



Healthy Teachers at



Secondary School of Nursing Ljubljana

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I will talk about:

- our organisation
- employees
- physical activity
- healthy eating



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Slovenia



- Area:** 20,273 km²
- Population:** 1,964,036 (2002 census)
- Capital city:** Ljubljana
- Language:** Slovene; in nationally mixed areas also Italian and Hungarian
- Currency:** Euro (EUR)
- Important dates:**
 - Independence - 25 June 1991
 - Member of EU - 1 May 2004

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Ljubljana

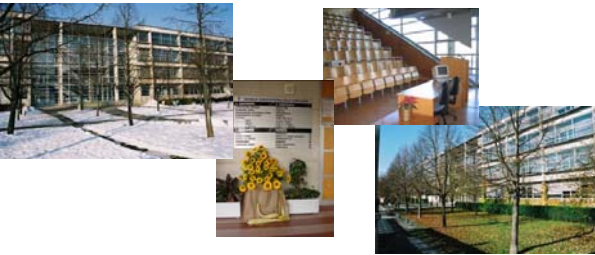
- population: 400.000
- capital city, financial, cultural and educational center



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Presenting the School

- 1753-1983 School for midwives
- 1983 Secondary school of nursing
- 1998 new building



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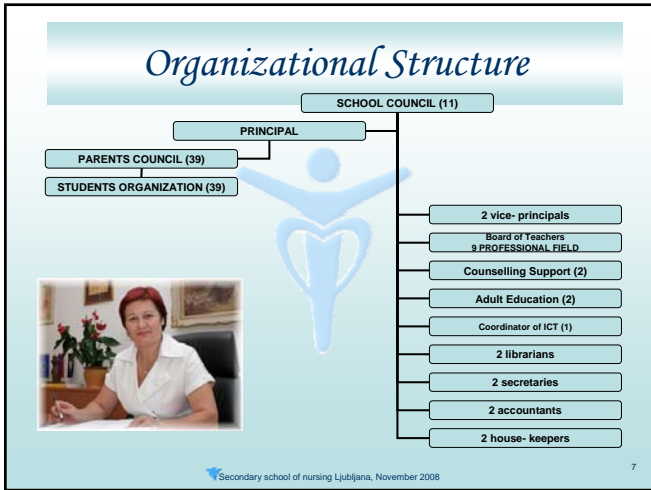
Presenting the School

TWO PROGRAMMES

- 4 – year programme:
PRACTICAL NURSE
- 3 – year programme:
NURSING ATTENDANT

YOUTH EDUCATION number of classes: 37 1st year: 8+1 2nd year: 9+2 3rd year: 8+1 4th year: 8	ADULT EDUCATION number of classes: 12 NUMBER OF STUDENTS youth education: 1085 adult education: 270
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Our Teachers

NUMBER: 100

Gender:

- 90% female
- 10% male

Subjects:

- 63% general
- 37% professional

Age:

- 10% up to 35
- 72% 35 to 50
- 18% 50+

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Facilities

- two in-door exercise arenas
- out-door exercise arena
- eating area
- park
- showers

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Physical Activity Programme

- co-ordinator
- gym class for women
- action "Sports- my life"
- nordic- walking
- skiing course
- marathon group

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Healthy Eating

- action plan
- comfortable, calm eating area
- healthy food and drinks
- salad bar
- free water supply
- fruit
- advice

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*Thank you for listening.
Any questions?*

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