GLADE Summer School

'Smart Ageing and Healthy Life' (SAHL)

DELIVRABLE D4.13

MONTH 13

D4.13 GLADE Summer School

Table of Contents

I. GLADE Summer School 'Smart Ageing and Healthy Life': the first on-site Summer School

A. A key EC2U event in the area of good health and wellbeing

One the three main pillars of the Virtual Institute for Good Health and Well-being (GLADE) is the EC2U GLADE Literacy LAB.

Through this Literacy Lab, the aim is to develop the contexts and training curricula for the promotion of good health and well-being; contexts and curricula that are transferable to all partner universities and cities. The idea, via these contexts, is to adopt a broader approach in education and research. Within the Literacy Lab, specific activities consist of the three, annual, EC2U summer schools focused on the areas of health and well-being.

The first EC2U Summer School curricula was framed around one of the many topics proposed by the EC2U team: a healthy and active life, and ageing.

This Summer School allowed the organising team from the University of Iasi, to test multiple, focused forms of short courses, and practice educational activities using a multicultural approach.

B. Short description of the event

The first EC2U Summer School was held from the 20th to the 26th September 2021, in person, at the Alexandru Ioan Cuza University of Iasi (UAIC) in Romania. Certain courses and activities were also available online, via WebEx.

This event gathered scientific experts, staff and students from all 7 EC2U member universities to develop innovative learning opportunities, and build a strong dynamic community of future specialists, notably in the fields of social services and health care programmes. This Summer School transferred the needed skill sets to the participating students, through exercises and activities destined for the elderly and the elderly with special needs.

A total of 32 participants from EC2U partner universities attended the seven days of innovative workshops, lectures and activities on smart aging, respiratory management, first aid, etc. (see section Student attendees for more information).

All information on this first EC2U Summer School, including the detailed programme, was made available on the University of Iasi website. Access this webpage.

Travel and daily allowance for EC2U staff and participating students were covered by the EC2U Alliance, and attendees who passed the final evaluation were awarded 3 ECTS credits, as well as a certificate of attendance.

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C. Detailed programme of the event

SMART AGEING AND HEALTHY LIFE

EC2U Summer School

Programme

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30-10:00 Official Opening (Daniela SOITU) Building A, Aula Magna	**9:30-12:30** Functional assessment of the elderly (L&A) (Raluca ONOSE, Paul LUCACI, Alex CÎTEA) Building D, kinetotheraphy room & S1 room	**9:30-12:30** Dynamic activities with integrative-recreative purposes (A) (Florin TROFIN, Vlad MUNTEANU) Building D, Sports ground	**9:30-11:00** First aid (PA) (Raluca ONOSE, Paul LUCACI, Alex CÎTEA) Building D, kinetotheraphy room & S1 room	**9:30-12:30** Respiratory management (L&A) (Raluca ONOSE, Iulian DUMITRU, Paul LUCACI, Alex CÎTEA) Building D, Sports ground/ S1 room	**9:30-13:00** Social Impact Conference assessment (SSA) (Daniela SOITU, Beatrice ABALASEI) The Botanical Garden/ Building A, Aula Magna	
Arrival & Accommodation	**10:00-12:30** Smart Ageing (L&A) (Iulian DUMITRU) Building D, Sports ground/ Gym			**11:30-13:00** Towards personalized phisical activity programs to reduce the risk of falling in older adults (L&A) (Romanin TISSERAND) Building A, Aula Magna			Informal interactions Farewell & friends for ever
	13:00-15:30 Lunch break	**13:00-15:30** Lunch break	**13:00-15:30** Lunch break	**13:00-15:30** Lunch break	**12:30-14:00** Lunch break	**13:00-14:00** Lunch break	
	15:30-17:00 Promoting physical activity with wearables (L&A) (Tuija LESKINEN) Building A, Aula Magna	**15:30-18:30** Functional assessment of the elderly (L&A) (Raluca ONOSE, Paul LUCACI, Alex CÎTEA) Building D, kinetotheraphy room & S1 room	**15:30-18:30** Hackathon (PA) (Florin TROFIN, Vlad MUNTIANU) The Botanical Garden	**15:30-17:00** Activity care plans for seniors (L&A) (Raluca ONOSE, Iulian DUMITRU, Paul LUCACI, Alex CÎTEA) Building D, Sports ground	**15:30-18:30** Science Battles (PA) Building A, Aula Magna	**14:00-20:00** Guided city tour (PA)	
	17:30-19:00 Uncertainty in times of COVID-19 pandemic: who are saving more resources to cope with? (L) (Nathalie ANDRE) Building A, Aula Magna			**17:30-19:00** Does integrated care mean less hospitalizations? (L&A) (Aurelie GAILLARD) Building A, Aula Magna			
	19:00-20:30 Welcome dinner Akademos	**18:30** Free time	**18:30** Free time	**19:00** Free time	**18:30** Free time		
	20:30 Free time					**21:00-24:00** Skills Show & Disco Akademos	

L - Lecture   L&A - Lecture & Applications   A - Applications   PA - Practical Activity   SSA - Summer School Assessment

D. Organization of the 2021 EC2U Summer School

The proposed topics, courses and practical activities held during the 2021 Summer School were discussed with the EC2U Alliance in January and February of the same year, and validated by the Work Package 4 (WP4) Board.

The WP4 Board also determined the student application procedures (e.g. selection process of candidates) and promotional activities for the first Summer School. Students could apply via a specific Google Form, designed by the UAIC local organizing team. Applications were open until the 18th of July. Access the student application form or refer to 'Annex 1: Student Application Form'.

To make the most of the first on-site Summer School, coffee breaks and a welcome cocktail dinner were offered to all participants.

E.   Student attendees

In total, 155 students from 17 universities, from 12 different countries applied to the first EC2U Summer School, via the online application form.

All student applications were evaluated by a team composed of the WP4 coordinator and a representative from each of the 7 EC2U member universities. From the 155 applications, were selected:

- 4 students from *Friedrich Schiller* University Jena;

- 5 students from University of Coimbra;

- 5 students from *Alexandru Ioan Cuza* University of Iasi;

- 5 students from University of Poitiers;

- 5 students from University of Salamanca;

- 8 students from University of Pavia.

Refer to 'Annex 2: List of student participants' for the detailed list of accepted students.

All student applicants were informed by email, whether they were selected for the Summer School or not. Candidates who were not accepted were invited to participate in other EC2U activities.

F.   A team of multidisciplinary teachers

The final programme of the Summer School 'Smart Ageing and Healthy Life' brought together professors and researchers from the universities of Iasi, Poitiers, and Turku, with onsite and online courses and activities. This included, by course:

NAME	UNIVERSITY	COURSE
Iulian DUMITRU	Iasi	Smart Ageing (L&A) Respiratory Management Activity care plans for seniors
Tuija LESKINEN	Turku	Promoting physical activity with wearables (L&A)
Nathalie ANDRÉ	Poitiers	Uncertainty in times of COVID-19 pandemic: who are saving more resources to cope with?

Raluca ONOSE, Paul LUCACI, Alex CÎTEA	Iasi	Functional assessment of the elderly
		First aid
		Respiratory Management
		Activity care plans for seniors
Florin TROFIN, Vlad MUNTIANU	Iasi	Dynamic activities with integrative-recreative purposes
		Hackathon
Romain TISSERAND	Poitiers	Towards personalized physical activity programs to reduce the risk of falling in older adults
Aurélie GAILLARD	Poitiers	Does integrated care mean less hospitalizations?

II.   Curricula of the first EC2U Summer School

A. Short description of the courses

- **Activity care plans for seniors**
  "Activity care plans for seniors" is a lecture that will help the social worker gain knowledge and competences regarding the process of maintaining or improving the quality of life. The participants will learn how to apply different exercises or stretches depending on the condition of the elderly.
  Access the course 'Activity care plans for seniors' content (presentation)

- **Dynamic activities with integrative-recreative purposes**
  It is well known the fact that physical activities can have positive implications in the social life of all human beings.
  The first part of this interactive activity will have a theoretical approach in which we will present to the participants some basic information about the importance of the dynamic activities and how they can contribute to social inclusion and group cohesion.
  The second part of the workshop will be represented by a series of practical activities through which the participants will experience the effects of different physical exercises that imply also the mental capacity.
  Following this course, the participants will be able to understand and organize physical exercises depending on individual characteristics of different groups (gender, age).

- **First aid**
  The "First aid" course will help the social worker gain competences regarding the first aid / self-first aid. The participants will learn how to identify the proper technique and how to apply them.
  Access the course 'First aid' content (presentation)

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- **Functional assessment of the elderly**
  The course *"Functional assessment of the elderly"* will help the social worker gain competences regarding the assessment of the elderly. The participants will learn how to make a simple postural assessment, how to evaluate the balance and gait of the geriatric patients and how to assess the general mobility and vascular issues. In the course they will learn how to use simple tests that will help the beneficiary.
  Access the course 'Functional assessment of the elderly' content (presentation)

- **Hackathon**
  Spatial orientation is an important aspect of modern human beings that can used throughout the entire life.
  This workshop has the main objective of implicating all the participants in an interactive activity that will require their attention, spirit of observation, collaborating with the others and last but not least, their physical capacities in order to complete all the tasks of the treasure hunt.
  The participants will be divided into equal teams and their main objective will be the one to find the proper areas or objects with the clues that they are receiving.
  All the clues will be given at the starting point by the organizers.

- **Respiratory management**
  The course *"Respiratory Management"* will help the social worker gain knowledge and competences regarding the process of normal and pathological breathing. The participants will learn how to assess and apply different techniques and exercises in order to improve the quality of the breathing process.
  Access the course 'Respiratory management' content (presentation)

- **Smart ageing**
  This course will offer the students a basic applicative knowledge about the management of active and healthy ageing through specific physical exercises approach.

  This course will compound of a specific exercises design with the main aim to improve the whole functionality of the body, regain the vigor in physical duties, independence in everyday activities and a better and healthier lifestyle.
  Access the course 'Smart ageing' content (presentation)

- **Does integrated care mean less hospitalizations? Evaluation of a French Field Experiment**
  This study aims at evaluating the impact of an experimental health policy on hospital use among elderly patients. From 2015 to 2017, French public authorities implemented an integrated-care model, the Digital Health territories program designed to improve healthcare coordination and sustain the use of Health Information Technologies in five pilot regions. The TSN program was expected to cut down on avoidable healthcare resource use in hospitals. In the Aquitaine region, the TSN program was implemented in part of the Landes district and consisted primarily in the creation of a support platform (PTA). A part of the Lot-et-Garonne district was chosen as a "control area" given its similarities with the experimental district in terms of population structure and healthcare supply characteristics. To estimate the impact of the TSN program on three hospitalization outcomes, we used a combination of matching and

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Difference-in-Differences approaches.

- **Uncertainty in times of COVID-19 pandemic: who are saving more resources to cope with?**

  Responding to uncertainty does not require a complex understanding of the situation, and the urge to conserve resources in response to uncertainty can be subconscious and automatic (Anselme & Güntürkün, 2018). Energy conservation would likely be an adaptive response to uncertainty. Presumably, both humans and animals evolved to conserve energy. The more uncertain the future, the more adaptive it would be to conserve energy generally so as to be able to cope with unknown developments. Therefore, the adaptive response to uncertainty would be to conserve. Uncertainty has also been studied in the context of self-regulation models (Alquist et al., 2020) and has been shown to be associated with the weakening of self-regulation resources. The aim of this course is to show the relationship between uncertainty and resources conservation.

  Access the course 'Uncertainty in times of COVID-19 pandemic' content (presentation)

- **Towards personalized physical activity programs to reduce the risk of falling in older adults**

  The consequences of a fall are often devastating for ageing people and a major challenge for researchers and clinicians remains to predict when a first fall will occur. The proposed lecture will present the neuro-biomechanisms of balance recovery, how they can be evaluated and how these mechanisms are impacted by normal ageing. Based on the multifactorial model from Horak (2006), the lecture will then focus on the different resources involved in the control of upright balance, and how these resources can be addressed in personalized physical activity training for a better fall risk prevention.

  Access the course 'Towards personalized physical activity programs' content (presentation)

- **Promoting physical activity with wearables**

  Physical activity associates with healthy aging but majority of older adults are inactive. Therefore, we need more tools and strategies to promote physical activity. Wearable technology is a feasible way to give guidance and feedback of the daily physical activity. This lecture summarizes the current knowledge on studies utilizing wearables to promote physical activity among older adults.

  Access the course 'Promoting physical activity with wearables' content (presentation)

Five activities were equally available online, via WebEx, such as the courses 'Promoting physical activity with wearables' or 'Does integrated care mean less hospitalizations?'. A special activity was also organized for student attendees to watch the first EC2U Science Battle, online.

Student attendees also participated in practical activities and workshops throughout the seven-day Summer School, notably:

- Adapted motor activities and fitness workshops;
- Seminars on applied physiotherapy activities;
- Teambuilding and fun activities.

III. Student evaluation and recognition of learning

A. Student evaluation

The final student evaluation was based on:
- attendance to all activities, courses and workshops scheduled during the week;
- a short presentation in interdisciplinary teams, on Smart Ageing and other theoretical and/or practical studied topics.

Briefly: Interdisciplinary teams were defined randomly by the teachers, and students were asked to choose a specific topic for their presentation, from the following list: 1) Low back pain; 2) Stroke; 3) Ankle sprain; 4) Lower limbs paralysis; 5) Smart ageing; 6) Respiratory management. Each team had one hour to prepare their presentation. They had access to course material, flipcharts, internet and laptops.

The final assessment summed up the professors' evaluation and followed the criteria (for each presentation):

a) Smart and joyful

b) Well-documented

c) Original and creative

d) Healthy-oriented

e) Versatile, from a lifelong well-being perspective

f) Dynamic

Based on their assessment, each group of students received a diploma from the host university (UAIC).

B. Certificate of attendance and awarding participation with 3 ECTS

Certificates of attendance (see image below) were distributed to all student attendees; 3 ECTS were equally awarded to students for the quality of their final presentations.

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C.   Summer School indicators - results

In accordance to the global WP4 indicators, the targeted number of students for this first Summer School was 30 participants. There was, finally, a total of 32 student attendees during this in-person GLADE Summer School (refer to 'Annex 2: List of student participants' for detailed list of students). The initial target was therefore successfully met.

Note here: 155 students initially applied, with applications from 17 different universities and 12 different countries. The applications show the spread of the event (notably due to pre-event communication), that indeed reached further than the EC2U partner universities.

At the end of the event, participants were asked to participate in a feedback survey (refer to 'Annex 3: Smart Ageing and Healthy Life Summer School 2021 – Survey' for further information). 28 students, out of the total 32 participants, replied. The responses show that the attendees were very satisfied with the activities carried out within the Summer School (courses schedule, choice of topics, lecturers' teaching methods, assessment method(s), interaction with the lecturers and the other Summer School participants) as well as with other organizational aspects (information received, accommodation, meals and volunteers' assistance).

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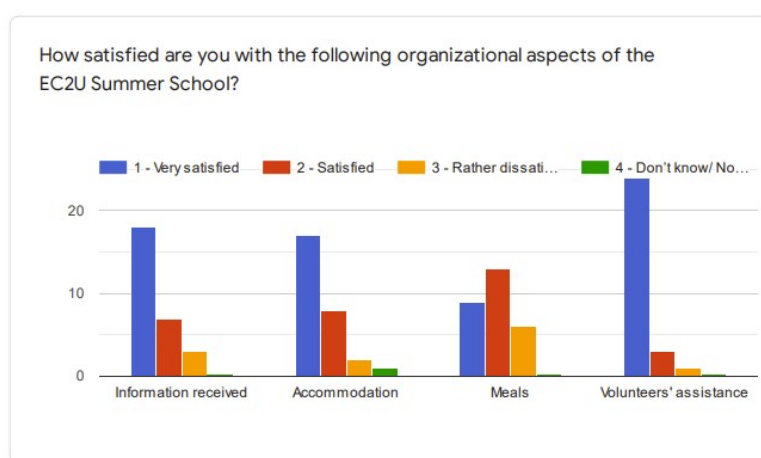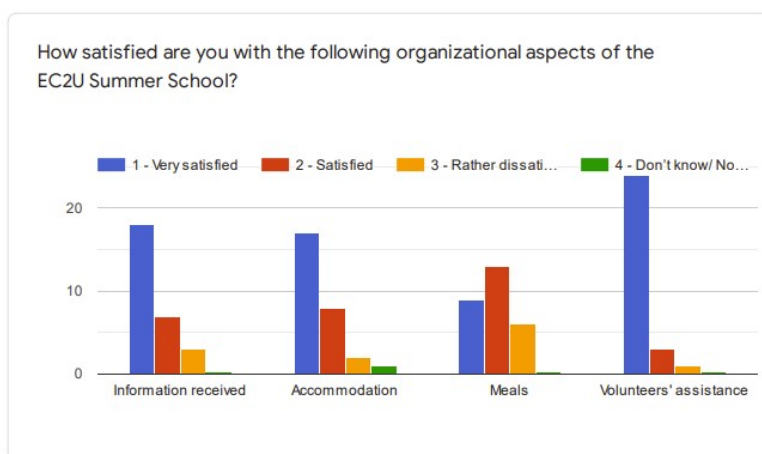
D.   Qualitative feedback from participating students

Participants were invited to share their thoughts and experience. A few examples of student testimonies below:

"A fantastic and enriching week where not only I've been able to improve my knowledge but also to meet a new country and tons of fascinating people. Everyone involved in this week (coordinators, volunteers, professors, akademos staff...) was lovely to us. Multumesc!"

"It has been an amazing week. I am very happy I could participate. I have learned a lot about how to take care of elderly (relevant and adapted physical practice) and also about the interaction between cognitive capacity and physical and mental health. It opens a large room for thinking and doing research on smart ageing.
The dedication and kindness of the organization team (professors, staff and volunteers) created a sound environment and allowed us to grow good in the group -and this day after day! Thank you all for the great work and involvement you put in this summer school.
Finally, I enjoyed very much getting back to the social and international relations I missed for about a year and a half. I (we probably) got so excited about meeting and discovering our respective cultures that we were all in all the time and thus went back home very tired ;-) Thank you for that too! And take care of yourselves."

"It was the most truthful image of what a European university campus can be."

More student testimonies are accessible in the 'Annex 4. Student testimonies'.

IV. Communication and marketing

A. Pre-event communication

To promote the first EC2U Summer School 'Smart Aging and Healthy Life', promotional materials were created for online, EC2U and partner universities communication channels.

The goal of the online pre-event communication was to increase student registration. Physical promotional materials were also designed and distributed to student attendees upon arrival.

Online and physical pre-event promotional material included a poster, a banner, a brochure and the detailed programme (see section I - D. Detailed Programme). All communication elements were created in line with the EC2U graphic charter.

View the EC2U Summer School brochure.

Physical promotional material was provided to students, as key take-aways, such as a EC2U Summer School pen and an EC2U Summer School tee-shirt. Both contributed to the visual identity of the event and the first Summer School student experience.

In order to disseminate key information about the first EC2U Summer School within academic environments, press releases were also published prior the event. For example, a press release was published on the University of Iasi website (access this press release) and on the EC2U Alliance website (read this press release), announcing the first Summer School.

EC2U partners also shared these press releases on their websites and social media platforms to ensure the highest possible visibility.

B.   The EC2U Summer School website and Facebook page

To increase the visibility of the first EC2U Summer School, an EC2U Summer School Facebook page and a 'Smart Aging and Healthy Life' - EC2U Summer School website were created. These platforms were both dedicated to the exclusive promotion of the event for the general public.

Note here that these two communication channels continue to be active today, notably to ensure event visibility for the upcoming editions, that will take place in Pavia and Jena. Students who are interested in participating in future editions can therefore find information on these two channels.

The EC2U Summer School website contains:

- information regarding the application and evaluation procedures;

- the Summer School mission and objectives;

- information about activities and workshops and course content;

- promotional materials;

- contact details;

- information about travelling to Iasi, etc.

The EC2U Summer School Facebook page was used for promotional activities:

- pre-event communication (e.g. poster and event programme)

- communication during the event (e.g. photos taken during the event, announcements related to the Summer School activities)

- post-event communication (e.g. social media posts showing the short video made by the participants, student testimonies, etc.).

See examples of posts on the official EC2U Summer School Facebook page below:
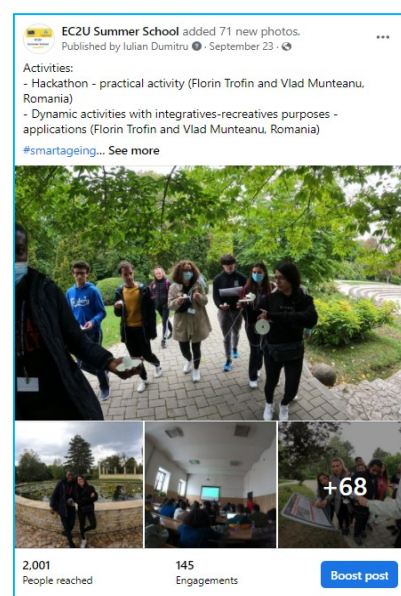
C. Social media communication

Social media posts on EC2U and partner universities channels continue to be accessed. The EC2U Summer School Facebook page, alone, collected more than 300 views of posts between November 4th and December 1st, 2021. The impact of the event social media communication is even greater when considering 1. the total number of views on social media posts shared by partner universities, 2. the number of visitors of the EC2U Summer School website, 3. the number of readers of press releases published on the University of Iasi website and the EC2U alliance website.

The online communication materials were also posted on several communication channels managed by the Alexandru Ioan Cuza University of Iasi, notably on different Facebook pages such as: Serviciul Relatii Internationale, UAIC, Erasmus UAIC; and the Facebook group - Erasmus UAIC. See examples below:
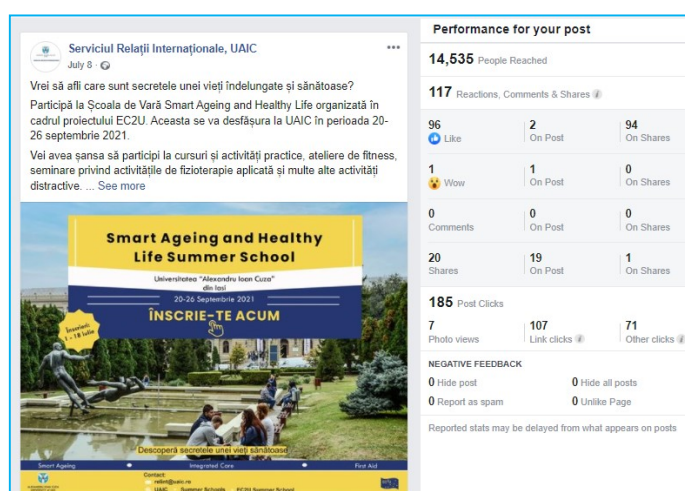
The graph below shows the activity, in particular the reach and engagement of the various Facebook posts published by the University of Iasi, on the official EC2U Summer School Facebook page.

| | | | Reach: Organic / Paid ▾ | | Post Clicks | Reactions, Comments & Shares ⓘ |

Published	Post	Type	Targeting	Reach		Engagement	
09/26/2021 4:04 PM	Photos from EC2U Summer School's post	⬜	🌐	1.6K	🟧	50 35	▍▏
09/25/2021 8:38 AM	Photos from EC2U Summer School's post	⬜	🌐	1.6K	🟧	83 59	▍▏
09/24/2021 8:03 AM	Photos from EC2U Summer School's post	⬜	🌐	1.6K	🟧	106 67	▍▎
09/23/2021 2:57 PM		⬜	🌐	85	▏	4 3	▏▏
09/23/2021 2:33 PM	Photos from EC2U Summer School's post	⬜	🌐	2.2K	🟧	94 73	▍▎
09/23/2021 12:06 AM	Photos from EC2U Summer School's post	⬜	🌐	3K	🟧	143 102	▍▎
09/23/2021 12:03 AM	Activities: - Hackathon - practical activity (Florin Trofin and Vlad	⬜	🌐	2K	🟧	75 70	▍▏
09/21/2021 10:27 PM	Activities: - Functional assessment of the elderly - Lecture & applications	⬜	🌐	3.3K	🟧	739 354	████ ██
09/21/2021 12:41 AM	Photos from EC2U Summer School's post	⬜	🌐	2.3K	🟧	84 80	▍▎
09/20/2021 8:09 PM		⬜	🌐	143	▏	7 16	▏▏
09/14/2021 9:16 AM	There are just a few days left until the start of the first EC2U Summer	⬜	🌐	2.5K	🟧	80 66	▍▎
09/14/2021 9:00 AM	Discover the secrets of a lifelong well-being and a healthy ageing	⬜	🌐	144	▏	2 3	▏▏

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Social media posts were also shared by the communication teams from all other EC2U Alliance partner universities, whether it be on Facebook, Instagram or Twitter. These posts were shared on the official Facebook, Instagram and Twitter accounts of the EC2U alliance. See examples below:
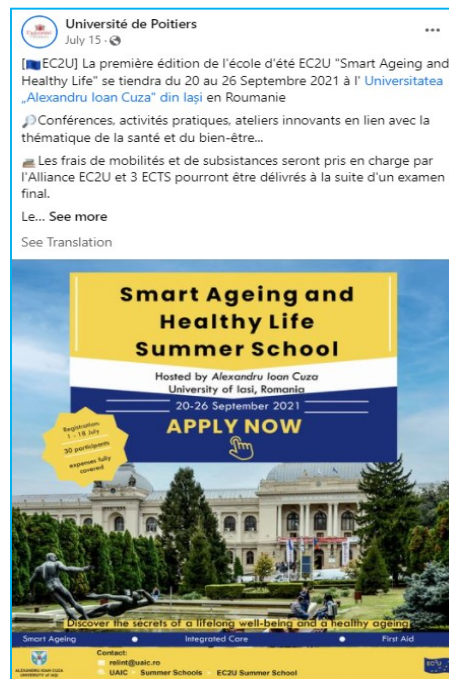
D.   Post-event communication

After the event, a promotional campaign was launched on social media, notably via posts on the EC2U Summer School Facebook page and other partner universities platforms.

One particular post-event communication creation was a short video with pictures from the Summer School and student testimonials. This video was posted on the EC2U Summer School Facebook page and on the EC2U Summer School YouTube channel.

Watch this promotional video here.

The promotional video was also presented during the third EC2U Forum in Salamanca, which contributed to the overall visibility of EC2U Summer Schools. The presentation during the EC2U Forum is also available on the EC2U Alliance YouTube channel.
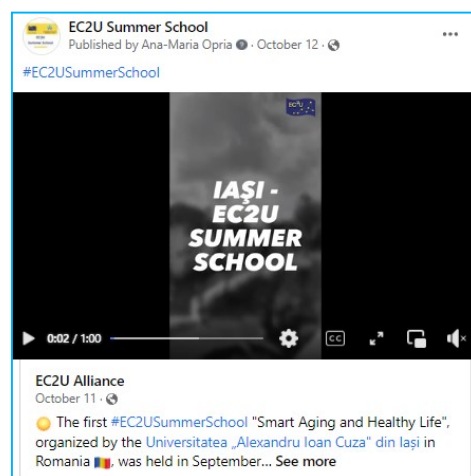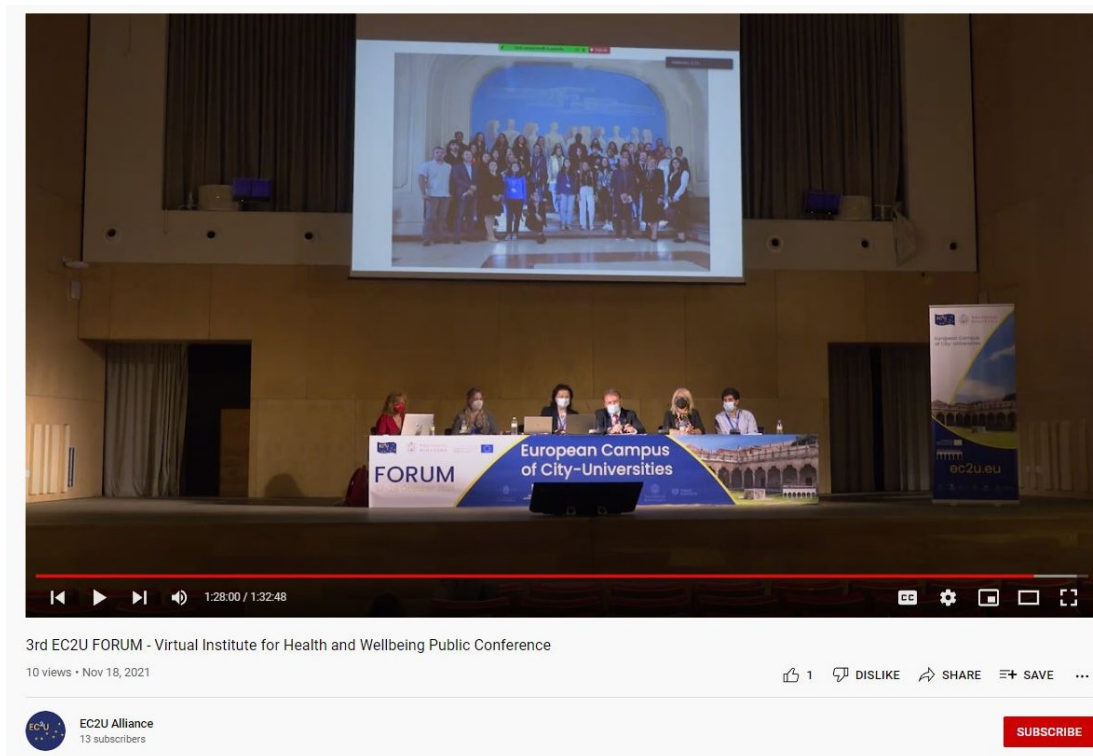
The number of followers and views on the online communication channels highlight the success of the post-event promotional activities:

- EC2U Summer School Facebook page: 260 followers
- EC2U Summer School YouTube account: 42 views

EC2U partner universities also contributed to the post-event communication. For example, the University of Pavia's communication team published an article about the experience of participating students from Pavia, via student testimonials. Read University of Pavia article. The University of Jena also published an article on their university website. Access this article here.

Students from Pavia made a promotional video, seizing this opportunity to talk about their experience. They included photos from the Summer School. This video was published on the EC2U Summer School Facebook page. Watch the students' video.

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V. Annexes

A. Annex 1: Student Application Form

Smart Ageing and Healthy Life - EC2U Summer School

* Required

1. Given name *

_____

2. Family name *

_____

3. Gender *

Mark only one oval.

- ( ) Female
- ( ) Male

4. Date of birth *

_____

Example: January 7, 2019

5. Nationality *

_____

6. E-mail *

Academic background

7. Home university *

_____

8. City *

_____

9. Country *

_____

10. Faculty *

_____

11. Field of study *

_____

12. Degree for which you are currently studying *

Mark only one oval.

- ( ) BA
- ( ) MA
- ( ) PhD

Language skills

13. Native language *

_____

14. What is your current level of English language *

Mark only one oval per row.

	A1	A2	B1	B2	C1	C2
Listening	( )	( )	( )	( )	( )	( )
Reading	( )	( )	( )	( )	( )	( )
Speaking	( )	( )	( )	( )	( )	( )
Writing	( )	( )	( )	( )	( )	( )

15. Do you have an official proof of your language skills (eg English language certificate / transcript of records for university studies in/of English)? *

Mark only one oval.

- ( ) Yes
- ( ) No   Skip to question 17

16. What is the official proof of your language skills (eg TOEIC / TOEFL, IELTS, Cambridge, etc.)? *

_____

Motivation

17. Please shortly describe your motivation for participation in the Smart Ageing and Healthy Life Summer School (150-200 words). *

_____

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B.   Annex 2: List of student participants

1. Adewale Ifeoluwa ADEJIMI, *Friedrich Schiller* University Jena
2. Busra CINCIN, *Friedrich Schiller* University Jena
3. Awanish SARAF, *Friedrich Schiller* University Jena
4. Zohra SHIKHALIZADA, *Friedrich Schiller* University Jena
5. Francisco Jose ANTUNES PEREIRA, University of Coimbra
6. Daniela BARBOSA, University of Coimbra
7. Afonso Manuel CARVALHO FRANCISCO, University of Coimbra
8. Ângela DA SILVA RAMIREZ, University of Coimbra
9. Pedro Afonso DA SILVA VALENTE, University of Coimbra
10. Muhammad TAYYAB ALTAF, University of Pavia
11. Ulkar HUSEYNZADE, University of Pavia
12. Aisyah Rahmatul LAILY, University of Pavia
13. Marta MILANESI, University of Pavia
14. Mattea PERZOLLI, University of Pavia
15. Giovanni PUCINOTTI, University of Pavia
16. Pinar SAHMERDAN, University of Pavia
17. Ines SKUQI, University of Pavia
18. Greivis BUITRAGO GAMEZ, University of Poitiers
19. Diana CHEUNG, University of Poitiers
20. Romane ECALE, University of Poitiers
21. Lina FELLAH, University of Poitiers
22. Valentin FERNANDEZ, University of Poitiers
23. Tomás FAUSTINO-MARQUEZ, University of Salamanca
24. Gloria GARCIA GARCIA, University of Salamanca
25. Raquel GARCIA GARCIA, University of Salamanca
26. Víctor PASTOR, University of Salamanca
27. María Celsa   PEÑA MARTIN, University of Salamanca
28. Mihnea ANTON, *Alexandru Ioan Cuza* University of Iasi
29. Gabriela CHITICEANU, *Alexandru Ioan Cuza* University of Iasi
30. Andreea-Maria COTEAȚA, *Alexandru Ioan Cuza* University of Iasi
31. Stefania-Claudia JITARU, *Alexandru Ioan Cuza* University of Iasi
32. Alexandra Mihaela MATEI, *Alexandru Ioan Cuza* University of Iasi

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C. Annex 3: Smart Ageing and Healthy Life Summer School 2021 - Survey

Smart Ageing and Healthy Life Summer School 2021 - Survey

Thank you for participating in the first edition of the EC2U Summer School - Smart Ageing and Healthy Life Summer School.

We want to hear your feedback so we can keep improving the logistics and content of the Summer School. Please fill this quick survey and share your thoughts with us (your answers will be anonymous).

* Required

1. What is your home country? *

_____

2. Level of study *

Mark only one oval.

- ◯ Undergraduate
- ◯ Master
- ◯ Doctorate
- ◯ Other: _____

3. How satisfied are you with the EC2U Summer School activities? *

Mark only one oval per row.

	1 - Very satisfied	2 - Satisfied	3 - Neither satisfied nor dissatisfied	4 - Rather dissatisfied	5 - Don't know/ Not applicable
Courses schedule	◯	◯	◯	◯	◯
Choice of topics	◯	◯	◯	◯	◯
Lecturers' teaching methods	◯	◯	◯	◯	◯
Assessment method(s)	◯	◯	◯	◯	◯
Interaction with the lecturers and the other EC2U SAHL Summer School participants	◯	◯	◯	◯	◯

4. What were your top 3 preferred lectures? *

_____
_____
_____
_____
_____

5. How satisfied are you with the following organizational aspects of the EC2U Summer School? *

Mark only one oval per row.

	1 - Very satisfied	2 - Satisfied	3 - Rather dissatisfied	4 - Don't know/ Not applicable
Information received	◯	◯	◯	◯
Accommodation	◯	◯	◯	◯
Meals	◯	◯	◯	◯
Volunteers' assistance	◯	◯	◯	◯

6. For the improvement of future EC2U Summer School editions, please mention other lectures and activities you would have liked to have during the Summer School, and add any other comments, opinions or recommendations you may have. *

_____
_____
_____
_____
_____

7. Please describe in a few words your one-week experience at the EC2U Summer School. *

_____
_____

8. Do we have your permission to use your answer to the previous question as a testimonial on the EC2U webpage and/or promotion materials on the EC2U Summer School? *

Mark only one oval.

- ◯ Yes
- ◯ No

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D. Annex 4: Student testimonies

Please describe in a few words your one-week experience at the EC2U Summer School.
A fantastic and enriching week where not only I've been able to improve my knowledgement but also to meet a new country and tons of fascinating people. Everyone involved in this week (coordinators, volunteers, professors, akademos staff...) was lovely to us. Multumesc!
A happy week to get knowledge about smart ageing and healthy lifestyle
A joyfull ans facinating expÃ©rience
A perfect experience to discover people, a city with its culture, and knowledges. Now I feel that we are close, from Portugal to Romania. Merci EC2U and the organizers of this summer school.
Amazing experience, I learned a lot of useful information for my career and also helped me socialize.
Effort
I am a person like always traveling and discovers new things but I couldn't imagine that I will have unforgettable memories will have about IaÅŸi, the Summer School program touched my heart, It's difficult to explain my feelings. Actually now feeling more clear about my older ages, I got totally point of "smart aging", and makes new friends in IaÅŸi will be always special for me because we didn't have only lessons, we had competition together, we thought altogether, we learned all together. I felt that what is the meaning of "team". Also, in IaÅŸi, all professors were tried us to teach something, It has meaning for me because they didn't just present PowerPoint it was dynamic so I appreciate it. Also, when I am staying in Akademos, I was feeling like staying home because even they thought of our towels. Thanks for everything and unforgettable memories!
I really enjoyed being in Iasi and meeting new friends. It is a great privilege for me to be selected for this program, I learnt a lot from the summer school and I can't over emphasise the importance in my future endeavours. I look forward to attending next edition. Thank you EC2U! Less I forget, the tutors are so wonderful, I love them all, especially tutors from UAIC!
Informative, Useful, Enjoyable, Friendly, Excited, Unforgettable
It has been a week full of learning and knowing People around the World that think different as ourselves can make us more openminded as a new generation
It has been a wonderful week, where I have learnt plenty of things, really useful for life, get knowledge of what smart ageing is.And I had so much fun with everyone
It has been an amazing week. I am very happy I could participate. I have learned a lot about how to take care of elderly (relevant and adapted physical practice) and also about the interaction between cognitive capacity and physical and mental health. It opens a large room for thinking and doing research on smart ageing. The dedication and kindness of the organization team (professors, staff and volunteers) created a sound environment and allowed us to grow good in the group -and this day after day ! Thank you all for the great work and involvment you put in this summer school. Finally, I enjoyed very much getting back to the social and international relations I missed for about a year and a half. I (we probably) got so excited about meeting and discovering our respective cultures that we were all in all the time and thus went back home very tired ;-) Thank you for that too ! And take care of yourselves.
It was a beneficial experience for both my professional and personal development. The activities were very well structured, and the tutors proved to be dedicated people.
It was a great experience meeting all the students from different countries and exchange our ideas.
It was a really good week. I enjoyed it a lot, learning a lot of interesting things and meeting really nice people. I would like to repeat it next year!
It was a very energising experience with interesting lectures, fun exercises. It was great to meet new people from all over the world and have a little taste of different cultures. 10/10 recommend :)
It was a wonderful experience to meet so many people from different countries and different study fields. An amazing week to learn new things from other domains and to stablish beautiful friendships for life. The idea of a common European campus that proposes each summer an opportunity to exchange with estudents from other universities is great!
It was an amazing week dynamically and creatively that full of activities and useful information . We were hosted by friendly and kindly people. They were always ready to help. This experience was based on being full of friendship, which I have never forgotten about.
It was really fun and knowledgeable

It was the most enriched experience I ever had. I've learned soo much but the memories were the best part. Moving ourselves from our comfort zone makes us grow. The culture choque of my colleagues made me realise soo much about the world and how too make it better. Let's smart ageing.
It was the most truthful image of what an European university campus can be.
It was very interesting, creative, and good organized. I liked the new activities, the practical activities and the presents that we received.
powerful open-minded innovative week
The Smart Ageing and Healthy Life Summer School was unexpected, as I did not know how meeting so many people from other countries could be so enriching.
This week was marked by friendships and outstanding moments. It was incredible to gather, in a city unknown to many, a group of 30 young people who were so different. In the end, Iasi turned out to be a very interesting city, with a brutal historical weight. I will never forget this week and the friendships I built! Thank you very much! Please, grab this opportunity as far as you can!
Unforgettable and very enlightening.
Very interesting and funny experience. Learning by enjoying the activities and getting to know collgeues from different countries is a wonderful opportunity.
Very nice ! Thank you for this