

## EC2U Summer School

### Transgenerational Aging & Gendered Life-Cycle Approach

18 – 25 September 2022

University of Pavia

Pavia (Italy)

Sunday, September 18		
	Arrival in Pavia	
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	
10.30-13.00	<i>Transgenerational Ageing – Rossella Nappi (University of Pavia)</i>	
13.00 -14.30	Lunch Break (not provided)*	
14.30-16.30	<i>Gendered Life-Cycle Approach in practice – Laura Cucinella (University of Pavia)</i>	Palazzo Vistarino
16.30 -18.00	<i>Cognitive function in a multigenerational cohort – Suvi Rovio (University of Turku)</i>	
18.00 -20.00	Visit to Botanic Garden & Welcome Cocktail (provided by UNIPV)	
Tuesday, September 20		
9.30-11.00	<i>Skeletal Muscle Plasticity in Health and Disease – Simone Porcelli (University of Pavia)</i>	Palazzo Vistarino
11.00-13.00	<i>Physical activities for senior ladies (theory) –</i>	



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	<b>Iulian Dumitru</b> (University of Iasi)	
13.00-14.30	Lunch Break (not provided)*	
14.30-16.00	<i>Physical activities for senior ladies (practice)</i> – <b>Iulian Dumitru</b> (University of Iasi)	Palazzo Vistarino
16.00-18.00	<i>Nutrition and sportive activities in young generations</i> – <b>Cinzia Ferraris</b> (University of Pavia) – online intervention	
18.00 – 20.00	<b>City tour</b> organised by STEP ESN Pavia (after the tour, you can join the Welcome Aperitif organised by STEP ESN PAVIA at “Imbarcadero” to enjoy a relaxing sunset on the Ticino. The Aperitif is not covered by EC2U)	Pavia
<b>Wednesday, September 21</b>		
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) – online intervention	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)*	
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
18.30 - 20.00	UNIPV welcome week: come to know our campus (welcome aperitif included)	Università di Pavia (Cortile delle Magnolie)
20.00 – 22.30	UNIPV Welcome Week: Welcome party with Live Music	Università di Pavia



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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)*	
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
From 21.00	Social evening event organised by STEP ESN Pavia (Karaoke Night)	Place to be defined
Friday, September 23		
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)	
12.30-14.00	Lunch Break (not provided)*	
14.00-15.30	<i>Regenerative Medicine: where do we stand?</i> – <b>Federica Riva &amp; Manuela Monti</b> (University of Pavia)	Palazzo Vistarino
15.30 – 17.00	<i>Definition of working groups for final presentations and time allocated for their preparation</i> <b>Lara Tiranini &amp; Laura Cucinella</b> (University of Pavia)	
17.30 -19.00	Guided visit at Kosmos Museum	Kosmos Museum
Saturday, September 24		
9.30-10.30	<i>Wearables and devices –</i>	



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	Paola Cerchiello (University of Pavia)	Palazzo Vistarino
10.30-12.00	<i>Tips &amp; tricks for healthy longevity: down to practice</i> – Lara Tiranini & Rossella Nappi (University of Pavia)	
12.00-13.30	Goodbye Lunch (provided by UNIPV)	
13.30 – 14.00	Students' evaluation form	
14.00-16.00	Students' presentation and delivering of certificate	
<b>Sunday, September 25</b>		
	Departure from Pavia	

\*A list of suggested places will be provided.