

**LIFELONG HEALTH
Innovative Learning Environments & JYU.Wisdom
JOINT SYMPOSIUM**

August 26, 2024, 10.00-12.00 (Helsinki time)

**Venue for Physical Participation:
University of Jyväskylä's Library, Lähde
Room B 248 Väite**

Digital Participation:

Join us online for the symposium via our digital platform. A link for virtual attendance will be provided upon registration.

Registration:

<https://forms.gle/KJGTRvEbHfovjfY76>

**Transdisciplinary Research for Healthy Growth through Learning
Across the Lifespan**

The Innovative Learning Environments Research Team at the Finnish Institute for Educational Research, University of Jyväskylä, is excited to announce an upcoming symposium dedicated to promoting transdisciplinary research for Lifelong Health. This symposium aims to highlight the significance of transdisciplinary research, illustrating its potential to address complex global challenges. By integrating knowledge and methodologies from diverse disciplines, researchers can study and foster innovative solutions that promote lifelong health and learning.

10.00-10.10 WELCOME & INTRODUCTION OF THE SPEAKERS

Dr. Kristóf Fenyvesi (Finnish Institute for Educational Research, University of Jyväskylä)

10.10-10.40 HEALTH EDUCATION: GROWING OLD, STAYING YOUNG

Professor Samuel Kai Wah Chu (Hong Kong Metropolitan University)

Abstract

Through a 5-month Health Education program, around 80 young olds (i.e. those age 55+) were engaged in a 10-weeks training on cognitively demanding activities (e.g. storytelling, digital story writing, question creation about stories they read), cultural activities (e.g. singing, drama) and fun activities (e.g. eSports, AI farming). The young olds were able to learn some of the latest technologies and activities that could help enhance their cognitive abilities. After this 10-weeks training, the young olds were invited to go to kindergartens or primary schools to teach young kids something that they are interested and capable in teaching (e.g. short dramas, learning English via storytelling or singing). To offer an opportunity for the young olds to sharpen their skills/abilities, we organized competitions for most of our trained activities (e.g. storytelling, digital story writing, question creation, singing and drama). To help the young olds further develop their skills/abilities, we started 4 cultural groups for them - choir, drama, band and dance. We

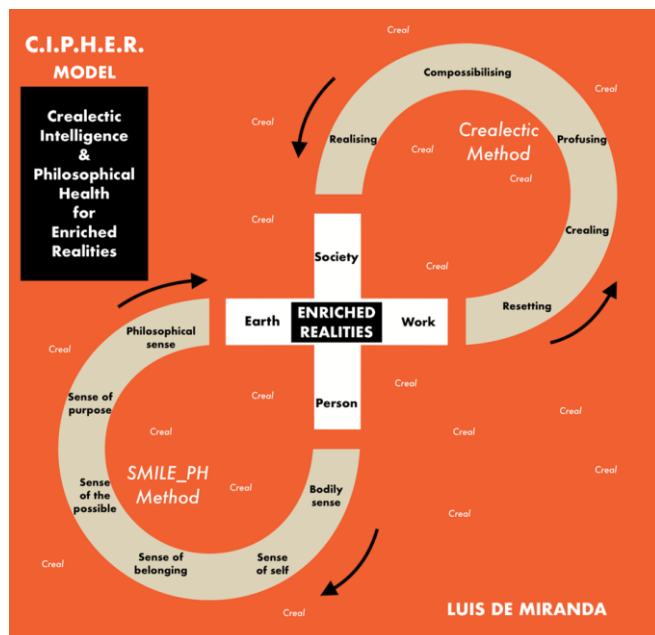
learned that the young olds were also keen on developing their physical abilities, so we then started a hiking team. Seeing the desire of the young olds to learn exercises that can bring them better physical health, we then introduced a number of exercise training programs including Shaolin Yi JinJing (which is similar to Tai Chi). This talk will discuss to what extent that the young old participants were able to enhance their cognitive abilities and psychological well-being through this Health Education program. Besides, it will touch on whether the exercise training helped them achieve better physical health.

Keywords: Health education, Health literacy, Intergenerational learning, eLearning, Gerontechnology, Early childhood education, Transdisciplinary research

10.40-11.10 PHILOSOPHICAL HEALTH: FROM PERSON TO EARTH

Dr. Luis de Miranda (Turku Institute for Advanced Studies)

Online talk and book launch.



This talk explores the concept of philosophical health as a holistic approach to human flourishing and planetary wellbeing. Drawing on Luis de Miranda's book "Philosophical Health: A Practical Introduction" (Bloomsbury, August 2024) and his C.I.P.H.E.R. model, we will attempt to understand how cultivating philosophical health at both individual and collective levels is crucial for creating "enriched and eudynamic realities." We will examine the six key elements of philosophical health outlined in de Miranda's SMILE_PH method: bodily sense, sense of self, sense of belonging, sense of the possible, sense of purpose, and philosophical sense. These interconnected elements form the foundation for a person's overall wellbeing and self-transcendent capacity to engage meaningfully and responsibly with the earth.

Building on a process philosophical framework, we

will then explore how philosophical health can be scaled up to enrich our shared realities across societal, planetary, and even cosmic scales. Drawing on de Miranda's C.I.P.H.E.R. model, we will discuss the role of "crealectic intelligence" – a mode of thinking that synthesizes analytical, dialectical, and process creative approaches – in fostering philosophical health at broader levels. Central to this discussion is the Leibnizian concept of "compossibilization" – the process of harmonizing diverse possibilities to create eudynamic outcomes. By cultivating philosophical health and applying crealectic intelligence, we can work towards compossibilizing seemingly conflicting interests and ideas to address complex challenges facing society and the planet. This approach is being currently implemented for example at Vattenfall R&D, the energy transforming company via their newly born Crealectic Lab.

Link to the newly published book: <https://www.bloomsbury.com/us/philosophical-health-9781350405035/>

11.10-11.30 JOYFUL LEARNING, COGNITIVE DEVELOPMENT, WELL-BEING AND PLANETARY RESPONSIBILITY IN SCHOOL EDUCATION. INFORMATION ABOUT RELATED PROJECTS

Innovative Learning Environments Research Team, Finnish Institute for Educational Research, University of Jyväskylä

11.30-12.00 QUESTIONS & ANSWERS / CLOSING

About the Speakers

Professor Samuel Kai Wah Chu



Professor Chu is a multidisciplinary researcher with a diverse background. He holds two PhDs—one in e-Learning from University College London and another in Information and Library Science from The University of Hong Kong (HKU). His expertise spans multiple academic areas: Information and Library Sciences: Ranked among the top 0.46% of scholars in Information & Library / Health Sciences: Focuses on health education and literacy. Committed to helping seniors maintain cognitive and physical health.

Professor Chu's research interests include:

- Gerontechnology
- Intergenerational Learning
- AI Literacy
- Game-based Learning
- Gamification in Education
- 21st Century Skills
- Digital Literacies
- Social Media in Education

Dr. Luis de Miranda



Luis de Miranda is a Senior Researcher in Practical Philosophy at the Turku Institute for Advanced Studies, Finland, and an Affiliated Researcher at the House of Innovation of the Stockholm School of Economics, Sweden. He is a philosophical counsellor and the founder of the Philosophical Health International movement and the leader of the Enriched Realities Community. More information:

<https://enrichedrealities.com/the-enriched-realities-assembly/>

Innovative Learning Environments



The Innovative Learning Environments (ILE) research group consists of researchers, university lecturers, PhD students, and master students, especially from the Faculty of Information Technology and the Finnish Institute for Educational Research. The diverse research projects are conducted in close collaboration with other units at the University of Jyväskylä. The ILE group has an extensive national and international network of research institutes, the public sector, and companies.

More information: <https://www.jyu.fi/en/research-groups/innovative-learning-environments-ile>

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