



# School of Health Professions



Seize the chance and connect!

## International Winter School

6-31 January  
2020

Winterthur,  
Switzerland

# Challenges in Interprofessional Health and Social Services

## Aims and topics

Together, Swiss and international students will learn about interprofessional cooperation in the health and social sector. Future health professionals and social workers gain new competences in dealing with complex and challenging interprofessional situations and learn how to efficiently cooperate with each other.

## Target group

All future Health and Social Work Professionals studying in a Bachelor or Master program at ZHAW or at one of our partner institutions. Some practical experience is required, at least 2nd year of study, for example in Occupational Therapy, Physiotherapy, Midwifery, Nursing, Public Health or Social Work.

## Courses and timeframe

There are seven different one-week courses students can choose from. Participants can choose one course per week. A stay of one week up to four weeks is possible (choosing one up to four different courses).

Credits: one week is equivalent of 2 ECTS, subject to full time attendance (Monday morning to Friday early afternoon) and successful assessment.

Please note:

- Courses 1, 2, 3 and 7 are in German.
- Courses 4, 5, 6 and 7 are in English.
- Course 6 in week 2 is only for Occupational Therapy students.

Course	week 1 6-10 Jan	week 2 13-17 Jan	week 3 20-24 Jan	week 4 27-31 Jan
1. Counseling	German		German	
2. Crisis and Coping		German		German
3. Interprofessional Collaboration		German	German	
4. Diversity 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	German		English	

### Short description of courses

#### 1. Counseling

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

#### 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 behaviors, and learn how to support clients in acute crisis situations.

#### 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.

#### 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.

#### 5. Study Visits to Swiss Health and Social Care Institutions

In a small international group, we will visit three different institutions where health and social work professionals work together. Jointly, we will reflect on 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.

#### 6. Professional Identity and its Visibility

Professional identity is an important criterion for professional development. In this course, we will increase your understanding of your own and other health professions. You will gain practical skills for making your profession visible and promoting it to the public. The course is run for Occupational Therapy only in week 2 and for an interprofessional group in week 4.

#### 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.

More information at:  
[www.zhaw.ch/health/winterschool](http://www.zhaw.ch/health/winterschool).

### Organisational information

#### Application

Participants need to be nominated by their university. Please contact your local international coordinator.

After nomination, students need to register at: [www.zhaw.ch/health/winterschool/registration](http://www.zhaw.ch/health/winterschool/registration). Registration opens 1 July and closes 15 October.

#### Costs and accommodation

Course: € 50 per 1-week-course Included: transportation to institutional visits, social program.

Extra costs:

- Couch surfing: € 50 per 1-week-course
- Youth Hostel Winterthur: € 30 per night ([www.depot195.ch](http://www.depot195.ch))
- Meals: approx. € 15 – 20 per day
- Transportation to airport: € 15 return

#### Social program

Monday: Welcome Reception  
Tuesday: International Dinner - bring your countries' specialities!  
Weekend: free time for skiing!

#### Availability of places

The courses have limited capacity for international students, so we recommend you to contact your local international coordinator as early as possible.

#### Location

The courses will be carried out by and at ZHAW School of Health Professions (SoHP), Winterthur, Switzerland. Winterthur is a very pretty, small town near Zurich. The cities of Zurich, Berne and Lucerne as well as the Swiss mountains with its skiing resorts are easily reachable by public transport.

#### Contact

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