

SMART AGEING AND HEALTHY LIFE

EC2U Summer School

Programme



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|-------------------------|---|---|--|---|---|---|--|--|
| Arrival & Accommodation | 9:30-10:00 Official Opening (Daniela SOITU) Building A, Aula Magna | 9:30-12:30 Functional assessment of the elderly (L&A) (Raluca ONOSE, Paul LUCACI, Alex CÎTEA) Building D, kinetheraphy room & S1 room | 9:30-12:30 Dynamic activities with integrative-recreative purposes (A) (Florin TROFIN, Vlad MUNTEANU) Building D, Sports ground | 9:30-11:00 First aid (PA) (Raluca ONOSE, Paul LUCACI, Alex CÎTEA) Building D, kinetheraphy room & S1 room | 9:30-12:30 Respiratory management (L&A) (Raluca ONOSE, Iulian DUMITRU, Paul LUCACI, Alex CÎTEA) Building D, Sports ground/ S1 room | 9:30-13:00 Social Impact Conference assessment (SSA) (Daniela SOITU, Beatrice ABALASEI) The Botanical Garden/ Building A, Aula Magna | | |
| | 10:00-12:30 Smart Ageing (L&A) (Iulian DUMITRU) Building D, Sports ground/ Gym | | | 11:30-13:00 Towards personalized phisical activity programs to reduce the risk of falling in older adults (L&A) (Romanin TISSERAND) Building A, Aula Magna | | | | |
| | 13:00-15:30 Lunch break | 13:00-15:30 Lunch break | 13:00-15:30 Lunch break | 13:00-15:30 Lunch break | 12:30-14:00 Lunch break | 13:00-14:00 Lunch break | | |
| | 15:30-17:00 Promoting physical activity with wearables (L&A) (Tuija LESKINEN) Building A, Aula Magna | 15:30-18:30 Functional assessment of the elderly (L&A) (Raluca ONOSE, Paul LUCACI, Alex CÎTEA) Building D, kinetheraphy room & S1 room | 15:30-18:30 Hackathon (PA) (Florin TROFIN, Vlad MUNTIANU) The Botanical Garden | 15:30-17:00 Activity care plans for seniors (L&A) (Raluca ONOSE, Iulian DUMITRU, Paul LUCACI, Alex CÎTEA) Building D, Sports ground | 15:30-18:30 Science Battles (PA) Building A, Aula Magna | 14:00-20:00 Guided city tour (PA) | | Informal interactions Farewell & friends for ever |
| | 17:30-19:00 Uncertainty in times of COVID-19 pandemic: who are saving more resources to cope with? (L) (Nathalie ANDRE) Building A, Aula Magna | 18:30 Free time | 18:30 Free time | 17:30-19:00 Does integrated care mean less hospitalizations? (L&A) (Aurelie GAILLARD) Building A, Aula Magna | | | | |
| | 19:00-20:30 Welcome dinner Akademos | | | 19:00 Free time | 18:30 Free time | | | |
| | 20:30 Free time | | | | | | | |
| | | | | | | | 21:00-24:00 Skills Show & Disco Akademos | |
| | | | | | | | | |



L - Lecture

L&A - Lecture & Applications

A - Applications

PA - Practical Activity

SSA- Summer School Assessment