E³UDRES²

Engaged and Entrepreneurial European University as
Driver for European Smart and Sustainable Regions

29TH MARCH 2023

Josepha Tabichi
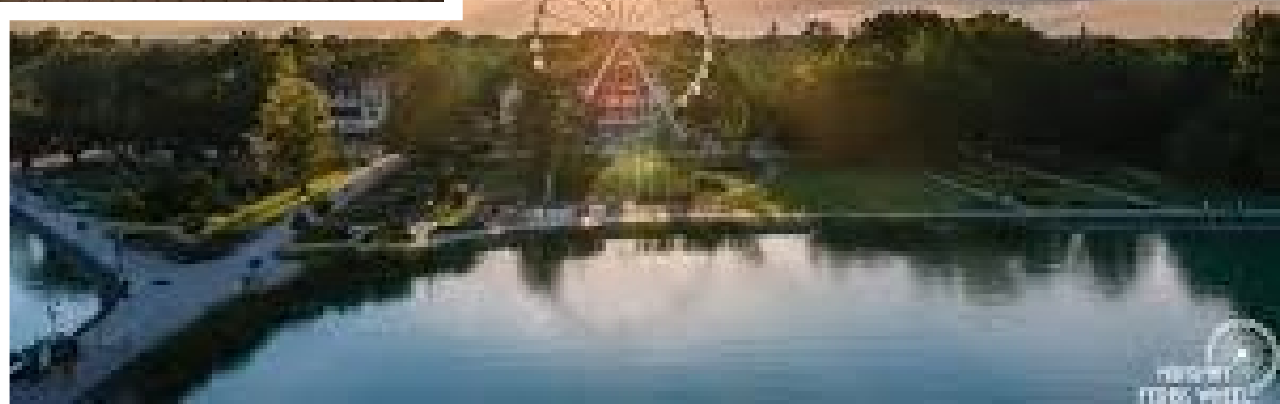**and**
Owais Ahmad Kutty

Key facts for the 2nd E³UDRES² Bootcamp:

- Time: 03-07 July 2023
- Location: Keszthely, Hungary at Lake Balaton
- Topic: Future Food
- Further explanation: During the Bootcamp, you will investigate the topic of food from multiple perspectives: What could the super-food of the future look like? How can food waste be managed more efficiently? And how might climate change impact food supply? Questions like these might be tackled by you and your international teammates, always in close collaboration with regional organizations and companies, who will guide you along in your Bootcamp adventure.
- Target Group: Open for all students from E³UDRES² partner universities – no matter which study background
- 3 ECTS
- Financial costs are covered by E³UDRES²
- Application and more info on: https://eudres.eu/bootcamp-2023

The application for the Bootcamp is open until next Friday, 07 April.

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FUTURE FOOD

EUDRES Bootcamp 2023

The Recipe for Tomorrow's Menu

03–07 July 2023

LAKE BALATON KESZTHELY, HUNGARY

Find out more: eudres.eu/bootcamp-2023

Experience five fun days of solving various food-related challenges and boost your creativity together with students from all over Europe!

Co-funded by the Erasmus+ Programme of the European Union

Go to www.menti.com and use the code 2466 5897

Mentimeter

What are your expectations?

good vibes

teamwork

collaborate

learn a lot

solidarity

network

great output

friends

collaboration

Go to www.menti.com and use the code 3794 3711

Mentimeter

What are you afraid of in the ILL class?

have problems with idiom

not understanding the goa

nothing

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E-PORTFOLIO

1. Please, show us your portfolio..

2. Choose "<u>reflection partners</u>" at Unicampus, "Personal goals + Reflection partners + Portfolio weblink"

   o Bi-weekly, Person A and Person B meet and talk about the contents of their e-portfolios*

3. WhatsApp group with EEs

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DESIGN THINKING

WHAT IS DESIGN THINKING?

LET US BRIEFLY EXPLAIN AND REMIND

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DESIGN THINKING IN 3 MINUTES

A SOLUTIONS-BASED APPROACH TO SOLVING PROBLEMS

AN ITERATIVE, NON-LINEAR PROCESS

A WAY OF THINKING AND WORKING

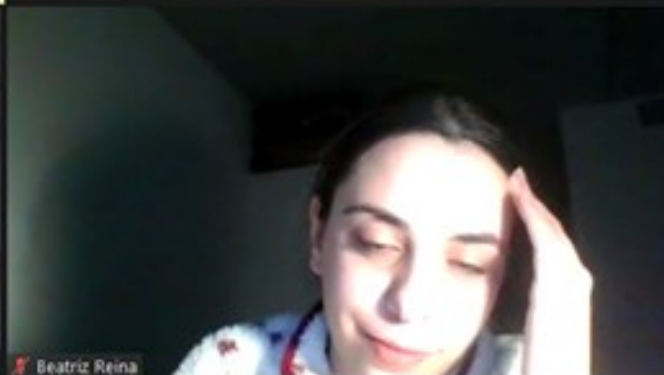SUPPORTED BY A COLLECTION OF STRATEGIES AND METHODS

...is

DESIGN THINKING

...asks us to

1. DEVELOP EMPATHY AND UNDERSTAND THE NEEDS OF THE PEOPLE WE ARE DESIGNING SOLUTIONS FOR

2. DEFINE PROBLEMS AND OPPORTUNITIES FOR DESIGNING SOLUTIONS

3. GENERATE AND VISUALISE CREATIVE IDEAS

4. DEVELOP PROTOTYPES

5. TEST SOLUTIONS AND SEEK FEEDBACK

EMPHATISE EXERCISE: CONDUCT BRIEF INTERVIEW + EMPATHY MAP

- **Says**
  - quotes from what users say during interview
- **Thinks**
  - What users seem to think when experiencing the product
- **Does**
  - Actions that the user takes during the experiment
- **Feels**
  - The user's emotional state (adjective + context)
  - Example:
    Impatient: pages load too slowly

EMPATHY MAP

SAYS | THINKS

USER

DOES | FEELS

NNGROUP.COM **NN/g**
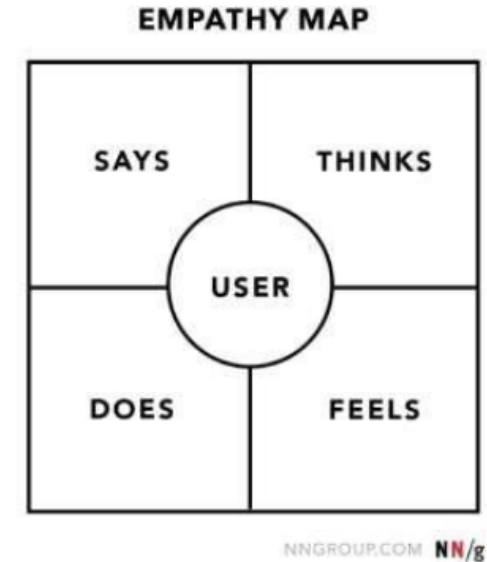
EMPHATISE STAGE

o Empathy – the ability to **put yourself in your users' shoes**; to truly see the world through their eyes in a given context or situation.

o Emphatise phase – to get to **know the user** and **understand their needs** and motivations.

o Uncover **as much insight as possible** when engaging in conversations or observing your users;

   o Why do they behave in a certain way?

   o Why do they prefer to do this instead of that?

   o Why? ...focus on user's motivations / emotions / feelings

o Help to identify needs, motivations, or challenges that they're not aware of - the solution lies in **links and contradictions** nobody had even noticed.

Empathise

Who are you trying to help?
What do they need?

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EMPHATISE EXERCISE: CONDUCT BRIEF INTERVIEW + EMPATHY MAP

2. **Conduct brief interview**
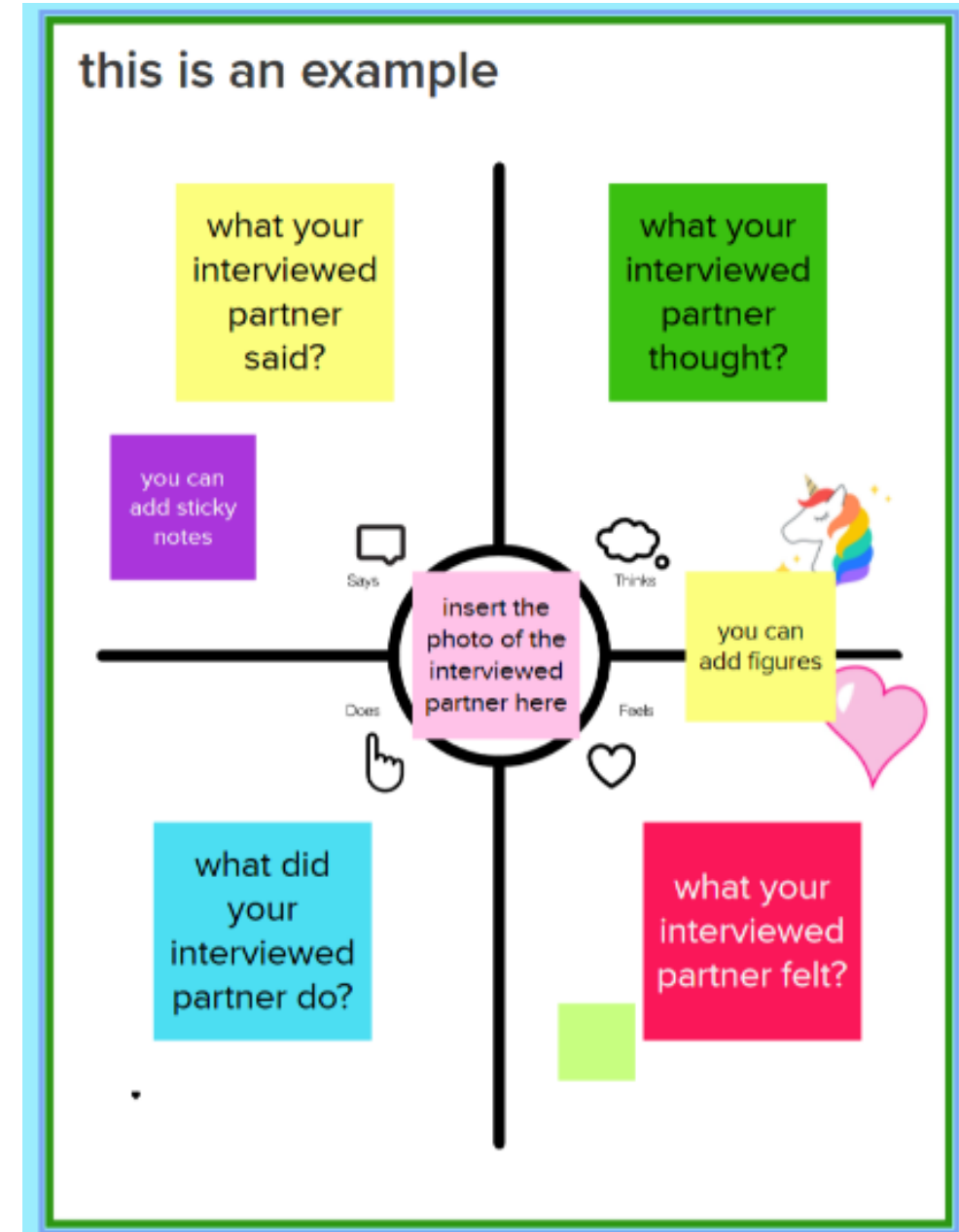
… Pair up, by choosing your "reflection partner(s)"*

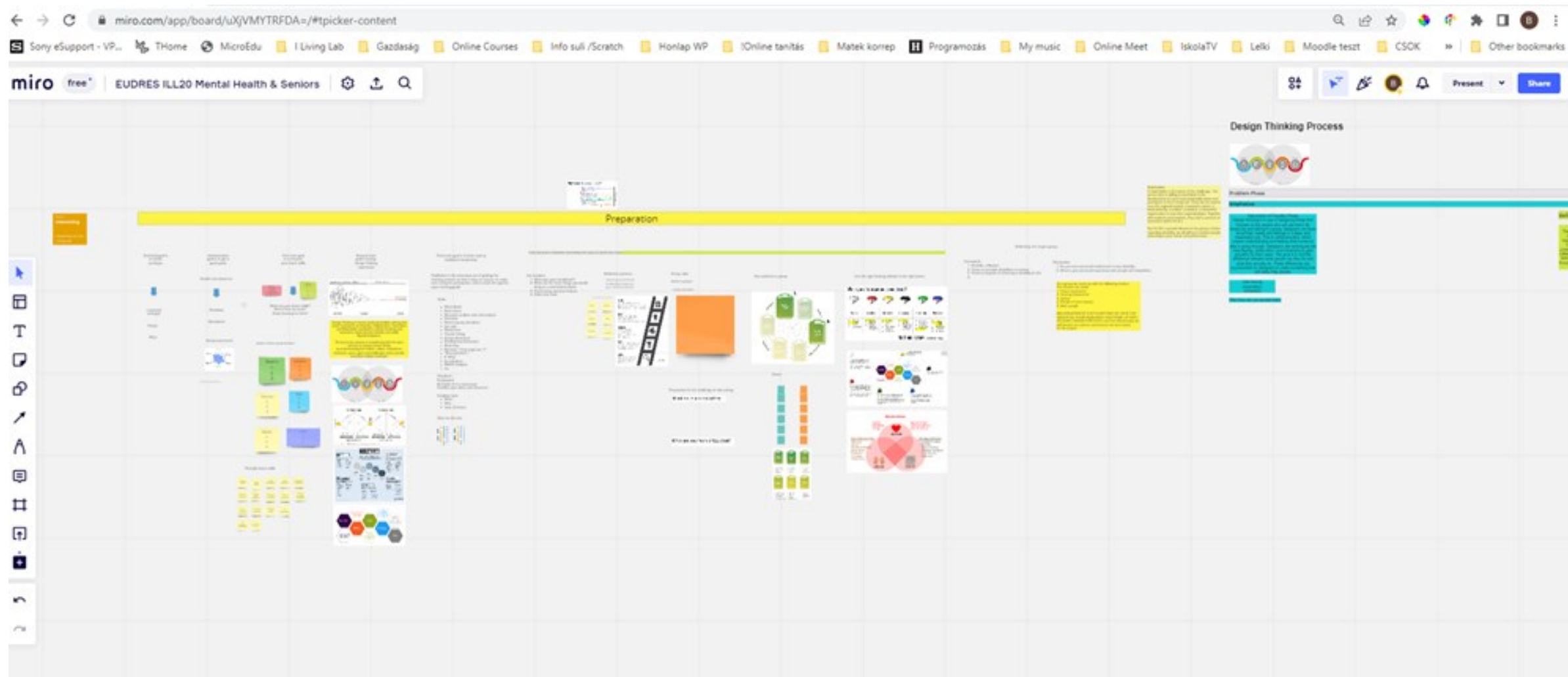… Person A interviews Person B and then switch roles (5 minutes per interview)**

3. **Empathy map**

… Fill the empathy map based on the interview you have conducted (5 minutes)

… Present it briefly to the rest of the group (big group session; 20 minutes in total)

… Reflect and discuss what you've learned about "the user" (5 minutes in total)

this is an example

what your interviewed partner said?

what your interviewed partner thought?

you can add sticky notes

insert the photo of the interviewed partner here

Says   Thinks

Does   Feels

you can add figures

what did your interviewed partner do?

what your interviewed partner felt?
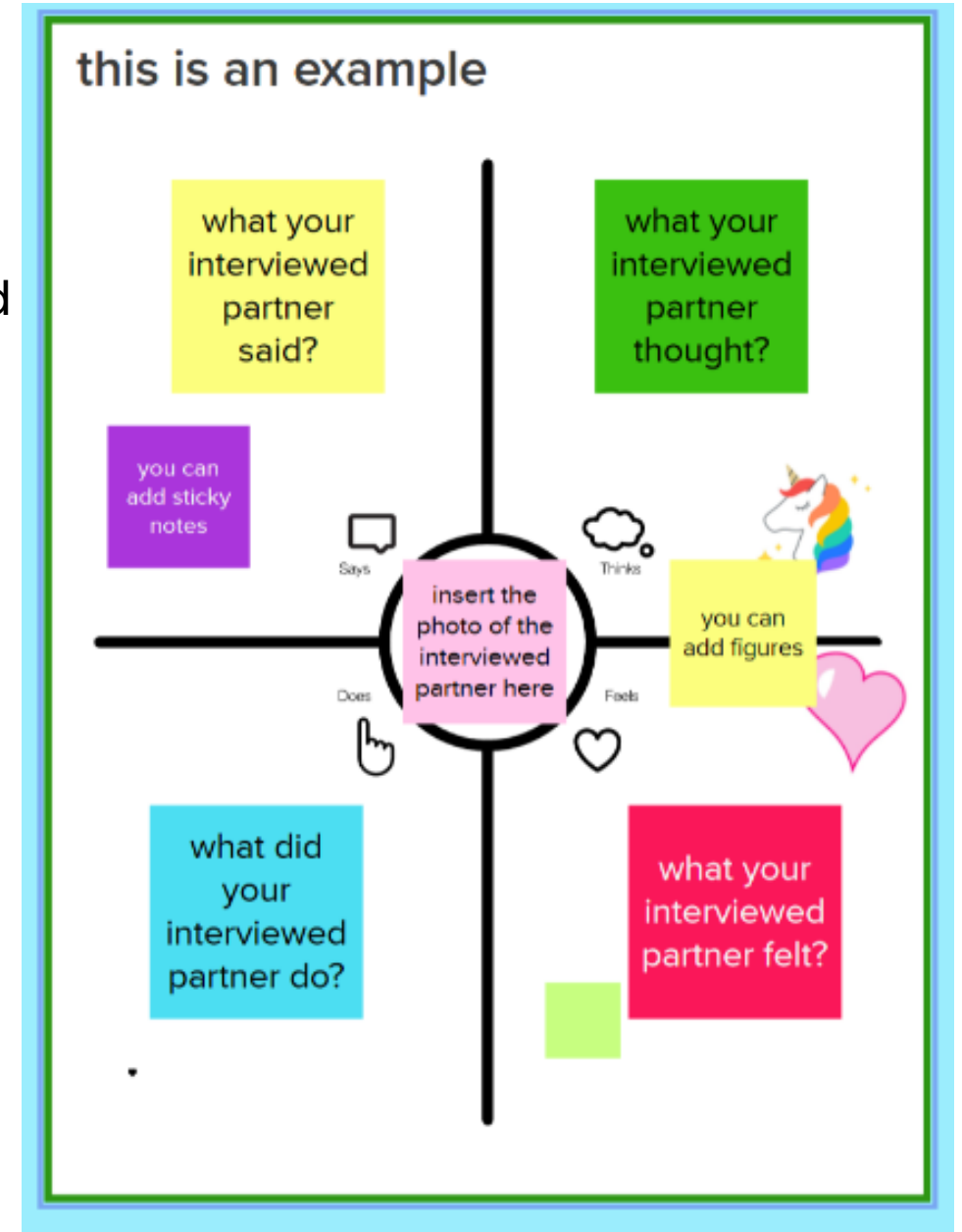
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EMPATHY MAP – THE USE OF MIRO

EMPATHY MAP YOUR HOMEWORK

○ **Task:**

You have to fill his/her empathy map on Miro board

Deadline: our next meeting (April ?? 2023)

this is an example

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INPUT ON TOPIC

I LIVING LAB TOPIC

How to improve Healthcare Access for Elderly through Digitalization

The main challenge is to find practical solutions to improve the healthcare access for elderly using technology. To reach this goal of our I Living Lab is going to focus on innovative opportunities for students in higher education in the following wellbeing dimension: mental health issues.
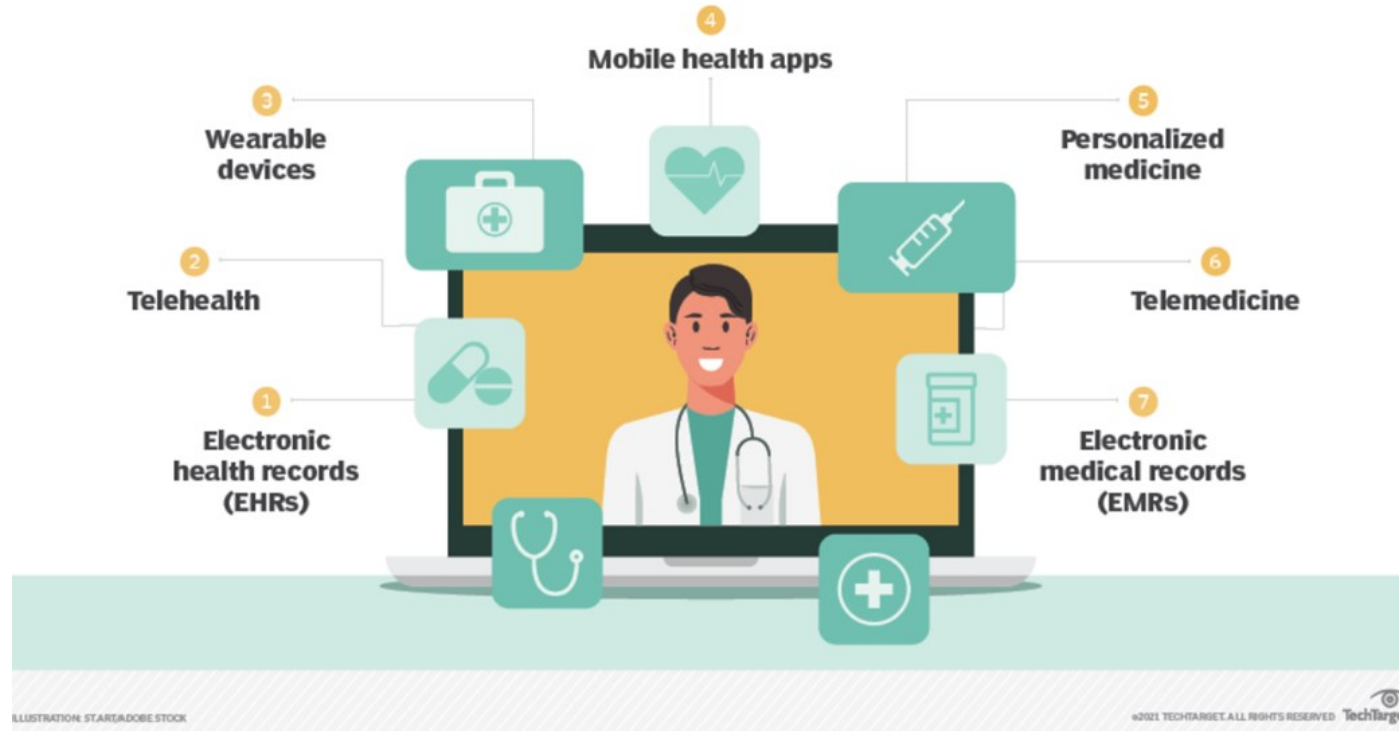
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WHAT IS DIGITAL HEALTH

WHAT IS DIGITAL HEALTH?

o Digital health (digital healthcare) is a multidisciplinary concept that includes concepts from an intersection between technology and healthcare.

o Digital health includes incorporated software, hardware and services in healthcare domain.

Digital health technologies

- 4 Mobile health apps
- 3 Wearable devices
- 5 Personalized medicine
- 2 Telehealth
- 6 Telemedicine
- 1 Electronic health records (EHRs)
- 7 Electronic medical records (EMRs)

DIGITAL TECHNOLOGIES FOR ELDERLY PERSONS AND HEALTHY AGEING.

promotes digital inclusion - for all.

EXAMPLES OF DIGITAL HEALTH TECHNOLOGY

- IoMT (Internet of medical things):
  - is a combination of medical devices and applications connecting the health IT systems that use networking technologies.
  - using this telemedicine technology to improve communication between patients and doctors, to decrease the potential for exposure to contagious disease and different data collected from the user.
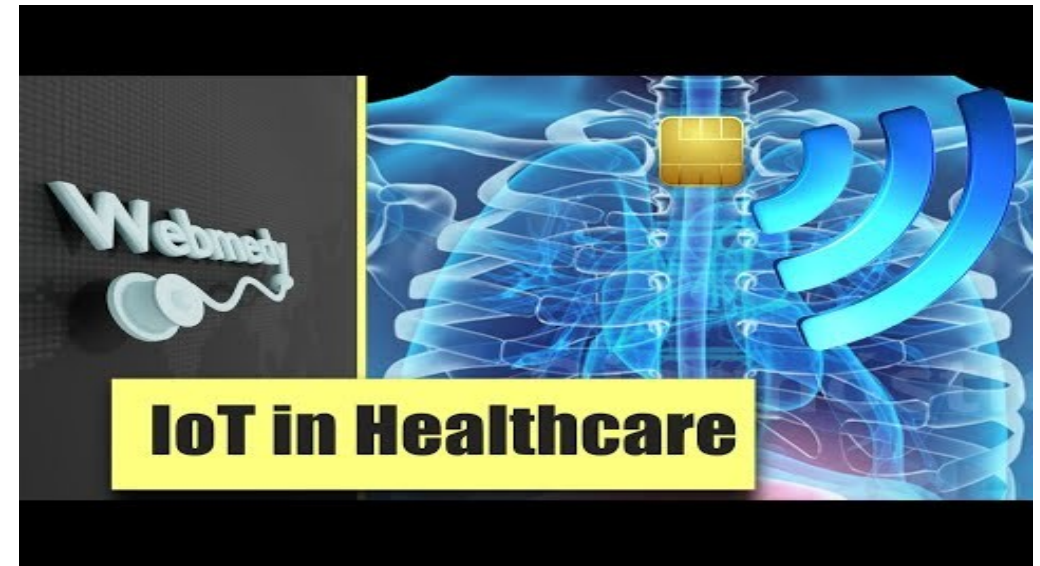
BIG DATA IN HEALTHCARE

o Healthcare big data refers to collecting, analyzing, patient, physical, and clinical data that is to vast or complex to be understood by traditional means of data processing.

o Big data is ofen processed by machine learning algorithms and data scientists.

INTEROPERABILITY IN HEALTHCARE

○ Is the exchange of information between different medical entities, the information the medical units understand the information exchanged.

Using standards for ensure interoperability in healthcare

○ Fast Healthcare Interoperability Resources (www.hl7.org/fhir)

○ is a standard for healthcare data exchange, published by HL7

USING CLOUD COMPUTING IN HEALTHCARE

- o Cloud computing offers great potential for quick access to medical information

- o Quick access to medical history of each person at any location

- o Cloud computing can help patients to gain access to their medical history from anywhere in the world via the Internet

TELEMEDICINE

o Allows healthcare professionals to evaluate, diagnose and treat patients at a distance using telecommunications technologies.

o Telemedicine technologies is used for specialist consultations, management of chronic contions, medication management, follow-up visits, and other activities which can be done remotely using a secure video and audio connection.

HEALTHCARE PRIVACY IN THE DIGITAL AGE

DESK RESEARCH ON WHAT, HOW, AND WHY

<u>Deadline: our next meeting (5th of April)</u> should be created

1. Search for information on the ILL topic from various sources (websites, books, magazines, blogs, articles, etc.)

2. Divide your page into three sections and break down what you've understood as follows:
   - **What:** ... A healthy lifestyle for elderly is... (concepts, dimensions, related topics,...)
   - **Why:** ... A healthy lifestyle for elderly because... (facts, data, trends,...)
   - **How:** ... A healthy lifestyle for elderly through... (concrete actions, good practices,...)

(next synchronous session)

... Present your work briefly to the rest of the group (20 minutes in total)

... Reflect and discuss what you've learned about "the topic" (5 minutes in total)

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Question for elderly – Empathy phase

1. Do you any digital applications (Facebook, Viber, Whatsapp etc.) for social life or medical?
2. How do you feel about this tools/applications?
3. Do you use any smart devices such as smartphone or bracelet, smart watch?
4. Do you have any difficulties with the equipment or apps?
   - If yes, what is your experience with them? What are the advantages and disadvantages for you to use this devices?
   - If not how do you feel to use them in the future?
5. What kind of device or application could be a great help for you?

You have a task as „homework"

o Continue of your e -portfolio - Empathy map with 1-2 elderly

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COOL DOWN GAME

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