



University name: University of Pécs
Country: Hungary

SDG3: Good health and well-being

University of Pécs – Report on the implementation of the UN Sustainable Development Goals (SDG 3)

2024

1. Introduction

Among the UN Sustainable Development Goals (SDGs), the University of Pécs pays particular attention to **SDG 3: "Ensure healthy lives and promote well-being for all at all ages."**

As one of Hungary's largest and oldest higher education institutions, the university contributes to the achievement of SDG 3 not only through its educational and research activities, but **also through its healthcare services, community programmes and internal policies.**

This report presents the institutional policies, programmes, results and developments based on **the University's Strategy for 2023-2030, as well as the activities of the Faculties, the UP Clinical Centre, the Szentágotthai János Research Centre and the relevant organisational units of the University.**

2. Institutional guidelines and strategic background

The health and welfare objectives of the University of Pécs are set out in several strategic documents, in particular the **University of Pécs Strategy for 2023–2030** and **the operation of the University's Clinical Centre.** The UP Strategy 2023–2030 takes a holistic approach to sustainability: in addition to environmental, social and economic responsibility, human health and well-being are also among the strategic objectives. The University of Pécs is committed to incorporating sustainability principles and health awareness into all levels of university operations, from education to research, community initiatives to infrastructure development.

The university is committed to **supporting mental health, stress management, physical and mental balance, and the well-being of employees and students.** Policies are aimed at promoting **health preservation, prevention, reproductive health, a smoke-free environment, mental health and community well-being.**

3. Smoke-free policy

The UP provides a smoke-free environment for students and staff in accordance with the following legislation:

- **Act XLII of 1999** on the protection of non-smokers,
- **Government Decree 210/2009. (IX. 29.)** on the designation of smoking areas,
- **Organizational and Operational Regulations of the UP and Clinical Centre's 1/2012. Director-General's instruction** on smoking regulations.

The aim is to maintain **a healthy, clean air, exemplary university environment** in line with the WHO and UN recommendations for a "Smoke-free Campus".



4. Health-conscious campus

Health promotion activities include **lifestyle programmes, health days, screening tests, blood donations**, and community campaigns organised by health students and staff.

The University of Pécs conducts a number of educational activities for the wider community, which, depending on the programme, are available to the following target groups:

- university citizens (students, employees)
- local communities
- disadvantaged people
- refugee/immigrant communities

5. Reproductive health, prevention and mental well-being

The University of Pécs operates **health promotion and prevention programmes** for students and staff.

These include:

- regular **screening tests**,
- **mental health counselling**,
- **psychological support**,
- **health days and educational workshops**.

With the professional support of the **UP Clinical Centre**, the institution provides assistance in the areas of **healthy lifestyle, nutrition, physical activity and mental health**.

Supporting mental health is a priority: students and staff have access to the **UP Psychological Counselling Service**, which provides assistance with stress management, burnout prevention and lifestyle issues.

6. Community involvement and social responsibility

The University of Pécs' community activities promote the values of health and well-being in the spirit of social responsibility.

- The "**Our Environment – Our Health – Our Future**" competition was attended by more than 200 children, with fun health and environmental awareness tasks.
- As part of the "**Teach for Hungary**" programme, students mentor disadvantaged pupils, strengthening their access to education and healthy living.
- Hundreds of UP students and staff participate in the "**YouPick!**" litter collection campaigns and other volunteer programmes.

These community initiatives contribute to strengthening a **culture of well-being, community cohesion and solidarity**.

7. Equal opportunities and an inclusive university community

Every year, the University of Pécs publishes **its Equal Opportunities Plan**, which lays down the prohibition of discrimination and the requirements for equal treatment.



The university pays particular attention to **gender equality, support for people with disabilities** and the creation of a **family-friendly working environment**.

The main objectives of the **Gender Equality Plan (GEP)** are:

1. Work-life balance.
2. Gender equality in management and decision-making positions.
3. Enforcing gender equality in research and education.
4. Action against sexual harassment and discrimination.

These measures serve not only to promote equal opportunities, but also **mental safety and well-being**.

8. Education, research and partnerships for health

Promoting sustainability in global higher education requires an integrated, interdisciplinary approach. Universities must promote cross-disciplinary collaboration and incorporate sustainability into their curricula to equip students with both knowledge and practical skills. Experiential learning – such as internships, community projects and applied research – increases student engagement and civic responsibility.

Targeted funding is essential to drive innovation in key areas such as quality education, climate adaptation, renewable energy, sustainable cities, health and equality. International partnerships further amplify impact through shared knowledge and joint action. Universities also play a vital role in shaping public policy with evidence-based knowledge and engage communities to ensure that initiatives are inclusive and locally relevant. Through these efforts, higher education institutions can play a leading role in the transition to a more sustainable and equitable future.

The University of Pécs conducts research and innovation at the intersection of **health promotion and sustainability**.

- The **Clinical Centre** and the **Szentágotthai János Research Centre** are involved in several international projects in the fields of health preservation, prevention and digital health.
- The **ÁOK YourLife** Program of the Medical School is an exemplary initiative.
- The **Faculty of Health Sciences** teaches new methods in public health, nursing, dietetics and health promotion.
- The research projects of **the Faculty of Pharmacy**, which favours innovative solutions, are outstanding.
- The programmes of the **Teacher Training Centre** and the **Training Schools** serve to educate children and young people about healthy lifestyles.
- Through the **SpongeCity** and **DRYRivERS** projects, the university contributes to climate adaptation, the creation of a healthy urban environment and the improvement of the quality of life of the population.

Through education and research, the UP **supports the long-term health resilience of society**.



9. Summary

The sustainability and health promotion activities of the University of Pécs are closely linked to the UN Sustainable Development Goals. The implementation of SDG3 – **Good Health and Well-being** – is a key priority for the University of Pécs.

The institution works with a complex, systemic approach:

- **health preservation,**
- **mental well-being,**
- **equal access,**
- and **community responsibility are** an integral part of university life.

The UP continues to lead the way in Hungarian higher education in building a healthy, inclusive and responsible university community.