

# Smart Ageing and Healthy Life Summer School

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

20-26 September 2021

**APPLY NOW**



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](mailto: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](#).

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](http://www.mae.ro) - Ministry of Foreign Affairs
- [www.europa.eu](http://www.europa.eu) - Re-open EU
- [www.gov.ro](http://www.gov.ro) - Measures
- [www.stirioficiale.ro](http://www.stirioficiale.ro) - COVID-19 official news
- [www.anscbrt.ro](http://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*

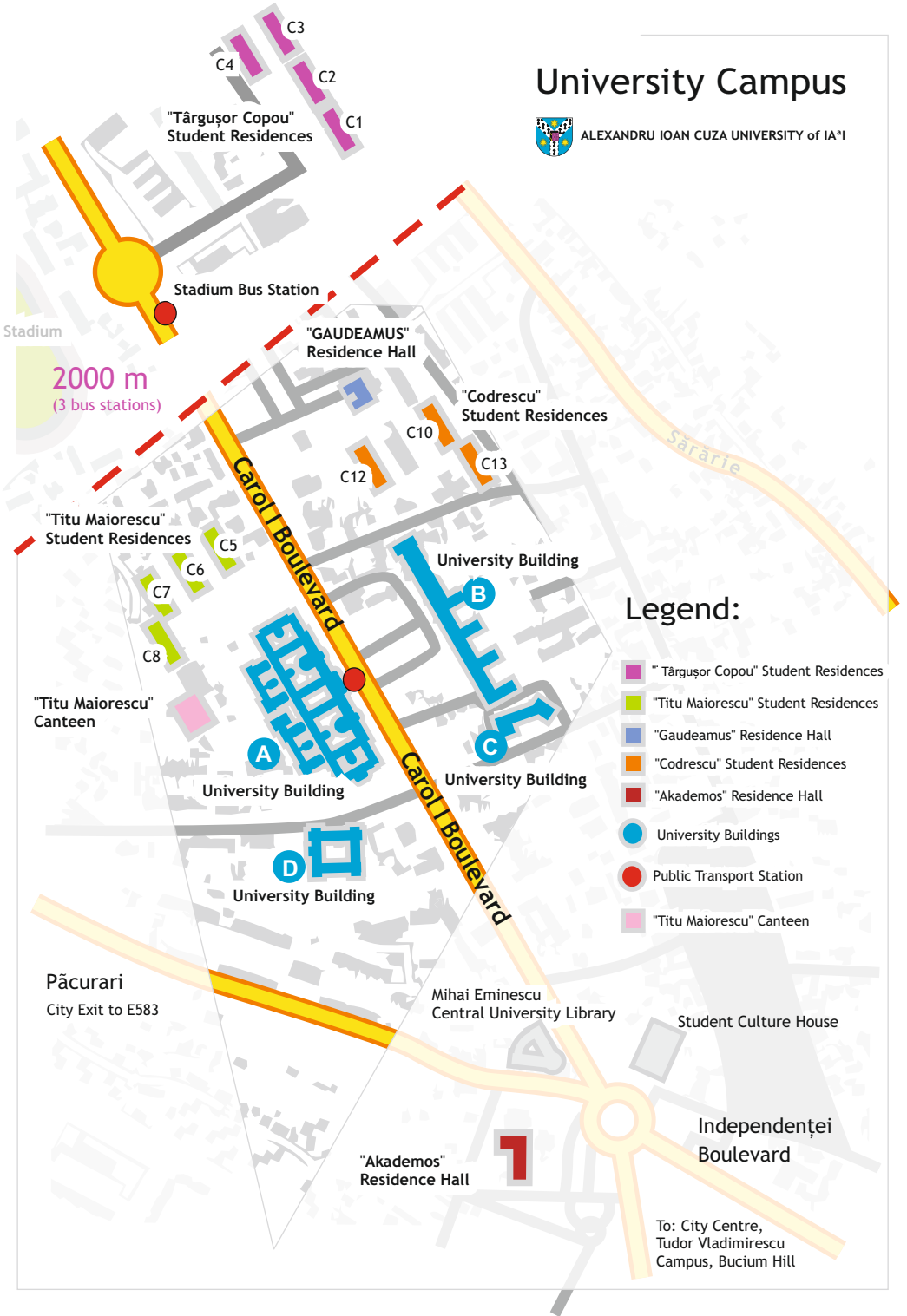
501-600 in *Business and Economics*

601-700 in *Social sciences*

# University Campus



ALEXANDRU IOAN CUZA UNIVERSITY OF IAȘI



## Legend:

- "Târgușor Copou" Student Residences
- "Titu Maiorescu" Student Residences
- "Gaudeamus" Residence Hall
- "Codrescu" Student Residences
- "Akademos" Residence Hall
- University Buildings
- Public Transport Station
- "Titu Maiorescu" Canteen



# THE CITY OF IASI

- > A city of **390** thousand 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 6<sup>th</sup> 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**

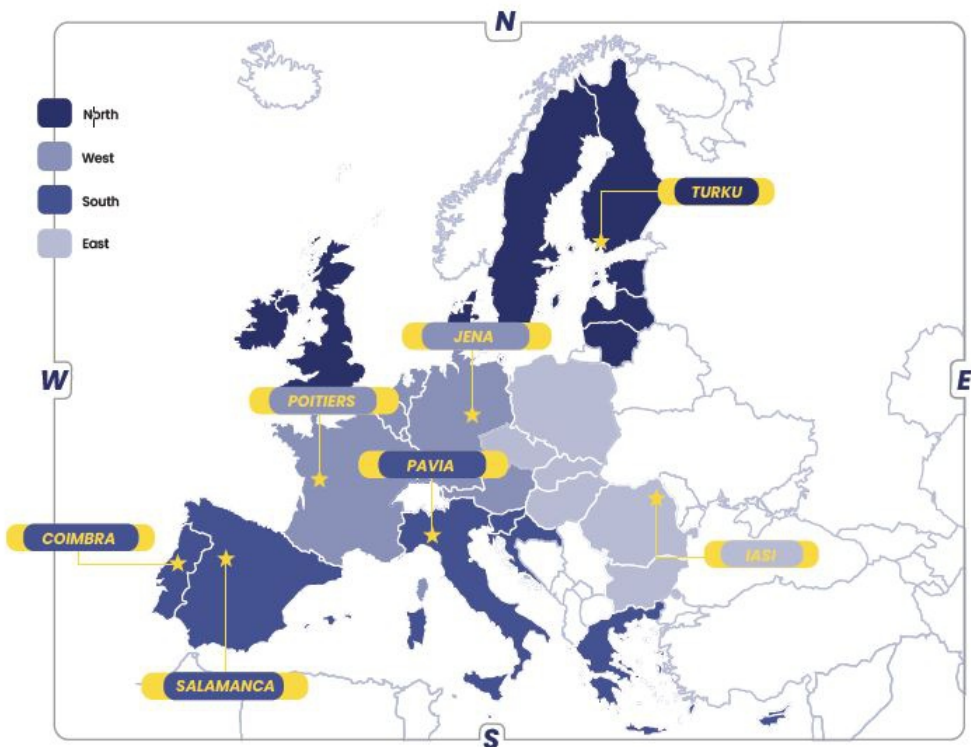


**Central University Library**



**Copou Park**





# CONTACT



[ec2u.eu](http://ec2u.eu)

[@EC2U\\_Alliance](https://twitter.com/EC2U_Alliance)



[contact@ec2u.eu](mailto:contact@ec2u.eu)

[@EC2UAlliance](https://www.facebook.com/EC2UAlliance)



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**EC2U SUMMER SCHOOL**

*Caring beyond frontiers*

EC2U Alliance

