

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:

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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 18 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.europa.eu - Re-open EU
www.gov.ro - Measures
www.stirioficiale.ro - COVID-19 official news
www.anscbrt.ro - COVID-19 affected areas





Sunday

Arrival
&
Accommodation

Monday

9:30-10:00

Official Opening
(Daniela SOITU)

10:00-12:30

Smart Ageing (L)
(Iulian DUMITRU)

13:00-15:30

Lunch break

15:30-17:00

Promoting
physical activity
with wearables
(L&A)
(Tuija LESKINEN)

17:30-19:00

Uncertainty in
times of COVID-
19 pandemic:
who are saving
more resources
to cope with? (L)
(Nathalie ANDRE)

19:00-20:30

Welcome dinner

20:30

Free time

Tuesday

9:30-12:30

Functional
assessment of
the elderly (L)
(Raluca ONOSE,
Paul LUCACI, Alex
CÎTEA)

13:00-15:30

Lunch break

15:30-18:30

Functional
assessment of
the elderly (A)
(Raluca ONOSE,
Paul LUCACI, Alex
CÎTEA)

18:30

Free time

Wednesday

9:30-12:30

Dynamic
activities with
integrative-
recreative
purposes (L&A)
(Florin TROFIN,
Vlad MUNTEANU)

13:00-15:30

Lunch break

15:30-18:30

Hackathon (PA)
(Florin TROFIN,
Vlad MUNTIANU)

18:30

Free time



L - Lecture

L&A - Lecture & Applications

A - Applications

Thursday

9:30-11:00

First aid (PA)

(Raluca ONOSE, Paul LUCACI, Alex CÎTEA)

11:30-13:00

Towards personalized physical activity programs to reduce the risk of falling in older adults (L&A)
(Romanin TISSERAND)

13:00-15:30

Lunch break

15:30-17:00

Activity care plans for seniors (L&A)
(Raluca ONOSE, Iulian DUMITRU, Paul LUCACI, Alex CÎTEA)

17:30-19:00

Does integrated care mean less hospitalizations? (L&A)
(Aurelie GAILLARD)

19:00

Free time

Friday

9:30-12:30

Respiratory management (L&A)

(Raluca ONOSE, Iulian DUMITRU, Paul LUCACI, Alex CÎTEA)

12:30-14:00

Lunch break

15:30-18:30

Science Battle (PA)

18:30

Free time

Saturday

9:30-13:00

Social Impact Conference assessment (SSA)
(Daniela SOITU, Beatrice ABALASEI)

13:00-14:00

Lunch break

14:00-20:00

City tour (PA)

21:00-24:00

Skills Show & Disco

Sunday



Informal interactions

Fair well & friends for ever



UAIC FACTS

- > Founded in **1860**
- > **Top 3** Romanian Universities
- > **500+** 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)

Times Higher Education ranking by subject

Shanghai Ranking's Global Ranking of Academic Subjects

401+ in *Chemical Engineering*

401+ in *Arts and Humanities*

501-600 in *Business and Economics*

601-700 in *Social sciences*

University Campus



ALEXANDRU IOAN CUZA UNIVERSITY of IAȘI



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**; Iasi ranks 6th for fastest world internet speed (2017)
- > **A city of Seven Hills**, surrounded by vineyards and bicycle paths



The Palace of Culture



Vasile Alecsandri National Theatre and Opera House



Central University Library



Traian Hotel

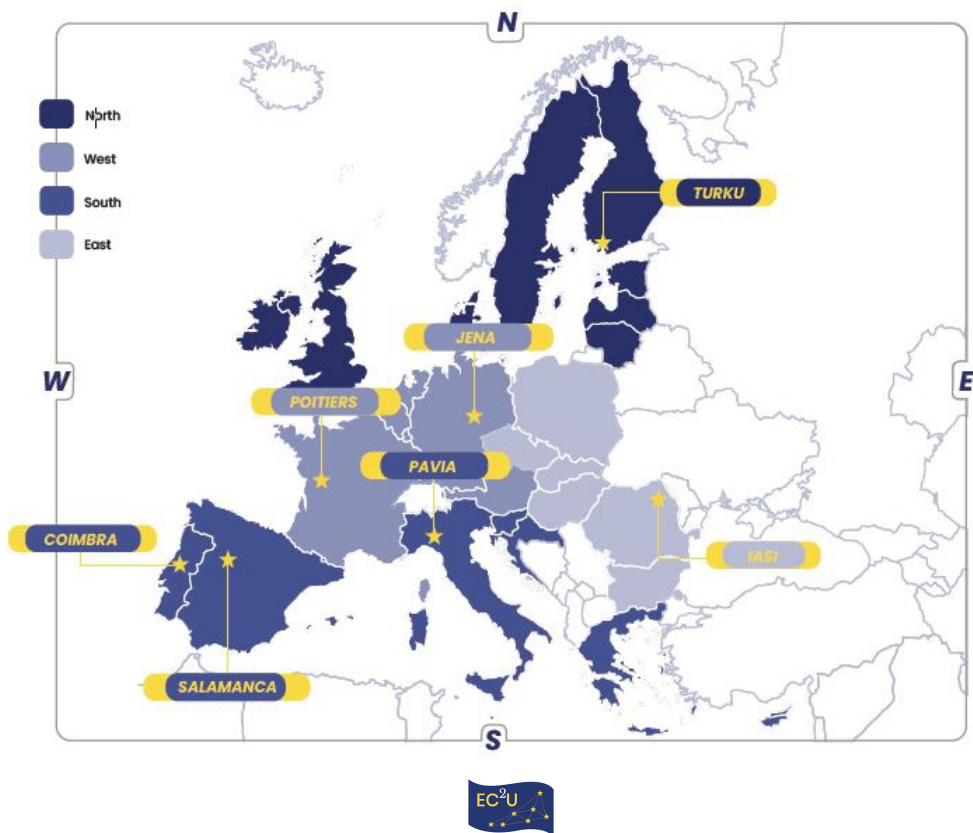


Metropolitan Cathedral



Copou Park





CONTACT



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EC2U SUMMER SCHOOL

Caring beyond frontiers