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The European Campus of City-Universities

GLADE – VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING

GLADE Seminar
02.02.2022

Prof. Ph.D Daniela Soitu,
EC2U WP4 Leader,
Scientific Coordinator of GLADE



Co-funded by the
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The European Campus of City-Universities

GLADE – VIRTUAL INSTITUTE FOR GOOD HEALTH
AND WELL-BEING

02.02.2022

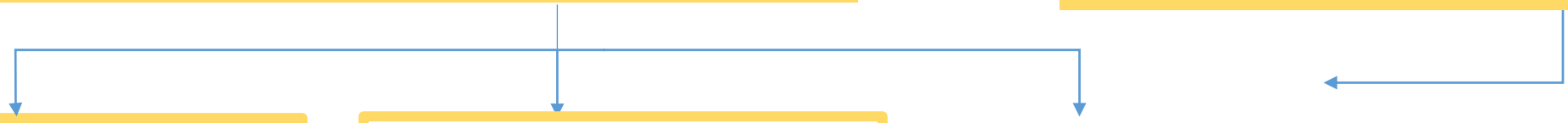


WP 4: GOOD HEALTH AND WELL-BEING



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

**JOINT MASTER 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



LITERACY LAB

7 Itinerant
conferences

3 Summer Schools

7 short trainings
(video)

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

The **curricula** is framed around:

- **preventive approaches in health** (meanings, forms, expectations, resources, results);
- **social determinants of health** (endogenous and exogenous factors, individual and social),
- **meanings, forms and practices of well-being** (physical, mental, social, emotional, workplace, societal),
- **a healthy and active lifestyle** and
- **ageing process.**

GLADE Conferences



VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING

GLADE Conference

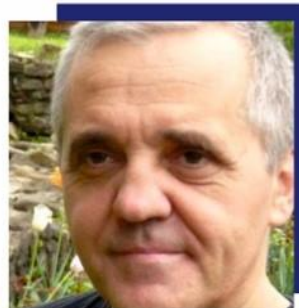
Comparative observations concerning Good Health and Well-Being. ONU indices between our seven collaborative countries

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



GLADE

next

Half-day
thematic
conferences

University	Thematic Conferences and moderators	When
University of Coimbra	Social Determinants of health. Healthy Cities: Prof. Paula Santana	31-May-22
Alexandru Ioan Cuza University of Iasi	Well-being and Healthy Ageing: Prof. Daniela Soitu	31-Mar-22
University of Jena	Healthy Campus: Prof. Ruediger Trimpop	23-Jun-22
University of Pavia	Gender and Ageing: Prof. Rosella Nappi	22-Feb-22
University of Poitiers	Brain Ageing: Prof. Luc Pellerin Digital Health Prof. Christine Fernandez-Maloigne	September – October 2022
University of Salamanca	Cancer (prevention, prognosis, treatment) Prof. Marina Holgado	27-Jun-22
University of Turku	Health prevention: Prof. Sari Stenholm	28-Apr-22



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



Next EC2U Summer Schools

Univ. Pavia

- **Transgenerational medicine and gendered aging**

(Sept-Oct 2022)

Univ. FS Jena

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

(Sept-Oct 2023)



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.

Rector




Iași, September 2021

3 ECTS

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)



EC2U Co-financed PhD thesis

WP4 GLADE: 9
proposals

Preparing: a new one
on Healthy Campus
(U Jena and UAIC)

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 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**

<https://ec2u-wp4.limesurvey.net/235473?lang=en>



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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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The second
EC2U Forum
19-21 May 2021

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



Contact



UNIVERSITATEA „ALEXANDRU IOAN CUZA” din IAȘI

Cautare...

- HOME
- DESPRE UAIC
- ADMITERE
- STUDII
- CERCETARE
- INTERNAȚIONAL
- STUDENȚI
- ABSOLVENȚI
- ORGANIZARE
- RECTOR

GLADE

EC2U Virtual Institute for Good Health and Well-being



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

- Home
- Literacy Lab
- Transformative Research Hub
- Management Service for a Healthy Campus
- LIFELINE master programme
- News

WP 4: GOOD HEALTH AND WELL-BEING

VIRTUAL INSTITUTE FOR GOOD
HEALTH AND WELL-BEING:
GLADE

LITERACY LAB (M24)

- Summer school M11-UAIC,20-26Sept21, Smart Ageing and Healthy Life M24 (Pavia) **Transgenerational medicine and gendered aging** M36 (Jena) **Healthy Universities: Intervention, Evaluation and Prevention**
- GLADE itinerant conferences of specialists in areas of health and wellbeing - M18 (April 2022); M36
- GLADE short trainings in areas of health and well-being - M18, M36

TRANSFORMATIVE RESEARCH HUB

- **GLADE Studies about lifelong well-being and healthy ageing in the EC2U 7 countries and in Europe** - M12 (Oct 2021) M24, M36
- **GLADE Guidelines for local authorities** - M24 (Oct 2022), M32

MANAGEMENT SERVICE FOR A HEALTHY CAMPUS

Online Peer counseling service (M4, M8)
Service for a Healthy campus management M18 (April 2022), M24

MASTER
PROGRAM
LIFELINE

- Agreement for JMP (M12), Common lego-like curricula (M2)
- Personalized curriculum sets for the selected students - M12 (October 2021) M24, M36
- Report on accreditation barriers- WP4 – M12 (October 2021)
- Dissertations and dissertation projects (M24, M36)
- Academic recognitions documents M36

WP 4: GOOD HEALTH AND WELL-BEING



ALEXANDRU IOAN CUZA
UNIVERSITY of IAȘI

Faculty of Philosophy and Social-Political Sciences



Department of Sociology and Social Work

MASTER PROGRAM LIFELINE

Lifelong Well-being
and Healthy Ageing

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

and with Romanian Register of
Occupation:

- asistent pentru îngrijirea
persoanelor vârstnice

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:

 @Sociologie.AsistentaSociala.UAIC

 www.fssp.uaic.ro

Promotional materials for the LIFELINE Master Programme - M6 (April 2021), M24 (October 2022), M36 (October 2023)
Personalised curriculum sets for the selected students – M12 (October 2021), M24 (October 2022), M36 (October 2023)

MASTER PROGRAM LIFELINE

Lifelong Well-being and Healthy
Ageing

VIDEO PROMO

- <https://fisiere.uaic.ro/?s=download&token=9f1638d0-16fd-49e7-a39f-cb65a383acf1>

ACCREDITATION STATUS:

National Accreditation

- ✓ UAIC, Romania: done (as a national study program in English)
- ✓ U Pavia, Italy: on the way
- ✓ U Poitiers, France: on the way

In the documentation process:

- ✓ U Coimbra, Portugal
- ✓ U Salamanca, Spain
- ✓ U Turku, Finland
- ✓ U Jena, Germany

European Approach

In the process

2021-2022: Contingency plan, mobilities



Call for mobilities

5 or 10 days

(March, 2022 - September, 2023.)

77 MOBILITIES FOR STAFF

(11 FOR EACH UNIV.)

28 MOBILITIES FOR MASTER AND DOCTORAL STUDENTS

(4 FOR EACH UNIV.)

Open call

First deadline: 28 of February, 2022



Call for mobility

Requirements

- Professors /Researchers/PhD students applying for mobilities must be linked to one of the seven EC2U universities and have as a working knowledge English.

Obligations

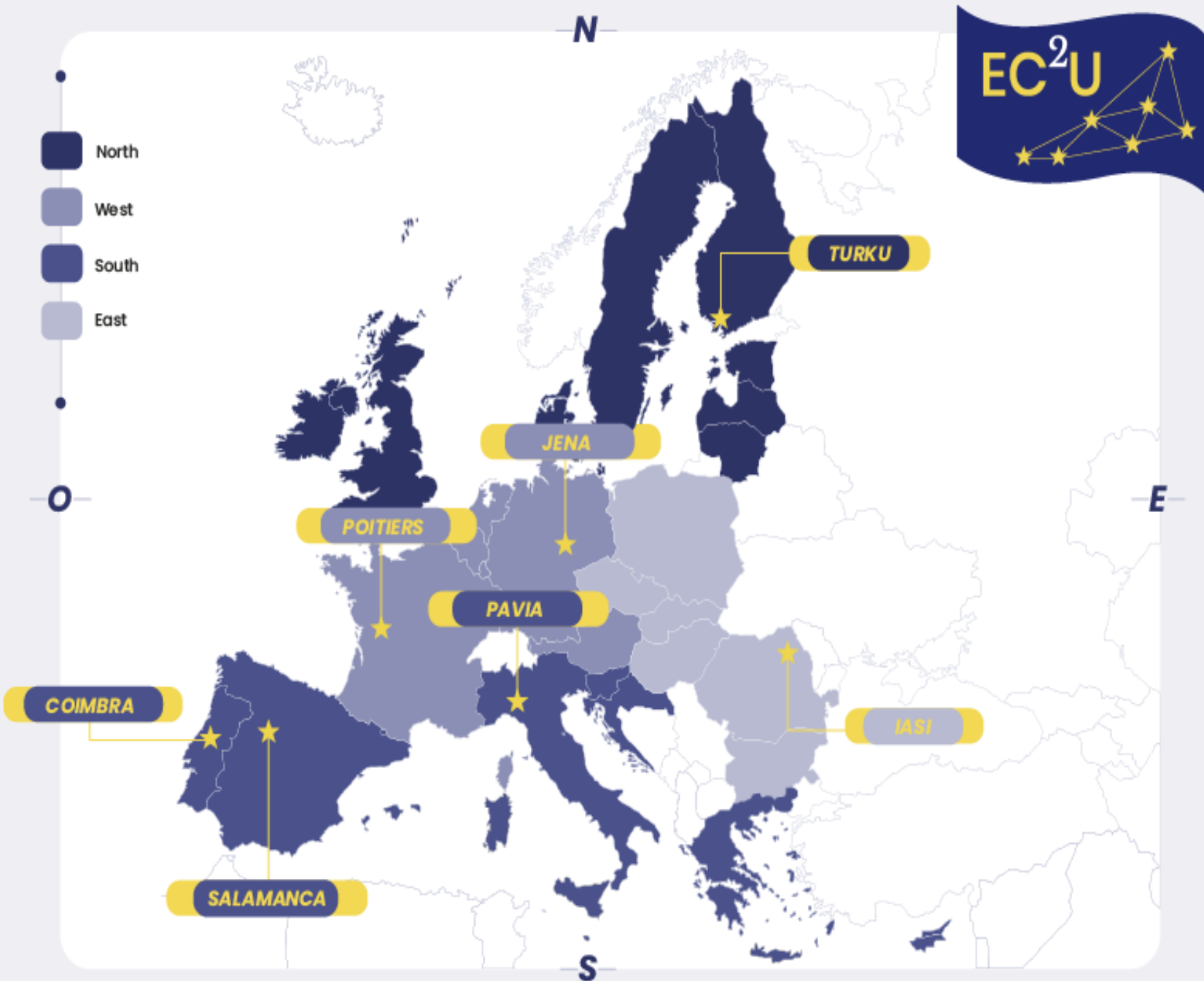
- Grantees commit to become active members of the Glade Virtual Institute
- Grantees must use the mobilities to conduct studies/ conferences/ workshops/project applications and / or to publish articles
- Grantees must write an assessment report within one month after the grant end date.

Call for mobility

Evaluation

Applications will be assessed according to the following criteria:

- Compliance with the objectives of the call (50 points)
- Intended collaborations with researchers / teaching staff/ PhD students from other EC2U universities (30 points)
- Participation as teaching staff in the new Master's Program LIFELINE or in the activities of the GLADE Virtual Institute (10 points)
- Publications (10 points)



Thank you!
daniela.soitu@uaic.ro

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