



Healthy Campus Case Study



HEA

An tÚdarás um Ard-Oideachas
The Higher Education Authority

Student Wellbeing Week

Institution/ Organisation
TU Dublin
Who leads/ led the project?
Student Health Centres, Engagement, Collaborative Event of Stakeholders in TU Dublin
Date and timeframe
23rd – 26th March 2026 across 5 campuses, annual event
Project Rationale
To provide students with opportunities to engage in wellbeing activities and heighten awareness of available wellbeing supports available, both locally and online, paying particular attention to low-cost ventures, with a focus on preparation for exams, and a reduction in exam-related stress.



Project Overview/ Summary
<ol style="list-style-type: none"> 1. Planning commenced in December with bi-monthly meetings of the collaborative calendar group composed of Health & Wellbeing providers/stakeholders in the university from across the 5 campuses. Minutes and actions were recorded of each meeting. 2. The collaborative calendar group acted as the steering group with leadership by Student Health Centres and Engagement. 3. Internal stakeholders included Student Health Centres, Counsellors, Volunteering, Healthy Campus, Chaplains, Estates, Careers Guidance, Exams Support, Sexual Health, Sport, Financial Support, clubs & societies, Students' Union, culinary arts and media students, etc. 4. External stakeholders invited to participate included HSE & Slaintecare, Sun Smart, Healthy Food Made Easy, Volunteering Organisations, Dog Therapy, Jigsaw. 5. An excel spreadsheet was used to capture meeting feedback and to record planning and logistical arrangements and people responsible. 6. The event was promoted via the university website, social media, campus screens, newsletters 3 weeks prior to the event. 7. Each campus was allocated a day for the event which ran from 11am to 2.30pm with videos and photographs taken by media students. 8. The event was evaluated using engagement forms including a count of participant engagements per initiative/event, quiz and organisation feedback from steering group and participants on how to improve the event going forward.

Key Learning Points
<ol style="list-style-type: none"> 1. Plan well in advance, allow long lead in times for promotion and completion of indemnity and financial support required. 2. Involve as many key stakeholders as possible, including internal and external, to create greater impact and engagement. 3. Early engagement of students in the planning process to ascertain interests. Involve students in the organization, planning, and implementation process. 4. Evaluate the event and make improvements based on feedback. 5. Early exploration of local/community initiatives is advised as dates often need to be booked well in advance. 6. Start small and grow the event. 7. Sharing of the workload and responsibilities is central to success. 8. Celebrate successful events.



Limerick Framework for Action			Whole Campus Approach	Type of Evaluation
Ethos	Leadership	Students	Campus Environment (Facilities & Services) (Pillar 2)	Formative Evaluation
Act	Culture	Celebrate	Campus Culture & Communications (Pillar 3)	Process Evaluation
Localise	Partnership		Personal & Professional Development (Pillar 4)	Outcome Evaluation
			Health Focused Area (Pillar 5)	Summative Evaluation

