

# STUDY YOUR *DREAM.*

**FH JOANNEUM, Campus Bad Gleichenberg**

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# International Programme

**Winter Semester 2018/19**



**FH | JOANNEUM**  
Gesundheitsmanagement  
im Tourismus

**Health Management in Tourism, Bachelor (GMT)**

**Health Management and Public Health (GTS)**

**FH | JOANNEUM**  
Diätologie

**FH | JOANNEUM**  
Ergotherapie

**Dietetics and Nutrition (DIO) Occupational Therapy (ERG)**

# BG town - Small is *Beautiful.*



Marion Luttenberger

## *Studying in the picturesque landscape of Eastern Styria*

What makes studying in Bad Gleichenberg so special? Bad Gleichenberg has a long tradition as a spa resort and training centre for the tourism and hotel industry which makes it an ideal location for the FH JOANNEUM's degree programmes in tourism and health sciences. The special strengths of the region lie in tourism, wellness, health and eco-technology.

Nature is the key to the region's attractiveness. During spring and early summer you will be surrounded by an amazingly green and lovely landscape and in autumn the grape harvest and fall colours attract many to the area. Even in winter the area has its own special charm. Forests, hills and mountains are just around the corner whenever one feels like a little hiking trip or just relaxing in a health-promoting natural environment. The leisure opportunities in Bad Gleichenberg range from nature experiences in the picturesque rolling landscape of eastern Styria to a wide variety of sporting activities. For relaxing, a wide range of possibilities is also available.

The FH campus is nestled in these green surroundings, directly across from one of the largest spa parks in Europe, and its modern infrastructure offers students an ideal environment for practical and career-focused training. The classrooms are bright and equipped with the latest technological standards.

Students at Bad Gleichenberg enjoy easy access to faculty and a close relationship with their fellow students. Because the campus is so small, everyone seems to know everyone. It is very hard to get lost here, either physically or otherwise. "Bad Gleichenberg is an unusual, but diverse and unique place to study. Once you have experienced the great student atmosphere here, you won't want to miss it", says Marlene Moser, graduate of Health Management in Tourism.



[www.bad-gleichenberg.gv.at](http://www.bad-gleichenberg.gv.at)

## *Your Study Choices*

At FH JOANNEUM in Bad Gleichenberg there are three different Institutes (Health and Tourism Management, Dietetics and Nutrition and Occupational Therapy) which offer four different degree programmes in the area of health sciences:

**Health Management in Tourism** (BA) – GMT

**Health-, Tourism- and Sport Management** (MA)– GTS

**Occupational Therapy** (BA) – ERG

**Dietetics and Nutrition** (BA) -- DIO

Bad Gleichenberg's three Institutes have joined forces to offer you a programme in English.

We offer 114ECTS in English for all incoming students. You can choose any of the listed courses. Students with a good command of German can also choose other courses offered by the four programmes.

If you have any special interests or if your home curriculum requires that you take a particular class not listed here, please contact the international coordinators

- Jim Miller (GMT, GTM) [James.Miller@fh-joanneum.at](mailto:James.Miller@fh-joanneum.at)
- Elisabeth Fattinger (DIO, ERG) [Elisabeth.Fattinger@fh-joanneum.at](mailto:Elisabeth.Fattinger@fh-joanneum.at)

They will see if there are options available.



## **If you are interested:**

### *First step:*

Your university must nominate you as an Erasmus student at our institution ([international@fh-joanneum.at](mailto:international@fh-joanneum.at)).

At the same time, please contact Jim Miller or Elisabeth Fattinger for all academic matters. They will advise you in putting together your Learning Agreement

Application deadline is the **15<sup>th</sup> of May, 2018**. The number of participants for this programme is limited.

### *Second step:*

After receiving your nomination, we will start the online application process. You will receive an application link together with further instructions on how to complete your application.

### *Third Step:*

Once you have been nominated by your home university and accepted by FH JOANNEUM, please contact Kerstin Scheinost ([kerstin.scheinost@fh-joanneum.at](mailto:kerstin.scheinost@fh-joanneum.at)) for all organizational issues, such as housing, travel, insurance, etc.

## **Start of the Winter Semester:**

Health Management in Tourism & Dietetics & Nutrition: **1<sup>st</sup> October, 2018**

Occupational Therapy: **17<sup>th</sup> of September, 2018**

## *Who is who in Bad Gleichenberg?*

### **Kerstin Scheinost**

2nd floor, Room 221

[kerstin.scheinost@fh-joanneum.at](mailto:kerstin.scheinost@fh-joanneum.at)

Tel.: +43 316 5453 6722

Office hours: mornings



#### **Roles:**

International Office Bad Gleichenberg

- General information and advice
- Advice on accommodation, visa requirements and residency documents
- Ongoing advice and support
- Help with administration matters (registration with the authorities and insurance)
- Buddy programme
- Tandem programme
- Organisation of German as a Foreign Language courses at the Bad Gleichenberg Campus
- Orientation days on the B.G. campus

### **Jim Miller**

2<sup>nd</sup> Floor, Room 216

[james.miller@fh-joanneum.at](mailto:james.miller@fh-joanneum.at)

+43 316 5453 6714



#### **Roles:**

International coordinator for the Institute of Health and Tourism Management

Fulltime instructor, Institute of Health and Tourism Management

Deputy Head of Institute of Health and Tourism Management

## Elisabeth Fattinger

1<sup>st</sup> Floor, Room 115

[elisabeth.fattinger@fh-joanneum.at](mailto:elisabeth.fattinger@fh-joanneum.at)

+43 316 5453 6764

### **Roles:**

International Coordinator for the Institutes of Dietetics & Nutrition and Occupational Therapy

Fulltime instructor: Institute of Dietetics and Nutrition and the Institute of Occupational Therapy



## Eva Adamer-König

Head of the Institute of Health and Tourism Management

[eva.adamer-koenig@fh-joanneum.at](mailto:eva.adamer-koenig@fh-joanneum.at)

## **Gabriele Schwarze**

**Head of the Institute of Occupational Therapy**

[gabriele.schwarze@fh-joanneum.at](mailto:gabriele.schwarze@fh-joanneum.at)

## **Elisabeth Pail**

**Head of the Institute of Dietetics and Nutrition**

[elisabeth.pail@fh-joanneum.at](mailto:elisabeth.pail@fh-joanneum.at)

## *Where to stay in Bad Gleichenberg?*

### ÖJAB Haus Bad Gleichenberg



This new residence provides accommodation for 164 students in single and double rooms. All rooms are fully furnished and have their own shower and toilet. Rooms for students with special needs are also available.

#### **Details:**

**distance to FH JOANNEUM:** 350 metres

**price:** single room from 290 euros, double room 260 euros, studios from 420 euros per person per month, including breakfast buffet (Mon-Fri), 19 to 24 m<sup>2</sup> depending on room type

- free internet access, utilities (heating, power, water etc.), operating costs, cleaning service, telephone connection (landline).
- Telephone, satellite TV and internet connections in every room
- shared kitchen on each floor. In-house facilities include laundry, sauna, fitness room, study and TV room, bicycle storage.
- friendly atmosphere and joint activities and projects, as in all ÖJAB residences
- parking

The rental period is from 1 September to 30 June, or for a full year on request. Exchange students are also accepted for shorter periods. The rental agreement can be terminated on a semi-annual basis in accordance with Austrian student residence law.

For a current list of prices for all room categories and for pertinent details regarding the rental requirements, see

<http://www.oejab.at/site/en/studentsyouth/studenthostels/badgleichenberg/charges>

#### **Further information and applications:**

ÖJAB-Haus Bad Gleichenberg

Ms. Claudia Van de Meij

Phone: +43 3159 / 41700 / 51

Email: [badgleichenberg@oejab.at](mailto:badgleichenberg@oejab.at)

Web: [www.oejab.at/badgleichenberg](http://www.oejab.at/badgleichenberg)

## Bad Gleichenberg student residence



This student residence has 42 single rooms. Eighteen of the rooms are organized in two-room suites with a small shared kitchen and shared bath.

The remaining 24 rooms are arranged in suites of three rooms with a shared bath. The residents of these rooms have a large shared kitchen at their disposal.

### **Details:**

- distance to FH JOANNEUM campus: 100 metres
- price: 250 euros / month
- approx. 20 m<sup>2</sup> (including adjoining room)
- parking for residents
- Sat-TV and free Internet access
- Accommodation is normally contracted for a ten-months period, but exchange
- students are accommodated for shorter periods.

### **Further information and application:**

Mag. Peter Hochleitner

Phone: +43 664 3016135

Email: [peter.hochleitner@kem.at](mailto:peter.hochleitner@kem.at)

## Private Rooms and Apartments



The prices for private apartments range between 200 and 300 euros. For more information about private accommodation, you can contact the municipal office of Bad Gleichenberg: [gde@bad-gleichenberg.gv.at](mailto:gde@bad-gleichenberg.gv.at)

## *Academic Calendar 2018 / 19*

<b>Nomination Deadline</b>	<b>1 May 2018</b>
<b>Orientation Packages</b>	<b>10 September – 28 September 2018</b>
<b>ADMIN PACKAGE (mandatory!)</b>	<b>25 – 28 September 2018</b>
<b>CULTURE &amp; FUN PACKAGE</b>	<b>17 – 28 September 2018</b>
<b>LANGUAGE PACKAGE</b>	<b>10 – 28 September 2018</b>
<b>Beginning of Classes</b>	1 October 2018 <i>(Occupational Therapy: 17 September 2018)</i>
<b>End of academic classes</b>	2 February 2019
<b>Exam Period</b>	Exams at the end of the class or module
<b>Holidays</b> (no classes)	
Christmas Holidays	23 December 2018 – 6 January 2019
National Holiday	26 October 2018
All Saint's Day	1 November 2018
Immaculate Conception Holiday	8 December
Semester holidays	4 – 24 February 2019

## *Degree Programmes @ Campus Bad Gleichenberg*

### **Health Management in Tourism (Bachelor)**

The Institute of Health and Tourism Management offers the only university-level degree programme in Austria which connects basic knowledge of health sciences with a strong grounding in the tourism and leisure business. The curriculum of the bachelor's degree programme in Health Management in Tourism prepares students to assist in organizing and implementing health-promotion and health-counselling programmes, as well as tasks concerning leisure, tourism and health tourism. Bachelor graduates either continue on for a master's degree or enter the job market directly. They are usually hired as assistant managers in health resorts, wellness facilities, hotels, leisure and event management operations and tourism associations, as well as in health promotion work programmes, public agencies dealing with health issues, or other health-related institutions. After passing the bachelor examination at the end of the sixth semester, students graduate with the degree of "Bachelor of Arts in Business" (BA). A full list of all lecturers and the current curriculum can be found at [www.fh-joanneum.at/gmt](http://www.fh-joanneum.at/gmt).

### **Health-, Tourism- and Sport Management (Master)**

The master's degree programme in Health- Tourism- and Sport Management trains managers and experts in the organisation and implementation of health promotion projects and tourist activities for the leisure industry and the health tourism sector. The programme provides a solid knowledge in special areas of the health tourism industry, and students receive a thorough grounding in the fields of management and organisation. Students can choose among three different concentrations within the master: Health Tourism & Leisure Management, Health Management & Public Health and Sports & Event Management. On passing the master's degree examination after four semesters, students graduate as a "Master of Arts in Business" (MA). Graduates of the master's degree programme in Health-, Tourism- and Sport Management able to plan and organise health promotion and health counselling, sports and touristic services on the basis of scientific criteria, practical experience, and international developments. A full list of all lecturers and the current curriculum can be found at [www.fh-joanneum.at/gtm](http://www.fh-joanneum.at/gtm).

## **Dietetics & Nutrition (DIO)**

There is an increasing interest in health matters in today's society, especially concerning health maintenance and health promotion, due to a notable increase in the incidence of nutrition-related diseases. As a result, dietitians have a broad spectrum of career opportunities in the fields of counselling, training and health promotion. The bachelor's degree programme in Dietetics and Nutrition trains students as experts with technical-methodical competence in independently planning and carrying out the nutritional consulting and therapy process. Furthermore, students in the programme acquire fundamental knowledge of nutrition management, catering management and nutrition marketing. Theoretical lectures based on the most recent scientific findings, as well as practical sessions under the supervision and with the guidance of teaching staff, form the basis of successful work placements. On completion of the six-semester bachelor's degree programme, students are awarded the title, "Bachelor of Science in Health Studies" (BSc). Dietitians can work in hospitals, offer nutritional instruction or serve in tourism facilities offering training programmes with nutritional consulting services. A full list of all lecturers and the current curriculum can be found at [www.fh-joanneum.at/dio](http://www.fh-joanneum.at/dio).

## **Occupational Therapy (ERG)**

Occupational therapy is a medical therapy suitable for people of all ages and is prescribed by doctors. Occupational therapists treat clients with reduced mobility or other problems limiting their participation in social life, resulting from an accident, illness, developmental delay or in cases where reduced mobility may develop. The bachelor's degree programme in occupational therapy offers science-oriented theoretical and practical training as well as instruction in mechanical-creative skills and everyday activities. The work placements in the second, fourth, fifth and sixth semesters give students the opportunity to put theoretical knowledge into practice under the supervision and guidance of experts. The two bachelor papers in the fifth and sixth semesters sharpen students' skills in the scientific analysis of specific cases. On completion of the six-semester course graduates are awarded the title "Bachelor of Science in Health Studies" (BSc). Occupational therapists work not only in acute treatment and rehabilitation but also in health promotion and preventative health care. A full list of all lecturers and the current curriculum can be found at [www.fh-joanneum.at/erg](http://www.fh-joanneum.at/erg).

## Course Catalogue Health and Tourism Management

<b>Abbreviation</b>	<b>Course</b>	<b>ECTS</b>
<b>HMA1</b>	<b>Hospitality Management I **</b>	<b>2.0 ECTS</b>
<b>WLB</b>	<b>Work Life Balance in Tourism</b>	<b>4.0 ECTS</b>
<b>FHT</b>	<b>Foundations of Health and Tourism</b>	<b>3.0 ECTS</b>
<b>***</b>	<b>Wellness in Practice</b>	<b>2.0 ECTS</b>
<b>TTR</b>	<b>Trends in Tourism Research</b>	<b>4.0 ECTS</b>
<b>APAF</b>	<b>Assessing Physical Activity and Fitness</b>	<b>4.0 ECTS</b>
<b>HPP</b>	<b>Health Promotion and Prevention Elective</b>	<b>4.0 ECTS</b>
<b>ICC</b>	<b>Intercultural Communication</b>	<b>2.0 ECTS</b>
<b>***</b>	<b>Spa Operations*</b>	<b>10.0 ECTS</b>
<b>IEM</b>	<b>Introduction to Event Management*</b>	<b>2.0 ECTS</b>
<b>EPH</b>	<b>Introduction to Public Health</b>	<b>3.0 ECTS</b>
<b>***</b>	<b>Austrian History and Culture*</b>	<b>2.0 ECTS</b>
<b>CFSF</b>	<b>Catering and Food Service Franchising</b>	<b>2.0 ECTS</b>
<b>RMG</b>	<b>Regional Management</b>	<b>2.0 ECTS</b>
<b>CHI</b>	<b>2<sup>nd</sup> Foreign Language: Chinese</b>	<b>2 ECTS</b>
<b>RUS</b>	<b>2<sup>nd</sup> Foreign Language: Russian</b>	<b>2 ECTS</b>
<b>ARA</b>	<b>2<sup>nd</sup> Foreign Language: Arabic</b>	<b>2 ECTS</b>
<b>ENG1</b>	<b>English for Professionals in Health and Tourism I: Skill Building</b>	<b>1.5 ECTS</b>
<b>ENG4</b>	<b>English for Professionals in Health and Tourism IV: The health Sector</b>	<b>1.5 ECTS</b>
<b>HPL</b>	<b>Health Promoting Lifestyle</b>	<b>1.5 ECTS</b>
<b>CRSM</b>	<b>Customer Relationship Management</b>	<b>3.0 ECTS</b>
<b>SDHP</b>	<b>Service Design and Hospitality</b>	<b>3.0 ECTS</b>
<b>***</b>	<b>Professional Internship @ Sport Science Laboratory</b>	<b>ECTS variable</b>
<b>DaF 1</b>	<b>German as a Foreign Language 1 (beginner)</b>	<b>3 ECTS</b>
<b>DaF 2</b>	<b>German as a Foreign Language 2 (advance)</b>	<b>3 ECTS</b>

***	<b>Tandem Learning</b>	<b>2 ECTS</b>
	<b>Total</b>	<b>70.5 ECTS</b>

\* Online course

\*\* This course involves an excursion, which will result in costs to the student.

\*\*\* These courses are for incomings only and cannot be found in the online schedule. For that reason, they have no abbreviation. See Jim Miller for scheduling details.

## Course Catalogue Dietetics & Nutrition

<b>Abbreviation</b>	<b>Course</b>	<b>ECTS</b>
<b>ENG1I</b>	<b>English for Health Professionals I</b>	<b>1 ECTS</b>
<b>ENG3I</b>	<b>English for Health Professionals III</b>	<b>1 ECTS</b>
<b>WPF5S</b>	<b>Futurology I</b>	<b>1 ECTS</b>
<b>SPOE3V</b>	<b>Sports Nutrition</b>	<b>1 ECTS</b>
<b>ERL1V</b>	<b>Nutrition Science</b>	<b>5 ECTS</b>
<b>PR1</b>	<b>Professional Internship</b>	<b>5.5 ECTS</b>
<b>PR2</b>	<b>Professional Internship</b>	<b>3.5 ECTS</b>
	<b>Total</b>	<b>18 ECTS</b>

## Course Catalogue Occupational Therapy

<b>Abbreviation</b>	<b>Course</b>	<b>ECTS</b>
<b>ENGOT1I</b>	<b>Professional English for Occupational Therapists</b>	<b>1.5 ECTS</b>
<b>ENG5U</b>	<b>Medical English 5: Cross-Cultural-Competence in Occupational Therapy</b>	<b>1 ECTS</b>
<b>ETP5I</b>	<b>Health Promotion in the Field of Occupational Therapy</b>	<b>5 ECTS</b>
<b>AKI2I</b>	<b>Activities – Middle adulthood</b>	<b>2.5 ECTS</b>
<b>AJU2I</b>	<b>Activities - Elderly</b>	<b>2.5 ECTS</b>
<b>BPR4</b>	<b>Professional Internship</b>	<b>11,5 ECTS</b>
<b>PR</b>	<b>Junior Clinical Practice</b>	<b>2 ECTS</b>
	<b>Total</b>	<b>26 ECTS</b>

## *Research Competence Areas*

Apart from teaching, research and project work play an important role at FH JOANNEUM University of Applied Sciences. The three institutes located on the Bad Gleichenberg campus have developed several Research Competence Areas that actively engage in research and project work. These include:

### **Sport Science Laboratory**

The Sport Science Laboratory (Sportwissenschaftliches Labor—or SpoWiLab for short) in Bad Gleichenberg develops diagnostic packages and training plans for its clients and partners tailored to their specific needs and requirements. The spectrum of services ranges from endurance, strength, speed and coordination diagnostics to biomechanical analyses. The SpoWiLab usually has several of volunteer students helping at all times, so if you are interested, just ask a SpoWiLab staff member about it and they will help you set up a volunteer experience in the lab. Typical tasks are collection and processing of data, assisting in field tests and literature research.

### **Research Unit in Health Tourism and Management**

This unit focuses on the business of health tourism, particularly at the nexus of increasing leisure time on the one hand and health, relaxation and well-being on the other. In addition to consumer research this involves macro- and microeconomic analysis of relevant markets. Consulting services are supplied to commercial partners such as hotels, spas, wellness facilities and health tourism destinations.

## Research Unit in Public Health and Health Management

This unit carries out projects in a variety of settings in order to meet current health challenges facing society, and offer clients scientifically based problem-solving competence. The range of services includes:

- planning, execution and evaluation of projects in health promotion, prevention and cure and rehabilitation
- workplace health promotion for firms, as well as network solutions for regions and business branches
- health impact assessment
- health reporting
- participatory health research with different target groups (youth, employees, seniors, etc.)
- development of health mission statements for municipalities, provinces and organisations
- development and implementation of health promotion strategies, concepts and measures
- health conference planning and organization



## Health Perception Lab

The Health Perception Lab is unique in Austria in its focus on applied sensory perception research aimed at sustainable health promotion, prevention and therapy. Though led by the Institute of Dietetics, the laboratory is an interdisciplinary project involving input from a total of seven other institutes of FH JOANNEUM. Through this symbiosis a whole range of interesting research questions can be addressed in cooperation with industry partners.

# Course description – Winter semester 2018/19

## Health Management in Tourism

### **Hospitality Management I** (GMT, 2.0 ECTS)

In general, hospitality management is concerned with guest services and service providers, and covers the organisation of hospitality services. This introductory course highlights the starting points and presents the strategic and operative, personnel as well as legal framework conditions of hospitality management.

### **Work-Life-Balance in Tourism** (GMT, 4.0 ECTS)

An awareness of social framework conditions and the operating processes affected by them allow students to implement sustainable health promotion in tourist facilities. The following skills are therefore presented:

- Understanding the scientific concepts relating to the relationship between health and work
- Understanding relevant terms and their function (Luxembourg Declaration, workplace health, workplace medicine...)
- Application skills relating to interventions and methods
- Understanding the processes involved in a BGF project (analysis, health reports, health circles)
- Knowledge of relevant Austrian projects, networks and stakeholders in the field



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## **Foundations of Health and Tourism** (GMT,3.0 ECTS)

Graduates will acquire the analytical tools needed to understand where modern society has come from and to identify where it may be headed, a capability which is crucial to being a successful manager. They will understand theories of social and cultural change and the scientific methodologies employed by social scientists to understand such change. Moreover, they will understand the origins of current trends in health, leisure and tourism from historical and sociological perspectives. The lecture/discussion format of the course will also hone students' skills in independent, critical thinking, rhetoric and writing. The language of instruction is English, so English skills are also trained.

## **Wellness in Practice** (GMT, 2.0 ECTS)

In this course students receive a theoretical grounding in the holistic health concept of wellness, including the seven dimensions of wellness based on the work of Bill Hettler and others. Students also participate in assessments of both their physical and other wellness dimensions, and then engage in practical exercises designed to enhance their individual wellness.



## **Trends in Tourism Research** (GMT 4.0 ECTS)

New developments in society, economics and technology have led to increased competition between companies, associations and regions in the face of changing demand, thus increasing the need for high-quality critical information. New solutions involve the development of new tourism research methods which are presented in thematic and methodical terms and applied to specific cases. These include eTourism (marketing), scenario management (strategic management), innovation management, product cycles in the context of destination management, constructivistic leisure education and assessing the consequences with a view to a sustainable development of tourism and society.



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## **Assessing Physical Activity and Fitness** (GMT 4 ECTS)

Students will gain an understanding of the methods of sports science in theory and practice. Questions arising from the field of health and fitness training will be addressed by scientific methods.

## **Health Promotion and Prevention Elective** (GMT; 4 ECTS)

This integrated course introduces students to the basics of promoting health and preventing sickness. Measures and strategies are presented for improving and maintaining health as well as for alleviating symptoms/disease. The course focuses on differentiating various perspectives of promoting health and preventing sickness. The historical development of public health services is covered. Prevention types and fields are discussed. The course examines the significance of promoting health and preventing sickness for individuals, specific population groups and the national economy as a whole. This forms the basis of a training course in promoting health and preventing sickness which will be built upon in subsequent courses.



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## **Intercultural Communication** (GTM, 2.0 ECTS)

This course focuses on the skills and techniques needed in intercultural communication. The course aims to develop the following skills in students: cultural self-awareness, an appreciation of cultural difference, a facility to interpret actions in many ways in order to facilitate cultural understanding, an understanding of different theories of intercultural communication, an awareness of essential aspects of selected world cultures and a facility in the special intercultural skills required in tourism. The language of instruction is English, so English skills will also be trained.



## **Spa Operations** (GMT, 10 ECTS)

This course introduces students to spa operations from a spa manager's point of view. As spa operations is a very wide discipline and the spa industry varies from private to public supply, depending on the country in question, the main focus in this course is on basic knowledge about operations in a spa center, as well as some historical knowledge of spa development and the global spa industry. Topics covered include:

- Evolution of the global spa industry
- The basics of the spa business, including the types of therapies and treatments typically offered in a spa and the equipment and personnel required to carry them out
- Spa hygiene and safety issues
- Staff and reception management systems within spas
- Spa retailing
- Professionalism in a spa context

### **Introduction to Event Management\*** (GMT, 2.0 ECTS)

In this course the organizational foundations necessary for staging events will be covered. Basic knowledge needed to stage events will be discussed, such as legal and business parameters; the main technical and organizational considerations in mounting events; entrepreneurial approaches to planning events, including budgeting of supplies, personnel, time and 4) important risks connected with the mounting of events, as well as strategies to minimize these risks through the use of checklists and other means.

### **Introduction to Public Health** (GMT, 3 ECTS)

The course examines key factors affecting health, such as education, the environment, work, living conditions, social support etc. and includes approaches from the sociology of health. The topics covered include the sociology of poverty, the effects of social structures and culture on health and illness as well as the fields of tension between the individual – organisation/institution – society/state with respect to health and illness.

### **Austrian History and Culture** (GMT, 2.0 ECTS)

This course is meant to introduce foreign students to some of the basic elements of Austrian society and culture, especially from an historical perspective. We will examine how Austrian culture has been formed over the centuries and what influences have come to bear to make Austria what it is today.

## **Regional Management** (GTM, 2.0 ECTS)

In this course, students acquire a basic understanding of the complex and dynamic relationships in sustainable regional development. Various regional development concepts and strategies are explored, and analysis, control and monitoring instruments suitable for exploiting existing resources are covered. The necessary regional management skills are developed within the context of a practical project. Here, a special focus is placed on communicative and moderation skills with regard to the promotion of network processes.

## **Health Promoting Lifestyle** (GTM, 1.5 ECTS)

This course teaches students the relationships between lifestyle factors, such as the relationship of movement and nutrition to health and tourism. Students are also introduced to lifestyle change and trend development/recognition theory. Within this context, students learn about trend and lifestyle sports, as well as nutrition trends.

## **Customer Relationship Management** (GTM, 3.0 ECTS)

In this course, students acquire advanced knowledge of the holistic management of customer relationships and the related technical and non-material instruments, such as multi-channel, revitalisation, opportunity, campaign and complaint management. This will enable them to independently foster, deepen and revitalise sustainable customer relationships.

## **Service Design and Hospitality** (GTM, 3.0 ECTS)

In this course, students develop the central elements of a leisure and tourism product and work through the key steps of the product's development, from initial conception to market readiness. They acquire knowledge of target group orientation, perception psychology and customer communication, while delving deeper into the individual product elements, quality management and e-marketing.

## **Professional Internship @ Sport Science Laboratory (SPOWILAB)**

(10 working hours / week)



In the Sport Science Laboratory our sport scientists do applied training research, especially concerning the optimization of training research especially concerning the optimization of training processes and the development of sport and fitness therapy programmes. Research and consulting is done in close cooperation with the staff of our contracting partners. These include a wide variety of companies, organizations and institutions from the fields of sport, health and tourism. Their role is to provide scientifically grounded advice in the field of training science.

The Staff of the Sport Science Laboratory does research at an internationally competitive level, the results of which are then transferred into high quality applications.

### **They offer research and services in the following areas:**

- Diagnostics and training guidance in competitive athletics
- Development of therapy plans in sports- and training therapy
- Holistic training counselling in health sports

The staff has at its disposal the most modern laboratory equipment available, which permits complex analyses not only in the laboratory, but also in the field.

## German as a Foreign Language

### German Beginners (A1/1 and / or German Beginners 2 (A1/2)

(3 ECTS)

Whether both or just one of the above mentioned courses will be offered depends on the student numbers.

The beginner courses (first and second level) integrate the skills of listening, speaking, reading and writing and emphasize oral communication and listening comprehension in a culturally authentic context.

More information about the contents: [www.fh-joanneum.at/daf](http://www.fh-joanneum.at/daf)



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### Second Foreign Language: Arabic / Russian / Chinese (2 ECTS)

One of the above mentioned courses will be offered. It depends on the student numbers.

Further development of vocabulary, grammar and idioms on the basis of general and more specific texts related to health management in tourism. The goal is to achieve the A1 level in the common European reference framework for languages.

### English for Professionals in Health and Tourism V: The Tourism Sector (6<sup>th</sup> Semester; 1,5 ECTS)

This course is meant to cement students' proficiency in the English language as it is used in the tourism sector. The emphasis will be on removing barriers to language production, including ones created by inhibition and fear of making mistakes. Field specific vocabulary will be trained, and situations likely to arrive in tourism settings will be simulated.

## **English for Professionals in Health and Tourism II: Business English**

(2<sup>nd</sup> Semester; 1,5 ECTS)

Development of special skills related to the use of English in business settings. Topics to be covered are professional phone etiquette, business correspondence, business meetings, negotiations and management and personnel issues.



### **Tandem learning** (2 ECTS)

The aim of Tandem partnerships is to facilitate language, experience and cultural exchange between foreign exchange students and Austrian students at the university.

Since the project started, over 1.000 – or over 500 pairs – have taken part in the Tandem Programme. What the Tandem pairs choose to do together is pretty much left up to them. However, most of them tend to want to have a language tandem. Students are highly motivated to meet up and talk regularly – mostly as it occurs on a voluntary basis. Friendships are often formed and last far beyond participation in the Tandem project.

At the end of the semester participants are asked to send a photo and a short report which are used to design the Tandem posters, each one presenting one pair and offering insights into how the Tandem went and how they spent their time together. Second to learning each other's languages, most Tandem pairs describe an interest in each other's cultures as being most important to them, often followed by enjoying joint activities, which sometimes even include exchange students being invited to join their Austrian partner's family.

## **Dietetics & Nutrition**

### **English for Health Professionals 1** (DIO, 1 ECTS)

Good command of English will help you in your professional development, facilitate study abroad and international contacts, enable you to follow the research literature in your field, as well as give you the additional qualifications for work with an increasingly international patient and client population. Our main focus will be to improve your knowledge of English used in dietetics and in the healthcare industry.

#### **Topics covered:**

- The Birdwing Spa: The Food Facts/Healthy Menu Project (team presentations)
- Introduction to making effective presentations
- “Want a Career as a Dietician?” Professions in nutrition
- Vocabulary: types of medication
- The human body: anatomy.
- Discussing the patient’s overall condition; pain/disease

### **English for Health Professionals 3** (DIO, 1 ECTS)

Proficiency in the English language is a must in the medical professions worldwide. Our main focus will be to improve your knowledge of English used in dietetics and in the healthcare industry.

- We will practice communication with patients/clients and study vocabulary relevant to your field -- hospital, medical staff and professions and general medical vocabulary;
- We will become familiar with the selected topics and technical vocabulary in medical research, including practicing precis writing and analysis of scholarly articles and abstracts dealing with nutrition and dietetics.

### **Futurology 1** (DIO, 1 ECTS)

Current nutritional trends are considered from different perspectives in a social and individual context and analysed on the basis of the latest scientific findings. Depending on the selected topic, student apply the knowledge in a practical setting.

Students gain theoretical and practical familiarity with recent developments in their professional field. They can evaluate and pass on the knowledge and skills gained, applying multi-perspective scientific (medical, socio-cultural, economic) and practical (project management, didactic) approaches

### **Sports Nutrition** (DIO, 1 ECTS)

The Sports Nutrition lecture focuses on recommendations for athletes in strength and endurance sports and food intake before/during and after exercise. The course content also covers hydration, oxidative stress and nutritional strategies for muscle build-up.



### **Nutrition Science** (DIO, 5 ECTS)

The lecture will focus on providing well-founded expertise in nutritional science. Students learn about nutritional physiology, nutritional and energy requirements according to the reference values of the German, Austrian and Swiss Nutrition Societies (DGE/ÖGE/SGE), nutritional status and food consumption in Austria and acquire in-depth expertise in macro and micro-nutrients and bioactive substances. Additional issues will also be discussed such as nutrition myths, health promotion and the prevention of nutrition-related illnesses (especially obesity).

## Professional Internship at the Health Perception Lab (HPL)

(3.5 ECTS, 10-11 working days)



The Health Perception Lab (HPL) is a laboratory for health-relevant sensory research. The primary focus is on examining beneficial foodstuffs and improving meal plans or food products by means of hedonic sensory analysis using standardized sensory cabins as well as modern digital technology, including 3D face reading and eye tracking. The Health Perception Lab is located on the Graz campus, not in Bad Gleichenberg. As a result, an internship there will require student to arrange for accommodation in Graz and will have to work around the schedules of their other classes in Bad Gleichenberg, as commuting between Graz and Bad Gleichenberg is not practical.

For more information:

<https://fh-joanneum.at/en/labor/health-perception-lab/>

## Professional Internship (5.5 ECTS, 3 weeks)

Traineeships for students of nutrition and dietetics possible at:

- **Kurzentrums der Therme Bad Radkersburg**  
The Kurzentrum is a rehabilitation center with focus on healthy patients recovering after surgery, and patients suffering from diabetes, hyperlipidemia, hyperuricemia and kidney diseases.
- **Klinikum Bad Gleichenberg**  
The Klinikum is a rehabilitation center for pulmonary and metabolic diseases, which offers nutrition therapy as a part of behaviour change.
- **Life Medicine Resort Bad Gleichenberg**  
The spa house in the Life Medicine Resort offers therapies focusing on:
  - Pulmonary diseases
  - Skin diseases and allergies
  - Impairments of the musculoskeletal system
  - Rheumatic diseases
  - Health treatments for children

## Occupational Therapy

### Professional English for Occupational Therapists 3 (ERG, 1.5 ECTS)

Proficiency in the English language is a must in the medical professions worldwide. Good command of English will help you in your professional development, facilitate study abroad and international contacts, enable you to follow professional literature in your field, as well as give you the additional qualifications for work with an increasingly international patient and client population. Topics covered:

- Presenting and discussing your case in medical and multi-professional teams
- Using appropriate language in the individual phases of the occupational therapy process (initial interview, creating trust, giving instructions or information, describing activities, etc.)
- Identifying and describing therapeutic aids



### Medical English 5: Cross-Cultural-Competence in Occupational Therapy (ERG, 1 ECTS)

This course uses the concept of content-based language instruction. It addresses a topic of increasing importance in the health field – intercultural understanding and cross-cultural competence, in order to increase your cross-cultural skills for your future roles as OTs. Furthermore, with a view to bachelor theses, we will work on some aspects of scientific writing (abstract writing).

#### Topics covered:

- Culture and Cross-Cultural Competence: Scope and significance
- Cultural self-awareness: Personality types and “Austrian” cultural values
- Activity: Appreciating difference
- Cultural frameworks and their significance for OT practice
- Non-verbal communication
- Short presentations on chapters from Sheik & Gatrad, eds., 2008, Caring for Muslim patients, and Galanti, 2015, Caring for Patients from Different Cultures
- Cross-cultural communication: Models that help (e.g. Kleinman)
- Abstract writing

## Health Promotion in the Field of Occupational Therapy (ERG, 5 ECTS)

Students learn to develop an understanding and basic knowledge of health, illness, health promotion and prevention. They also acquire knowledge in the field of workplace health promotion.

They learn about the possibilities offered by occupational therapy in the fields of health promotion and prevention and how occupational therapy fits into this field. They explore health circles and assessment tools in workplace health promotion, learn to evaluate selected work situations/work places and devise solutions for health-promoting behaviour and conditions.

The skills and knowledge acquired during the course are further developed and expanded in the planning and implementation of a project (interdisciplinary approach with Pedagogy).



## Activities – Middle adulthood (ERG, 2.5 ECTS)

By learning and carrying out purposeful age-specific activities of middle-aged adults students experience themselves as „occupational beings“. They practice observing and analyzing occupational performance and apply interventional principles to the training of everyday and craft activities. They design and carry out plans of instructing and coaching others in the activities, while adhering to occupational therapy and pedagogical principles.

Among the topics and activities practiced are: Household chores, pet care, driving, financial administration; sexuality; pottery; rattan cane work.

### **Activities – elderlies** (ERG, 2.5 ECTS)

By learning and carrying out purposeful age-specific activities of the elderly, students experience themselves as „occupational beings“. They practice observing and analyzing occupational performance and apply interventional principles to the training of everyday and craft activities. They design and carry out plans of instructing and coaching others in the activities, while adhering to occupational therapy and pedagogical principles.

Among the topics and activities practiced are: Gardening; cooking; woodworking, and a visit of a renowned game fair.

### **Professional Internship** (5th semester, 11.5 ECTS)

If you are interested in a professional internship, please contact [Elisabeth.fattinger@fh-joanneum.at](mailto:Elisabeth.fattinger@fh-joanneum.at)

### **Junior Clinical Practice** (1<sup>st</sup> semester, 2 ECTS)

Based on availability, an internship place can be offered

- at a rehabilitation center in Bad Radkersburg, 20 km from the campus. The center specializes on orthopedics and neurology
- at the local hospital at Feldbach, 10 km from the campus. There, too, the focus is on neurology.

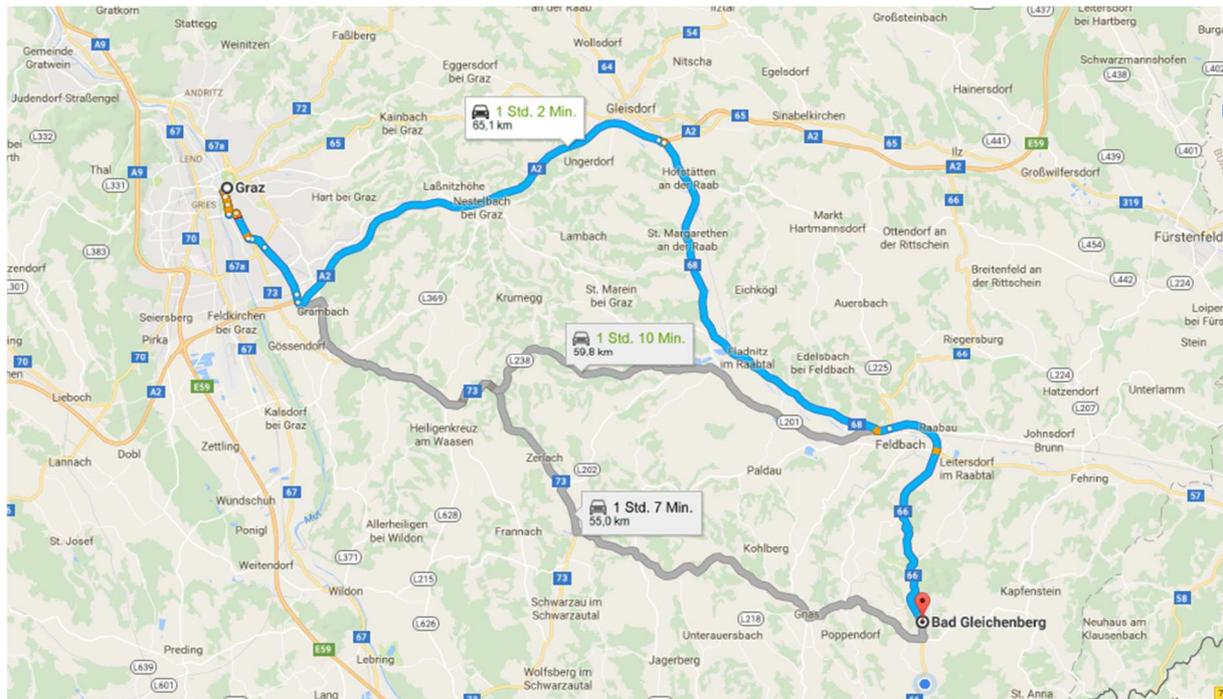
For the 11.5 ECTS, the internship lasts 35 days (287 hours); for the Junior Clinical Practice, the duration is two weeks (2 ECTS).

The internship allows students to:

- get to know different institutions
- help working with patients and in teams
- familiarize themselves with the comprehensive tasks of an occupational therapist
- reflect on and expand their theoretical knowledge and put it into practice
- familiarize themselves with different ways of evaluating and documenting their findings
- substantiate and complement practical work with relevant technical literature

## How to get to Bad Gleichenberg?

[www.bad-gleichenberg.at](http://www.bad-gleichenberg.at)



### Coming from Vienna

#### *By train*

Vienna Aspang – Feldbach\* or

Vienna – Graz – Feldbach\*

\*Change in Feldbach or Bad Gleichenberg (pick up by arrangement).

#### *By car*

Via A2 – exit Ilz via Riegersburg and Feldbach to Bad Gleichenberg or exit Gleisdorf-Süd to Feldbach.

### Coming from Germany or Graz

#### *By train*

Innsbruck - Graz - Feldbach\* or

Salzburg - Graz - Feldbach\*

\*Change in Feldbach or Bad Gleichenberg (pick up by arrangement).

#### *By car*

Via A9 in the direction of Graz, further on A2 in direction of Vienna, exit at Gleisdorf-Süd for Feldbach and Bad Gleichenberg or by car train Feldkirch – Graz and Innsbruck - Graz.

# The Campus Bad Gleichenberg



## **INTERNATIONAL EVENTS IN BAD GLEICHENBERG**

**Orientation day & City tour**

**Meet your Buddy**

**International Tandem-Café**

**Erasmus goes Buschenschank**

**Austrian Bowling Night**

**International Movie Night**

**Christmas Event**

**Graz Excursion**

**Tandem-Cooking Event**

**Excursion to a ham factory**

**Excursion to a chocolate factory**

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# Greetings from the exchange- students of the summer semester 2017

