



# Project THID

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TeachHealthtoID

## Developing a Higher Education Curriculum in SET Teaching or the Health Protection and Promotion of Intellectually Disabled Individuals

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### About Project

Disabled persons suffer from accidents, dental problems, fractures, depression, pain, musculoskeletal deformities, sensory losses, etc. they begin to experience health problems from earlier years. These problems may occur independently of or accompany another disease. Therefore, the average life expectancy of individuals with intellectual disabilities is relatively lower, and their quality of life is worse due to disability. They exhibit some risky behaviors, such as smoking and having a sedentary life, which is harmful to health, at a higher level than their peers. Health education is a cost-effective approach to protecting and improving the health of people with disabilities, and in this process, Special Education Teachers are the main actors. The general aim of the project is to develop the knowledge and skills of Special Education Teacher candidates regarding the protection and improvement of the health of individuals with mental disabilities. To this end, Developing a Higher Education Curriculum in SET Teaching for the Health Protection and Promotion of Intellectually Disabled Individuals” has been prepared. The project will take 16 months in total.

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### Target Groups and Project Results

The project's main target group is the teacher candidates who continue their education in the special education department, especially in the partner countries that interacted during the project implementation. In addition, a participant group consisting of academics from each country, special education teachers, and stakeholders working in health education and health promotion are also aimed to participate in the project's activities.

The project has two main outputs. The first of these is the development of a higher education curriculum. With the university curriculum to be developed, it is aimed at developing the knowledge and skills of the students of the special education department to gain the skills of protecting and improving the health of mentally disabled individuals. The curriculum will be based on the national needs analysis report to be prepared by the partner countries (Turkey, Czechia, Portugal, and Slovenia). The TABA model will be followed while the training program is being designed, and the Health Promotion model will be followed while the training program content is being developed. After preparing the training program, the applications will be transformed into an online course module and delivered to wider audiences with technology-supported tools.

## Partnership Structure

### Düzce University

Duzce University stands just in the middle of two major cities of Turkey, namely İstanbul and Ankara. Duzce is located between İstanbul and Ankara highway. İstanbul is 200 km, and Ankara is 230 km from Düzce, corresponding to the need for metropole and nature. DU is one of the pioneers of the newly founded state universities after 2006 in Turkey. DU is a family with nearly 34.000 students and 2.550 academic and administration staff holding 14 faculties, four institutions, ten vocational schools, 31 research centers, one professionally equipped Hospital, one technology transfer center, a techno-park itself, and an alternative medicine center.

<https://duzce.edu.tr>



### Masaryk University

Masaryk University is the second-largest public university in the Czech Republic. It comprises ten faculties with over 200 departments, institutes, and clinics. It is recognized as one of the most important teaching and research institutions in the Czech Republic and a highly regarded Central European university. It has been infused with a solid democratic spirit since its establishment in 1919. The Faculty of Education offers undergraduate, master's, and doctoral programs. Continuing professional development and lifelong learning programs are also provided to contain advanced, follow-up, special, and conversion programs and short-term courses for teachers and counselors. Besides teaching programs, the faculty runs studies in special and social education.

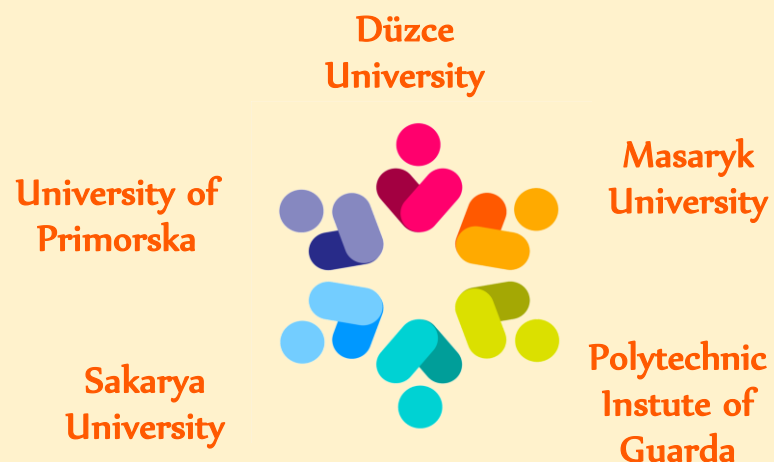
<https://www.muni.cz>



### Polytechnic Institute of Guarda

Polytechnic Institute of Guarda is a higher education institution governed by public law, at the service of society, oriented towards the production and dissemination of knowledge, the creation, and transmission of culture and professional knowledge, science, technology, and the arts, through the articulation of study, teaching, guided research, and experimental development.

<http://www.ipg.pt>



### Sakarya University

Sakarya University was founded in 1992 and currently has six institutes, 13 faculties, two higher schools, two vocational higher schools, and 36 research and application centers. In total, there are 428-degree programs at the level of foundation, license, master's, and doctorate in these units. At Sakarya University, there are 1501 teaching staff, 309 administrative personnel, and 51536 students (2748 foreign nationals). Sakarya University is the first and only state university to receive the ISO-2002 Quality Certificate and "the EFQM Excellence Quality Certificate of Competency Level."

<https://www.sakarya.edu.tr>



### University of Primorska

University of Primorska has six faculties and one research center. UP employs 431 researchers and 27 technicians within eight research groups that focus their studies on Management, Educational Sciences, Mathematics, Computer Sciences, Biodiversity, Mediterranean Agriculture, Sustainable Use of Wood, Health and Disease Prevention, Tourism, Philosophy, Intercultural Studies, History and Heritage, and Linguistics. At the end of the year 2020, there were 6.089 students included in various programs at all three levels of education; among them, 942 foreign students were enrolled in various educational programs of UP.

<https://www.upr.si>



## Completed and Continuing Tasks

The project started on December 15, 2022. The first transnational meeting (TN) of the project was held in Düzce, Turkey, hosted by Düzce University, on 21-22 January 2023, with the participation of all partners. In the first meeting, the stakeholders' own countries, cities, and universities were introduced, followed by a detailed review of the distribution and scheduling of the tasks in the project. Possible risks in front of reaching the targets and their solutions are discussed. The second TN meeting of the project was held in Izola, Slovenia, on 30-31 March 2023, hosted by the University of Primorska. At this meeting, completed work was reviewed, ongoing tasks were discussed, and views were exchanged on plans for the next TN meeting and further collaborations.



### Kick of TN Meeting

- ❖ Türkiye
- ❖ Düzce
- ❖ 21-22 January 2023

### Second TN Meeting

- ❖ Slovenia
- ❖ Izola
- ❖ 30-31 March 2023

### Third TN Meeting

- ❖ Czechia
- ❖ Brno
- ❖ 29-30 May 2023

### Fourth TN Meeting

- ❖ Portugal
- ❖ Guarda
- ❖ 26-27 September 2023

### Fifth TN Meeting

- ❖ Türkiye
- ❖ Sakarya
- ❖ 5-6 February 2024

Within the scope of the project's dissemination activities, the project web page <http://projecthid.com> was prepared. Also, YouTube <https://www.youtube.com/channel/UCACdkZylf8WwJYA9Xdx9UA> Facebook <https://www.facebook.com/profile.php?id=100090505954770> and Instagram account [https://www.instagram.com/thid\\_project/?igshid=YmMyMTA2M2Y%3D](https://www.instagram.com/thid_project/?igshid=YmMyMTA2M2Y%3D) opened. Through these platforms, the project outputs were shared with the target audience, especially the students at the partner universities. As the coordinating institution within the scope of dissemination activities, Düzce University has ensured that news about the project is published in 15 local and national newspapers. Researchers at Masaryk University and Sakarya University carried out informative activities for department students and field experts.



[www.projecthid.com](http://www.projecthid.com)



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The next TN meeting of the project will be held on 29-30 May 2023, hosted by Masaryk University in Brno, Czech Republic. Before and after this meeting, work continues assessing needs analysis, course curriculum, course resource book, lesson plans, teacher guide, and assessment-evaluation activities. In addition, studies on the content of the e-learning platform continue. In addition, international congress papers and book preparations continue within the scope of project dissemination activities.

