

FORTHEM Collective Short-Term Mobility

Summer school

“Building a pathway to health: Coping strategies and correct lifestyles”

ORGANISING UNIVERSITY: *University of Palermo*

LOCATION OF THE EVENT: Palermo (Sicily, Italy)

ORGANISERS: Main organisers are the Department of Health Promotion, Mother and Infant Care, Internal and Specialized Medicine (PROMISE) and the Department of Psychology, Educational Science and Human Movement of the University of Palermo. The FORTHEM Lab Alliance will be involved in the educational offer and the Health Department of the Sicilian Region as external organization.

PROJECT DESCRIPTION: it is a 5-days Summer School addressed to Master’s or PhD Students of the School of Medicine (including Dentistry) or Biology. UNIPA Professors and other Professors, recruited by the Lab Alliance through a special call, will give lessons in English. UNIPA Ph.D students of this Lab will be involved in a research activity related to the School.

DAY BY DAY PROGRAMME:

Day and date	Morning	Afternoon
7 th June 2021	“Epidemiology of non–communicable chronic diseases and their determinants: data and methods” 12.30-14:00 Lunch	“Balanced nutrition and healthy diets, with special focus to Whole-food and Plant-based Diet” 16.00-19.00 Free Time / 19.00-21.00 Dinner
8 th June 2021	“The neurobiology of addiction. A vulnerability/resilience perspective” “Physical activity: physiological mechanisms and health impact” 12.30-14:00 Lunch	“Balanced nutrition and healthy diets, with special focus to Whole-food and Plant-based Diet” 16.00-19.00 Free Time / 19.00-21.00 Dinner
9 th June 2021	“Coping strategies, communicative skills, decision making” “Physical activity: physiological mechanisms and health impact” 12.30-14:00 Lunch	“Resilience to meet the challenge of addiction I: alcohol and tobacco” 16.00-19.00 Free Time / 19.00-21.00 Dinner
10 th June 2021	“Coping strategies, communicative skills, decision making” “Sexually Transmitted Diseases and sexual behaviour” 12.30-14:00 Lunch	“Resilience to meet the challenge of addiction II: drugs of abuse” 16.00-19.00 Free Time / 19.00-21.00 Dinner
11 th June 2021	“Psychologic well-being” “Sexually Transmitted Diseases and sexual behavior” 12.30-14:00 Lunch	“Behavioral addictions: game, web, sexual addictions” 16.00 Close of the work

ELIGIBILITY CRITERIA AND SELECTION CRITERIA SPECIFIC TO THIS PROJECT: Preference to Master’s or PhD Students of the School of Medicine (including Dentistry) or Biology. Preference to students attending the 3-rd year or higher. Basic requirement: English level to follow the lessons. Attachments needed for selection procedure: one-page CV; one-page Motivational letter.