



FISU Healthy Campus Certification: A Strategic Step for Enhancing Well-Being and Health at Universities

Charles University - Pioneering Healthy Campus Initiatives in Czechia

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What is Healthy Campus certification?


- Initiative by International University Sports Federation aimed at **creating a thriving university environment** by integrating well-being into all aspects of campus life
- It includes a set of **100 criteria** across various domains
- **Charles University is the first in the Czech Republic** to join this certification process, becoming part of a network with 127 universities from 40 countries



Why are we involved?

- **Enhance health and well-being** of the university community
- Provides an **international label** that boosts the university's credibility and visibility, especially for international students
- Supports the university's strategic goal to **create a sustainable and healthy campus** environment, aligning with the Sustainable Development Goals (SDGs)
- Facilitates the exchange of **successful strategies** and innovative practices among universities globally
- Access to FISU's online platform for benchmarking and **showcasing examples of good practice**

Charles University - Charles University



Charles University - Charles University

University
Charles University

Campus name
Charles University

University name in English
Charles University

Campus name in English
Charles University

Website
<https://cuni.cz/UKEN-1.html>

Current cycle
1 - Cycle 1

Assigned auditor
FISU Healthy Campus - Auditor

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Ovocný trh, 560/5
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The standard description along with useful resources are available here: [HealthyCampus_Standard.pdf](#) / [Fisu Healthy Campus Label digital platform 2.0 - University tutorial.pdf](#)

SUMMARY CERTIFICATION EVIDENCES LIBRARY INFORMATION FINANCES CONFIGURATION

Cycle
1 - Cycle 1 SEARCH

Position	Section / Criterion	Description	Status	Actions
1.	Healthy Campus management			0 / 33
#1	The university shall identify existing programmes related to the Healthy Campus scope in order to have an overview of what already exists as a base for implementing the approach.		Draft	
#2	In order to identify the needs of the campus community and initiate the elaboration of the strategic plan, the university shall identify and consider existing programmes, research, studies and internal working group analysis.		Not answered	
#3	The university shall enable the campus community to express their needs or make comments related to the Healthy Campus scope.		Not answered	
#4	The university shall identify relevant stakeholders and their activities in relation to the areas of the Healthy Campus approach in order to benefit from synergies or propose new partnerships.		Not answered	
#5	The university leadership shall ensure that the needs of the campus community are identified and prioritised when developing the policy and objectives.		Not answered	

FISU Healthy Campus

7 domains



Physical activity and sport

Infrastructure, organises sport competitions, sport for all



Nutrition

Free water, nutrition counselling, healthy catering



Disease prevention

Medical check-up, counselling



Mental and social health

Discussions with students about struggles and illness, motivation



Risk behavior

prevention programmes



Sustainability and social responsibility

reduce environmental impact, mobility, carbon footprint



Healthy Campus Management

cohesion, communication, leadership

Criteria

5.2. Physical Activity and Sport

Criteria		Evidences
34	The university proposes physical activity and sport programmes that consider the specific needs and characteristics of the campus community.	Activity plan (34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66)
35	The university shall determine its own vision, mission and values of physical activity and sport service.	Strategic plan (34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66)
36	The university shall provide a specific budget for physical activity and sport sector.	Report (34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66)
37	The university shall establish a marketing plan for physical activity and sport.	Official Website (34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66)

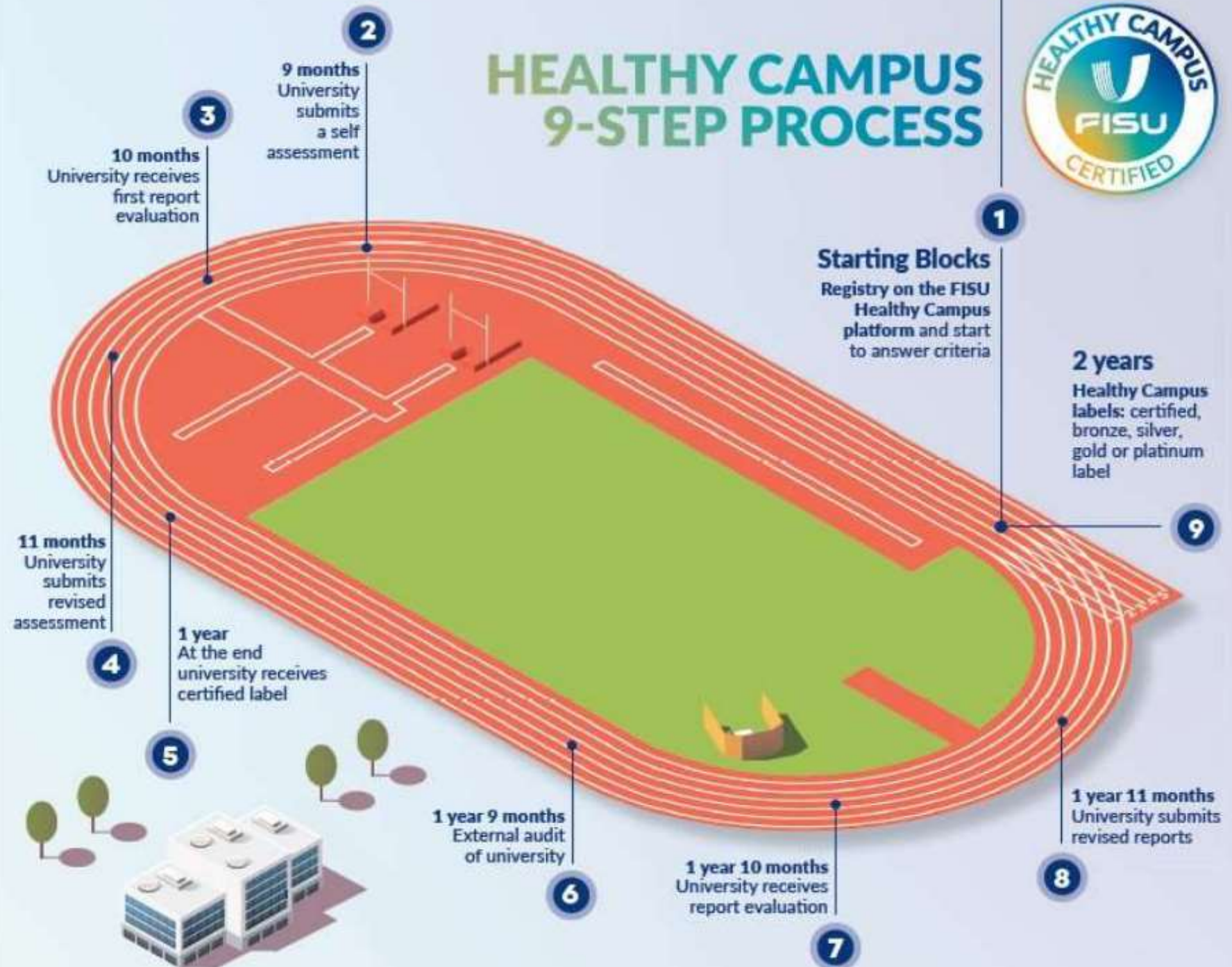
5.3. Nutrition

Criteria		Evidences
67	The university shall name a person or a group of people (commission) responsible for food and nutrition services.	Organisational/Function chart, Job Description (67) Activity plan (67, 68, 69, 70, 71, 72, 73, 74)
68	The university shall provide among others sustainable food and nutrition catering services and meals that are appropriate for the campus community.	Strategic plan (67, 68, 69, 70, 71, 72, 73, 74) Report (67, 68, 69, 70, 71, 72, 73, 74) Official Website (67, 68, 69, 70, 71, 72, 73, 74)
69	The catering service of the university shall inform consumers of the ingredients and nutrients in the menus, especially regarding the most common allergies and intolerances.	Official Social Network (67, 68, 69, 70, 71, 72, 73, 74) Nutrition and food services plan (67, 68, 69, 70, 71, 72, 73, 74) Communication plan (68, 69, 70, 71, 72, 73, 74)
70	The catering service of the university offers healthy menus at affordable prices, at least one well-balanced menu at the same price or even cheaper than others.	Programme workshop, event, activity (68, 69, 72, 73) News (67, 68, 69, 70, 71, 72, 73, 74)
71	Free drinking water stations are available on campus.	Programme of the training session (68, 69, 72, 73) Photo (69) Map of locations (71)
72	The university provides nutrition counselling to the campus community.	Tender/Requirement of contract (74) List of Products (69, 74)
73	The university shall pursue strategies to minimise the environmental impact of food and nutrition catering services and meals.	Information in the dining halls/spaces, or in the entrances (69, 74) Others (67, 68, 69, 70, 71, 72, 73, 74)
74	The university ensures that the vending machines on campus offer quality products with good nutritional value.	

nd sport programmes are team of professionals.	Official Social Network (34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66)
nce a year, a first aid course activity and sport, to related	Programmes (34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66)
ctures for indoor sports. r shared with the municipality	Physical Activity and Sport Plan (34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66)
ctures for outdoor sports. r shared with the municipality	Official document (35) Marketing plan (37)
ctures for aquatic sports. r shared with the municipality	Organisational chart, (38) Job description (38) Management system, Software, App (45)
y of its sports facilities.	Map of university infrastructure, location, contact, regulations (40, 41, 42, 43, 44)
id removes potential barriers	Annual planning with dates of preventive maintenance and curative interventions of sports equipment (43) Check list of inspection steps for each infrastructure (43)
tools to manage the booking their use.	List of first aid equipment to be made available in the facilities (43)
l/or events that allow the evaluation of an individual's sical activity participation.	Candidature plan (66) Regulations (60, 62) News (34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66)
es programmes for gender ivity and sport.	Film/Photo (34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66)
es programmes of physical disabilities.	Other (34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66)
es programmes of physical people of the campus community.	

2 years process

HEALTHY CAMPUS 9-STEP PROCESS





Which universities are examples of the best practice?

- University of Coimbra, Portugal
- Trinity College Dublin, Ireland
- University of Lausanne, Switzerland
- King's College London, England
- Universidad Rey Juan Carlos, Spain
- Myongji University, South Korea



Name of the project

State of the art: UNI Santé - Healthy Campus project



Domain

Healthy Campus management



Criteria

#1 The university shall identify existing programmes related to the Healthy Campus scope in order to have an overview of what already exists as a base for implementing the approach.



Keywords

Collection of practice, state of the art, Health, UNIL Campus



Target & Stakeholders

Campus health managers and stakeholders



Time & Frame

May to December 2020



Team & Staff

Service des Sports Universitaires & UNISEP



Description

Students and staff use digital devices (cellphones, apps, and computers) to access information, write assessments and make bookings online and for support. UJ created online platforms to ease the workload and enable people to interact seamlessly.



Main Goals

Collecting current practices in relation to defined issues - Explore ways of thinking about achieving Healthy Campus recognition.



Motivation & Vision

To highlight the shortcomings in terms of operational and strategic health management in order to enter into a continuous improvement process.



Evaluation

We have obtained a comprehensive final document that gives a good overview of the existing actions on campus.



Lessons Learned

We were able to identify our strengths, the main one being that the University of Lausanne is putting a lot of actions in place. We have also uncovered our weaknesses. A lack of coordination between all our actions is a fundamental one.



Recommandations

Communication between departments remains a crucial milestone in the final quality of this type of document. The actors must be integrated into the process and kept informed of the purpose of the document, which will also be made available to them.

Examples

- 1. Environment – no. 100** (The university plans to implement, evaluate and improve specific actions to reduce the energy consumption of facilities and avoid waste as much as possible)
- 2. Mental and Social Health – no. 89** (Healthy sleeping habits at the campus community)
- 3. Sport – no. 47** (Gender Equality promotion in physical activity and sport)

Examples of evidence

At a glance



SUPPORTER is an EU-funded project aiming to support eight sports higher education institutions from Central and Eastern Europe in developing their own intersectional, innovative, inclusive and impactful Gender Equality Plans which explicitly address gender-based violence and sexual harassment.

- Duration: April 2023 – September 2025
- 8 Sport Education Institutions
- 8 Innovative Gender Equality Plans
- 3 Expert Partners
- Mutual learning through training and mentoring-monitoring scheme
- Report on gender+ equality and gender based-violence policies and practices in the field of sport education

Contact us

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Find out more:
<https://supporter-project.eu>

Our partners



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Moving Forward with Healthy Campus Certification

- **Continuous Improvement:** Charles University is committed to ongoing enhancements in health and well-being through the Healthy Campus framework.
- **Global Engagement:** Participation in international networks like FISU and Erasmus projects positions the university as a leader in promoting well-being and sustainability in higher education.
- **Engagement Opportunities:** Future initiatives will include expanding student participation in health programs, increasing collaboration with global partners, and integrating new research findings into campus policies.



Expected benefits for Charles University

- **Collaboration between faculties, better awareness of university-wide activities, and a comprehensive overview**
- **Enhancing student life and reducing dropout rates**
- **International recognition**
- **Access to best practices**
- **Support for sustainable development**



Quiz time!

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911806





Q&A

**Thank you for
attention**