

## EC2U Summer School

### Transgenerational Aging & Gendered Life-Cycle Approach

18 – 25 September 2022

University of Pavia  
Pavia (Italy)

Sunday, September 18		
14.00 – 23.00 (time allocated for check-in)	Arrival and accomodation	Palazzo Vistarino
Monday, September 19		
9.00-9.30	Registration	Palazzo Vistarino
9.30-10.00	Ice – breaking activities	
10.00 -10.30	Official Opening & Welcome remarks from: <ul style="list-style-type: none"> <li>- <b>A. Forlino</b> Pro rector of Internazionalization*</li> <li>- <b>D. Soitu</b>, Leader of EC2U Work Package 4*</li> <li>- <b>R. Nappi</b>, Representative of Work Package 4 for the University of Pavia*</li> <li>- <b>S.T.E.P. ESN Pavia*</b>, student association</li> </ul> <p>* approximately 10 minutes for each intervention</p>	
10.30-13.00	<i>Transgenerational Ageing –</i>	



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	Rossella Nappi (University of Pavia)	
13.00 -14.30	Lunch Break (not provided)	A list of suggested places will be provided
14.30-16.30	<i>Gendered Life-Cycle Approach in practice</i> - Laura Cucinella (University of Pavia)	Palazzo Vistarino
16.30 -18.00	<i>Cognitive function in a multigenerational cohort</i> - Suvi Rovio (University of Turku)	
18.00 -20.00	Visit to Botanic Garden & Welcome Cocktail	Botanic Garden
<b>Tuesday, September 20</b>		
9.30-11.00	<i>Skeletal Muscle Plasticity in Health and Disease</i> - <b>Simone Porcelli</b> (University of Pavia)	Palazzo Vistarino
11.00-12.30	<i>Physical activities for senior ladies (theory)</i> - Iulian Dumitru (University of Iasi)	
13.00-14.30	Lunch Break (not provided)	A list of suggested places will be provided
14.30-16.00	<i>Physical activities for senior ladies (practice)</i> - Iulian Dumitru (University of Iasi)	Palazzo Vistarino
16.00-18.00	<i>Nutrition and sportive activities in young generations</i> - Cinzia Ferraris (University of Pavia) – online intervention	
18.00-19.30	City tour by STEP ESN Pavia	City center of Pavia
21.00	Social evening event organised by STEP ESN Pavia	(TBC)



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Wednesday, September 21		
9.30-11.00	<i>The most common cancer in women: breast cancer in the life cycle. A focus on experimental models –</i> <b>Marina Holgado Madruga</b> (University of Salamanca)	Palazzo Vistarino
11.00-12.30	<i>Nutrition in the elderly –</i> <b>Ilaria di Napoli</b> (University of Pavia)	
13.00-14.30	Lunch Break (not provided)	A list of suggested places will be provided
14.30-18.00	<i>Why do life courses never forget? Your best friends toward long run well-being and healthy life –</i> <b>Daniela Soitu</b> (University of Iasi)	Palazzo Vistarino
	Free time	
21.00	Social evening event organised by STEP ESN Pavia	(TBC)
Thursday, September 22		
9.30-11.00	<i>Health determinants among students –</i> <b>Anna Odone &amp; Giacono Vigezzi</b> (University of Pavia)	Palazzo Vistarino
11.00-12.30	<i>Gender-oriented interventions for students' wellbeing: real-life data –</i> <b>Lena Schmtz</b> (University of Jena)	
12.30-14.00	Lunch Break (not provided)	A list of suggested places will be provided



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14.30-17.00	<i>Team Building activities</i> (Rafting Zerbolò - Pavia) organised by <b>CUS Pavia</b>	Meeting point at CUS-Capannone dei campioni
	Free time	
<b>Friday, September 23</b>		
9.30-11.00	<i>Health is a fundamental right - a gender perspective -</i> <b>Carmen Moldovan</b> (University of Iași)	Palazzo Vistarino
11.00-12.30	From active aging to healthy aging - <b>Elena Cavallini</b> (University of Pavia)	
13.00-14.30	Lunch Break (not provided)	A list of suggested places will be provided
14.30-16.00	<i>Regenerative Medicine: where do we stand?</i> - <b>Federica Riva &amp; Manuela Monti</b> (University of Pavia)	Palazzo Vistarino
16.00 - 17.15	<i>Workshop on fitness activity for older adults (elders)</i>	
17.30 -18.30	Guided visit at Kosmos Museum	Kosmos Museum
18.30 - 21.00	Participation at the European Researchers' Night	City of Pavia, mainly at Visconti Castle
<b>Saturday, September 24</b>		
9.30-11.00	<i>Wearables and devices -</i> <b>Paola Cerchiello</b> (University of Pavia)	Palazzo Vistarino
11.00-13.00	<i>Tips &amp; tricks for healthy longevity: down to practice -</i>	



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	Lara Tiranini & Rossella Nappi (University of Pavia)	
13.00-14.30	Goodbye Lunch (provided)	Place to be defined
14.30-16.00	Final remarks and evaluation	Palazzo Vistarino
<b>Sunday, September 25</b>		
08.00 – 10.00	Departure (check out available until 10.00)	Palazzo Vistarino