# > Lifeline Programme Handbook

- List of courses provided by each Institution divided per semesters, detailing program, teaching and assessment methods, learning outcomes

| Name of the University | List of courses - I semester | ECTS | Compulsory/ elective |
|---|---|---|---|
| **Alexandru Ioan Cuza University of Iasi - UAIC** | *Life-course approach and lifelong well-being* | *7* | **Compulsory** |
| | *Demography and public health* | *6* | **Compulsory** |
| | *Ethics and academic integrity* | *5* | **Compulsory** |
| | *International law for sustainable development. Health and well-being* | *6* | **Elective (2 from 4)** |
| | *Self-management in non-communicable diseases* | *6* | |
| | *Stress management* | *6* | |
| | *Applied skills for healthy ageing in place* | *6* | |
| **TOT ECTS** | | *30* | |

| Name of the University | List of courses - II semester | ECTS | Compulsory/ elective |
|---|---|---|---|
| **Alexandru Ioan Cuza University of Iasi - UAIC** | *Qualitative research on well-being* | *7* | **Compulsory** |
| | *Mental health and well-being* | *6* | **Compulsory** |
| | *Quantitative research on well-being* | *6* | **Compulsory** |
| | *Behaviours and health risks* | *6* | **Compulsory** |
| | *Wellness and smart ageing* | *5* | **Compulsory** |
| **ToT ECTS** | | *30* | |
| OR | | | |
| **Name of the University** | **List of courses - II semester** | **ECTS** | **Compulsory/ elective** |

| University of Salamanca - USAL | Communication strategies for cancer research | 3 | **Compulsory** |
|---|---|---|---|
| | Introduction to molecular biology of cancer and pharmacological treatment | 6 | **Compulsory** |
| | *Tumor microenvironment. Therapeutic strategies based on its modulation* | 3 | **Compulsory** |
| | *Anti-Tumor Immunotherapy: From Biology to Clinical Applications* | 3 | **Compulsory** |
| | *Advances in neurology and neuropsychology: neurodegenerative diseases* | 6 | **Compulsory** |
| | *Molecular Bases of Tumoral Variability: Modifier Genes of The Susceptibility and Evolution of Cancer* | 3 | **Compulsory** |
| | *Bioinformatics and Computational Genomics in Cancer Research* | 3 | **Compulsory** |
| | *PracticRegulation and integration of metabolism* | 3 | **Compulsory** |
| **TOT ECTS** | | *30* | |

OR

| Name of the University | List of courses - II semester | ECTS | Compulsory/ elective |
|---|---|---|---|
| **University of Turku - UTU** | *Digital Management and Leadership in Health Care* | *5* | **Compulsory** |
| | *Process of Instrument Implementation* | *10* | **Compulsory** |
| | *Orientation and Definition of an Instrument* | *5* | **Compulsory** |
| | *Process of Instrument Development and Evaluating Existing Instruments* | *10* | **Compulsory** |
| **TOT ECTS** | | *30* | |

| Name of the University | List of courses - III semester | ECTS | Compulsory/ elective |
|---|---|---|---|
| **University of Jena - FSU** | *Course 1: Fundamental knowledge of work and organizational psychology: Health and safety*<br><br>*Course 2: Medical Diagnostics and Data Analysis in Sports and Exercise* | 10 | **Compulsory** |

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| | *Organizational health and safety* <br><br> *(Organizational Design and Planning I)* <br><br> *course1: Healthy Leadership, health and safety systems and structures, healthy university* <br><br> *course 2:  Ergonomics, Traffic Safety, Man-Machine-Interface* | 10 | **Compulsory** |
| | Medicine and Science in Sports and Exercise (Sports Medicine 1) <br><br> *course1: Medical Exercise Physiology* <br><br> *course 2: Exercise Immunology* | 10 | **Compulsory** |
| **TOT ECTS** | | **30** | |
| OR | | | |

| Name of the University | List of courses - III semester | ECTS | Compulsory/ elective |
|---|---|---|---|
| **University of Coimbra - UC** | *Healthy Urban Planning* | *10* | **Compulsory** |
| | *Global Health* | *10* | **Compulsory** |
| | *Population, Migrations and Development* | *10* | **Compulsory** |
| **TOT ECTS** | | **30** | |
| OR | | | |

| Name of the University | List of courses - III semester | ECTS | Compulsory/ elective |
|---|---|---|---|

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|---|---|---|---|
| **University of Pavia - UNIPV** | *Morpho-functional basis and regenerative medicine*<br><br>*Experimental and applied histology: Tissue engineering and regenerative medicine*<br><br>*Physiology of Ageing*<br><br>*Biology of Aging: from basic science to clinical implications* | **9** | **Compulsory** |
| | *Medical and pharmaceutical applications to well-being*<br><br>*Clinical applications of Biotechnologies*<br><br>*Chemical basis of pharmacology of aging*<br><br>*Novel drug design and preparations* | **6** | **Compulsory** |
| | *Health Management and geroscience*<br><br>*Risk Management*<br><br>*Health Management*<br><br>*Big data Analytics*<br><br>*Geroscience: the intersection of basic aging biology, chronic diseases and life-style medicine for sustainable health*<br><br>*Surgical application of biotechnologies*<br><br>*Transgenerational medicine and gendered aging*<br><br>*From mother womb to adolescence: how we build up our future health and well-being* | **15** | **Compulsory** |
| **TOT ECTS** | | **30*** | |

| Name of the University | List of courses - III semester | ECTS | Compulsory/ elective |
|---|---|---|---|
| **University of Poitiers - UP** | *Biorthogonal chemistry and chemical biology* | *4* | **Compulsory** |
| | *Biomechanics of human movement and disability* | *3* | **Compulsory** |
| | *Tailored exercise and pathologies* | *4* | **Compulsory** |
| | *Means of prescribing physical activity* | *4* | **Compulsory** |
| | *Computer Vision* | 3 | **Compulsory** |
| | *Methodologies and technological innovations in Health biology* | 6 | **Compulsory** |
| | *Programming Tools and methodology* | 6 | **Compulsory** |
| TOT ECTS | | **30** | |

| Name of the University | List of courses - IV semester | ECTS | Compulsory/ elective |
|---|---|---|---|
| University of Coimbra | The semester is reserved for the Master thesis – co-tutelle formula (preparation, learning and research activities) | 30 | Compulsory |
| University Alexandru Ioan Cuza of Iasi | *Economics of Health and Wellbeing*<br>*Positive Psychology*<br>*Appreciative Methods for Social Interventions*<br>*Preventive Strategies in Road Traffic*<br>*Professional Practice*<br>*Practice for Preparation of Dissertation / Thesis* | 6<br>5<br>5<br>5<br>4<br>5<br><br>**30** | Compulsory |
| University Friedrich Schiller of Jena | | | |

| University of Pavia | The semester is reserved for the Master thesis – co-tutelle formula (preparation, learning and research activities) | 30 | Compulsory |
|---|---|---|---|
| University of Poitiers | The semester is reserved for the Master thesis – co-tutelle formula (preparation, learning and research activities) | 30 | Compulsory |
| University of Salamanca | The semester is reserved for the Master thesis – co-tutelle formula (preparation, learning and research activities) | 30 | Compulsory |
| University of Turku | | | |

- Page website where the students can find learning material specific to each course

| Name of the University | Links of the University |
|---|---|
| University of Coimbra | Course catalogue: https://apps.uc.pt/courses/EN/course/5661<br><br>Learning platform: http://moodle.uc.pt/ |
| University Alexandru Ioan Cuza of Iasi | Course catalogue: http://www.uaic.ro/en/international/international-students/course-catalog-for-incoming-students<br><br>Learning platform: https://uaic.moodle.ro/ |
| University Friedrich Schiller of Jena | Course catalogue: https://friedolin.uni-jena.de/qisserver/rds?state=wtree&search=1&trex=step&root120212=484358%7C483350&P.vx=kurz<br><br>Learning platform: https://moodle.uni-jena.de/ |
| University of Pavia | Course catalogue: https://unipv.coursecatalogue.cineca.it/corsi/2024/10615<br><br>KIRO Platform - https://elearning.unipv.it/course/index.php?categoryid=386&lang=en |
| University of Poitiers | Course catalogue: https://www.univ-poitiers.fr/en/find-a-course/academic-programs/masters-degrees/<br><br>Learning platforms and tools: https://elans.univ-poitiers.fr/en/resources-and-tools/ |

| University of Salamanca | Course catalogue: https://www.usal.es/masteres <br><br> Learning platform: https://studium.usal.es |
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| University of Turku | Course catalogue: https://opas.peppi.utu.fi/ <br><br> Learning platform: https://moodle.utu.fi/ |

- Information related to the academic calendar and detailed schedule of courses

| Name of the University | Links of the University |
|---|---|
| University of Coimbra | https://www.uc.pt/academicos/regulamentos/calendario_2021_2022 |
| University Alexandru Ioan Cuza of Iasi | https://www.uaic.ro/wp-content/uploads/2024/06/Academic-calendar-24-25-2.pdf |
| University Friedrich Schiller of Jena | https://www.uni-jena.de/Semestertermine |
| University of Pavia | Academic calendar year: https://en.unipv.it/en/education/bachelors-and-masters-degree-programs/attend-your-course/study-and-exams <br><br> Course website: https://lifeline.cdl.unipv.it/en/study/classes-schedule |
| University of Poitiers | https://www.univ-poitiers.fr/choisir-luniversite/organisation/calendrier-universitaire/ |
| University of Salamanca | https://www.usal.es/calendario-academico-20212022 |
| University of Turku | https://www.utu.fi/en/study-at-utu/academic-matters |

- Study and examination regulations

| Name of the University | Links of the University |
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|---|---|
| University of Coimbra | https://www.uc.pt/regulamentos/ga/vigentes/Regulamento_805_A_2020_24_09_RAUC and https://www.uc.pt/fluc/regulamentos_normas/docspdf/regulamento_avaliacao_FLUC.pdf |
| University Alexandru Ioan Cuza of Iasi | https://www.uaic.ro/studenti/regulamente |
| University Friedrich Schiller of Jena | https://www.hanfried.uni-jena.de/?medialist=vhbmedia%7Cde%7C1104&medialist_path=1%7C1101#block_body_1 |
| University of Pavia | Accademic regulations (*Regolamento didattico*) – https://web.unipv.it/wp-content/uploads/2019/09/Regolamento-Didattico-di-Ateneo-per-corsi-di-studio-ex-D.M.-270.pdf (IT Version)<br><br>Student regulation (*Regolamento studenti)* - https://web.unipv.it/wp-content/uploads/2020/06/REGOLAMENTO-STUDENTI.pdf |
| University of Poitiers | https://ll.univ-poitiers.fr/accueil/examens/ , https://sha.univ-poitiers.fr/espace-etudiant/scolarite/examens |
| University of Salamanca | http://bocyl.jcyl.es/boletines/2019/04/16/pdf/BOCYL-D-16042019- 23.pdf |
| University of Turku | www.utu.fi/sites/default/files/public%3A//media/file/UTU-regulation-on-studies.pdf |

- Mobility paths:

The first semester university is "*Alexandru Ioan Cuza*" University of Iasi.

The Second semester universities are: *University of Salamanca, University of Turku and "Alexandru Ioan Cuza" University of Iasi.*

The third semester university are: *University of Coimbra, University Friedrich Schiller of Jena, University of Pavia, University of Poitiers*.

The fourth semester university is any of the seven from the Alliance. The student chooses the university in which she/he wants to spend each of the three semesters, guaranteeing at least two mobilities. The student is allowed to stay for a maximum of two semesters in the same university. All mobility paths that comply with these constraints are possible.

- Mobility rules applied at each university

| Name of the University | Links of the University |
|---|---|
| University of Coimbra | https://www.uc.pt/en/driic |
| University Alexandru Ioan Cuza of Iasi | https://www.uaic.ro/en/international/departamentul-de-relatii-internationale ( https://www.uaic.ro/en/international/erasmus-programme |
| University Friedrich Schiller of Jena | https://www.uni-jena.de/Internationales+B%C3%BCro |
| University of Pavia | Information for international students: https://en.unipv.it/en/international-students<br><br>Mobility: https://internazionale.unipv.eu/en/mobility/ and https://internazionale.unipv.eu/en/studente/ |
| University of Poitiers | https://www.univ-poitiers.fr/en/international-students-scholars/ |
| University of Salamanca | https://rel-int.usal.es |
| University of Turku | https://www.utu.fi/en/study-at-utu/international_office |

- Requirements for successful acquisition of ECTS credits, the consequences in case of failure to acquire them; the grading system; thesis, exam and graduation rules

| Name of the University | Links of the University |
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|---|---|
| University of Coimbra | The evaluation of University exams is expressed on a scale from 0 to 20, the minimum mark is 10/20 and the maximum mark is 20/20. "Com laude" can be added to the maximum mark (20 cum laude). The evaluation of the graduation is expressed on a scale from 10 to 20, the minimum grade is 10/20 and the maximum grade is 20/20. The calculation of the final grade of each candidate takes into account the average of the marks obtained in the exams, as well as the quality of the research. https://www.uc.pt/en/ects/info_inst/ma<br><br>Other regulations:<br><br>https://www.uc.pt/regulamentos/ga/vigentes/Regulamento_805_A_2020_24_09_RAUC and https://www.uc.pt/fluc/regulamentos_normas/docspdf/regulamento_avaliacao_FLUC.pdf |
| University Alexandru Ioan Cuza of Iasi | The evaluation of University exams is expressed on a scale from 0 to 10, the minimum mark is 5/10 and the maximum mark is 10/10. "Com laude" can be added to the maximum mark (10 cum laude). The evaluation of the graduation is expressed on a scale from 5 to 10, the minimum grade is 5/10 and the maximum grade is 10/10. The calculation of the final grade of each candidate takes into account the average of the marks obtained in the exams, as well as the quality of the master's thesis.<br><br>https://www.uaic.ro/en/international/erasmus-programme/erasmus-incoming-students/romanian-grading-scale<br><br>Other regulations:<br><br>https://www.uaic.ro/studenti/regulamente/ |

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| University Friedrich Schiller of Jena | The evaluation of University exams is expressed on a scale from 6 to 1, the minimum mark is 4 and the maximum mark is 1. The evaluation of the graduation is expressed on a scale from 4 to 1, the minimum grade is 4 and the maximum grade is 1. The calculation of the final grade of each candidate takes into account the average of the marks obtained in the exams, as well as the quality of the master's thesis.<br><br>Other regulations: https://www.hanfried.uni-jena.de/?medialist=vhbmedia%7Cde%7C1104&medialist_path=1%7C1101#block_body_1<br><br>https://www.hanfried.uni-jena.de/vhbmedia/%C3%B6ffentliche+dokumente+(ohne+login)/studien-+und+pr%C3%BCfungsordnungen+(ohne+login)/04_philosophische+fakult%C3%A4t/master+of+arts/b_+pr%C3%BCfungsordnung/pro_philo_ma+(lesefassung+nach+der+berichtigung).pdf |
| University of Pavia | The **evaluation of University exams** is expressed on a scale from 0 to 30, the minimum mark is 18/30 and the maximum mark is 30/30. "Com laude" can be added to the maximum mark (30 cum laude). The **evaluation of the graduation** is expressed on a scale from 0 to 110, the minimum grade is 66/110 and the maximum grade is 110/110. The calculation of the final grade of each candidate takes into account the average of the marks obtained in the exams, as well as the quality of the research work or the final thesis discussed publicly in front of a graduation committee. "Honors" (110 cum laude) can be added to the maximum mark if decided unanimously by the graduation Committee. More information about how to register for exam: https://en.unipv.it/en/education/bachelors-and-masters-degree-programs/attend-your-course/study-and-exams Graduating: https://en.unipv.it/en/education/bachelors-and-masters-degree-programs/attend-your-program/graduating |

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|---|---|
| University of Poitiers | The evaluation of University exams is expressed on a scale from 0 to 20, the minimum mark is 10/20 and the maximum mark is 20/20. The evaluation of the graduation is expressed on a scale from 10 to 20, the minimum grade is 10/20 and the maximum grade is 20/20. The calculation of the final grade of each candidate takes into account the average of the marks obtained in the exams, as well as the quality of the research.<br><br>Other regulations:<br><br>https://ll.univ-poitiers.fr/accueil/examens/ , https://sha.univ-poitiers.fr/espace- etudiant/scolarite/examens |
| University of Salamanca | The evaluation of University exams is expressed on a scale from 0 to 10, the minimum mark is 5/10 and the maximum mark is 10/10. "Com laude" can be added to the maximum mark (10 cum laude). The evaluation of the graduation is expressed on a scale from 0 to 4, the minimum grade is 1/4 and the maximum grade is 4/4. The calculation of the final grade of each candidate takes into account the average of the marks obtained in the exams, as well as the quality of the research work or the final thesis discussed publicly in front of a committee.<br><br>https://www.usal.es/que-equivale-el-credito-ects<br><br>http://bocyl.jcyl.es/boletines/2019/04/16/pdf/BOCYL-D-16042019-23.pdf |
| University of Turku | The evaluation of University exams is expressed on a scale from 0 to 5, the minimum mark is 0 and the maximum mark is 5. The evaluation of the graduation is expressed on a scale from 1 to 5, the minimum grade is 1 and the maximum grade is 5. The calculation of the final grade of each candidate takes into account the average of the marks obtained in the exams, as well as the quality of the master's thesis.<br><br>https://www.utu.fi/en/study-at-utu/academic-matters<br><br>Other regulations:<br>www.utu.fi/sites/default/files/public%3A//media/file/UTU-regulation-on-studies.pdf |

- Services provided to students and applicable conditions (library, ICT, learning facilities, accommodation, health and social security, visa and residence permits, open bank account, career days, language course)

| Name of the University | Links of the University |
|---|---|
| University of Coimbra | All information regarding services provided to students and applicable conditions can be found here:<br><br>https://www.uc.pt/international-applicants |
| University Alexandru Ioan Cuza of Iasi | All information regarding services provided to students and applicable conditions can be found here:<br><br>https://www.uaic.ro/en/international/erasmus-programme/erasmus-incoming-students |
| University Friedrich Schiller of Jena | All information regarding services provided to students and applicable conditions can be found here:<br><br>https://www.uni-jena.de/Studium+international |

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| University of Pavia | Most of the useful information are available at https://web.unipv.it/wp-content/uploads/2018/11/Allegato-5-%E2%80%93-International-students-handbook.pdf and/or https://internazionale.unipv.eu/wp-content/uploads/2021/03/How-to-settle-in-Pavia.pdf

Most of the services provided to students by the University of Pavia are described at: https://web-en.unipv.it/campus/ and https://internazionale.unipv.eu/en/prepare-your-stay-in-pavia/

Information about living costs are available at :https://web-en.unipv.it/campus/living-costs/

Information about transport are available at :https://web-en.unipv.it/campus/transport/

Information about obtain visa, residence permits and to open a bank account are available at : https://web-en.unipv.it/documents-required-for-your-stay/

http://webing.unipv.eu/student-id-and-bank-account-carta-ateneo/

International students can also refer to the WELCOME OFFICE (which provides information on the Academic offer and application procedures, and support related to University services and benefits) and Orientation Center – COR that guarantees assistance and support to students during all phases of the university career.

Accommodation: There are twenty University residences (called Collegi) https://www.collegidipavia.it/ ;

https://web-en.unipv.it/campus/accommodation/;

https://www.edisu.pv.it/index.php?page=accesso-ai-collegi-e-residenze)

Language courses: https://cla.unipv.it/EN/

Career days: https://www.careerfairunipv.it/ ; https://orienta.unipv.it/lavora ; https://web-en.unipv.it/info-for/graduates/ and https://web-en.unipv.it/info-for/career/

Library, ICT, learning facilities: http://biblioteche.unipv.it/home/servizi/consultazione ;

http://libraries.unipv.it/services/readings-rooms/sale-con-orario-serale/

http://libraries.unipv.it/ |

| | https://laboratori.unipv.it/ <br><br> Information about student cards are available at : https://web-en.unipv.it/campus/student-cards/ <br><br> Further information are available at :https://web-en.unipv.it/info-for/ <br><br> The SAISD - University Service Center for Assistance and Integration for Disabled and SLD Students guarantees equality, diversity and inclusion (Website of SAISD: https://saisd.unipv.it/index.php/en and <br><br> https://web-en.unipv.it/campus/special-need-students/ ) |
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| University of Poitiers | All information regarding services provided to students and applicable conditions can be found here: <br><br> https://www.univ-poitiers.fr/en/international-students-scholars/ |
| University of Salamanca | All information regarding services provided to students and applicable conditions can be found here: <br><br> https://rel-int.usal.es/es/module-variations/estudiantes-extranjeros/informacion-para-estudiantes-de-movilidad-entrantes |
| University of Turku | All information regarding services provided to students and applicable conditions can be found here: <br><br> https://www.utu.fi/en/study-at-utu/accepted-students |

- Application, selection and admission procedures in detail, including the eligibility and selection criteria, language qualification requirements

The dedicated page on the EC2U website.

- Contact of staff that students can consult in each University for administrative and study related issues

| Name of the University | Contact |
|---|---|
| University of Coimbra | dri@uc.pt |
| University Alexandru Ioan Cuza of Iasi | ioana.serafinceanu@uaic.ro; <br><br> relint@uaic.ro; lifeline@uaic.ro |

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|---|---|
| University Friedrich Schiller of Jena | international@uni-jena.de |
| University of Pavia | admission@unipv.it<br><br>Additional information is available at the links below:<br><br>• portal to facilitate the enrollment of foreign students:<br><br>https://apply.unipv.eu/<br><br>• Students enrolment contacts :<br><br>https://web.unipv.it/contatti/<br><br>• "Orienta" portal of the University's educational offer:<br><br>https://orienta.unipv.it/<br><br>• Welcome Office :<br><br>http://gopa.unipv.it/welcome_office.asp<br><br>• Information for international students:<br><br>https://web-en.unipv.it/welcome/ |
| University of Poitiers | ri@univ-poitiers.fr |
| University of Salamanca | rrii@usal.es |
| University of Turku | admissions@utu.fi |