

**In Kaunas,
Lithuania
1-5. june 2026**



Photo: Lina Špirgėnė

INTENSIVE WEEK IN KAUNAS 2026 – *Navigating the Future of Health Promotion: Challenges and Opportunities*

Course Description:

Would you like to meet students from other Nordic countries and discuss, get inspired, and learn more about the dynamic field of Health Promotion, its relevance to nursing, social care and social services, and its connection to the United Nations Global Sustainable Goals as we approach the year 2030. Students will engage with current and future challenges, identify opportunities for innovation, and develop a health promotion perspective applicable to their future professions.

Who can take this course?

The course is aimed at students from partner universities in Norway, Denmark, Finland, Lithuania, and Sweden who are part of the Nordplus cooperation. You need to have Basic competence and 60 ECTS within the main area of nursing or equivalent to join the course. You also need to understand and be able to communicate in English.

What to do

Contact your universities' international coordinator. Write a short motivation letter and explain why you would like to take part in this course. Justify how the subject can have significance for your studies and your future profession. Information to attach to the application: Day of birth, first name, second name, sex, and University. Apply latest 1st February 2026 to your international coordinator.

Credits

It presupposes preparatory work corresponding to 1 ½ ECTS before the course begins in June 2026. The course will give you 3 ECTS after completing the course and passing the grade.

Read more about the Lithuanian university of health science
<https://lsmu.lt/>



Upon successful completion of this course, students will be able to:

- Describe principles, concepts, theories and models of Health Promotion.
- Critically reflect on the impact of politics on public health and health equality.
- Analyze social and cultural determinants of health in Health Promotion efforts.
- Discuss different evidence-based interventions to promote health.
- Describe health promotion in the perspective of United Nations Global Sustainable Goals.
- Reflect on their learning and identify areas for further knowledge within Health Promotion.