

Welcome to the Horizon 2020 Seminar

Helsinki, Finland
1-2 October 2015



Photos: Niklas Sjöblom, Taivasalla.net

Keywords: Active Urban Community, Self- management, Health promotion, well-being and disease prevention, Sustainable development, the economic cycle, ICT and health technology, HORIZON 2020



Coehre Academy

The Coehre Academy is one of the activities within the Coehre consortium. The aim of the Academy is to enhance international, interdisciplinary, interprofessional cooperation and capacity building within health education among the member institutions.

The Academy acts as a platform that initiates, supports and coordinates different activities. It offers opportunities to create, stimulate, found and intensify networking of partner institutions and to develop joint initiatives.

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Helsinki Metropolia University of Applied Sciences, Finland's largest university of applied sciences, educates the professionals of tomorrow in the fields of business culture, health care and social services and technology. Research, development and innovation are part of the basic mission. We focus on development and innovation activities, as well as supporting research, for the benefit of the Helsinki metropolitan area.

The international activities at Metropolia include 15 international degree programmes, student and teacher mobility, work placement opportunities abroad, and various research and development projects.

In the Metropolia community people and worlds meet to create insight, expertise and well-being for both the world of work and life in general. You can count on Metropolia as a reliable partner and an innovator in higher education. Through cooperation we discover new ideas and solutions to build a better future.

Aim: Advanced Level Seminar of the Horizon 2020 Programme is the next step after the Basic Level Seminar or for those who already have some knowledge of it. This seminar offers an opportunity to explore further the Horizon 2020 Programme, to discuss ideas for related projects and to network with possible partners.

Thursday

9.00 Welcome to Helsinki Metropolia University of Applied Sciences, Riitta Lehtinen, Director, Research, Development and Innovation

9.15 Short presentation about Horizon program and Orientation to workshops, Kris Thienpont, Director of Research and Development, Artevelde University College

10.30 Evaluations of applications round: weaknesses and making recommendations for a good application, Antti Hautaniemi, Director of Academy of Finland

11.30 Lunch

12.30-17.00 Horizon 2020 Workshops (4 different).

Topics of the workshops will be:

- 1) Europe in changing world: Active Urban Community - Inclusive, Innovative and Reflective Societies
- 2) Wellbeing of the Elderly: Active ageing and Self-management of health
- 3) Healthy Urban Environment: Personalizing health and care
- 4) Energy and Material Effective Future: Sustainable development and the economic cycle

18.00 Dinner

Friday

09.00 Workshop work continues

11.30 Lunch

12.30 Follow-up measures and reflection. Conclusions and discussion of Horizon 2020 related topics with other group of different fields

16.00 Closing of the seminar

Time and venue:

1-2 October 2015

Metropolia UAS

Street address: Vanha vierťotie 23,
00350 Helsinki Finland

How to get to Metropolia

From the Airport

There is no straight bus connection from the airport to Vanha vierťotie. You can take the Finnair City Bus (6, 30 €) or the bus 615 to Helsinki City center and take the bus 14 from the center (Kamppi) to Vanha vierťotie. A taxi from the airport to Vanha vierťotie will cost about 35-40 euros.

From Helsinki City Centre

Take the bus 14 or 39 from Kamppi and get off at Vanha vierťotie. Duration of bus drive: about 20 minutes.

Hotels in Helsinki:

www.visithelsinki.fi/en/stay-and-enjoy/accommodation

Cost Coehre members:

Day 1: € 50/ person

Day 2: € 50/ person

Non Coehre members:

Day 1: € 100/ person

Day 2: € 100/ person

Joint dinner: € 70 /person

Registration deadline: 11.9.2015

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Presentations

Kris Thienpont



Experience

Director of Research and Development, Artevelde University College
Lecturer of bio anthropology, Ghent University

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Antti Hautaniemi



Experience

Director of Academy of Finland
Monitoring and Evaluation Officer, UNFPA, Thailand (2 years)
Science Adviser, Academy of Finland (4 years)

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Workshops

1) Europe in changing world: Active Urban Community - Inclusive, Innovative and Reflective Societies

Inclusion has been one of the most universal aims of the whole world since 1948 the World Conference on Human Rights. According to implement human rights into practice Governments have signed several international human rights instruments to promote, and set into place domestic measures and legislation the human rights. The aims of these instruments is to protect people on system level and to guide national actions in education, research, and professions to take more concrete steps to fulfil human rights in practice. Despite of these instruments there are still existing too much violation of Human Rights in our ordinary practices in social and healthcare. Therefore concrete and innovative instruments are required on organizational and interactional levels to catch equilibrium and inclusive world for all.

Because of the changing world new functional traps will come to birth excluding people's participation of meaningful life. The change is needed for inclusion. The inclusive society needs useful and reflective structures and dialogical processes and aware persons open for the change and willing to the collaboration. The effort of researchers, educators, students, professionals and persons faced with violation are needed for social and technological innovations (e.g. methods and instruments) to conduct inclusion, participation, and good life.

2) Wellbeing of the Elderly: Active ageing and Self-management of health

We live in an ageing society where people are living longer and the balance of life is changing. Most people can now look forward to many more years of healthy life after retirement than ever before. The ageing of European countries has widespread implications for current and future social and economic policies across the region. An active social and public policy is required to mainstream active ageing as the leading paradigm for ageing policy across the European Union (EU).The challenge for society is to be innovative, to help ageing people to

stay healthy and active and to encourage their contribution to the society. It becomes a question of whether we will manage change, or whether change will manage us.

Topics of this workshop are (see Health Research in Horizon 2020):

- Active ageing, independent and assisted living
- Individual awareness and empowerment for self-management of health

3) Healthy Urban Environment: Personalizing health and care

Introduction to the workshop will be announced later.

4) Energy and Material Effective Future: Sustainable development and the economic cycle

In the era of Anthropocene human activities affect the face of earth more than natural forces do. The most alarming wicked problem is that "human activity is putting such strain on the natural functions of earth that the ability of the planet's ecosystems to sustain future generations can no longer be taken for granted" (Millennium Ecosystem Assessment 2005, 5). From the standpoint of nature, contemporary consumption is a process of transferring natural resources to landfills. In sustainable society, disposed products, as well as wastes, are used as raw material for making new ones. This is a crucial part of material well-being and the basis of economic growth. The landfill has become a symbol of incorrect process and product design.

Principles of ecological responsibility are simple. In a sustainable society renewable resources are not used faster than they regenerate. Non-renewable resources are consumed at declining rates and recycled wherever possible. In the long run, non-renewable resources are not used at all because they do not regenerate. Emissions and wastes should not be generated more than they decay and are rendered harmless