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Erasmus+ Programme
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The European Campus of City-Universities

GLADE Virtual Institute

SECOND EC2U SUMMER SCHOOL

TRANSGENERATIONAL AGEING AND GENEDEDRD LIFE CYCLE-APPROACH



Co-funded by the
Erasmus+ Programme
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The European Campus of City-Universities

WHY DO LIFE-COURSE NEVER FORGET?

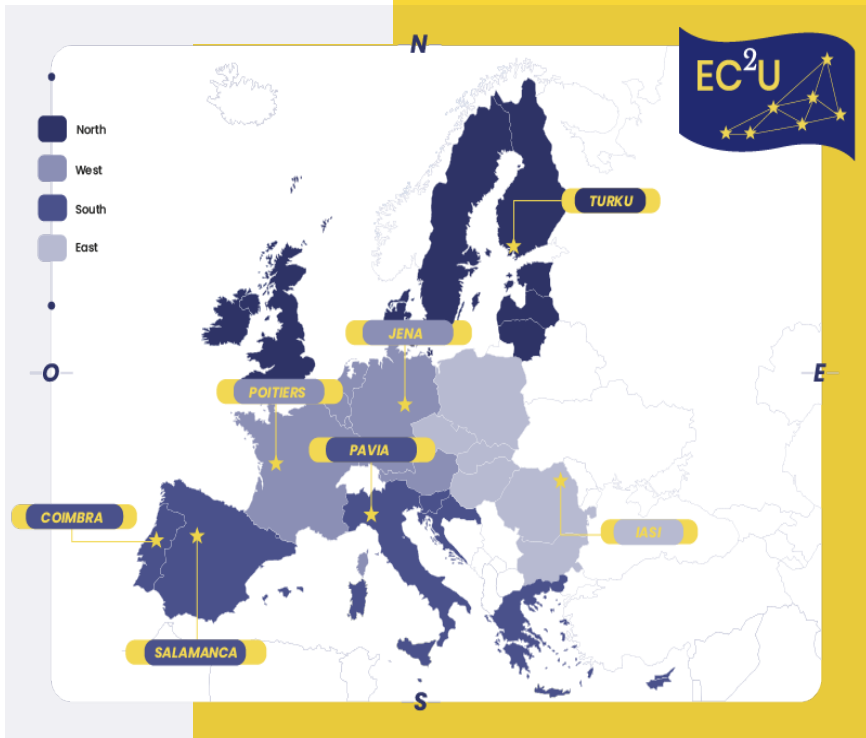
*YOUR BEST FRIENDS TOWARDS LONG RUN WELL-BEING AND HEALTHY
LIFE*

PROF. PHD. DANIELA SOITU

ALEXANDRU IOAN CUZA UNIVERSITY OF IASI

21 September, 2022

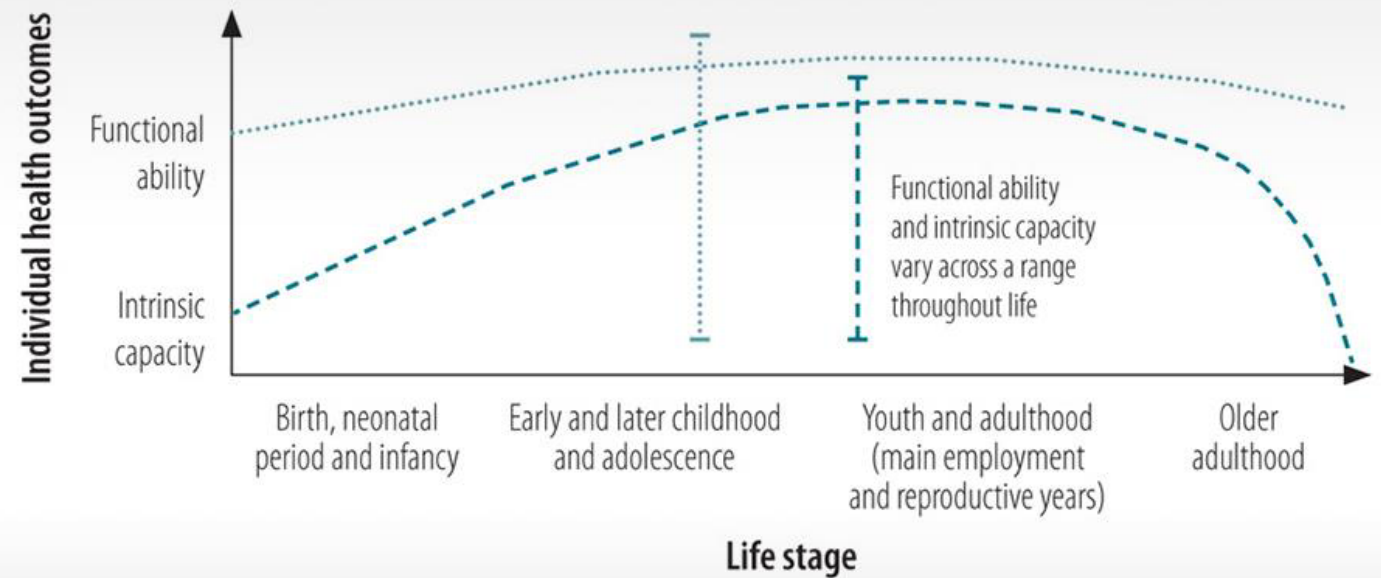




Life-course

LIFE-COURSE PERSPECTIVE/ THEORY

Conceptual framework for a life course approach to health



Adapted from: World Health Organization, 2018

The LIFE-COURSE PERSPECTIVE/THEORY

LC: AN APPROACH TO INVESTIGATE

- **environmental changes and their implications on individual development** ... through an evolutionary conceptualization, age,
- **course of life through an array of social relations,**
- **an active individual in shaping his/her own life course**
- understanding **historical influences** in the life and development processes of the individual

(Elder, 1997, 2000).

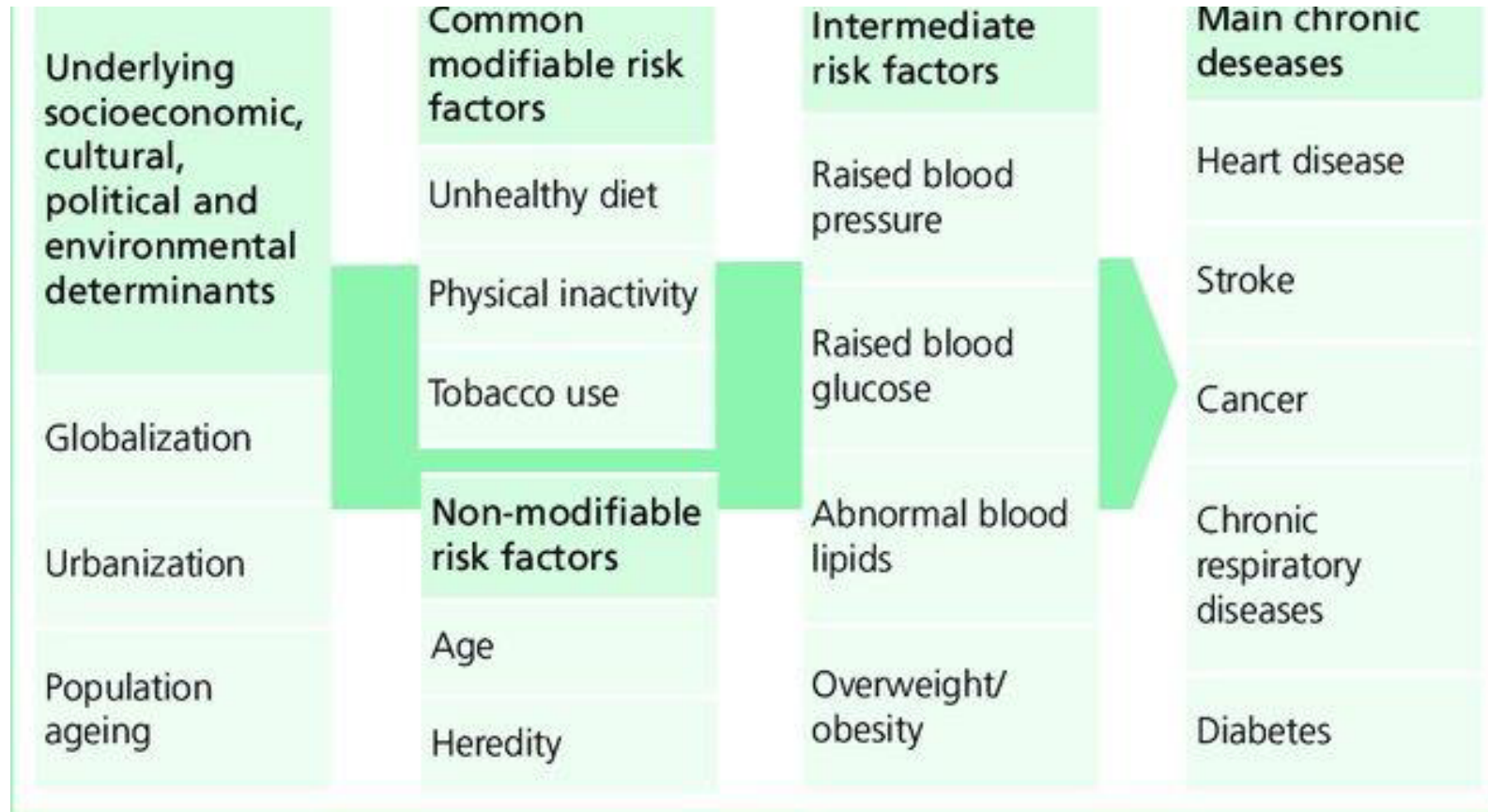
The LIFE-COURSE PERSPECTIVE /THEORY

a way to link early life factors to diseases in adulthood

... exposure during life or [...] a gradual degradation accumulated by episodes of disease, adverse environmental conditions and behaviors [...] increase the risk for chronic diseases and mortality
(Kuh and Ben-Shlomo (2004, p. 6); O'Rand and Hamil-Luker (2005, pp. 117-124).

Top causes of chronic disease according to WHO

((Debra de Silva))



Positive and negative influences across the life course

Protective factors:

- having a healthy and balanced diet
- an environment that enables physical activity
- good educational attainment
- being in stable employment with a good income
- living in good quality housing
- having networks of support including friends and family



Risk factors:

- smoking
- adverse childhood experiences
- crime and violence
- drug and alcohol misuse
- poor educational attainment
- poor mental health



The social determinants of health (SDH) are the non-medical factors that influence health outcomes.

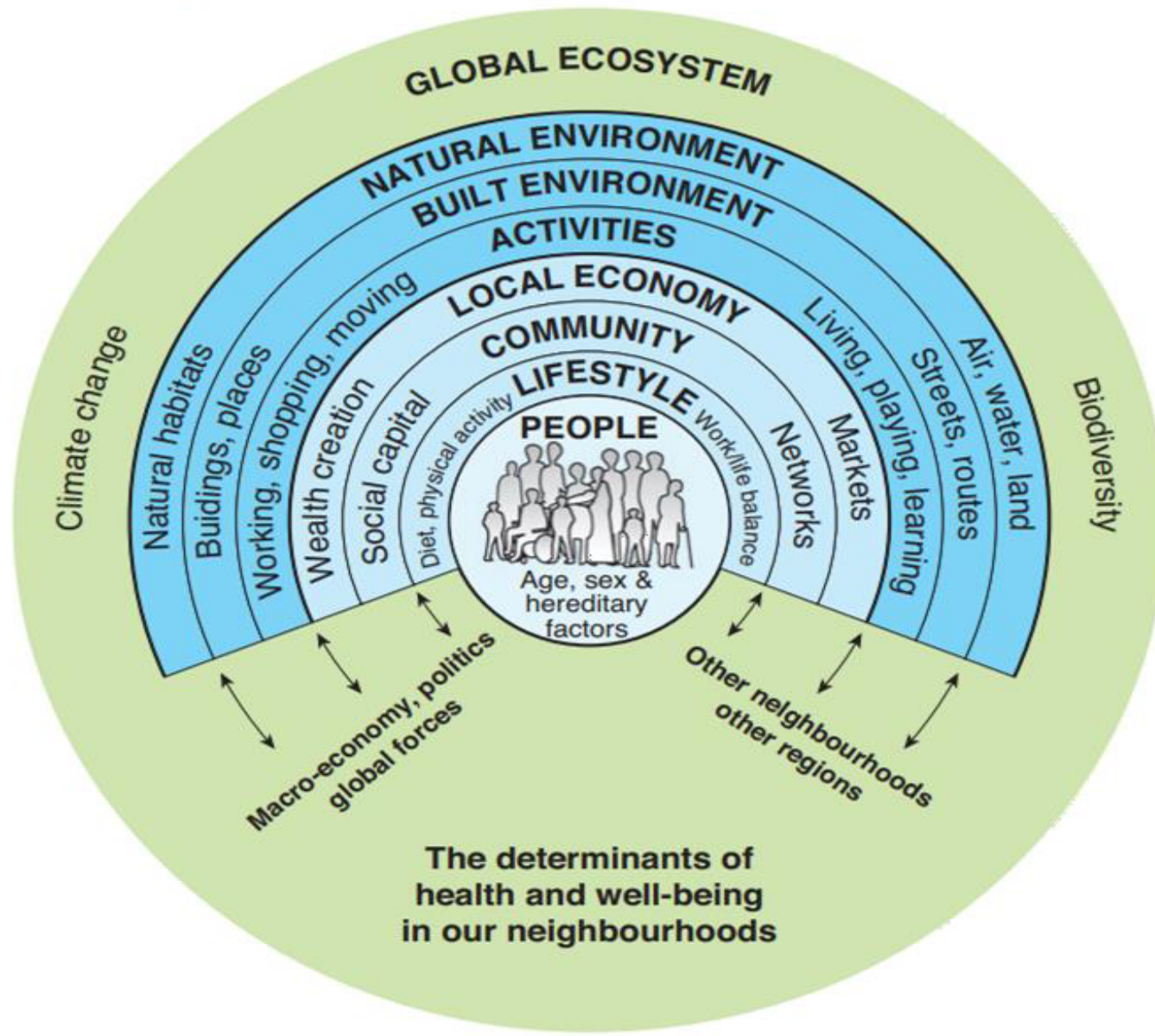
THEY ARE THE CONDITIONS IN WHICH PEOPLE ARE:

BORN, GROW, WORK, LIVE, AND AGE

The wider set of forces and systems

shaping the conditions of daily life:

- ❖ economic policies and systems,
- ❖ development agendas,
- ❖ social norms,
- ❖ social policies and
- ❖ political systems



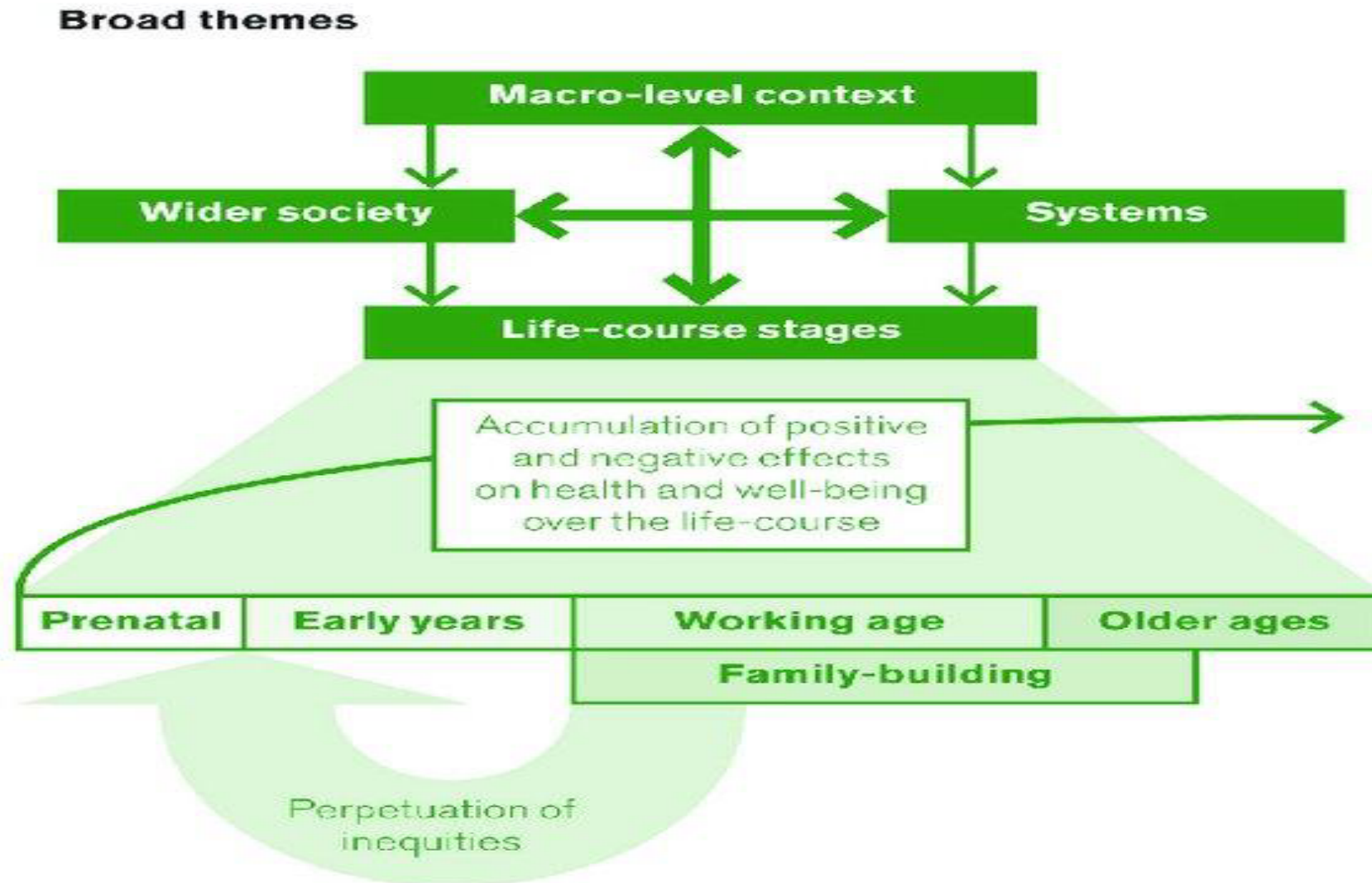
- the social determinants can be more important than health care or lifestyle choices in influencing health - SDH account for between 30-55% of health outcomes.
- the contribution of sectors outside health to population health outcomes exceeds the contribution from the health sector.
- Addressing SDH appropriately is fundamental for improving health and reducing longstanding inequities in health.

The social determinants of health, which can influence **health equity** in positive and negative ways:

- Income and social protection
- Education
- Unemployment and job insecurity
- Working life conditions
- Food insecurity
- Housing, basic amenities and the environment
- Early childhood development
- Social inclusion and non-discrimination
- Structural conflict
- Access to affordable health services of decent quality.

SOCIAL DETERMINANTS OF MENTAL HEALTH

([JESSICA ALLEN](#), [REUBEN BALFOUR](#), [RUTH BELL](#), [MICHAEL G MARMOT](#) (2014), WHO)



Example: Commercial déterminants of health

- Commercial determinants of health are the private sector activities that affect people's health positively or negatively.
- The private sector influences the social, physical and cultural environments through business actions and societal engagements; for example, supply chains, labour conditions, product design and packaging, research funding, lobbying, preference shaping and others.
- Commercial determinants of health impact a wide range of health outcomes including obesity, diabetes, cardiovascular health, cancer, road traffic injuries, mental health and malaria.

Life course approach for women's, children and adolescent's health



<https://globalstrategy.everywomaneverychild.org/pdf/figure1.pdf>

Life course for preventive approaches: chronic diseases

LIFE COURSE - PREVENTION

*LIFE COURSE DEVELOPMENTAL APPROACH TO CARDIOVASCULAR HEALTH AND CARDIOVASCULAR DISEASE PREVENTION OPPORTUNITIES AND UNANSWERED QUESTIONS**,

RAMACHANDRAN S. VASAN, MD,^A JUSTIN P. ZACHARIAH, MD, MPH,^B VANESSA XANTHAKIS, PHD (2020) JOURNAL OF THE AMERICAN COLLEGE OF CARDIOLOGY VOL. 76, NO. 23, 2020 © 2020 BY THE AMERICAN COLLEGE OF CARDIOLOGY FOUNDATION PUBLISHED BY ELSEVIER

[HTTPS://WWW.JACC.ORG/DOI/EPDF/10.1016/J.JACC.2020.10.011](https://www.jacc.org/doi/epdf/10.1016/j.jacc.2020.10.011)



Life course approach: Young health

- **Over 1.5 million adolescents and young adults aged 10–24 years died in 2020, nearly 5000 every day.**
- **The leading causes of death among adolescents and young adults: Injuries (including road traffic injuries and drowning), violence, self-harm and maternal conditions**
- **Half of all mental health disorders in adulthood start by age 14, but most cases are undetected and untreated.**
- **Early onset of substance use is associated with higher risks of developing dependence and other problems during adult life,;**
- **People of younger ages are disproportionately affected by substance use compared with people of older ages. (WHO, 2022)**



ADOLESCENCE PREGNANCY

- **Globally, there were 41 births per 1000 to girls aged 15–19 years in 2020.**
- **As of 2019, adolescents aged 15–19 years in low- and middle-income countries (LMICs) had an estimated 21 million pregnancies each year, of which approximately 50% were unintended.**
- **Data on childbirths among girls aged 10–14 are not widely available; limited available data from Angola, Bangladesh, Mozambique and Nigeria point to birth rates in this age group exceeding 10 births per 1000 girls as of 2020.**
- **Based on 2019 data, 55% of unintended pregnancies among adolescent girls aged 15–19 years end in abortions, which are often unsafe in LMICs.**

- **Adolescent mothers (aged 10–19 years) face higher risks of eclampsia, puerperal endometritis and systemic infections than women aged 20–24 years, and babies of adolescent mothers face higher risks of low birth weight, preterm birth and severe neonatal condition.**
- **Preventing pregnancy among adolescents and pregnancy-related mortality and morbidity are foundational to achieving positive health outcomes across the life course and imperative for achieving the Sustainable Development Goals (SDGs) related to maternal and new-born health.**

(WHO, 15 september 2022)

MATERNAL MENTAL HEALTH – LIFE COURSE PERSPECTIVE

THE IMPACT OF MATERNAL MENTAL HEALTH



- the environment in the womb affects fetal brain development,
- the quality of care a baby receives influences brain structural changes and neural connections.

This has direct impact on growth, cognitive functioning and emotional regulation well into child- and adulthood

LIFELONG WELL-BEING

GLOBAL HAPPINESS AND WELL-BEING REPORTS

<https://www.happinesscouncil.org/>

[Policy Brief 2: Education and Well-being](#)

[Policy Brief 2: Health](#)

[Policy Brief 2: Well-being Measurement for Public Policy](#)

[Policy Brief 2: Vulnerable Populations](#)

[Policy Brief 2: Changes in Work and the Workplace](#)

[Policy Brief 2: Digital Well-being](#)

WHO (FIVE) WELL-BEING INDEX (1998 VERSION)

https://www.diabetes-psychologie.de/downloads/WHO-5_English.pdf

BUPA Global Executive Index

<https://www.bupaglobal.com/fr/your-wellbeing/our-research/wellbeing-index>





THE SANTA MONICA OFFICE OF CIVIC WELLBEING | THE WELLBEING INDEX

Index Development Framework Overview



*denotes measures likely to reflect subjective (survey) or social data





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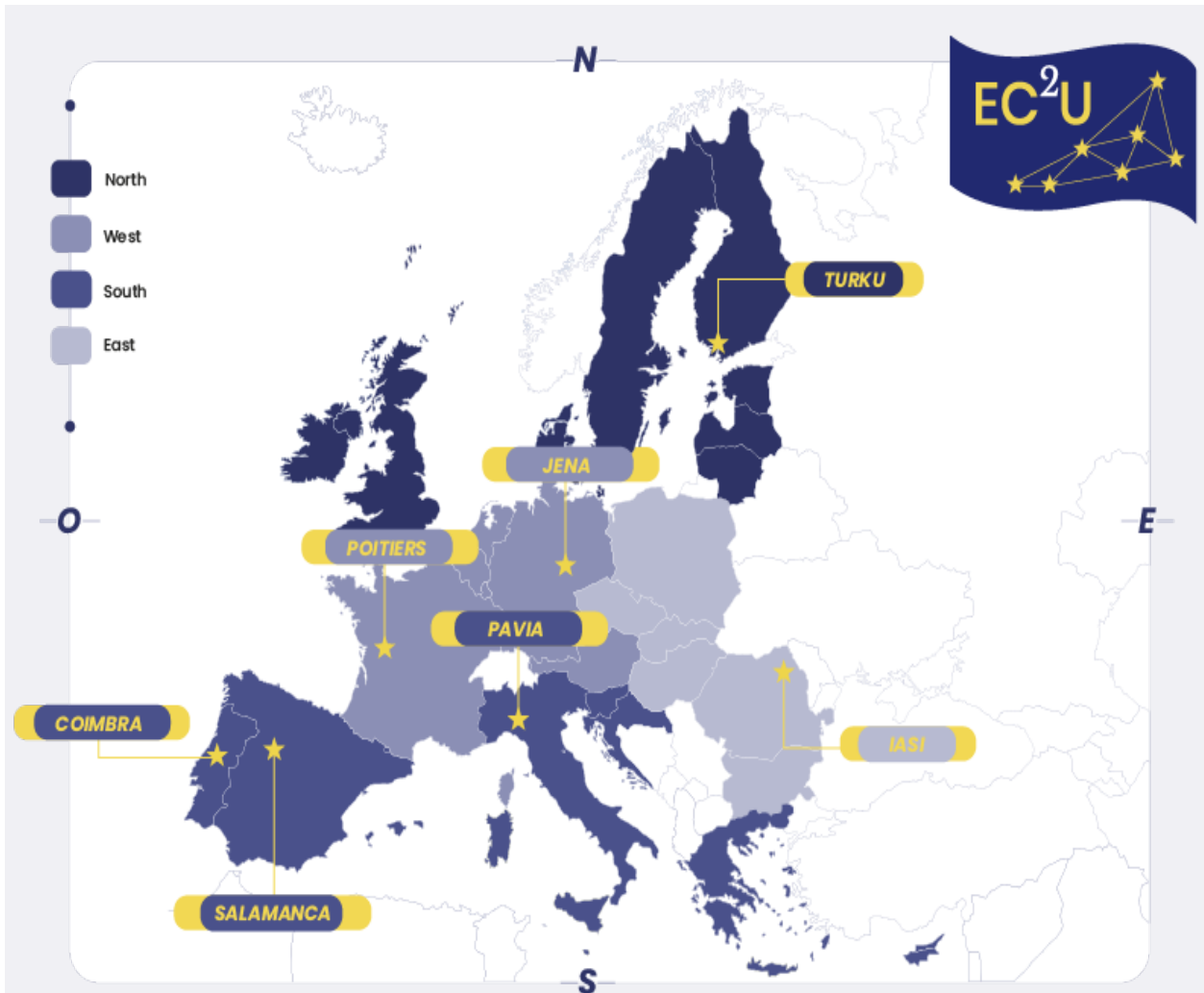
The European Campus of City-Universities

GLADE – Virtual Institute for GOOD HEALTH AND WELL-
BEING

LIFELINE – Joint Master Programme: LIFELONG WELL-
BEING AND HEALTHY AGEING



The European Campus of City-Universities - EC2U



7 Universities

- Coimbra (PT)
- Alexandru Ioan Cuza, Iasi (RO)
- Friedrich Schiller, Jena (GE)
- Pavia (IT)
- Poitiers (FR, Coordinator)
- Salamanca (SP)
- Turku (FI)

30 Associated Partners

- Cities
- Regional Govs & National Agencies
- Students Associations
- Science parks & socio-economic actors

First collaboration initiatives with **Ivan Franko University of Lviv**

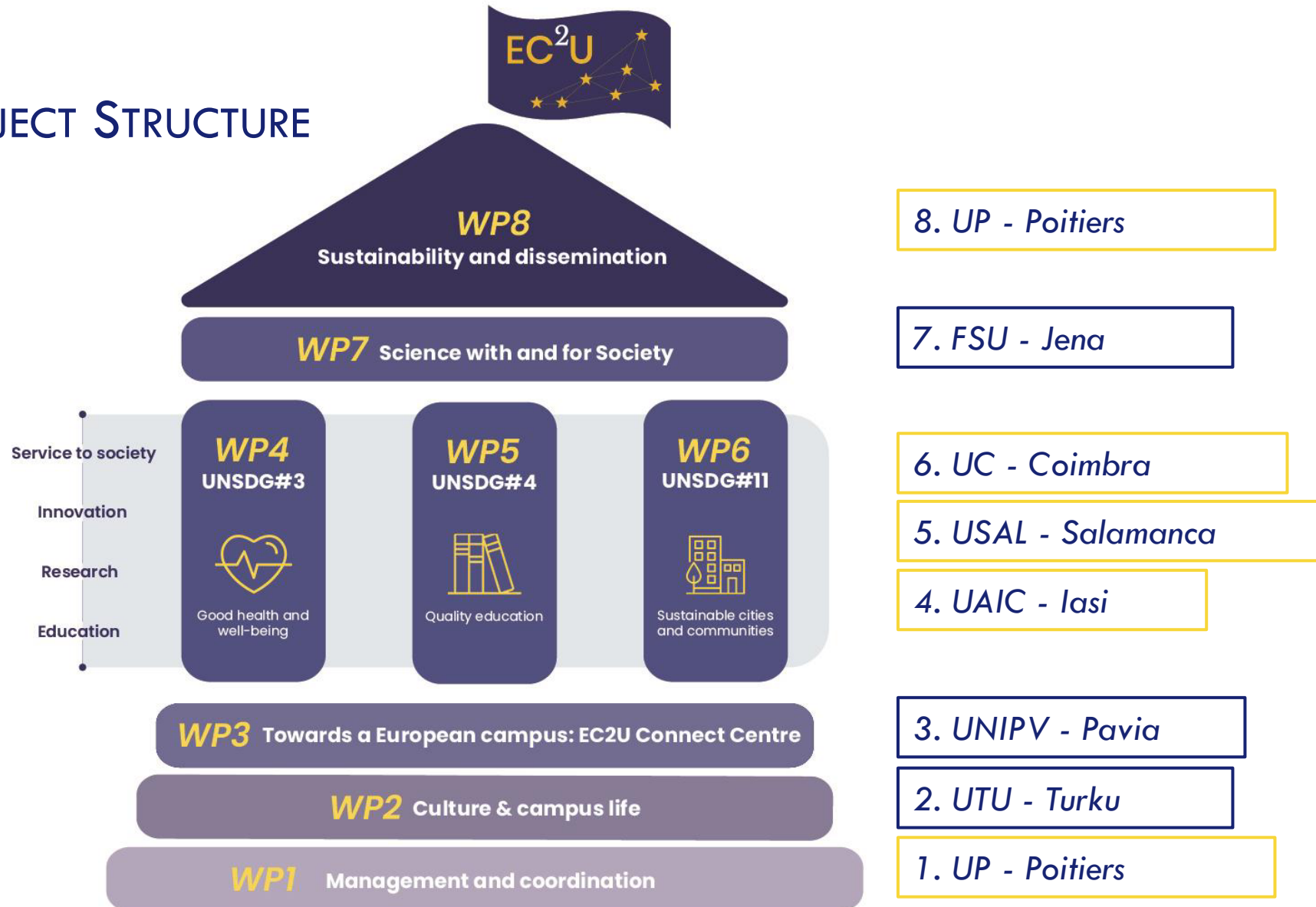
THE EUROPEAN CAMPUS OF CITY-UNIVERSITIES

THE GLOBAL GOALS For Sustainable Development



European Campus of City-Universities (EC2U)

EC2U PROJECT STRUCTURE



WP 4: GOOD HEALTH AND WELL-BEING



**VIRTUAL INSTITUTE FOR
GOOD HEALTH AND WELL-BEING
- GLADE -**

**PROGRAM
LIFELONG WELL-BEING AND
HEALTHY AGEING
- LIFELINE -**



Literacy LAB
education for all - Good Health and Well-being

- 7 Itinerant conferences
- 3 Summer Schools
- 7 short trainings (video)

Transformative Research HUB

- 3 Studies on lifelong well-being and healthy ageing
- 2 Guidelines for Local Authorities
- Policy papers

Management Service for a Healthy Campus

Online peer counselling LAB for students

- Peer training of staff
- Peer training of students



EC2U GLADE VIRTUAL INSTITUTE

LITERACY LAB



Next EC2U Summer Schools

UAIC IASI

I. Smart Ageing and Healthy Life

(18-24 Sept 2021)

Univ. Pavia

II. Transgenerational ageing and gendered lifecycle approach

(18-24 Sept 2022)

Univ. FS Jena

III. Healthy Universities: Intervention, Evaluation and Prevention

(Sept-Oct 2023)

First Summer School - UAIC, 20-26 Sept 2021

Smart Ageing and Healthy Life Summer School

Hosted by *Alexandru Ioan Cuza*
University of Iasi, Romania

20-26 September 2021

APPLY NOW

Registration:
1 - 18 July
30 participants
expenses fully covered



Discover the secrets of a lifelong well-being and a healthy ageing

Smart Ageing

Integrated Care

First Aid



ALEXANDRU IOAN CUZA
UNIVERSITY OF IASI

Contact:

✉ relint@uaic.ro

📍 UAIC > Summer Schools > EC2U Summer School



Brochure

- Online version: <https://bit.ly/2U8bMOO>

Smart Ageing and Healthy Life Summer School

Hosted by Alexandru Ioan Cuza University of Iasi, Romania

20-26 September 2021

APPLY NOW

Registration 1 - 18 July
30 places fully covered

Discover the secrets of a lifespan well-being and a healthy ageing

Contact:
• relint@uaic.ro
• UAIC - Summer Schools - EC2U Summer School

SMART AGEING AND HEALTHY LIFE — EC2U Summer School —



- 7 days of innovative workshops, lectures & activities
- travel & daily allowance covered by the EC2U project for 30 students
- 3 ECTS credits upon successfully passing the final evaluation

Mission

We are committed to bring together professionals and students from EC2U Universities, to develop innovative learning opportunities and to build a strong and dynamic European Campus, a community of future specialists in lifelong wellbeing and healthy ageing.

Activities & Workshops

Adapted motor activities and fitness workshops
Seminars on applied physiotherapy activities
Teambuilding and fun activities

Glimpse of content

Courses

- Smart Ageing
- Respiratory management
- Activity care plans for seniors
- Practical activities
- City tour
- Hackathon
- First aid
- Science Battle

Application & info

Fill in the Registration Form available [here](#) until 11 July 2021
All the applications will be evaluated and the EC2U Summer School will send the confirmation of acceptance at the end of the application period.

Don't forget to bring:

Evidence of vaccination / antibodies in accordance with the measures in force in September 2021



Evaluation

Evaluation will be based on attendance at all activities, courses and workshops programmed throughout the week and it will consist in a short essay presented on the summer school conference.

Check out the COVID-19 travel conditions at:
• www.mae.ro - Ministry of Foreign Affairs
• www.gov.ro - Re-open EU
• www.covid19.ro - COVID-19 official news
• www.bstap.ro - COVID-19 affected areas

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30-10:00 Official Opening (Denisa SOITU)	9:30-12:30	9:30-12:30	9:30-11:00 First aid (PA) (Raluca ONOSE, Paul LUCACI, Alex CITEA)	9:30-12:30 Respiratory management (L&A) (Raluca ONOSE, Paul LUCACI, Alex CITEA)	9:30-13:00 Social Impact Conference assessment (SSA) (Cristina SCITA, Beatrice ASALABE)	
	10:00-12:30 Smart Ageing (L) (Julian DUMITRU)	Functional assessment of the elderly (L) (Raluca ONOSE, Paul LUCACI, Alex CITEA)	Dynamic activities with integrative-recreative purposes (L&A) (Elena TRICHI, Viad MUNTIANU)	11:30-13:00 Towards personalized physical activity programs to reduce the risk of falling in older adults (L&A) (Remona TISEBIAN)	12:30-14:00 Lunch break	13:00-14:00 Lunch break	
	13:00-13:30 Lunch break	13:00-13:30 Lunch break	13:00-13:30 Lunch break	13:00-15:30 Lunch break	15:30-17:00 Activity care plans for seniors (L&A) (Raluca ONOSE, Paul LUCACI, Alex CITEA)	14:00-20:00 City tour (PA)	
Arrival & Accommodation	13:30-17:00 Promoting physical activity with wearables (L&A) (Taru IISKINEN)	15:30-18:30 Functional assessment of the elderly (A) (Raluca ONOSE, Paul LUCACI, Alex CITEA)	13:00-18:30 Hackathon (PA) (Elena TRICHI, Viad MUNTIANU)	17:30-19:00 Does integrated care mean less hospitalizations? (L&A) (Aurelia CRABARDO)	15:30-18:30 Science Battle (PA)		Informal interactions Fair well & friends for ever
	17:30-19:00 Uncertainty in times of COVID-19 pandemic who are saving more resources to cope with it? (L) (Natalia ANDREI)	18:30 Free time	18:30 Free time	19:00 Free time	18:30 Free time	21:00-24:00 Skill Show & Show	
	19:00-20:30 Welcome dinner						
	20:30 Free time						

L - Lecture L&A - Lecture & Applications A - Applications PA - Practical Activity SSA - Summer School Assessment

UAIC FACTS

- Founded in 1860
- Top 3 Romanian Universities
- 3000+ partner universities
- Top 2% in Europe in student exchange
- 15 Faculties (Schools)
- 223 Degrees in the 3 cycles (B/M/D)
- 23,000 students
- 1500 full-time staff

Rankings

68 (QS Emerging Europe and Central Asia)

Shanghai Ranking's Global Ranking of Academic Subjects (QS)

45th in Asia and Humanities (QS)

Times Higher Education ranking by subject

45th in Asia and Humanities (QS)

QS Emerging Europe and Central Asia

QS Emerging Europe and Central Asia

University Campus
ALEXANDRU IOAN CUZA UNIVERSITY OF IASI

Stadium Bus Station

2000 m (2 bus stations)

Legend:

- "Tingues Copos" Student Residences
- "The Ambrosia" Student Residences
- "Cocobara" Residence Hall
- "Cocobara" Student Residences
- "Masonium" Residence Hall
- University Buildings
- Public Transport Station
- "The Ambrosia" Center

Picurari City Exit E83

Independenței Boulevard

"Akademik" Residence Hall

To City Center: Tudor Vladimirescu, Caranse, Buchim Hill

THE CITY OF IASI

- A city of 390 inhabitants and 50,000 students
- The Easternmost university city in the European Union
- City of the first modern University in Romania (UAIC 1860)
- Vibrant IT hub, last ranks 6 for fastest world internet speed (2017)
- A city of Seven Hills, surrounded by vineyards and bicycle paths

- The Palace of Culture**
- Traian Hotel**
- Vasile Alecsandri National Theatre and Opera House**
- Metropolitan Cathedral**
- Central University Library**
- Copou Park**

CONTACT

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contact@ec2u.eu @EC2UAlliance

ec2u@uaic.ro @EC2U_Alliance

ec2u@uaic.ro @EC2U_Alliance

EC2U SUMMER SCHOOL
Caring beyond frontiers

Site

www.uaic.ro/en/ec2u-summer-school/



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, kinetherapy 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, kinetherapy room & S1 room 11:30-13:00 Towards personalized physical activity programs to reduce the risk of falling in older adults (L&A) (Romanin TISSERAND) Building A, Aula Magna	9:30-12:30 Respiratory management (L&A) (Raluca ONOSE, Iulian DUMITRU, Paul LUCACI, Alex CÎTEA) Building D, Sports ground/ S1 room 12:30-14:00 Lunch break	9:30-13:00 Social Impact Conference assessment (SSA) (Daniela SOITU, Beatrice ABALASEI) The Botanical Garden/ Building A, Aula Magna 13:00-14:00 Lunch break 14:00-20:00 Guided city tour (PA)	 Informal interactions Farewell & friends for ever	
	10:00-12:30 Smart Ageing (L&A) (Iulian DUMITRU) Building D, Sports ground/ Gym	13:00-15:30 Lunch break	13:00-15:30 Lunch break	13:00-15:30 Lunch break	13:00-15:30 Lunch break	13:00-14:00 Lunch break		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
	13:00-15:30 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, kinetherapy 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 17:30-19:00 Does integrated care mean less hospitalizations? (L&A) (Aurelie GAILLARD) Building A, Aula Magna	15:30-18:30 Science Battles (PA) Building A, Aula Magna		19:00-20:30 Welcome dinner Akademos
	15:30-17:00 Promoting physical activity with wearables (L&A) (Tuija LESKINEN) Building A, Aula Magna	18:30 Free time	18:30 Free time	18:30 Free time	19:00 Free time	18:30 Free time		20:30 Free time
	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	19:00-20:30 Welcome dinner Akademos	21:00-24:00 Skills Show & Disco Akademos	20:30 Free time	21:00-24:00 Skills Show & Disco Akademos	21:00-24:00 Skills Show & Disco Akademos		20:30 Free time
	19:00-20:30 Welcome dinner Akademos	20:30 Free time	21:00-24:00 Skills Show & Disco Akademos	20:30 Free time	21:00-24:00 Skills Show & Disco Akademos	21:00-24:00 Skills Show & Disco Akademos		20:30 Free time
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	20:30 Free time	21:00-24:00 Skills Show & Disco Akademos	21:00-24:00 Skills Show & Disco Akademos	20:30 Free time	21:00-24:00 Skills Show & Disco Akademos	21:00-24:00 Skills Show & Disco Akademos		20:30 Free time

L - Lecture

L&A - Lecture & Applications

A - Applications

PA - Practical Activity

SSA- Summer School Assessment



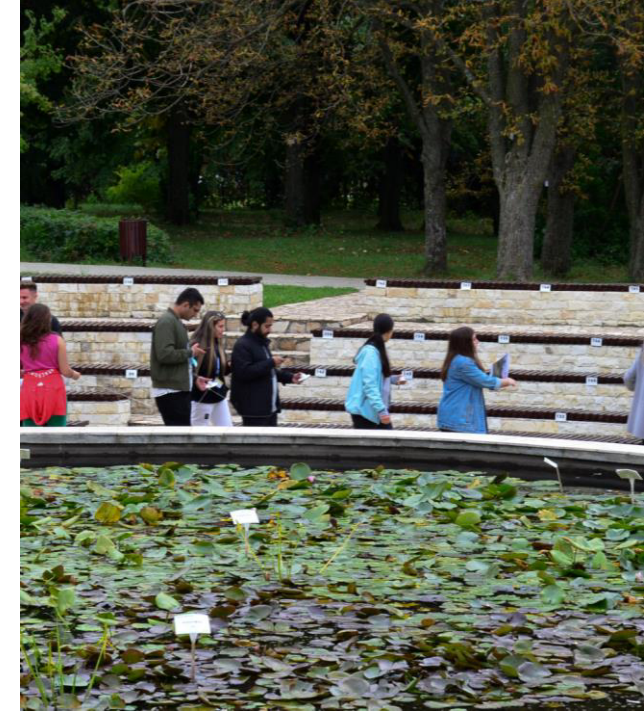
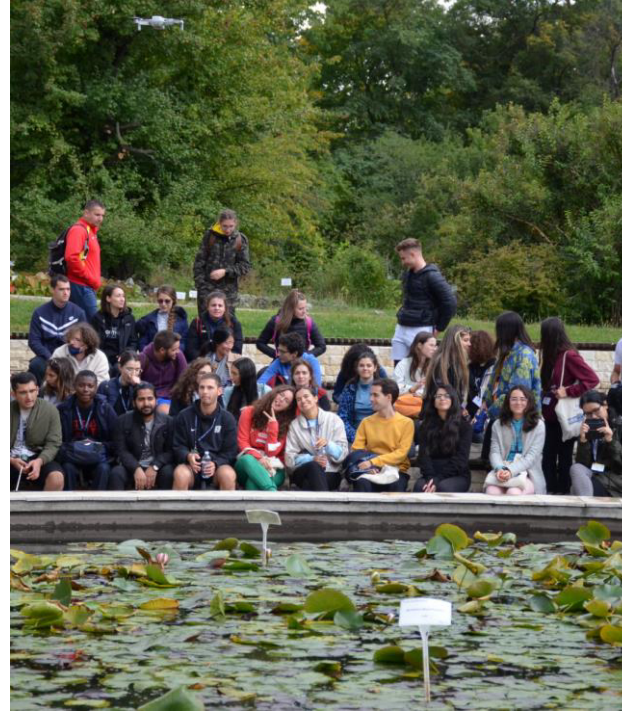
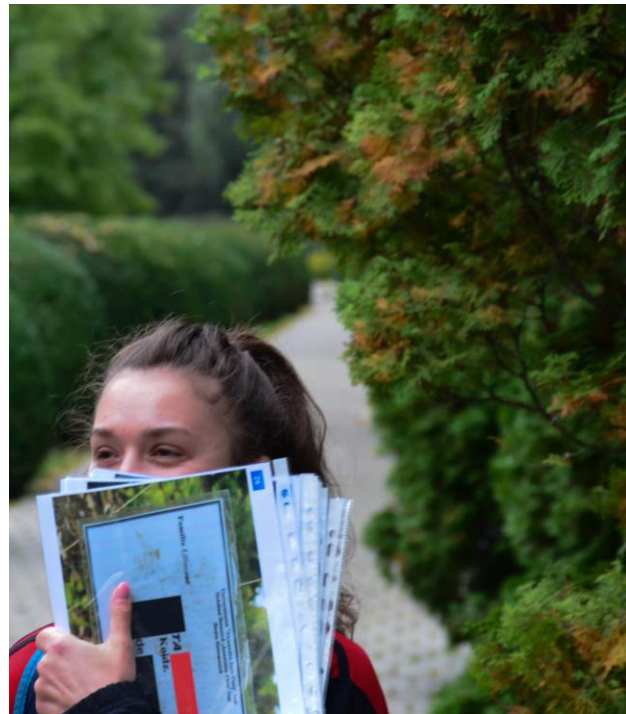
Smart Ageing and Healthy lfe





Multitasking Motor Conditioning





Building teams of the European Campus



Evaluation

TEAM N°2

ANKLE SPRAIN

1. 60yo (caduceus)
Palpation observation
ASSESSMENT
blisters
Mobilisation
PRICE
REST → ICE
COMPRESSION → ELEVATION
2. FIRST AID → bandages
3. EXERCISE PROGRAM
 - a. BALL (sitting/standing)
 - I. Rotation
 - II. Rolling
 - III. Passing
 - b. BALANCE BOARD (with support)
 - I. Flexion
 - II. Throwing ball (1st knee flexion → 1st toe flexion)
 - III. Still position with dorsal flexion and inversion
 - IV. Rotation
 - V. Steps

* Supervised (prevent from falling)





CERTIFICATE

Alexandru Ioan Cuza University of Iași, as a member of the EC2U Alliance, certifies that

ADEWALE IFEOLUWA ADEJIMI
From Germany

has participated to "the first edition of the EC2U Summer School – Smart Ageing and a Healthy Life, and has successfully passed the final examination", hence being awarded 3 ECTS credits.

3 ECTS

Rector
[Signature]



Iași, September 2021

Smart Ageing and Healthy Life – EC2U Summer School

Be prepared for your future! Be well through all your life!



ENG 1:00 PM 9/25/2021



SMART
AND
HAPPY



Next EC2U Summer Schools

Univ. FS Jena

**Healthy Universities:
Intervention, Evaluation and
Prevention**

Univ. Pavia

**Transgenerational ageing and
gendered lifecycle approach**

(Sept-Oct 2023)

(18-24 Sept 2022)



Second EC2U GLADE Summer School:
Transgenerational ageing and gendered life cycle approach

Univ. Pavia

18-24 Sept 2022

Next (third) EC2U GLADE Summer Schools



Univ. FS Jena

**Healthy Universities: Intervention,
Evaluation and Prevention**

(Sept-Oct 2023)



LITERACY LAB (M 24: oct 2022)

- 7 Itinerant **conferences** – MOBILITIES!

M18 (April 2022) + M36 (oct 2023)

- 7 short **trainings (video)**

M18 (April 2022) + M36 (oct 2023)

- TOPICS: Contexts and curricula of training for **promotion of health and well-being** for all in the universities and in the cities.

GLADE Conferences



VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING

GLADE Conference

Comparative observations concerning Good Health and Well-Being. ONU indices between our seven collaborative countries

5 November 2021,

12:00 PM (EET) - online

Prof. Ph.D. Adrian NETEDU,
Sociologist

Faculty of Philosophy and Social-Political Sciences,
Department of Sociology and Social Work,
Alexandru Ioan Cuza University of Iasi



VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING

GLADE Conference

Mental Health and Well-being in Campus

3 DECEMBER 2021,

11:00 AM (EET) - online

Prof. Ph.D. Conțiu ȘOITU,

Dean of the Faculty of Philosophy and Social-Political Sciences,
Department of Sociology and Social Work,
Alexandru Ioan Cuza University of Iasi



Moderator:

Asoc. prof. Ștefan BONCU,
Dean of the Faculty of Psychology
and Education Sciences

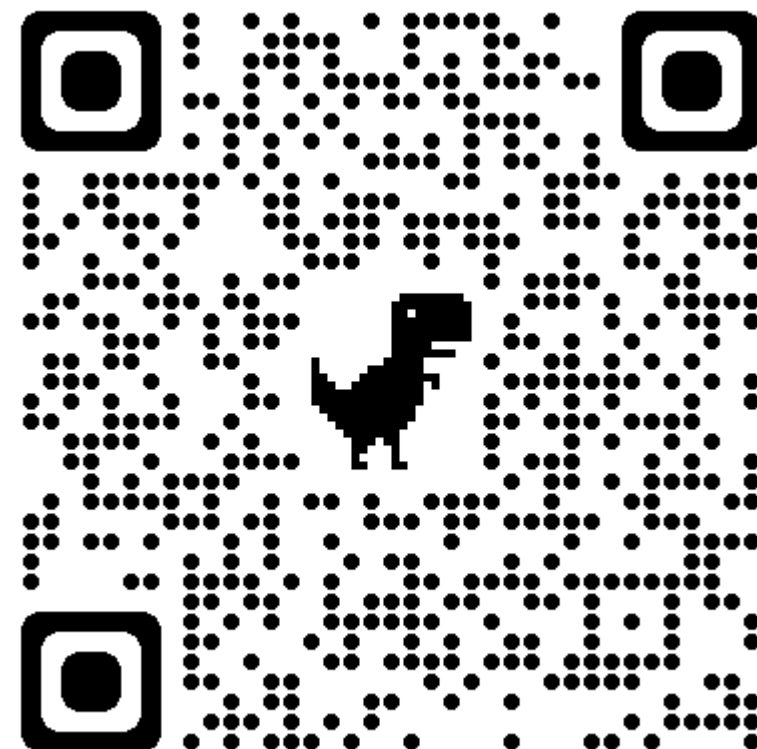
ec2u.eu



VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING

Glade Half-Day Conferences

UNIVERSITY	CONFERENCE AND MODERATOR	CONFERENCE DATE
University of Pavia	Gender and Ageing <i>Prof. Rosella Nappi</i>	February 22, 2022
Alexandru Ioan Cuza University of Iasi	Well-being and Healthy Ageing <i>Prof. Ph.D. habil. Daniela Soitu</i>	March 31, 2022
University of Turku	Health promotion <i>Prof. Sari Stenholm</i>	April 28, 2022
University of Coimbra	Social Determinants of health. Healthy Cities <i>Prof. Paula Santana</i>	May 31, 2022
University of Jena	Healthy Campus <i>Prof. Ruediger Trimpop</i>	June 23, 2022
University of Salamanca	Cancer (prevention, prognosis, treatment) <i>Prof. Marina Holgado</i>	June 27, 2022
University of Poitiers	Brain Ageing: Pr. Luc PELLERIN	September/ October 2022
University of Poitiers	Digital health <i>Prof. Christine Fernandez-Maloigne</i> <i>Prof. Clency PERRINE</i>	September/ October 2022



 [REGISTER NOW](#)



VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING

Gender and Ageing

15 March 2022,
10:00 AM CET

Glade Half Day Conferences

Venue:

Online

REGISTER BY 11 MARCH



UNIVERSITÀ
DI PAVIA



UNIVERSITATEA
„ALEXANDRU IOAN CUZA”
din IAȘI

VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING

Well-being and Healthy Ageing

31st March 2022

9:00 AM – 13:00 PM (CET) /

10:00 AM – 14:00 PM (Iași & Turku)

Glade Half Day Conferences

Venue:

Iași & online

REGISTER BY 20 MARCH



VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING

Health promotion

focus on modifiable lifestyle factors at different stages of life

28 April 2022,

11:00 AM - 15:00 PM (CET) /
12:00 – 16:00 PM (Turku & Iași)

Venue:

Online

Glade Half Day Conferences

- You have the possibility to present your own research in a 10 min oral presentation.
- If you wish to participate, please submit short abstract in the registration form

REGISTER BY 31 MARCH



VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING

Cancer – prevention, prognosis, treatment

27 June 2022

10:00 AM – 14:00 PM (CET)

Glade Half Day Conferences

Venue:

Online

REGISTER BY 30 MAY



VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING

Social determinants of health:

How the place you live influences how well you age

Online Conference

31 May 2022

9.30-12.30 WEST



Zoom: <https://videoconf-colibri.zoom.us/j/89727389670>

Programme: <https://drive.google.com/file/d/1bnTOJa0Jby-bEAf6hnwvasQ0FhzYetrR/view?usp=sharing>



VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING

Healthy Campus

23 June 2022

Glade Half Day Conferences

Venue:

Online

REGISTER BY 27 MAY



VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING

Brain Ageing

6 October 2022

10:00 AM – 16:00 PM (CET)

Glade Half Day Conferences

Venue:

Poitiers & online

REGISTER BY 9 SEPTEMBER



VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING

Digital Health

6 October 2022

10:00 AM – 16:00 PM (CET)

Glade Half Day Conferences

Venue:

Poitiers & online

REGISTER BY 9 SEPTEMBER



EC2U GLADE VIRTUAL INSTITUTE
TRANSFORMATIVE RESEARCH HUB



TRANSFORMATIVE RESEARCH HUB

3 Studies on
lifelong well-being
and healthy
ageing

2 Guidelines for
Local Authorities

Policy papers

GLADE Transformative Research HUB

- ✓ studies,
- ✓ guidelines,
- ✓ public papers and
- ✓ policy papers

on

Good Health and Well Being,
starting from exploratory and transformative research.

First Study

Lifelong well-being and healthy ageing in the EC2U 7 Countries and in Europe

Comparative data analyze of the indicators related to the 17 targets of SDG 3 in EC2U countries and EU

(GLADE Conference: 5 of NOV. 2021)



Second Study

**Lifelong well-being and
healthy ageing in the
EC2U 7 Countries and
in Europe**

Oord. Univ Turku



Third Study

**Lifelong well-being and
healthy ageing in the
EC2U 7 Countries and
in Europe**

Oord. Univ Pavia and Poitiers



EC2U Co-financed PhD thesis

WP4 GLADE:

9 proposals

3 co-financed,
3 as reserve

2 new for 2022-2023

PHD Co-tutele

European Campus of City-Universities

Ranking	EC2U Partner institution	Appropriateness of the topic in WP4	Manageability / Feasibility of the thesis	Novelty of the topic	2 EC2U partners	Methodology	Average
1/	Luc Pellerin University of Salamanca	9,4/10	8,8/10	8,4/10	9,10	8,8/10	8,9/10
2/	Liliane Bonnal University of Turku (UTU)	8,8/10	8,6/10	8,4/10	9,5/10	8,2/10	8,7/10
3/	Aubin Penna UTU	8,6/10	8,6/10	8/10	9,5/10	8,8/10	8,7/10
4/	Véronique Ladeveze University Alexandru Ioan Cuza of Iasi	9/10	8/10	8,5/10	9,5/10	7,5/10	8,5/10
5/	Marc Mesnil University of Salamanca	8/10	8,4/10	8,5/10	9/10	8,8/10	8,5/10
6/	Sébastien Papot University Friedrich Schiller of Jena	8,2/10	7,8/10	8/10	9,5/10	7,8/10	8,3/10

The non-selected theses will be held in reserve, in the case of additional co-funding and/or the establishment of European projects that could strengthen the EC2U partnerships identified on this occasion.

GLADE VIRTUAL INSTITUTE topics

- **Aging (biological, socioeconomic and psychological)**

- **Gender well-being and autonomy**

- **Social and environmental determinants in health**

- **Health system management and policy ; healthy cities**

- **Silver economy**

- **Inflammatory and chronic pathologies (prevention, diagnosis, treatment and through different lenses)**

- **Brain aging and mental health**

- **Cancer (prevention, prognosis, treatment, social determinants)**

- **Lifestyle (nutrition, exercise, nutrition, wearables)**

- **Well-being (psychological, social, environmental, physical)**

- **Lifelong well-being**

- **Health and organizations (health in campus)**

- **Dependency, autonomy and smart aging**

- **Mental health and cognitive issues**

- **Viral pathologies (Covid19, economic and societal consequences, health responses to Covid)**

- **Non-communicable diseases**

- **Cellular and molecular basis of Angiogenesis**

- **Promotion of Health (psychological, social, environmental, physical)**

EC2U GLADE VI

GUIDELINES FOR LOCAL AUTHORITIES
IN AREAS OF HEALTH AND WELL-BEING

GUIDELINES FOR LOCAL AUTHORITIES

STEP I: SURVEY

A4. How important is the role of each of the following policy sectors in disease prevention and health promotion?

	Not important at all	Slightly important	Moderately important	Very important	Absolutely essential	Don't know/Don't want to answer
Healthcare						
Education						
Social protection and welfare						
Culture						
Economy and employment						
Spatial planning						
Housing						
Transport and Mobility						
Public safety						
Environment						
Agriculture and food						
Research & Innovation						
Other		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If Other, please indicate which	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

EC2U GLADE VIRTUAL INSTITUTE

SERVICE FOR A HEALTHY CAMPUS
MANAGEMENT



GLADE Service for a Healthy Campus Management

MANAGEMENT
SERVICE FOR A
HEALTHY
CAMPUS

GUIDELINES
FOR CAMPUS
MANAGEMENT

M18 (APRIL 2022)

Aim :

- a healthy climate in the 7 universities,
- a healthy lifestyle among employee,
- stress management and
- a good motivation for academic performance of students.

The online **GLADE counseling lab for students of all ages**

LINK LIME Survey: - open for students needed support from their trained peers

ONLINE PEER COUNSELLING
LAB FOR STUDENTS

Peer training of staff

Peer training of students

The Counselling Lab
Demonstrator - Good
practices

Questionnaire on EC2U
website

Management Service for a Healthy Campus

- **Online Peer counseling service (M4, M8)**

Available on GLADE page

- **Service for a Healthy campus management M18 (April 2022), M24**
- Study Started - U Jena - Healthy Campus
- Questionnaires: 1 for students 1 for staff
- Translated into RO; in EN on course,



European Campus
of City-Universities



Co-funded by the
Erasmus+ Programme
of the European Union

Welcome speech
Prof. Daniela Şoitu

University of Iasi
10:05 – 10:20
Norica BĂCILĂ,
International Relations Officer

University of Coimbra
10:20 – 10:35
Regina Freitas
International Office

University of Jena
10:35 – 10:50
Laura Mintstedt,
ESN – Erasmus Student Network
Britta Möbius,
International Office

University of Pavia
10:50 – 11:05
Michela Cobelli
International Office

The online GLADE Counselling lab for students of all ages

PEER TRAINING WITH AND FOR STAFF

26th of April (10-12 CET)

Moderated by

Prof. Ph.D. Habil. Daniela Şoitu



University of Poitiers
11:05 – 11:20
Sabrina Delb,
International Relations department
Olivier Herault,
International relations coordinator
at the Faculty of Literature &
Languages (outgoing students)

University of Salamanca
11:20 – 11:35
Name and surname

University of Turku
11:35 – 11:50
Kaija Kangasjärvi,
International Officer
Satu Nurmi,
International Specialist, Student
Union of UTU

Conclusions
Prof. Daniela Şoitu





European Campus
of City-Universities



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Welcome speech

Prof. Daniela Şoitu

University of Coimbra

14:05 – 14:15

Beatriz Gonçalves

President of ESN Coimbra

University of Iasi

14:15 – 14:25

Iolanda Bogleş

ESN Iaşi

University of Jena

14:25 – 14:35

Laura Mintstedt & Anna Lohmüller

ESN Jena

Julia Hoppe/Lisa Kersten,
work psychology/students health
management

Q&A: 14:35 – 14:40

Screen break: 14:40 – 14:50

University of Pavia

14:50 – 15:00

Matteo Carbone

ESN Pavia



The online GLADE Counselling lab for students of all ages

WORKSHOP WITH AND FOR STUDENTS

19th of May, 14-16 CET

Moderated by

Prof. Ph.D. Habil. Daniela Şoitu

University of Poitiers

15:00 – 15:10

Saturnin Agbofoun,

Association "MAEVA,,

Lina Fellah and Doriane Guion,

"Etudiant.es Relais Santé"

University of Salamanca

15:10 – 15:20

Julio Heras Domínguez

ESN Salamanca

University of Turku

15:20 – 15:30

Kaija Kangasjärvi,

International Officer

Screen break: 15:30 – 15:35

Q&A: 15:35 – 15:55

Conclusions

Prof. Daniela Şoitu

EC2U GLADE VIRTUAL INSTITUTE

mobilities

Mobilities	Number of mobilities for Staff	Number of mobilities for Students	No of days	Mobility to be performed until:
Itinerant Conferences in EC2U Universities	3	-	5	June 2023
Short trainings in areas of Health and Well-being (video recorded)	2		5	June 2023
Working in teams		2	5	June 2023
Working in teams Project applications	4		10	June 2023
Peer support for students	2	2	5	October 2022

EC2U GLADE VIRTUAL INSTITUTE

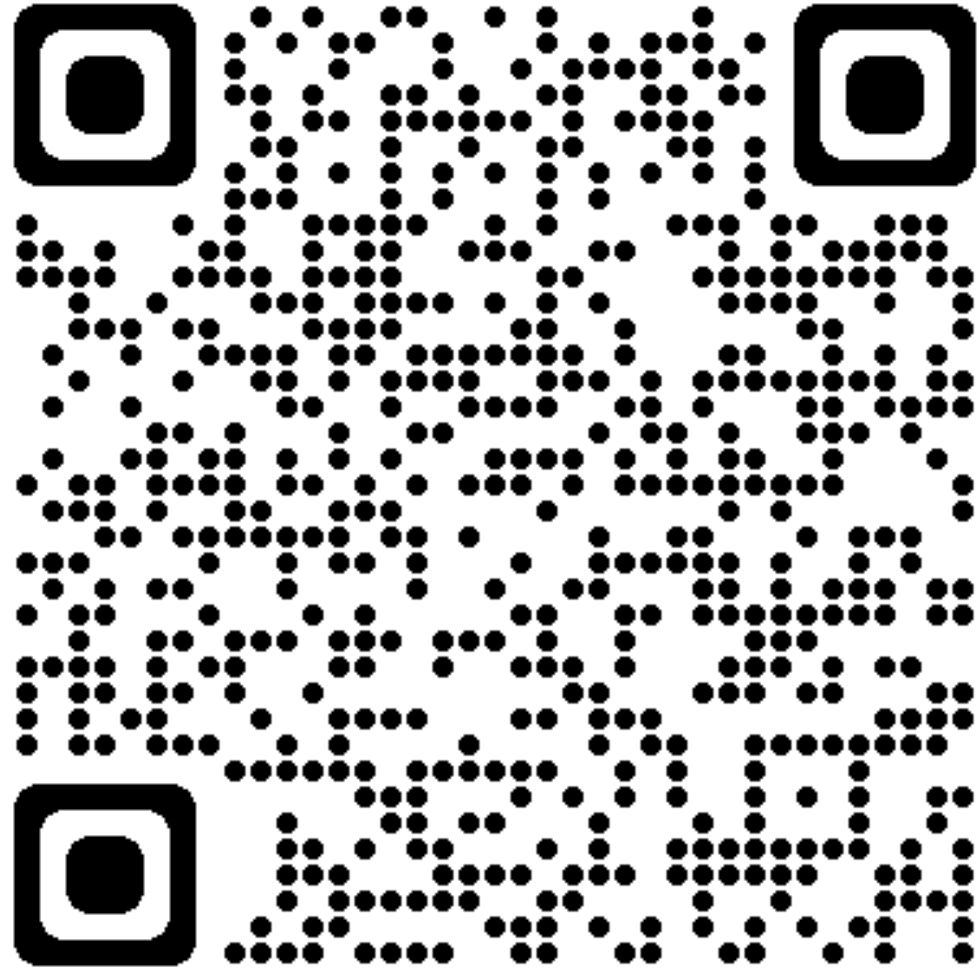
EC2U JOINT MASTER PROGRAM **LIFELINE**

LIFELONG WELL-BEING AND HEALTHY AGEING

EC2U Joint Master Programm

LIFELINE

LEGO-LIKE
PERSONALISED
CURRICULUM,





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[https://ec2u.eu/ec2u-
master-
programmes/masters-
degree-lifeline-lifelong-
well-being-and-healthy-
ageing/](https://ec2u.eu/ec2u-master-programmes/masters-degree-lifeline-lifelong-well-being-and-healthy-ageing/)





European Campus
of City - Universities



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LIFELONG WELL-BEING AND HEALTHY AGEING

MASTER PROGRAM

Duration:
2 years / 4 semesters

Teaching language:
English

Program start:
October 2021

Application period:
6 - 8 September 2021

Mode of study:
Full time education



CAREER PROSPECTS

Qualifications and Occupations

- ESCO:

- community care case worker
- consultant social worker
- welfare rights officer

ADMISSION REQUIREMENTS

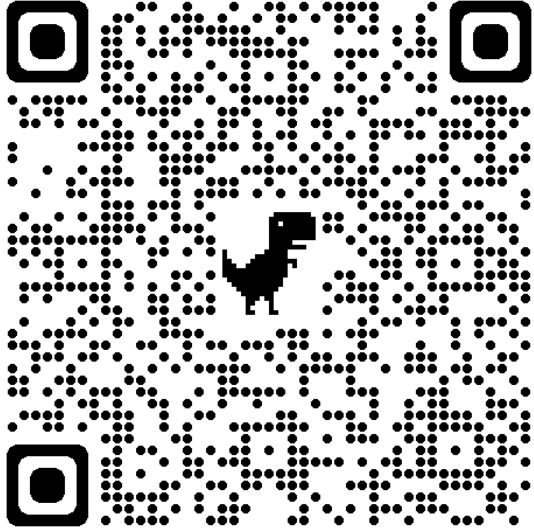
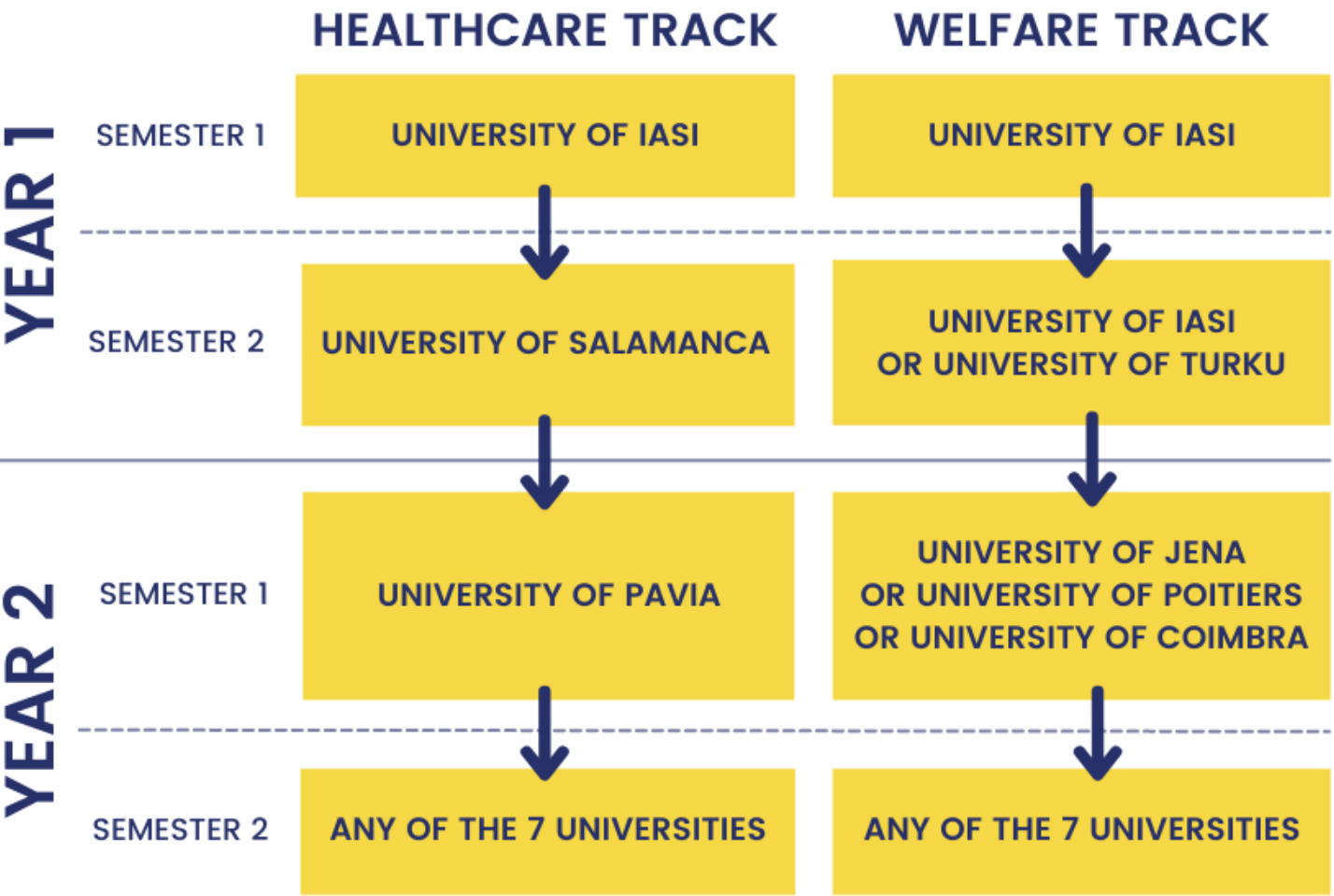
- bachelor's degree in any field or equivalent;
- high school diploma;
- CV (Europass, English);
- letter of motivation (English);
- proficiency in English (B1);
- official grades transcript (Diploma Supplement, for Bachelor and High School).

ADMISSION PROCEDURE

- 60% average of the bachelor's exam;
- 40% analysis of CV and letter of motivation.

Contact & meet us:
relint@uaic.ro

MASTER LIFELINE – LIFELONG WELL-BEING AND HEALTHY AGEING



First semester (UAIC)

The first semester will give you a broad understanding of:

- ❖ Life-course well-being,
- ❖ public health,
- ❖ demography

and, by elective courses :

- ❖ the international law for sustainable development,
- ❖ stress management
- ❖ self management,
- ❖ applied skills for healthy ageing in place.

Second semester Third Semester

- health and cancer prevention courses offered in SALAMANCA
- digital health innovations from TURKU
- research of well-being and health behavioural risks in IASI

- gero-sciences and transgenerational medicine in PAVIA,
- or in a broader Global Health and urban planning, in COIMBRA
- or with a psychological focus on health and safety in organisations, plus medicine in sports – in JENA

The fourth semester

- **Any of the seven EC2U Universities**
- is mainly devoted to the master thesis at your choice:
research or professional

MASTER THESIS: CO-TUTELLE

DIPLOMA

- One or multiple diploma
- EC2U Certificate

PICTURE OF YOU

Career Opportunities

High-level experts in the bio-psychosocial fields related to well-being and ageing

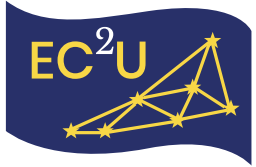
HEALTH TRACK

- Employee/supervisor/manager at national and international biotechnological and pharmaceutical companies
- Laboratory technician/supervisor in public and private health facilities
- Supervisor/researcher/manager in the regulatory field for structures involved in production programmes and preclinical and clinical trials
- Manager/supervisor in structures responsible for the surveillance of biotechnological processes with ethical and psychosocial implications

WELFARE TRACK

- ✓ Scientific researcher at national and international universities and research institutions
- ✓ Adviser and consultant in social welfare fields
- ✓ Community care case worker and welfare rights officer
- ✓ Lifelong well-being and healthy ageing advisor / counsellor





Thank you !
daniela.soitu@uaic.ro

contact@ec2u.eu

www.ec2u.eu

