Ed)*. Bern: Hans Huber Verlag.
- 📖 Trompenaars, F. & Hampden-Turner, C. (2010). *Riding the waves of culture. Understanding cultural diversity in business*. London: Nicholas Brealey Publishing.
- 📖 Wells, S., A. & Black, R., M.: *Cultural Competency for Health Professionals*. New York. AOTA Press.

Course 4: Diversity in Health Professions, Samuel van den Bergh

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>8:30 Registration</p> <p>9:00-12:30</p> <p>Interactive getting to know each other</p> <p>Concepts of diversity</p> <p>Focussing on differences such as communication and several dimensions of how we relate to people, time and space</p>	<p>8:30-12:00</p> <p>Interactive survey (Hello)</p> <p>Analyse film productions</p> <p>Learn to give feedback to peers</p> <p>Introduction to Critical Incidents</p>	<p>Guided self-study with consultation</p> <p>Work on film project (Assessment I)</p>	<p>8:00-11:35</p> <p>The show (Evaluation Assessment I)</p>	<p>8:00-11:35</p> <p>Finalize Critical Incident (Assessment II)</p> <p>Diversity Card Game</p> <p>Evaluation Critical Incident (Assessment II)</p>
Afternoon	<p>13:30-17:00</p> <p>Facing unexpected challenges (Albatros, a simulation)</p> <p>Design role play, act and record it (film project)</p>	<p>13:00-16:30</p> <p>The Developmental Model of Intercultural Sensitivity</p> <p>Redesign role play, act and record it</p>	<p>Guided self-study with consultation</p> <p>Work on film project (Assessment I)</p>	<p>12:50-16:25</p> <p>Create Critical Incident (Assessment II)</p>	<p>12:50-14:35</p> <p>Closure of the week</p>
Evening	<p>17:00-18:30</p> <p>Welcome Reception Winter School</p>	<p>17:30 – open end</p> <p>International Dinner Winter School</p>			

Course 5: Study visits to Swiss health and social care institutions

Course leader	René Schaffert (Sociologist MSc, Registered Nurse), researcher and lecturer at ZHAW School of Health Professions (rene.schaffert@zhaw.ch) Esther Bussmann (Social Worker), lecturer at ZHAW School of Social Work (esther.bussmann@zhaw.ch) Rahel Strohmeier Navarro Smith (PhD in Sociology), lecturer at ZHAW School of Social Work (rahel.strohmeier@zhaw.ch)
Capacity	6 Swiss students, 18 international students
Language	German <input type="checkbox"/> English <input checked="" type="checkbox"/>
Dates	7-11 January 2019, 21-25 January 2019
Credits	2 ECTS

Objectives – Students are able to...

- ✓ describe the organisation of the social and health care system in their country and make themselves understood with students of other health and social profession from other countries.
- ✓ discuss similarities and differences of the presented social and health care systems using a systematic approach.
- ✓ distinguish different types of interprofessional collaboration within selected social and health care institutions
- ✓ reflect the interprofessional cooperation in their own professional work field.

Study content:

Students of ZHAW and partner institutions of ZHAW (School of Health Professions or School of Social Work) will meet in order to exchange professional skills and ideas. The focal point of the week (Monday-Friday) will be discussing and working the problems concerning the subject of interprofessional cooperation within the broad field of health and social care. Lecturers and students will present the organisation of the health and social system in their own country including case studies which allows to reflect and elaborate on an interprofessional situation. Study visits at the interface of the Swiss health and social care system will provide us with an insight into interprofessional approaches and challenges in practise. At the end of the week, there will be a cultural excursion.

Course 5: Study visits to Swiss health and social care institutions, René Schaffert and Esther Bussmann (week 1) / Rahel Strohmeier (week 3)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	8:30 Registration 9:00-12:15 Interactive getting to know each other Introduction to the week	7:45 Meeting Point Train Station Winterthur 9:00-12:15 Study visit I: Nursing Home PZZ Entlisberg Zurich	7:15 Meeting Point Train Station Winterthur (Travel by bus) 9:15-12:15 Study visit II: Rehabilitation Clinic Valens	8:10 Meeting Point Train Station Winterthur 9:10-12:00 Study visit III: Psychiatric University Hospital Zurich	9:00-12:15 Reflections on the Study visits Presentation of results of the group work
Afternoon	13:30-16:30 Comparison of different Health and Social Care Systems (student presentations, part I)	14:30-17:30 (Zurich) Debriefing study visit I Comparison of different Health and Social Care Systems (student presentations, part II) Travel to Winterthur	12:45-17:00 Debriefing study visit II Travel back to Winterthur	Self-study: group work	13:30-15:00 Reflections and evaluation
Evening	17:00-18:30 Welcome Reception Winter School	17:30 – open end International Dinner Winter School			

For international students, tickets for the travels from Winterthur to Zurich and to the different institutions are included in the course fee.

Course 6: Professional Identity and its Visibility

Course leader	OT-course: Anja Christopher (Occupational Therapist MSc), international coordinator and lecturer at the ZHAW Institute of Occupational Therapy (anja.christopher@zhaw.ch) Interprofessional course: Sandra Schächtelin (Physiotherapist), lecturer at the ZHAW Institute of Physiotherapy (sandra.schaechtelin@zhaw.ch)
Capacity	70 Swiss student (OT-course: 35 ZHAW, 35 Lausanne), 30 international students
Language	German <input type="checkbox"/> English <input checked="" type="checkbox"/>
Dates	OT-course: 14-18 January 2019 Interprofessional course: 28 January-1 February 2019
Credits	2 ECTS

Apart from enhancing their professional identity and to increase their understanding of the various roles of their own profession, students will gain practical skills in how the profession can be promoted to the public. As a result, the sense of responsibility to actively participate in the development of the profession will be encouraged. Additionally the week offers, in accordance with the spirit of Erasmus, a great possibility for staff to connect and exchange as well as to reflect on their programs within an international context.

Objectives – the students...

- ✓ have knowledge about the power of language, the importance of words and non-verbal communication
- ✓ have knowledge about health literacy and its relation with their profession
- ✓ are aware of the influence of their professional identity on (intercultural) communication
- ✓ know the effects of using translators / interpreters in client-therapist interaction
- ✓ practice their communication skills in promoting their profession towards clients

Pre-course work:

OT specific course: Students prepare to present their home institution during a market place together with their colleagues from the same institution to introduce their university and their occupational therapy education.

Interprofessional course: Students are asked to fulfil specific tasks through blended learning beforehand.

Examination:

- ❖ Written and verbal in groups
- ❖ The task and assessment criteria will be provided at the beginning of the week

Tasks:

1. Creating a poster
2. An advertisement

Task 1 will be judged by the lecturers. In task 2, all the advertisement posters will be entered into a competition and given marks by the students.

Course 6: Professional Identity and its Visibility, Anja Christopher (week 2) / Sandra Schächtelin (week 4)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		8:30-12:00 Professional Identity and group work	8:30-12:00 Different workshops from guest lecturers	8:30-12:00 Independent working groups on posters and presentation	8:30-13:00 Student presentations Conclusion and further topics Farewell
Afternoon	12:30 Registration 13:00-16:30 Meet and greet Introduction to the week	14:00-17:30 Public relations and media	Cultural program organized by students	13:00-16:30 Independent working groups on posters and presentation	
Evening	17:00-18:30 Welcome Reception Winter School	17:30 – open end International Dinner Winter School			

Course 7: Health in demanding settings

Course leader	Günter Ackermann (Social Scientist, Dr. Phil.), lecturer at the ZHAW Institute of Health Sciences (guenter.ackermann@zhaw.ch) Ursula Meidert (MA Sociology), lecturer at the ZHAW Institute of Health Sciences (ursula.meidert@zhaw.ch)
Capacity	90 Swiss students, 30 international students
Language	German <input checked="" type="checkbox"/> English <input checked="" type="checkbox"/> (plenary sessions will be held in English; workshops, group discussions and setting visits are offered in English and in German)
Dates	21-25 January 2019
Credits	2 ECTS

Students learn about complex settings, which serve the vulnerable people living at the edge of society e.g. street-work, drop-in centre for drug addicts, refugee-centre. In these settings inter-professional health-services are provided under difficult circumstances. Two of these settings will be visited during this week. Different topics such as professional cooperation, service-delivery and service continuation will be explored. Students reflect existing practice by considering health promotion and prevention strategies and create ideas for service improvement.

Learning objectives - participants will be able to...

- ✓ describe particularities of demanding settings as well as challenges and resources in the context of health-service delivery.
- ✓ name various actors and professions working in the settings and explain their role in the support-system. Contrast approaches of inter-professional cooperation.
- ✓ explain interfaces and transitions to other services or settings in the health context.
- ✓ design strategies for promoting and maintaining health of patients/clients and professionals in demanding settings.
- ✓ evaluate if and under what circumstances working in such a setting is an option for their professional career.

Learning content

- ❖ Health in demanding settings from a historical and sociological point of view, with the focus on especially vulnerable groups and on the health of professionals working in this context
- ❖ Social influencing factors on health, health inequality
- ❖ Health-service delivery under difficult conditions
- ❖ Inter-professional cooperation in demanding settings; interfaces and transitions to other services

Course 7: Health in demanding settings, Günter Ackermann and Ursula Meidert

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>8:30 Registration</p> <p>9:00-12:00</p> <p>Lecture: Health in demanding settings from a sociological and historical point of view</p>	<p>8:30-12:00</p> <p>Site visit I: Visit of first setting</p> <p style="text-align: right;">Or vice-versa </p>	<p>8:30-12:00</p> <p>Lecture: Health of professionals in demanding working conditions</p> <p>Group discussion II: Evaluation of first site visit with regard to the chosen topic</p>	<p>8:30-12:00</p> <p>Site visit II: Visit of second setting</p> <p style="text-align: right;">Or vice-versa </p>	<p>8:30-12:00</p> <p>Group discussion III: Elaboration of syntheses with regard to chosen topic</p> <p>Preparation of presentation</p>
Afternoon	<p>13:00-17:00</p> <p>Lecture: Vulnerable patients/clients</p> <p>Group discussion I: Preparation of site visits</p>	<p>13:00-16:30</p> <p>Individual study of literature or own internet research (self-study)</p>	<p>13:00-16:30</p> <p>Work-shops: two rounds of six parallel work-shops</p>	<p>13:00-16:30</p> <p>Individual study of literature or own internet research (self-study)</p>	<p>13:00-16:30</p> <p>Mini-congress: Presentation and discussion of results in 3 parallel plenary sessions</p>
Evening	<p>17:00-18:30</p> <p>Welcome Reception Winter School</p>	<p>17:30 – open end</p> <p>International Dinner Winter School</p>			

For international students, tickets for the travels from Winterthur to Zurich and to the different institutions are included in the course fee.

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