Newsletter October 2026



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Second Learning Expedition in Bodø, Norway

Person-Centred Care and Existential Wellbeing in Practice

The second HEAL4ALL Learning Expedition took place at Nord University in Bodø, Norway, bringing together students, educators and healthcare professionals from partner countries.

The four-day programme combined academic sessions, intercultural exchange and practical learning, focusing on existential wellbeing in older age and the development of person-centred care.

Key activities included:

- Exploring simulation-based learning at Nord University's Simulation Laboratory (SimLab).
- Human Library sessions promoting intercultural dialogue and shared experiences.
- Lectures and reflective activities on existential health, grief and meaning-making in later life.
- Simulation exercises developing communication skills and person-centred care competencies.
- A practice visit to Mørkved Nursing Home, connecting academic learning with real-life healthcare settings.

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Learning Through Experience: Bodø

From Knowledge to Practice

The Bodø Learning Expedition provided students with opportunities to connect theory with practice through interactive and experiential learning.

Participants worked in international teams, explored real-life care situations and reflected on how existential wellbeing can be integrated into healthcare education and professional practice.

KEY RESULTS
21 Students participating
21 Europass certificates awarded
2 Student-led initiatives piloted

20 older adults participated in the student-led initiatives promoting existential wellbeing.

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Third Learning Expedition in Split, Croatia

Five Days of Learning, Collaboration and Inspiration

The third HEAL4ALL Learning Expedition took place at the Faculty of Health Sciences, University of Split, from 21 to 25 September 2026.

Students and professors from Croatia, Finland, Norway and Belgium came together for an intensive programme exploring health and existential wellbeing in older adults.

The programme covered:

- Person-centred care and therapeutic communication.
- Meaning in life, spirituality and existential wellbeing.
- Healthy ageing and the role of future healthcare professionals.
- Service-learning and interaction with older adults.
- International teamwork, design thinking, ideation and prototyping.

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Connecting Learning with Real-Life Experiences

Learning Beyond the Classroom

The Split Learning Expedition combined academic sessions, practical activities and community engagement, allowing students to apply their knowledge in real-life contexts.

Highlights included:

- Reflective activities on self-awareness and wellbeing as future caregivers.
- Interaction with older adults through service-learning activities.
- A visit to Nursing Home Vita in Podstrana.
- Design-thinking workshops in which international and interdisciplinary teams explored challenges and developed potential solutions.
- A Mediterranean wellbeing experience at Stella Croatica in Klis.

The five-day programme encouraged collaboration, reflection, intercultural exchange and the development of new ideas for improving the wellbeing of older adults.

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Student-Led Initiatives in Split

Turning Ideas into Action

As part of the Learning Expedition, students developed and piloted initiatives focused on promoting existential wellbeing among older adults.

Working in international and interdisciplinary teams, students applied design-thinking approaches to explore the needs and experiences of older people and develop meaningful activities and solutions.

- **27** Students participating
- **27** Europass certificates awarded
- **4** Student-led initiatives piloted

20 older adults participated in the student-led initiatives, providing opportunities for meaningful interaction and intergenerational exchange.

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HEAL4ALL International Conference in Split

Health and Existential Wellbeing in Older Adults

On 21 September 2026, the HEAL4ALL International Conference brought together over 60 participants at the Faculty of Health Sciences, University of Split.

Experts from academia, healthcare and community organisations exchanged knowledge and perspectives on:

- Meaning, spirituality and existential wellbeing.
- Ethical and person-centred care.
- Geriatric healthcare and healthy ageing.
- Prevention and palliative care.
- Innovative initiatives supporting older adults and healthcare education.

The conference provided a valuable platform for knowledge sharing, discussion and networking, strengthening cooperation towards healthy, meaningful and dignified ageing.

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Faculty of Health Sciences, University of Split / **A03 Hall (Ground Floor)**
Ruđera Boškovića 35, Split, Croatia

ORGANIZERS
Prof. Irena Drmić Hofman – Chair
Assist. Prof. Ivana Carev – Chair

SPEAKERS
Prof. Vesna Antičević
Barbara Degen, MD
Prof. Jessie Dezutter
Vanda Eded Šimić, MD
Prof. Gørill Haugan
Don Ivan Lovrić, PhD
Žena Association, Drniš
St. Jerome Association, Kaštela
Assoc. Prof. Suvi-Maria Saarelainen
Assoc. Prof. Nada Tomasović Mrčela, MD
Prof. Frane Urem

08:45–09:00
OPENING CEREMONY
Welcome Remarks

09:00–10:30
SESSION 1
Health, Meaning and Wellbeing in Older Adults

10:30–11:00
COFFEE BREAK & DIGITAL POSTER EXHIBITION
Research • Erasmus+ Projects • Good Practices • Student & Institutional Initiatives

11:00–12:30
SESSION 2
Geriatric Healthcare, Prevention and Healthy Ageing

12:30–13:00
PANEL DISCUSSION
Building Healthy, Meaningful and Dignified Ageing: Challenges and Future Directions

KEY THEMES
Existential Wellbeing • Person-Centred Geriatric Care • Healthy Ageing • Palliative Care • Dignity in Later Life • Healthcare Education • Innovation & International Collaboration

13:00–14:00
NETWORKING LUNCH

ONLINE PARTICIPATION
Join the Conference via Microsoft Teams
Meeting ID: 314 713 821 659 676
Passcode: x4He6hQ3

REGISTRATION
Please register for the conference via the Registration Form.

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Three Learning Expeditions, One Shared Goal

Connecting Education, Innovation and Human Wellbeing

Across the three HEAL4ALL Learning Expeditions in Joensuu, Bodø and Split, students from partner universities had the opportunity to learn, collaborate and develop practical initiatives addressing the existential wellbeing of older adults.

The expeditions combined international mobility, interdisciplinary teamwork, service-learning, interaction with older adults and innovative educational approaches.

Through these experiences, HEAL4ALL strengthened the connection between higher education and healthcare practice, while empowering future professionals to provide more empathetic, inclusive and person-centred care.

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Be part of our journey as we transform healthcare education across Europe!

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