

Our major subject: HEALTH.



**The Network of Health
PROMOTING UNIVERSITIES
IN AUSTRIA**

It is our vision and our mission to develop the university setting into a health promoting sphere for staff and students to live, learn and work in.

www.gesundheitsfördernde-hochschulen.at



HEALTH FOR ALL.

The **Network of Health Promoting Universities in Austria** is dedicated to the task of transforming Austrian universities into a health promoting sphere for staff and students to live, learn and work in. We develop strategies, concepts and measures aimed at improving psychosocial health at the individual level and creating healthy conditions overall:

- ❶ Supporting the integration of health promotion in university culture
- ❷ Advancing health management and developing recommendations for:
 - Working and studying conditions that promote health
 - Human resources planning, course design and scheduling
 - Infrastructure / structural measures
 - Arrangements for working hours, breaks, periods of recreation and rest
 - Offers relating to movement and exercise as well as psychosocial health
 - Offers relating to healthy community catering
- ❸ Continuing to build expertise in health management or health promotion through:
 - Qualification opportunities
 - Regular workshops ensuring continuous exchange about good practices, activities, strategies and challenges
- ❹ Strengthening universities in their commitment to health in relation to society as a whole through:
 - Access to research results and examples of good practice
 - Acting as an interface to political decision-makers
 - Impulse discussions with stakeholders

OPEN TO ALL.

The network is open to all Austrian universities seeking to implement systematic health promotion in the university setting. Each member university designates at least one person for active participation. Three delegates may be sent per university to contribute actively to the work of the network.

Management / Chair of the Network and Executive Board

The network is managed by the health management team at the University of Klagenfurt (Alpen-Adria-Universität Klagenfurt, AAU). The network's management is supported by the Executive Board, which acts as an extended governing body and consists of four delegates from member universities. Responsibilities include consultancy, PR support and planning in relation to the network's projects and events.