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School of  
Health Sciences

4. – 6. May  
2026

# Training School Participatory Approaches



# Welcome to our Training School

In this Training School you will focus on a comprehensive exploration of participatory approaches with older adults and/or persons with disabilities applied to research, practice and policy development.

## Good to Know & Registration

We look forward to welcoming you from **May 4–6, 2026**, at our beautiful venue at the ZHAW School of Health Sciences in Winterthur, Switzerland.

This flyer provides you with all the key information about the event and registration possibilities for food, social events and speed presentations during the day.

### Host

COST Action BOPALiM Building Opportunities for Participation and Accessibility through lifelong community Mobility CA23101 & Paar-Net CA22167

### Venue Training School

Zurich University  
of Applied Sciences  
School of Health Sciences  
Katharina-Sulzer-Platz 9  
8400 Winterthur

### Accommodation

We recommend: Hotel Wartmann  
Rudolfstrasse 15  
CH-8400 Winterthur  
T +41 52 260 07 07  
[wartmann@wartmann.ch](mailto:wartmann@wartmann.ch)

Single Room Prize: 135 CHF  
Double Room: 150 CHF

Reservation code: International COST Action Training School  
Rooms are reserved until April 8<sup>th</sup>.

### Transportation from the airport Zurich

From the airport to Winterthur:  
Train: Direct trains to Winterthur every 15 minutes. Travel time: approx. 20 minutes. Cost: approx. CHF 10.00. *Please make sure to buy the ticket before boarding the train.*  
Taxi: Travel time is around 30 minutes. Cost: approx. CHF 80–100.

### From the main station Winterthur to the ZHAW

On foot: Approx. 10 minutes' walk. See the map below.  
By bus: Approx. 2 minutes. Bus Nr. 1, 5, or 7 to Winterthur, Brühleck.  
See the map on the back.

### Temperature / Weather

May in Winterthur is generally mild and pleasant. Average temperatures range from 10°C to 20°C. Rain showers are possible, so we recommend bringing a light jacket and an umbrella. Layered clothing is ideal for changing conditions.

### Currency

Switzerland uses the Swiss Franc (CHF). Most major credit and debit cards are widely accepted. ATMs are available at the airport and throughout Winterthur. Some places may accept Euros, but change is usually given in CHF.

### Electricity

Switzerland uses Type C and Type J power plugs. The standard voltage is 230 V and the frequency is 50 Hz. Please bring a suitable adapter if your devices have a different plug type.

### Accessibility

The ZHAW building is wheelchair accessible, including elevators and barrier-free restrooms. If you need any additional support, please contact us.

### Registration Social Events & Field Trips

For planning purposes, we kindly ask you to take part in the following poll until April 15<sup>th</sup>:

- [Social Events & Field Trips](#)

### Contact

Administration: Angelika Echsel; [angelika.echsel@zhaw.ch](mailto:angelika.echsel@zhaw.ch)  
Organization: Dr. Selina Egger; [selinamarita.egger@zhaw.ch](mailto:selinamarita.egger@zhaw.ch)

# Program Training School

## Day 1 04.05.2026 – WHY Doing Participatory Approaches

Time Room

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11:00 AM MG O1.143 **Official Welcoming and Opening Remarks**

Prof. Christiane Mentrup, Director Institute of Occupational Therapy, ZHAW  
Dr. Selina Egger  
Angelika Echsel, MSc

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11:45 AM MG O1.143 **Introduction of Participatory Approaches**

Dr. Tadhg Stapleton, Prof. Dr. Lana van Niekerk

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12:00 PM MG O1.143 **Perspectives on WHY we Are Doing Participatory Approaches**

Dr. Tamar Yellon, Prof. Dr. Matthias Drilling, Ass.-Prof. Jodi Sturge, Ass.-Prof. Klejda Harasani, Dr. Jerome Peter Fredericks

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01:00 PM **Lunch Break**

*We'll meet at the main ZHAW entrance and walk together to the mensa.*

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02:00 PM MG O1.143 **Expert by Own Experience**

Prof. Dr. Claudio Bolzmann

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02:30 PM MG O1.143 **One Minute Pitch of Trainees**

Trainees, Dr. Tadhg Stapleton, Prof. Dr. Lana van Niekerk

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03:00 PM MG E0.054  
MG O2.048  
MG O2.054  
MG U1.063 **Group workshops – Why we Use a Specific Participatory Method**

Dr. Tadhg Stapleton, Prof. Dr. Lana van Niekerk

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03:30 PM **Afternoon Break**

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03:45 PM MG E0.054  
MG O2.048  
MG O2.054  
MG U1.063 **Group Workshops – Why we Use a Specific Participatory Method**

4:15 PM MG O1.143 **Evening Talk – How Voices and Participatory Approaches Are Translated Into Political Debates**

Mandy Abou Shoak,  
*Social and Community Worker, Member of the cantonal parliament, member of the commission for public safety and justice.*

Prof. Dr. Claudio Bolzman

*Haute école de Travail Social Genève; Expert with a focus on ageing populations in migration contextes*

Prof. Dr. Matthias Drilling, Moderation

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5:30 PM **Social Dinner**

*We'll meet at the main ZHAW entrance and walk together to the restaurant.*

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# Program Training School

## Day 2 05.05.2026 – HOW Doing Participatory Approaches

| Time     | Room   |  |
|----------|--|--|
| 09:00 AM | MG O1.143  | <b>Welcome Day 2</b><br>Dr. Tamar Yellon, Dr. Davide Lucantoni   |
| 09:15 AM | MG O1.143  | <b>Examples on HOW Participatory Research is Done</b><br>Prof. Dr. Christina Schulze, Dr. Davide Lucantoni, Dr. Jerome Peter Fredericks, Dr. Selina Egger, Clémence Orain, Prof. Dr. Matthias Drilling |
| 10:30 AM |  | <b>Coffee Break</b>  |
| 11:00 AM | MG O1.143  | <b>HOW: Facilitator &amp; Barriers in Participatory Approaches</b><br>Dr. Tamar Yellon, Dr. Davide Lucantoni, Dr. Wenqian Xu   |
| 12:30 PM |  | <b>Lunch Break</b><br><i>Individual lunch, explore food possibilities around the Campus HAF</i>  |
| 01:30 PM | MG E0.054<br>MG O2.048<br>MG O2.054<br>MG U1.063 | <b>Workshops on Different HOW's</b><br>Dr. Tamar Yellon, Dr. Davide Lucantoni  |
| 02:45 PM |  | <b>Afternoon Break</b>   |
| 03:00 PM | MG E0.054<br>MG O2.048<br>MG O2.054<br>MG U1.063 | <b>Co-Creation Workshop on Ethics in Participatory Approaches</b><br>Ass.-Prof. Jodi Sturge  |
| 4:00 PM  |  | <b>Social Event</b><br><i>We'll meet at the main ZHAW entrance and walk together to the restaurant in the wildlife park "Bruderhaus" in Winterthur.</i>  |

# Program Training School

## Day 3 06.05.2026 – WHAT Comes After Doing Participatory Approaches

Time Room

09:00 AM MG 01.143

### Welcome Day 3

Prof. Dr. Matthias Drilling, Dr. Selina Egger

09:30 AM

### Field Trips “Participatory Projects in Winterthur”

Prof. Dr. Matthias Drilling, Dr. Selina Egger, Angelika Echsel  
*We'll meet at the main ZHAW entrance and walk together to the venues.*

12:30 PM

### Lunch Break

*Individual lunch, explore food possibilities around the Campus HAF*

01:30 PM MG 01.143

### Examples on WHAT Comes After Doing Participatory Approaches

Ass.- Prof. Klejda Harasani

02:00 PM MG E0.054  
MG O2.048  
MG O2.054  
MG U1.063

### World Café Part I: Cross-Disciplinary Exchange

Prof. Dr. Matthias Drilling, Dr. Selina Egger

02:55 PM

### Afternoon Break

03:10 PM MG E0.054  
MG O2.048  
MG O2.054  
MG U1.063

### World Café Part II: Disciplinary Exchange

Prof. Dr. Matthias Drilling, Dr. Selina Egger

03:45 PM MG 01.143

### Introduction on How to Complete and Submit The Reimbursement Claims

Dr. Davide Lucontoni

3:50 PM MG 01.143

### Evaluation Training School

Prof. Dr. Matthias Drilling

4:00 MG 01.143

### End of Training School

This Flyer is based upon work from COST Action BOPALiM, CA23101 and Paar-Net CA22167, supported by COST (European Cooperation in Science and Technology).

COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Actions help connect research initiatives across Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their research, career and innovation.