



Erasmus+



Welcome to ISP

Intensive Study Program



Campus Vestfold
23.th – 27.th November 2015
University College Buskerud & Vestfold
Norway



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Initial information

22.11.15

- Arrival at Oslo Gardermoen Airport OSL (Oslo Lufthavn)
- NSB train to Tønsberg (1:45 h)
- 5-10 minutes walk to Tønsberg Vandrerhjem /Hostel
- Or 10 min walk to Wilhelmsen House by the Hospital

23.10.15

- 10 min walk from the Hostel to the bus terminal
- Line 01 from Tønsberg to Horten: HBV, Campus Vestfold

Weather and temperature in Tønsberg

- The autumn has been wonderful. + 8-10⁰ C, mostly sunny.
- But the winter is coming this week. Around 0⁰ C today
- Bring warm clothes
- Wollen gloves, socks, hats, scarves, boots or thick shoes
- Wind- and/or rainproof jackets





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Running schedule

Monday

- 08.30: Welcome / information / presentation
Module 1 - Health Intervention programs at the worksite
Module 2 – Functional anatomy and biomechanics of the spine
- 12.00 Lunch
- 1300 Module 3 - Neck pain: diagnosis, symptoms and treatment
- 15.15 Group discussion, case study work

Tuesday

- 08.30 Module 4 - Literature review of Current Concepts of exercise.
- 11.00 Test / Assessments (group)
- 12.00 Lunch
- 13.00 Module 5 - Stress management Strategies: Theory and practice
- 15.15 Group discussion,

Wednesday

- 08.30 Module 5 - Job stress and coping – mind and body. Theory and practice
- 11.00 Test / assessment (group)
- 12.00 Lunch
- 13.00 Module 6 – Development of THEWS protocol
- 15.00 3rd Transnational meeting (teachers only)

Thursday

- 08.30 Module 7 – Application of THEWS protocol to office workers
- 12.00 Lunch
- 13.00 Module 7 – continues
- 14.15 Module 8 – Incorporating THEWS into occupational Health programs
- 15.00 Test / Assessments (groups) /evaluation of learning efficiency
- 18.00 Social Dinner

Friday

- Evaluation of learning effectiveness (interviews / questionnaires)
Departure from Tønsberg - Greek students

- Saturday** Departure from Cypriot students