



# STUDY ABROAD

Faculty of Health Sciences

## Faculty of Health Sciences

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**UPNA PRESENTATION**

## Get to know de Public University of Navarre

The Public University of Navarre (UPNA), an International Campus of Excellence, is a young academic institution that heads the list of Spanish universities in terms of teaching quality and the capacity to attract new students.

With an international vocation and a strong commitment to teaching, the University, which has campuses in Pamplona and Tudela, and possesses outstanding facilities and services, provides the local region with human, technological and entrepreneurial capital, and its socioeconomic impact is extremely positive.

### CAMPUS OF EXCELLENCE

The UPNA has received International Campus of Excellence certification from the Spanish Ministry of Education for forming part of Campus Íberus, a project in which it participates along with the universities of La Rioja, Lleida and Zaragoza. The project is based on three areas of specialisation: materials and technology to enhance the quality of life (with two branches: technology for health, and energy and the environment); agrifood and nutrition; and memory, heritage and identities.

#### Cross-border project

The universities, with the support of strategic partners (leading companies and institutions), are working to set up shared infrastructures, such as an International Postgraduate Centre, an Innovation and Entrepreneurship Centre, and joint research centres with companies. A crossborder campus called EBRoS (European BioRegion of Science) Western Pyrenees has already been set up with the universities of Toulouse and Pau (France).

### INTERNATIONALISATION

The UPNA offers students the chance to complete some of their studies abroad as a means of attaining a more comprehensive, higher quality education, more in line with the society we live in today. In order to provide this opportunity, the university organises exchanges with 300 universities in 50 different countries.

The main opportunities students have to study abroad involve the following leading exchange programmes: Erasmus (Europe), ISEP (USA, Asia, Australia, Canada), Palafox (Latin America), Martín de Rada (Asia) and Formación Solidaria (developing countries).

The university's development cooperation work centres on mobility programmes for students (such as Formación Solidaria and Erasmus Mundus) and other initiatives: courses, awareness-raising actions, projects in Africa, Latin America and the Middle East, and calls to fund actions in the South.

## University life

At the UPNA, the university community enjoys first-rate facilities and services that aid teaching and university life.

The **UPNA Library**, considered the second best university library in Spain, is a gateway to academic information, stocking more than 400,000 titles and facilitating access to the foremost electronic resources, journals and scientific data bases available. The main building is on the Arrosadia Campus and there are smaller branches in the Health Science Building and on the Tudela Campus.

The **Advanced Language Centre** teaches English, Basque, Spanish (including specific Spanish courses for exchange students), French, German, Chinese and Italian, all adapted to meet specific learning needs.

In addition to on-campus Wi-Fi and computer rooms open to all, the **Educational Innovation Centre** promotes e-learning and the use of new technologies in university teaching.

**University Hall of Residence Los Abedules.** Located on the Arrosadia campus, the Hall can accommodate 250. The University also runs an accommodation service.

Out of the classroom, a wide range of **events and cultural activities** fill the university agenda. Courses (art and creation lab, short filmmaking, sessions with the Navarrese Symphony Orchestra, etc.), film seasons, drama, music, exhibitions and initiatives to support creativity (prizes, long-standing music groups, choir, drama, etc.).

**Sport**, in the form of activities and courses, is also very much a part of daily life at the University.

The university community has the following facilities at its disposal: the University Pavilion of Navarre (with indoor swimming pool, climbing wall, weights room, fronton, multipurpose sports floor, etc.), tennis courts, football and rugby pitches, and a golf practice range.

### NAVARRÉ

Navarre is located on the French border in the north of the Iberian Peninsula. Its long history has left it with a truly rich cultural and artistic heritage, including the Way of St James. It is also home to areas of outstanding natural beauty, very diverse landscapes spreading over its three distinct climate zones. Navarre heads the list of Spanish regions in terms of standard of living.

### PAMPLONA

Pamplona, the capital of Navarre, is a very safe, well communicated, welcoming city with a population of 200,000 and excellent services. Its numerous parks and gardens make it one of Europe's greenest cities. Pamplona is famous the world over for the San Fermin fiesta held every July and the running of the bulls that form part of the festival.

**COURSE CATALOGUE**

# Physical exercise prescription for frailty and falls prevention among the elderly: VIVIFRAIL PROJECT

## FACULTY

- Director**
- Mikel Izquierdo
- Lecturers**
- Eduardo L. Cadore
  - Fabricio Zambón Ferraresi
  - Mikel Lopez Sáez de Asteasu
  - Alvaro Casas Herrero
  - Nicolas Martinez Velilla

## COURSE OVERVIEW

- Audience**
- Home care assistants and professionals
  - Monitors managing exercise programs of local authorities, retirement clubs and associations.
  - Health staff from Primary, Secondary and Tertiary Care Centers.
  - Medical and non-medical staff of retirement homes.
- Learning**
- To get to know the pathophysiology of ageing and frailty.
  - To get to know the importance of falls as a cause of disability among elderly and one of the adverse outcomes of frailty.
  - To identify the benefits of physical exercise intervention on frailty and falls prevention among frailty.
  - To get to know the monitoring and evaluation tools for geriatric, performance and frailty screening.
  - To get to know the basic recommendations for a multicomponent physical activity program intervention for frailty and falls prevention

## DATES

September 11th to September 22nd 2017

## Program

WEEK 1		
Lecture	Title	Lecturer
1	The Ageing of the population: Physiopathologic bases	Álvaro Casas Herrero Nicolás Martínez-Velilla
2	Falls: The role of physical exercise in the prevention Frailty and Functional limitation: Screening Assessment for determining risk of falls Cognitive assessment	Álvaro Casas Herrero Nicolás Martínez-Velilla
3	Aging and Physical exercise: Neuromuscular and cardiovascular adaptations Effects of Physical exercise in the domains of frailty	Mikel Izquierdo Eduardo L. Cadore
4	Health and Medical screening: Previous assessment to physical exercise prescription	Álvaro Casas Herrero Esteban Gorostiaga Javier Ibañez
5	Assesments scales for activities of daily living Performance and functional tests	Álvaro Casas Herrero Mikel Izquierdo

<b>WEEK 2</b>		
<b>Lecture</b>	<b>Title</b>	<b>Lecturer</b>
1	Physical exercise intervention for preventing functional impairment and falls: Recommendations for a physical exercise program (I)	Mikel Izquierdo Eduardo L. Cadore
2	Physical exercise intervention for preventing functional impairment and falls: Recommendations for a physical exercise program (II)	Mikel Izquierdo Eduardo L. Cadore
3	Physical exercise intervention for preventing functional impairment and falls: Recommendations for a physical exercise program (III)	Mikel Izquierdo Eduardo L. Cadore
4	Physical exercise intervention for preventing functional impairment and falls: Recommendations for a physical exercise program (IV)	Mikel Izquierdo Eduardo L. Cadore Fabricio Zambón-Ferraresi Mikel López Sáez de Asteasu
5	Practical training in a geriatric unit of frailty and functional limitation screening and physical exercise intervention	Fabricio Zambón-Ferraresi Mikel López Sáez de Asteasu

**CULTURAL PROGRAM**

## Spanish culture and a whereabouts guide to the city (included in tuition fees)

### FACULTY

- Lecturers**
- Ms. Irma Sturtze (Language center, UPNA)
  - Ms. Belen Recalde (Training area, University-Society Foundation)

### COURSE OVERVIEW

- Audience**
- Undergraduates
- Learning outcomes**
- This course offers a cultural immersion experience designed to prepare students to enjoy learning the Spanish language and culture. All the while, enjoying the cultural activities specifically designed to enhance the student experience. It focuses on key aspects related to Spanish History, Art and Literature. Students will explore some of the major cultural attractions of Pamplona.
  - The course is divided into 8 lessons of approximately 2 hours each.

## Program

Lessons	Title	Lecturer
1	Reception and tour at the University. Guide talk about shopping, buses, excursions, etc.	Belén Recalde
2	Visit to the historical part of Town (Cathedral and City Walls)	Belén Recalde
3	Spanish culture and customs course	Irma Sturtze
4	Spanish culture and customs course	Irma Sturtze
5	Spanish culture and customs course	Irma Sturtze
6	Spanish culture and customs course	Irma Sturtze
7	Traditional Spanish culinary workshop	Belén Recalde
8	Visit to interesting local main companies such as Gamesa, Volkswagen, Acciona and Viscofán	Belén Recalde

## Campus life

As an exchange student you will have access to campus facilities, including the library and the sports center.

## **Leisure activities (to be determined by each university) – Not included in tuition fees.**

Cultural activities are considered as equally important learning opportunities as being in the classroom. The visits and excursions below are a selection of some of the many wonderful experiences students can participate in whilst Pamplona.

Each university can choose from a wide range of cultural visits and leisure activities. They will take part at weekends.

### **DAY TRIP TO SAN SEBASTIAN AND SURFING COURSE**

San Sebastian is one of the most beautiful cities in the world, recommended by CNN as one of 11 best places to go in 2014.

The most recognizable city snapshot features the beaches of Ondarreta and La Concha, with Santa Clara Island nestling in the center of the bay. The city's third beach, Zurriola, lying alongside and beyond the Kursaal Congress Centre, is famous worldwide for its excellent surfing. San Sebastian is the administrative capital of Gipuzkoa, one of the three provinces making up the Basque Autonomous Community. It lies to the north-east of the Iberian Peninsula, 30 kilometres from the border with France. The cross-border region running from San Sebastian to Bayonne represents an important hub of social, economic and tourist development in the south-west of the European Union (EU).

### **DAY TRIP TO BILBAO AND GUGGENHEIM MUSEUM + BOAT TOUR**

Bilbao, with the Guggenheim Museum as a great international symbol, is the gateway to the Basque cultural universe. It is a city that is an example of urban transformation at a global level and has maintained a number of hallmarks that make it singular and unique.

Sea and mountain, character and history, tradition and modern architecture.

Go on a cruise around Bilbao. Tour its main monuments on a boat along the river Nervión

### **DAY TRIP TO OLITE CASTLE - PALACE: CELLAR VISIT AND WINE TASTING**

Olite's claim to fame is definitely the Royal Palace of Olite. The palace is often referred to as Olite Castle, probably because it looks more like a military bastion than a residence. It was, however, used primarily as a home for Charles III, the Noble, King of Navarre. There are lots of towers to climb, each offering spectacular views of the rest of the castle, the town & the surrounding vineyards.

### **VISIT TO THE BAZTAN VALLEY AND ADVENTURE ACTIVITIES**

Ensnconced in the Atlantic Pyrenees, the Baztan Valley stretches across northern Navarre between the mountains. It is a valley characterized for being a land of minor nobles and indianos, people who returned from the Americas with great fortune in store. Baztan also has a rich heritage of folklore, which materialize in the general use of the Basque language, the alboka

and the txalaparta musical instruments, and in dances to the sound of the txistu and the kettle-drum.

### **SEVILLANAS AND FLAMENCO CLASS**

The sevillana is a colourful and exciting style of song and dance that it is performed by flamenco artists. This style of dance is performed at fiestas of all kinds throughout Spain, but especially during the feria, when women wear the Gypsy dress, a colourful polka-dot dresses.

### **VISIT TO RONCESVALLES AND A STAGE OF THE ROUTE OF SANTIAGO DE COMPOSTELA (WAY OF ST. JAMES) – LUNCH IN A SAGARDOTEGUI**

The Camino de Santiago (the Way of St. James) is a large network of ancient pilgrim routes stretching across Europe and coming together at the tomb of St. James (Santiago in Spanish) in Santiago de Compostela in north-west Spain.

In this excursion you will visit the monumental complex of the Collegiate of Roncesvalles, an old pilgrim hospice and the tomb of King Sancho VII 'el Fuerte'. It's an excellent example of medieval architecture and a legendary place.

Then you will walk along one of the stages of the route of Santiago de Compostela finishing with a lunch in a sagardotegui (Typically old cider houses from the Basque Country).

### **LOCAL TEAM FOOTBALL MATCH (OSASUNA)**

Enjoy the atmosphere on the football field of Osasuna, the local football team which plays on the Spanish second league.

## ACCOMMODATION & TUITION FEES

## ACCOMMODATION FACILITIES

UPNA has pre-booked several rooms at special rates at “Los Abedules”, a modern and well equipped Student Residence conveniently located at a 5 minute walk to UPNA and a 15 minute walk to the city centre.

Lodging cost is 26€ person/night in an individual room fully equipped with a small kitchen, bathroom and WIFI and cleaning service.

A wide variety of meals are available at the students’ canteen in the campus, prices range between 6€ to 10€.

## TUITION FEES

	15 pax	20 pax	25 pax
Course selected + Spanish culture & whereabouts guide	10.050 €	10.120 €	10.250 €

- Prices will depend on the final number of students in the group.
- Transport from the airport, accommodation and medical insurance costs have not been taken into consideration as they will be down to the student.
- Leisure activities listed on page 11 and 12 the selection of which is optional by the visiting university, are not included.
- The visiting university will be invoiced accordingly depending on the final selection of activities from page 11 and 12 and any extra requested services not included in this budget.