



# **Parenting for a healthy life - The role of education in adopting a healthy lifestyle**

**EPA GA and conference**

**co-organized with**

**UNICEF**

**VEV - Verband der Elternvereine an den höheren und  
mittleren Schulen Wiens**

**PEkG – Plattform Eltern für Kindergesundheit**

**on November 7 – 9, 2019**

**in Vienna**



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**Preliminary program:**

**Registration for Austrian participants is now open at this link:**

<https://forms.gle/sNMtAzuQmc3V4q2v7>

## **Please be aware of the different venues!**

*Info about all speakers at the end of the document*

### **Thursday November 7th:**

Afternoon session in cooperation with UNICEF

Venue: SkyDome, Wiener Hilfswerk, Schottenfeldgasse 29, 1072 Vienna

- 15:00 Registration
- 15:30 Opening of the conference  
Welcome by  
a representative of the Austrian Ministry of Education (tbc)  
Ilaria Favero, Adolescent Development Specialist, UNICEF  
Arja Krauchenberg, EPA president
- 15:45 Keynote: *The role of parents in the health and wellbeing of children across the life cycle* Aleksandra Jovic, Early Childhood Development Specialist, Ilaria Favero, Adolescent Development Specialist, UNICEF ECARO
- 16:30 Group work with guiding questions and practice examples from EPA members
- 17:00 Panel session: feedback from the group work and interactive dialogue
- 17:45 wrapping up - end of day 1

### **Friday November 8th:**

9:00 leaving for school visits (on foot and by public transport) from Network Healthy Schools (*Netzwerk Gesunde Schule*)

9:30 1st school visit

**1100 BHAK/BHAS Wien 10**

*Pernerstorfergasse 77 (Nähe Matzleinsdorferplatz)*

<http://www.bhakwien10.at/>



- 11:00 2nd school visit
- 1040 Wiedner Gymnasium | Sir Karl Popper Schule**  
Wiedner Gürtel 68  
<http://www.wiednergymnasium.at/>
- 13:00 Lunch and transfer to afternoon venue
- Venue: Akademisches Gymnasium, Beethovenplatz 1, 1010 Wien**
- 14:30 Registration continued
- 14:45 Welcome by:  
Elisabeth Rosenberger, chairwoman of the Viennese Parents' Association at Higher and Middle schools, president of the Austrian Parents' Association (BEV)  
Arja Krauchenberg, EPA-president
- 14:55 Introduction: Ingrid Keller, policy coordinator, DG SANTE, EU Commission
- 15:15 Keynote 1: *Vaccination: old topic – new challenges*, Priv. Doz. Mag. Dr. Maria PAULKE-KORINEK, PhD, DTM, Ministry of Health and Social Affairs
- 15:45 Keynote 2: *The role of education in adopting healthy dietary habits – what works, why and how*, Dr. Manuel SCHÄTZER, SIPCAN
- 16:15 Coffee break
- 16:40 parallel workshops
- Workshop 1: Verein Dialog – *preventing addiction (smoking, drug and alcohol abuse, online-gaming-addiction* Mag. Sabine Wessely
- Workshop 2: vital4brain - moving and exercise in the daily routine Dir. HR Mag.Dr.Werner Schwarz and his student team will show us the inspiring activities put in place at their school, the Bundesgymnasium Zehnergasse 15 in Wiener Neustadt to get students moving in class. Find some examples here: <https://www.simplystrong.at/vital4brain/>
- 19:00 wrapping up - end of day 2
- 19:30 Dinner



**Saturday, November 9th:** conference (until lunchtime) and General Assembly (for EPA members)

**Venue: Haus des Sports, Prinz Eugen Straße 12, 1040 Wien**

- 09:30 Registration and Opening
- 09:45 Ice-breaker
- 10:00 Foundation L4WB: How to include children in decision making processes
- 10:45 coffee break
- 11:00 Children's participation in Austria – Children's parliaments
- 12:30 Lunch
- 14:00 General assembly statutory meeting (for EPA members only - invitation separately) - Preparation for coming years
- 19:30 Dinner

**Speakers:**

**Aleksandra Jovic**

Aleksandra Jovic is a medical doctor with more than 17 years of experience in social development. She is currently working as Early Childhood Development Specialist in the UNICEF Regional Office for Europe and Central Asia Regional, supporting the work of 21 countries to mainstream early childhood development principles in health, nutrition, education, child protection, and emergency planning and response.

As a national of Serbia, through the past ten years she worked on development and implementation of UNICEF programs in Serbia, working with governmental and non-governmental partners to strengthen health programs, including home visiting, education and social protection programs as well as local level delivery of coordinated social services.

As an employee of the Government of Serbia (2004-2008), Aleksandra managed the overall implementation of the Poverty Reduction Strategy for Serbia, and was directly involved in development of coordination, oversight and implementation modalities of multi-sectoral policies and initiatives at the national level.

During her engagement with Oxfam GB (2000-2004) she developed and managed the first model of Roma health mediators' program in Serbia, as **well**



as one of the first outreach health programs which brought health professionals closer to vulnerable families and children in Serbia.

### **Ilaria Favero**

Ilaria Favero has sixteen years of professional experience in programme management, provision of technical support and partnership building on child and adolescent rights in Angola, Somalia, Brazil, Albania and Romania. She is currently Adolescent Development Specialist in the UNICEF Regional Office for Europe and Central Asia, providing strategic advice, oversight and technical assistance to 21 Country Offices the Region with regard to the development, implementation, monitoring and evaluation of adolescent programmes, particularly in the area of skills, adolescent participation and parenting of adolescents. As the Coordinator of UNICEF's Sport for Development (S4D) Programme for UNICEF Brazil until 2013, Ilaria managed key programmatic partnerships with the world of sport. Specifically, she provided policy and technical support to the Brazilian government on the elaboration of child protection plans in the 12 World Cup host cities and programmes for the inclusion of children with disabilities through sport. She also coordinated the elaboration of UNICEF Brazil's guidelines on sport for development for more than 1000 municipalities in the country. Over the last fifteen years, she supported the creation of adolescent networks in different countries and coordinated several consultations with adolescents on different issues affecting their lives, including sport, child protection and HIV.

### **Priv.Doiz.Mag.Dr. Maria Paulke-Korinek, PhD**

works at the Austrian Ministry for Labor, Social Affairs, Health and Consumer Protection. She is a specialist in the field of immunization and disease prevention programs and also a lecturer at the Medical University Vienna.

### **Dr.Manuel Schätzer**

Born in Innsbruck/Tirol in 1977 Manuel Schätzer holds a PhD in nutritional science from Vienna University with his thesis focusing on public health nutrition. Since 2007 he has been working for the Institute of Medical Prevention "SIPCAN – initiative for a healthy life" managing projects in more than 70 schools: "Eating healthy in Viennese schools", "Smart drinking", "Priority to healthy snacks" to name but a few. In 2011 he became the project leader at the Austrian Agency for Health and Security in Nutrition for the project "Our school buffet". Dr. Schätzer is the author of various publications on healthy nutrition and co-



author of the National Nutrition Report 2008. He teaches at Vienna University and at UMIT private university for health and life sciences in Hall in the western part of Austria.

### **Mag. Sabine Wessely**

After many years of working directly with clients she has been responsible for the department “Prevention of addiction and early recognition” since 2014. She focuses on prevention of addiction in companies and institutions working with managerial staff, teachers and trainers as well as apprentices and does counselling for employees at risk of addiction or problematic consumption. Her special interest lies with the further development of projects fostering prevention of addiction in all sectors. At the moment she works specifically with young refugees on the one hand and with the topics self-optimization and pharmacological neuroenhancement.

**Dir.HR Mag.Dr.Werner Schwarz** studied mathematics and sports (physical exercise) at the Vienna University and became a teacher of these subjects in 1978. He continued his studies of sport science and obtained a PhD in 2001. Furthermore he was national champion in cross-country skiing, a trainer for cross-country skiing, mountain-biking and badminton before becoming the principal of the Bundesgymnasium Zehnergasse 15 in Wiener Neustadt. Dir. Schwarz also serves as a member of the Scientific Advisory Council for High-Performance Sport since 2000.

### **Optional program:**

Sunday, November 10<sup>th</sup>: morning: Optional cultural program: either guided tour of town or guided visit of the Caravaggio – Bernini exhibition at the Kunsthistorisches Museum.

Sunday, November 10<sup>th</sup>: afternoon: Dancing class (first steps training session) at a renown Austrian dancing school

Monday, November 11<sup>th</sup> at 11:11 begin of the Ball and Carnival Season celebrated on the Graben in the City Centre (close to St. Stephan’s cathedral) by the pupils of all Viennese dancing schools with a great quadrille dance performance which is part of all Viennese balls at midnight.

