

Lifeline Study Plan a.y. 2026/2027

Students define their study plan based on the course catalogue (see attachment). The fourth semester is dedicated to thesis preparation and may include Erasmus mobility.

I. HEALTHCARE TRACK

FIRST SEMESTER: 30 credits, from: UAIC (A)

Alexandru Ioan Cuza University of Iasi – UAIC		
Compulsory courses	ECTS	Modality
Health and Well-being: from micro to macro approaches	18	Compulsory
Elective courses (2 from 4)	12	Optional
Total ECTS / sem I	30	

THE SECOND SEMESTER: 30 credits, from USAL (B)

University of Salamanca – USAL	ECTS	Modality
Cancer and neurodegeneration in ageing	18	Compulsory
Genetics and genomics of cancer	12	Compulsory
Total ECTS / sem II	30	

THE THIRD SEMESTER: 30 credits, from UNIPV

University of Pavia – UNIPV*		Modality
Ageing: from basic to treatment	15	Compulsory
Risk management and gerosciences	15	Compulsory
Total ECTS / sem III	30	

*EU students and NON-EU students residing in Italy with a study title obtained abroad must carry out an Italian language course at B1 level in the field of “further linguistic knowledge” (3 ECTS) in order to receive UNIPV title. The following students are exempted: a) students who obtained a study title at high school level or bachelor level in Italian language in Italy; b) students who obtained an Italian study title abroad, c) students having a B1 level knowledge certificate of Italian.

THE FOURTH SEMESTER: 30 credits – any of UAIC, USAL, UNIPV, UP

II. WELFARE TRACK

FIRST SEMESTER: 30 credits, from: UAIC (A)

Alexandru Ioan Cuza University of Iasi – UAIC		
Compulsory courses	ECTS	Modality
Health and Well-being: from micro to macro approaches	18	Compulsory
Elective courses (2 from 4)	12	Optional
Total ECTS / sem I	30	

THE SECOND SEMESTER: 30 credits, from: UAIC (A), USAL (B) or UTU (C)

Alexandru Ioan Cuza University of Iasi – UAIC	ECTS	Modality
Well-being and smart ageing: research and applications	30	Compulsory
Total ECTS / sem II	30	

OR

University of Turku – UTU	ECTS	Modality
Instruments and digital management in Health care	30	Compulsory
Total ECTS / sem II	30	

THE THIRD SEMESTER – by choice: from UC (D), FSU (E), or UP (G)

University of Coimbra – UC	ECTS	Modality
Development, Global Health and Urban Planning	30	Compulsory

Total ECTS / sem III	30	
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OR

University of Jena – FSU	ECTS	Modality
Fundamental knowledge of work and organizational psychology	10	Compulsory
Organizational health and safety	10	Compulsory
Medicine and Science in Sports and Exercise	10	Compulsory
Total ECTS / sem III	30	

OR

University of Poitiers – UP	ECTS	Modality
Basics in motor function and physical activity during ageing	15	Compulsory
Methodology, techniques and Data Analysis	15	Compulsory
Total ECTS / sem III	30	

THE FOURTH SEMESTER: 30 credits – any of UAIC, USAL, UC, UNIPV, UP