



2023/2024

Blended Mobility Program (Erasmus +)



# Unwanted Loneliness, New Technologies and Healthcare

University of Cordoba  
Faculty of Medicine and Nursing  
Department of Nursing, Pharmacology and Physiotherapy



# ABOUT THE PROGRAM

Due to the ongoing changes in the world's population, with increasing life expectancy and the growing individualism of people, particularly in countries of the global North, health patterns have also evolved.

New public health issues include isolation and loneliness in the population, which have become significant problems. Initially, this problem affected the older population due to the social stigma associated with ageing and dependency. However, recent studies reveal that younger generations are also experiencing the effects of this phenomenon. The causes of this loneliness and isolation can be attributed to factors such as social networks and the digital rift.

Healthcare professionals must respond to this pressing issue, as it significantly affects people's mental health and overall well-being. Therefore, it is essential to provide training in effective strategies to prevent, detect, and address isolation and unwanted loneliness in diverse populations.

In this regard, the program "Unwanted Loneliness, New Technologies and Healthcare " was created to incorporate the socio-cultural aspect into the training. This program allows social and health professionals, including nurses, doctors, physiotherapists, psychologists, social workers and others, to interact and exchange ideas and strategies they have learned in their respective countries. Through this program, they can explore approaches that address the problem holistically.



**U-LoneTechHealth**

# PROGRAM AIMS

This program has been developed in response to the growing need to address the issue of unwanted loneliness through a multi- and interdisciplinary approach. Therefore, it is designed for students from various health and social sciences disciplines, such as nursing, medicine, physiotherapy, social worker, psychology, etc. The main aim is to equip students with the skills and knowledge to develop effective strategies for tackling this public health problem.



## SPECIFIC AIMS <<<<

- To enhance the quality and significance of partnerships between universities and educational activities.
- To promote internationalisation by utilising technology and healthcare to address unwanted loneliness as a public health issue.
- To strengthen international networks among students.
- To develop students' ability to collaborate across borders and sectors.

# REQUIREMENTS AND RECOGNITIONS

This program aims to delve into various strategies for addressing unwanted loneliness in diverse populations from a holistic perspective. **Each university has a maximum quota of 10 participants, with at least half being students.**

## Students

The total workload for students is 30 hours, divided into 15 hours of autonomous group work and 15 hours during the face-to-face phase. During the online phase, students will be required to create a poster-style project addressing one of the proposed thematic lines. This project will be presented during the face-to-face phase. During the attendance week, students will meet lectures, conferences, and seminars on various topics covered in the program, followed by a practical evaluation.



## Teaching staff

The role of the teaching staff will be to guide and mentor their assigned group of students and actively participate in both the online and face-to-face sessions alongside the program organisers.

**Upon completion of the program, participants will receive 3 ECTS credits.**

# TOPICS



# PROGRAM SUPPORT

## Meals

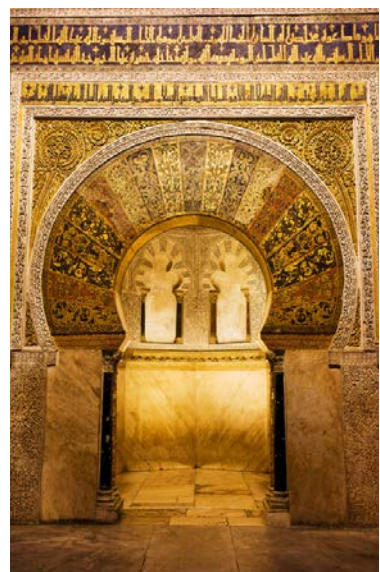
During the face-to-face phase, participants will be provided with breakfast and lunch throughout the entire week and a concluding gala dinner.

## Accommodation and transport

Accommodation and transport are not included. Once the final number of participants is determined, the committee will assist in finding suitable accommodation options for the visitors, offering a range of choices to accommodate different budgets.

## Cultural activities

Throughout the attendance week, there are scheduled visits to the most iconic landmarks in the city. Participants will also have a free afternoon to explore the city and uncover its attractions.



# IMPORTANT DATES

**15th of October, 2023**

Last call to inform participation in the program

**From November 2023 to March 2024**

Online Phase\*

**From 22nd to 26th of April, 2024**

Face-to-face Phase in Córdoba, Spain

\*During the online phase, three remote sessions of 1 hour of duration are planned, where the following points will be covered:

- Session 1. Presentation of the programme and the participants
- Session 2. Organisation of the working groups
- Session 3. Follow-up and short presentation of the working groups.

**Dates of the online phase to be confirmed**

# THE ORGANIZATION COMITEE



**COORDINATOR**

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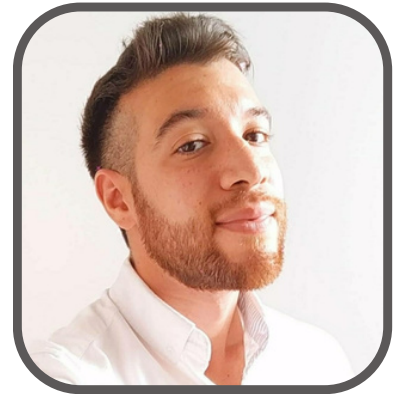
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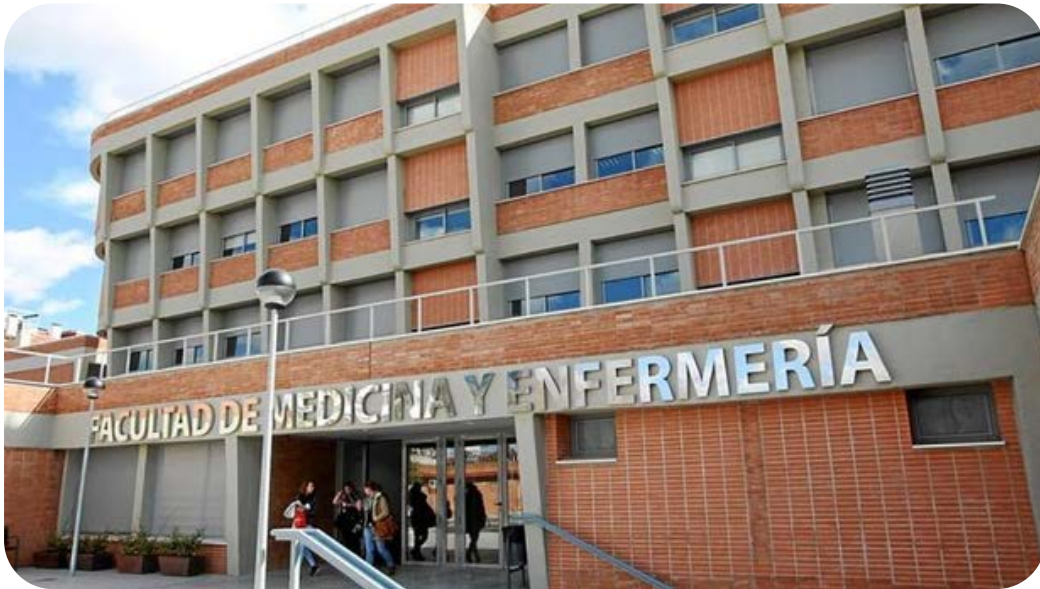
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# HOPING TO SEE YOU SOON!



Please contact us if you have any questions.  
Looking forward to meet you in Córdoba!



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