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# GLADE Itinerant Conferences of specialists in areas of Health and Well-being

DELIVERABLE D4.18  
MONTH 18

### *Abstract*

The itinerant conferences in areas of Health and Well-being are activities of GLADE Virtual Institute addressed to students of all ages, as well as to the teaching and research staff.

The conferences reveal the expertise of GLADE Virtual Institute and LIFELINE Joint Master's team from the seven EC2U universities and their research institutes.

Note here that this deliverable is composed of two intermediary deliverables, from M12 and M18. The first highlights the processes of identification of actual and common research interests in the EC2U universities for Good Health and Well-being and of hierarchisation and selection of the 7 main topics as well as the communication elements used. The second intermediary deliverable presents the implementation of the project, from the communication elements, final schedule, and the next steps of the project. This deliverable includes formats such as: text documents, graphical support, web posts, and social media promotion.

## D4.18 GLADE Itinerant Conferences of specialists in areas of Health and Well-being

### Month 12

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## I. Description of the GLADE Itinerant Conferences in areas of Health and Well-being

### A. Premises

The EC2U GLADE Literacy LAB activities have one goal: develop the contexts and curricula of training for the promotion of good health and well-being for all, in the seven EC2U universities and the cities.

These activities take the form of itinerant conferences, Summer Schools, and short trainings. Note here that this deliverable focuses on the itinerant conferences.

The curricula for these activities are to be 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,
- the ageing processes.

### B. Objectives

The European Campus is a community of learning, teaching, research and innovation. To strengthen these main pillars of EC2U, Work Package 4 proposes specific contexts for the dissemination and sharing of knowledge between academic and research communities from the seven Partner universities.

The main objective of GLADE Virtual Institute **Itinerant Conferences** is to develop cohesive and functional interdisciplinary and interuniversity EC2U groups framed around research, innovation, as well as teaching interests and expertise. This objective is met thanks to exchanges, interpersonal knowledge, and interactions. Itinerant conferences will be constructed in order to be held in virtual, blended, and onsite formats.

## 1. The target audience and participants

The intended format of the itinerant conferences is to allow the possibility to the interested teaching and research staff to travel individually to one or more Partner university(ies) and disseminate knowledge, results of research, to meet colleagues with similar interests and form groups around GLADE topics.

## II. Framework for the itinerant conferences

### A. Identification of common research interests in the EC2U universities for Good Health and Well-being

During the first year of this project, the goal was to identify common areas of research across the seven Partner universities on the topic of Good Health and Well-being. To do so, Work Package 4 decided to adopt a collegial approach and invite all research and teaching staff from the EC2U universities to openly discuss and propose common research interests on the following GLADE Virtual Institute topics:

- 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,
- the ageing processes.

The Work Package 4 Board acted as a mediator throughout this process in order to gather relevant propositions. This collaborative approach was key in determining topics of interest, but also strengthening the links between researchers across the Alliance. From this process, over 250 research interests were inventoried.

### B. Process of hierarchization and selection of the 7 main topics

A collaborative process, within the Work Package 4, was adopted to match the 250 research interests to the close topics' relations. The results, by 11 global topics, are listed in the Annex 1.

This stage was followed by a decisional debate of the Scientific Committee of the Work Package Board 4: Good Health and Well-being. Eight main research topics were agreed upon. The last two – “Brain Ageing” and “Digital Health”, coordinated by the University of Poitiers, emerged

into one specific topic. The Table 1 below lists the selected topics. Note here that the each of the main GLADE Virtual Institute topics benefit from the expertise of the representative in each of the seven EC2U universities:

NO.	UNIVERSITY	COORDINATED TOPIC	COORDINATOR
1	COIMBRA	Social Determinants of Health. Healthy Cities	Prof. Paula Santana
2	IASI	Well-being and Healthy Ageing	Prof. Daniela Soitu
3	JENA	Healthy campus	Prof. Ruediger Trimpop
4	PAVIA	Gender and Ageing	Prof. Rossella Nappi
5	POITIERS	Brain Ageing and Digital Health	Prof. Luc Pelerin Prof. Christine Fernandez- Maloigne
6	SALAMANCA	Cancer: prevention, prognosis, treatment	Prof. Marina Holgado
7	TURKU	Promotion of Health	Prof. Sari Stelholm

Table 1: The topics for the itinerant conferences and the leading universities

### III. Communicating the itinerant conferences on EC2U platforms

At this stage in the project, general communication elements and dissemination are a work in progress. The objectives of the communication elements will be to share the programme and short descriptions of each conferences to:

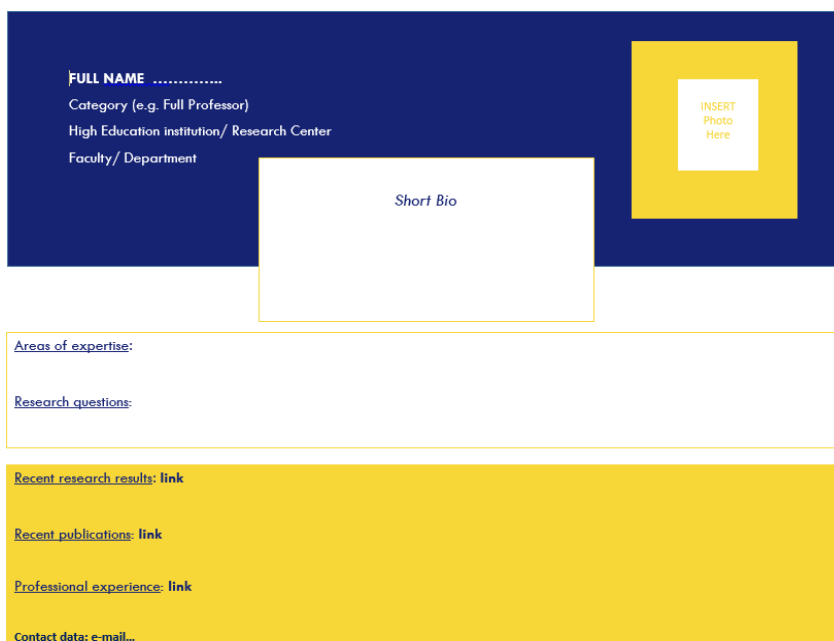
- Promote the itinerant conferences to all members of the EC2U Community
- Gather participants for the conferences

The dissemination will be done in collaboration with the EC2U Communication Coordinator on the dedicated platforms, such as the EC2U website and social media channels. Partner universities will be invited to communicate on these conferences.

The schedule and further communication elements will be detailed in the deliverable D4.18 in M18.

## A. Presentation of the GLADE Virtual Institute members

In order to increase the potential of cooperation of GLADE Virtual Institute (VI) team, particular interest was given to communicating on the leading experts of the GLADE VI. This will also be key for sharing information on the conferences by highlighting the field of expertise to the target audience. To facilitate the communication on the Work Package 4 experts, a template for a short bio was prepared and sent to the involved team members. These portraits will be uploaded on the new EC2U webpage, until M36.



The template consists of a dark blue header section and a yellow footer section. The header section contains the following fields:

- FULL NAME .....
- Category (e.g. Full Professor)
- High Education institution/ Research Center
- Faculty/ Department
- Short Bio
- INSERT Photo Here

The yellow footer section contains the following fields:

- Areas of expertise:
- Research questions:
- Recent research results: link
- Recent publications: link
- Professional experience: link
- Contact data: e-mail...

Figure 1: Template for the experts' short bios

## D4.18 GLADE Itinerant Conferences of specialists in areas of Health and Well-being

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## I. GLADE itinerant conferences – objectives and schedule

### A. Objectives

The GLADE itinerant conferences aim to strengthen the main pillars of EC2U - learning, teaching, research and innovation. To do so, specific contexts for the dissemination and sharing of knowledge between academic and research communities of the seven Partner universities are created by the Itinerant Conferences.

The main objective of Itinerant Conferences is to develop cohesive and functional interdisciplinary and interuniversity EC2U groups framed around the research, innovation and teaching interests and expertise. These conferences will be held virtually, onsite, or in blended format, by one professor/researcher or by teams of professors and researches.

Itinerant conferences offer the opportunity to interested teaching and research staff to travel individually to one or more Partner university(es) and disseminate knowledge, results of research, to meet colleagues with similar interests and form groups around GLADE topics.

### B. Schedule

Seven half-day conferences were proposed, in virtual, onsite, and blended forms. The schedule for these conferences were determined online with the other GLADE Literacy Lab activities. Note that the 7 topics and the inter-change process of the scientific recent results were presented and clarified during the GLADE Virtual Institute Seminar (see more information below).

VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING			
Glade Half-Day Conferences			
UNIVERSITY	CONFERENCE AND MODERATOR	CONFERENCE DATE & DEADLINE FOR REGISTRATION	VENUE
University of Pavia	Gender and Ageing Prof. Rossella Nappi	March 15, 2022, 10:00 AM (CET) Deadline: 11/03/2022	online
Alexandru Ioan Cuza University of Iasi	Well-being and Healthy Ageing Prof. Daniela Soitu	March 31, 2022, 9:00 AM (CET) Deadline: 20/03/2022	Iasi & online
University of Turku	Health promotion Prof. Sari Stenholm	April 28, 2022, 11:00 AM (CET) Deadline: 31/03/2022	online
University of Coimbra	Social Determinants of health, Healthy Cities Prof. Paula Santana	May 31, 2022, 10:30 AM (CET) Deadline: 29/04/2022	online
University of Jena	Healthy Campus Prof. Ruediger Trimpop	June 23, 2022 Deadline: 27/05/2022	online
University of Salamanca	Cancer (prevention, prognosis, treatment) Prof. Marina Holgado	June 27, 2022, 10:00 AM (CET) Deadline: 30/05/2022	online
University of Poitiers	Brain Ageing Prof. Luc PELLERIN	6 October 2022, 11:00 AM (CET) Deadline: 30/05/2022	Poitiers and online
University of Poitiers	Digital health Prof. Christine Fernandez-Malaigne Prof. Clency PERRINE	6 October 2022, 11:00 AM (CET) Deadline: 09/05/2022	Poitiers & online

 [REGISTER NOW](#)



Figure 2: GLADE Itinerant Conferences - Schedule

At this date, three of the 7 half-day conferences have taken place, as follows:

### 1. Gender and ageing

### 2. Well-being and healthy ageing

### 3. Health promotion

Further information on these activities is provided in the section 'Active participation in the itinerant conferences' below.

## II. Communicating on the itinerant conferences

### A. Public presentation of the 7 main topics at the first GLADE Seminar

Around 100 people registered to the first GLADE Virtual Seminar: "Mirrors of Good Health and Well-Being" who launched the main topics of research as they were selected from the academic interests specified by the staff from the EC2U Partner universities.



VIRTUAL INSTITUTE FOR GOOD HEALTH AND WELL-BEING

# Glade online seminar

## "Mirrors of Good Health and Well-being for all"

### 2nd February 2022

**PLENARY SESSION**  
10 - 11 AM (CET)

**THEMATIC BREAKOUT ROOMS**  
11 - 12 AM (CET)

<p><b>Presentation of the GLADE Virtual Institute</b> Prof. Daniela Soitu, Scientific Coordinator of GLADE</p> <p><b>Brain Ageing</b> Prof. Christine Fernandez-Maloigne</p> <p><b>Social Determinants of health. Healthy Cities</b> Prof. Paula Santana</p> <p><b>Healthy Campus</b> Prof. Ruediger Trimpp</p> <p><b>Gender and Ageing</b> Prof. Rosella Nappi</p>	<p><b>Cancer (prevention, prognosis, treatment)</b> Prof. Marina Holgado</p> <p><b>Health promotion</b> Prof. Sari Stenholm</p> <p><b>Well-being and Healthy Ageing</b> Prof. Daniela Soitu</p> <p><b>Digital Health</b> Assoc. prof. Clency Perrine</p>
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**REGISTER BEFORE**  
28TH JANUARY 2022

EC2U

UNIVERSIDADE DE COIMBRA

UNIVERSITATEA "ALEXANDRU IOAN CUZA" din IASI

FRIEDRICH-SCHILLER-UNIVERSITÄT JENA

UNIVERSITÀ DI PAVIA

Université de Poitiers

UNIVERSIDAD DE SALAMANCA

TURUN YLIOPISTO

Figure 3: Promotional material for the GLADE online seminar

The event was organised on the 2nd of February, 2022 by all 7 universities, and coordinated by universities of Iasi and Turku. It combined the introductory scientific sessions with an interactive one, on the Wonder.me platform.

The aim of the GLADE Seminar was reached by the:

- presentation of the research' subjects - as paths for enriching the cooperation of staff,
- opportunity of interested staff and students to meet each other using the Mobility Call,
- possibility to contribute on the announced topics and to know each other better, on the consequently 7 half-day conferences.

The Power Point Presentations are available on the GLADE VI webpage:

- [Gender and Ageing](#)
- [Well-being and Healthy Ageing](#)
- [Health promotion](#)
- [Social Determinants of health. Healthy Cities](#)
- [Healthy Campus](#)
- [Cancer – prevention, prognosis, treatment](#)
- [Brain Ageing](#)
- [Digital health](#)

The event was disseminated online on the Partner universities communication channels. A few examples below:

University	Communication channel and link
Iasi	<a href="#">Facebook account</a> <a href="#">Twitter account</a> <a href="#">Website</a>
Jena	<a href="#">Website</a>
Pavia	<a href="#">Twitter account</a>
Turku	<a href="#">Twitter account</a>
Salamanca	<a href="#">Twitter account</a>

Information was equally posted on the EC2U social media accounts such as on the Twitter account (access the post [here](#)).

## **B. EC2U Platforms as an axis for disseminating information on the GLADE conferences**

### **1. The EC2U website – articles and short conference descriptions**

Communication elements on the GLADE itinerant conferences are regularly published on the EC2U website, with the aim of providing the audience with general information on the conferences, descriptions on the courses, and information on how to join these activities. For example, an article was published on the first GLADE online seminar, in which the itinerant conferences were detailed (read the article [here](#)). Another article, was posted to allow participants to register to the different conferences, stating “The conferences will give you the opportunity to deepen your knowledge and exchange on several topics” (access the article [here](#)).

The announcement continues with the short description of the GLADE Half-Day conferences « meant to strengthen the academic and professional links between researchers, teachers, and students from the 7 EC2U Universities on their closest topics.” It is seen as “an opportunity of revealing research interests, results, concerns, and proposals in the areas of Well-being on Campus and in the Cities, a Healthy Life and Ageing, Promotion of Health, studying the impact of the Social determinants of Health in the cities, the role of gender in relation to these. Digital transformations and performances in cancer prevention and treatment, in studying the evolvement of the brain are other expertise topics of the 7 EC2U universities. »

## **III. Active participation in the itinerant conferences**

Up-to-date, three of the seven conferences have been held. Below, an overview of each session is provided. Note here that the schedule, participants, descriptions of the conferences will be the core of the deliverable D4.19, at the end of the project (October 2023).

## 1. Conference: Gender and Ageing

This first conference was organized on the 15<sup>th</sup> of March 2022 by the university of Pavia.



Figure 4: visual communication for the first conference

**Title: Gendered Aging - The role of menopause as a cardio-metabolic transition in women**

**Main speaker: Rossella E. Nappi, MD, PhD, Professor of Obstetrics and Gynecology – UNIPV (Italy), General Secretary of the International Menopause Society (IMS)**

### a) Description

Population ageing is one of the most significant demographic phenomena of the 21st century. Women live longer than men do all around the world, but they spend more years with disabilities. In developed countries, they expect to survive more than 30 years following natural menopause, which usually occurs between 48 and 52 of age.

The impact of reproductive aging on healthy longevity becomes increasingly important because of the potential conditions associated with menopause-related hormonal deficiency. Separating the effect of menopause from the variety of changes associated with senescence is quite difficult, but recent observations bring about the idea that menopause accelerates biological aging, especially when reproductive failure occurs prematurely.

The leading cause of death worldwide is cardiovascular disease (CVD). CVD morbidity and mortality affect both men and women but menopause is a turning point for women's health. Indeed, CVD epidemiology follows a gender-specific pattern, which highlights the need of



implementing individualized treatment strategies to improve CVD outcomes in women. In individuals younger than 54 years, CVD accounts for approximately 22% of all deaths in men and 18.5% of all deaths in women. This trend is reversed after the age of 55 years, with CVD accounting for 38.5% and 41% of all-cause mortality in men and women respectively, based on data of the previous 5 years.

Women have gender-specific characteristics predisposing them to an enhanced CVD risk. Indeed, some traditional risk factors (namely diabetes and smoking) are associated with a greater detrimental impact on CVD complications in women than in men. In addition, female-specific CVD risk factors (premature ovarian insufficiency, gestational hypertension and preeclampsia, gestational diabetes, preterm delivery and other gynecologic, obstetric and health conditions) may also contribute to an accelerated CVD risk. Furthermore, the menopausal transition is associated with changes in body composition, lipid levels and carbohydrate metabolism as well as with adverse changes in vascular structure and function, which progressively increase CVD risk, along with the severity of menopausal symptoms.

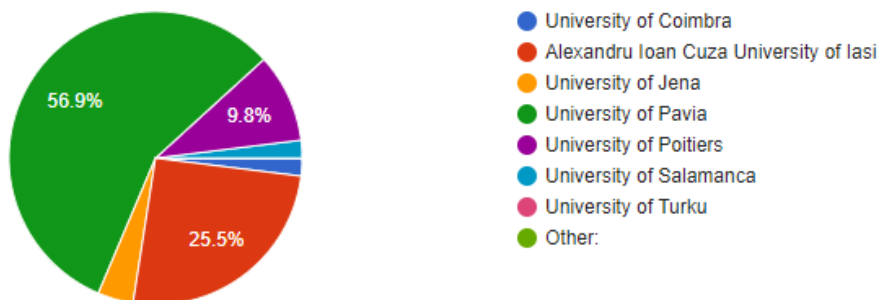
The conference summarizes the evidence on:

- 1) the metabolic and cardio-vascular changes across the menopausal transition
- 2) the association of menopause with the incidence of CVD
- 3) the female – specific CVD risk factors beyond natural menopausal transition
- 4) the association of menopausal symptoms with future cardio-metabolic risk
- 5) the diagnostic work-up and management of women with the ultimate goal of reducing their CVD risk.

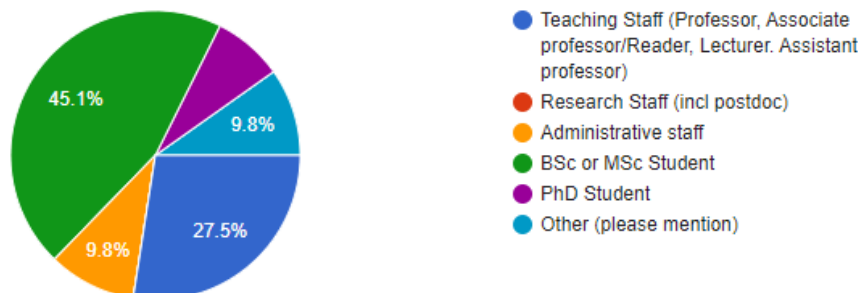
The programme of the first GLADE half-day conference is available at: <http://www.uaic.ro/wp-content/uploads/2022/05/Gender-and-Ageing-GLADE-Conference-programm.pdf>

## b) Participants

**Number of participants:** 46 (see below the distribution on type of participant and university of origin)



Graph 2: Participants in the first conference - per university of origin



Graph 1: Participants in the first conference – per type



## 2. Conference: Well-being and Healthy Ageing

This conference was organized on the 31<sup>st</sup> of March 2022 by the university of Iasi



Figure 5: visual communication for the second conference

### Title: Well-being and Healthy Ageing

Main speakers: Prof. Ruediger Trimppop (university of Jena), Prof. Cornelia MĂIREAN (university of Iasi), Prof. Maria Nicoleta Turliuc (university of Iasi), Dr. Diana Arghire (university of Iasi), Prof. Daniela ȘOITU (university of Iasi).

#### a) Description

The aim of the conference is to envisage well-being through the life stages of the main actors of EC2U, and place students and staff as active actors of their actual and future health.

The topic of the conference allows a dynamic content focused on: Well-being in universities, and surrounding environments: the campus and city; Well-being through the life stages; Well-being and Ageing.

#### Speakers and synthesis of topics

Two groups of professors and their doctoral students from the university of Poitiers and other research centres brought together topics related to Healthy Ageing and well-being beyond the ages of 50. Phd. Student BONNAL Liliane University of Poitiers - CRIEF; Université de Toulouse 1 Capitole, TSE-R, Favard Pascal, Université de Tours, IRJI François-Rabelais, Maurice Thomas;

Université de Poitiers, CRIEF, examine the relationship between the use of formal and informal care through European data provided by the SHARE survey (Survey on Health, Ageing and Retirement) with the title: “Home Care: Formal Vs Informal and Personal Vs Domestic”.

*“The results of the models used point to a complementary relationship between the different types of care, whether between formal and informal care or between domestic and personal care. Our analysis highlights the obligation of public policies to jointly coordinate formal and informal care. Facilitating access to formal care would not relieve informal carers, and encouraging informal care would not reduce the costs of formal care. The results also highlight the difference in the use of home care in France compared to its European neighbours.”*

PHD Student Thomas MAURICE - University of Poitiers, CRIEF - with Germano VERA CRUZ, (Department of Psychology, University of Picardie Jules Verne, Amiens) highlighted the main determinants of subjective well-being (SWB) in the elderly using machine learning: “Machine learning uncovers the 50 most important predictors of well-being in sample of 37992 Europeans aged 50+”.

*“... there is a moderating effect of personality traits on the components of well-being in the elderly. The positive effect of income is limited above a certain threshold beyond which having a higher income does not necessarily increase well-being. The use of machine learning on a large sample of elderly people allows the selection of the most important predictors of SWB from among a hundred variables, which makes it a considerable contribution to the literature that usually uses a limited number of predictors to measure and understand well-being.”*

PhD Student Greivis Buitrago GAMEZ, under the supervision of professor Liliane BONNAL, University of Poitiers, Faculty of Economics, CRIEF laboratory, with Pascal FAVARD ( University of Tours, Faculty of Economics, (IRJI) François-Rabelais) and Cornel OROS - University of Poitiers, Faculty of Economics, CRIEF laboratory shared their data from a recent study under the title: “Who gets injured at home? Evidence from older people in France”.

*“Home and Leisure Injuries (HLI) are one of the leading causes of death and disability all over the world, especially for the elderly whose health and physical capacity is usually degraded because of the ageing process.*

*The results of our logit models reveal that health status, age and risky attitudes are the main characteristics associated with HLIs for older people [...] the highest exposure to*



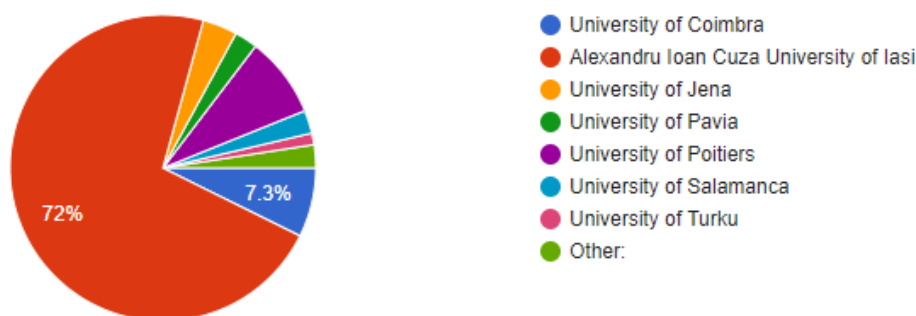
*HLLs concerns the oldest seniors, aged 85 years old or older, with a deteriorated health status. This result is confirmed in the case of severe indoor HLLs, whereas for severe outdoor injuries, the most vulnerable individuals seem to be younger seniors, i.e., 75–79 years old.”*

Prof. Iulian DUMITRU, Prof. Beatrice ABALASEI and assoc. prof. Cristina MORARU (“Alexandru Ioan Cuza” University of Iași, Faculty of Sports), shared recent results from an intervention guided by an international team, reaching: “Innovative perspectives of physical exercises in osteoporosis prophylaxis as a strategic component of active ageing concept”.

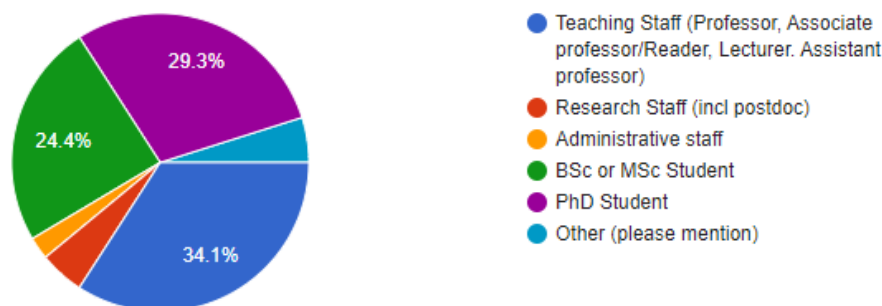
Continuing the interactive way, Prof. Daniela MUNTELE (“Alexandru Ioan Cuza” University of Iași, Faculty of Psychology and Educational Sciences) coordinated the workshop: “Actions that can strengthen students' well-being”.

The programme of the 2<sup>nd</sup> GLADE half-day conference is available [here](#).

**Number of participants:** 82 (see below the distribution on type of participant and university of origin)



Graph 3: Participants in the second conference - per university of origin



Graph 4: Participants in the second conference – per type

### 3. Conference: Health promotion

This conference was organized on the 28<sup>th</sup> of April 2022 by the university of Turku.



Figure 6: visual communication for the second conference

**Title: Health promotion – focus on modifiable lifestyle factors at different stages of life**

#### a) Description

The focus of the half-day conference organized by University of Turku was: modifiable lifestyle factors at different stages of life.

Health promotion aims to increase control over the determinants of health - individually and collectively - and thereby improve personal and public health.

#### Speakers and synthesis of topics:

The first presentation by associate professor Katja PAHKALA from University of Turku introduced the STRIP study, which is a 20-year dietary and lifestyle intervention trial aiming to promote cardiovascular health since infancy. Starting from 1989, the participants have been repeatedly examined for example diet, lifestyle, growth, cardiometabolic biomarkers, and vascular phenotypes. The first post-intervention follow-up was conducted in years 2015-2018 and the results regarding follow up outcomes were presented at the conference.

The second presentation by doctoral student Tanja SJÖROS from University of Turku and PET Centre introduced the EXSIT-RCT, which examined whether reducing sedentary time would improve the metabolic health in adults with increased risk for cardiometabolic diseases. The aim

of the 6-month intervention was to reduce 1h of the daily sitting time by increasing standing and physical activity in everyday chores without adding exercise training. Results regarding metabolic health outcomes were presented at the conference.

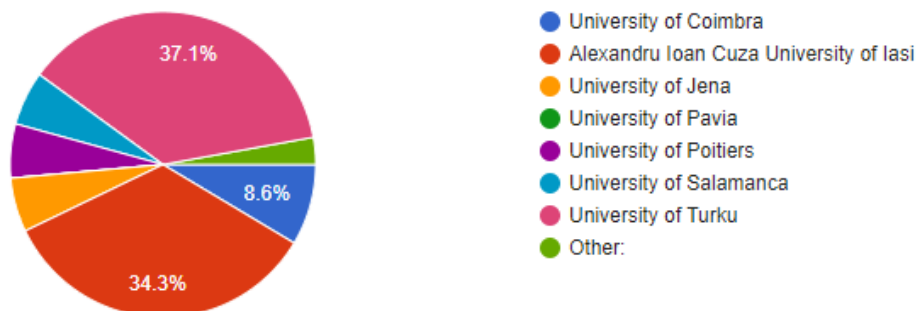
The third presentation by adjunct professor Tuija LESKINEN and doctoral student Miika Tuominen from University of Turku introduced the REACT trial, which examined the effect of a 1-year activity tracker -based intervention on daily physical activity among Finnish retirees. The intervention included daily use of commercial activity tracker with a daily activity goal and inactivity alerts. Changes in physical activity behaviour was measured with wrist-worn accelerometer. The main results as well as process evaluation of the intervention were presented at the conference.

The fourth presentation by professor Sari STENHOLM from University of Turku introduced the Finnish Retirement and Aging study (FIREA), which is a prospective epidemiological cohort study following aging workers into their retirement years. Retirement is a major life transition at the gates of old age accompanied by several changes in daily routines, social participation as well as removal of work-related stressors. These changes may further influence many health behaviours, as well as health and well-being. The latest results from the FIREA study regarding lifestyle factor, health and well-being were presented at the conference.

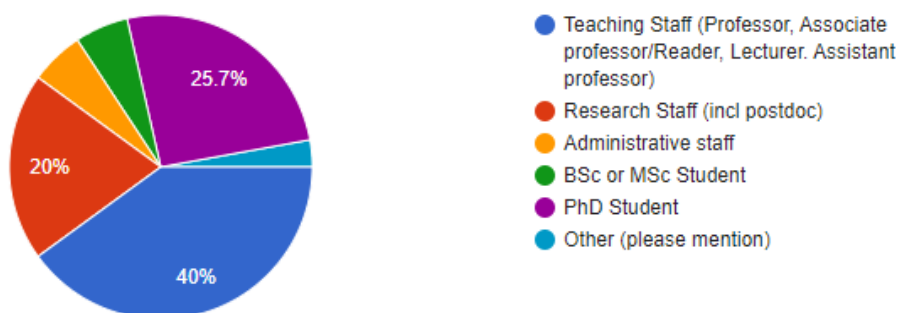
The fifth presentation by professor Iulian DUMITRU from University of Iasi introduced the Happy Bones –intervention project, which aims to reduce osteoporotic fractures in women over 50 years of age. The project involves an innovative approach to fracture prevention. The unique active ageing concept includes customized exercises for women.

The programme of the 3<sup>rd</sup> GLADE half-day conference is available at [here](#).

**Number of participants: 35** (see below the distribution on type of participant and university of origin)



Graph 5: Participants in the second conference - per university of origin



Graph 6: Participants in the second conference – per type



## IV. The next steps: The process of mobilities' selection for further conferences of GLADE Virtual Institute

Activities in GLADE Virtual Institute are connected and for many of them collaborative work is aimed at increasing the connectedness of the teaching, research, and administrative staff, of students of all ages and of universities and their cities.

Despite travel restrictions and the biases related to the Covid-19 Pandemic situation and, from February, 2022, the unpeaceful events in Europe, a Call for Mobility has been launched (see Annex 2) and the correspondent Application Form (refer to Annex 3).

As stated in the Mobility form, this is an Open Call, with an open term of performing the mobilities until the end of the project, for the safety of participants and the best intended results.

New deadlines are agreed for the Mobility Call for the Universities of Jena, Poitiers, Salamanca, Pavia, Turku, and Coimbra: the 15<sup>th</sup> of June, 2022 and 5<sup>th</sup> of October, 2022. Currently, there are 22 applicants (see table 2 below).

NO.	HOME UNIVERSITY	NUMBER OF MOBILITIES	HOSTING UNIVERSITY
1	COIMBRA	6	UAIC U Turku
2	IASI	12	U Coimbra U Pavia U Jena U Poitiers U Salamanca U Turku
3	JENA	-	
4	PAVIA	-	
5	POITIERS	3	U Coimbra U Turku
6	SALAMANCA	-	
7	TURKU	1	U Salamanca
	Total of intended mobilities	22	

Table 2: Application for mobilities in GLADE Virtual Institute Itinerant Conferences

## IMPORTANT REMARKS / CONCLUSION

The GLADE Itinerant Conferences have started in online, blended, and face-to-face formats. New mobilities are planned, until the end of the project for the onsite conferences, in Partner universities.

The GLADE Half-Day Conferences are revealing research interests, results, concerns, and proposals in the areas of Well-being on Campus and in the Cities, a Healthy Life and Ageing, Promotion of Health, studying the impact of the Social determinants of Health in the cities, the role of gender in relation to these. Digital transformations and performances in cancer prevention and treatment, in studying the evolvement of the brain are other expertise topics of the 7 EC2U universities.

The European Campus of City Universities has started to play as important ground of the research, teaching and administrative staff, for the students from the 7 universities and opened to the cities.



## V. Annexes

### A. Annex 1: Global topics and collected results

	Topics	Sub-topics	Subsub-topics	University	Researchers
1	Healthcare	health		UP Jena Coimbra	Loic Levoyer ; Karine Michelet Ruediger Trimpop Miguel Padeiro
		health system policy and management		IASI UP	Alina Munteanu Aur�lie Gaillard
2	Health inequality	Determinants of health and health behaviour		UP IASI Turku Coimbra	Diana Cheung; Frederique Autin Daniela Soitu, Andreea Iacobuta, Daniela Muntele Sari Stenholm Ricardo Almendra
		social inclusion and exclusion	inclusive digital society	UNIPV	Carola Ricci
			skills in ethnic diversity	UNIPV	Marianna Leone
			resource allocation	IASI	Andreea Iacobuta; Carmen Moldovan
3	Social protection system	dependency	poverty	UP	Karine Michelet; Diana Cheung;
			Unmet needs	UP	Marc-Hubert Depret; Lydie Ancelot; Liliane Bonnal
			formal/informal caregiving	UNIPV UP	Cinzia di Novi Liliane Bonnal; Thomas Maurice Diana Cheung
			well-being of elderly	UP	Karine Michelet; Loic Levoyer
			well-being of caregivers	UAIC	Daniela Soitu
				UNIPV UAIC UP	Cinzia di Novi Daniela Soitu Diana Cheung; Thomas Maurice ; Liliane Bonnal
			financing of	UP	Cornel Oros

			dependen cy		
		pension	health and pension	UNIPV UAIC UP	Anna Odone Daniela Soitu Ahmed Tritah
4	Well-being	measurement of well-being		UNIPV UP	Paola Cerchiello Diana Cheung; Thomas Maurice
		Health and active aging		Turku UNIPV Coimbr a IASI	Sari Stenholm Rosella Nappi Paula Santana; Miguel Padeiro Daniela Soitu; Carmen Moldovan; Iulian Dumitru
		health and well-being		Jena IASI	Ruediger Trimpop Carmen Moldovan; Iulian Dumitru
		Lifelong well-being		IASI	Daniela Soitu; Carmen Moldovan
5	Neighbour hood health effects: social and environmen tal impacts	resources management (water, energy, food)		UNIPV	Chiara Milanesi
		mosquito (health and disease)		UNIPV	Frederico Forneris
		social environment		Turku	Mirkka Lahdenperä
		exposition to environmental conditions/risk management		UNIPV Turku UP	Fabio dell'Acqua; Paolo Giudici Hanna Lagström Afsaneh Gaillard
6	COVID-19	health and social policy		UNIPV IASI UP	Anna Odone Carmen Moldovan; Alina Munteanu Loic Levoyer; Karine Michelet
		social issues and well-being		UP	Karine Michelet; Nathalie Martin-Papineau; Diana Cheung
		economy		UP	Diana Cheung
7	Geograph y/territory	urban planning and infrastructure development		UNIPV Coimbr a	Vittorio Casella Paula Santana
8	Silver economy			UP	Yannis Pousset; Noel Richard; Liliane Bonnal; Loic Levoyer; Cornel Oros; Diana Cheung
9	Health prevention /slowing aging	accidents prevention	physiologi cal and biomecha nical activities	UNIPV Jena UP	Stefano Ramat; Silvana Quaglini Putu; Gabriel Romain Tisserand; Laetitia Fradet

	process/smart aging		(optimizing sport performance and injuries prevention)	IASI	Vlad Muntianu; Florin Trofin
			measures of risks and prevention policies	UP UAIC Jena	Liliane Bonnal; Greivis Buitrago Gamez; Marc-Hubert Depret Cornelia Mairean Ruediger Trimpop
			connected objects	UP Turku	Liliane Bonnal; John-Elio Nahas ; Diana Cheung; Romain Tisserand; Laetitia Fradet Tuija Leskinen
			domotic monitoring	UNIPV	Virginio Cantoni
		smart living	tech profiles	UNIPV	Ferdinando Auricchio
		sport and physical monitoring	Physical activity and aging	Coimbra UP IASI	Miguel Padeiro Aurélien Pichon; Laurent Bosquet ; Benoit Dugué Iulian Dumitru; Vlad Muntianu; Florin Trofin
			Physical activity and health	IASI Turku UP	Danut Jemna Tuija Leskinen; Sari Stenholm Marc-Hubert Depret
			health diagnosis	Imaging and AI UP	Christine Fernandez
		child-student health		UP Jena	Bastien Bernela; Lucie Broc Puta ; Gabriel
		biological/chemical/neurological/biomechanics determinants of aging		UNIPV, IASI, UP, Turku	
10	Care	audition, arthritis, cancer, cardiovascular, ....(topics related to disease)		UNIPV, UP, Turku	
		medicine, drug sciences, chemistry, microbiology		UNIPV, Turku, IASI	
		health and well-being (medical aspects)		UNIPV, UP, Turku	
11	Mental health and	mental illnesses		UNIPV UAIC	Serena Lecce Contiu Soitu

cognitive issues			UP	Sandrine Kalenzaga
	brain and neurosciences		UP UNIPV	Florent Colloud; Michel Audiffren; Afsaneh Gaillard Serena Lecce; Tomaso Vecchi
	social cognition and psychology		UNIPV Turku Jena UP	Tomaso Vecchi Suvi Rovio Ruediger Trimpop Nathalie André; Nathalie Thiriet; Catherine Esnard; Marion Albouy; David Clarys
	clinical psychology		UP	Jean-Baptiste Marchand; Nelly Goutadier; Siobhan Vicente Fredefond; Nicolas Dauman
	Mental well-being		UNIPV Jena UAIC UP	Anna Odone Ruediger Trimpop Contiu Soitu, Daniela Muntele Bastien Bernela

**B. Annex 2: Call for mobility**

# Virtual Institute for Good Health and Well-being: GLADE

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# Virtual Institute for Good Health and Well-being: GLADE

## MOBILITY CALL

### European Campus of City-Universities

The European Campus of City-Universities (EC2U) is a multi-cultural and multi-lingual Alliance consisting of seven long-standing, education- and research-led, locally and globally engaged universities: the University of Coimbra, the Alexandru Ioan Cuza University of Iasi, the Friedrich Schiller University of Jena, the University of Pavia, the University of Poitiers, the University of Salamanca and the University of Turku.

### The Virtual Institute for Good Health and Well-being (GLADE)

GLADE is the EC2U Alliance's Virtual Institute aimed to develop specific approaches in education, research, innovation and service transfer to the community in areas of the third UNSDG: Good Health and Well-being for All.

The Virtual Institute GLADE is the headquarter for:

- EC2U Glade Literacy LAB that encourages itinerant conferences of EC2U specialists, Summer Schools and short video trainings in the area of good health and well-being for all;
- EC2U GLADE Transformative Research HUB that initiates and supports studies, guidelines for local authorities, policy papers on Good Health and Well-being;
- EC2U GLADE Healthy Campus Services that focuses on a brand new approach of Health in Campuses.

### Objectives of the mobilities for research / conferences / workshops

The main objective of the GLADE Virtual Institute is to develop cooperation's contexts for promoting health and well-being in the 7 EC2U universities and their cities.

## Eligibility, number of mobilities and duration

### *Eligibility - status*

Applicants may be from any of the EC2U university's staff (professors, researchers) and students (PhD and Master students).

### *Eligibility - topics*

The applicants interested in the following topics are encouraged to apply:

- Aging (biological, socioeconomic and psychological)
- Gender well-being and autonomy
- Social and environmental determinants in health
- Health system management and policy ; healthy cities
- Silver economy
- Inflammatory and chronic pathologies (prevention, diagnosis, treatment and through different lenses)
- Brain aging and mental health
- Cancer (prevention, prognosis, treatment, social determinants)
- Lifestyle (nutrition, exercise, nutrition, wearables)
- Online peer counselling for students of all ages
- Well-being (psychological, social, environmental, physical)
- Lifelong well-being
- Health and organizations (health in campus)
- Dependency, autonomy and smart aging
- Mental health and cognitive issues
- Viral pathologies (Covid19, economic and societal consequences, health responses to Covid)
- Non-communicable diseases
- Cellular and molecular basis of Angiogenesis
- Promotion of Health (psychological, social, environmental, physical)
- Other Topic.....

### *Eligibility - Staff*

- must hold an academic position at one of the seven EC2U universities;
- must be able to engage in teaching / research activities for the duration of the mobility project;
- must have the ability to publish research results and to present them to conferences / workshops;

- must have a working knowledge of English or of one of the 7 languages of the EC2U universities (other than the native language).

#### Eligibility - Students

- must be enrolled in one of the seven EC2U universities
- must be involved in peer support (supporting colleagues as a volunteer, buddy, mentor, tutor).

#### Number of mobilities

A total of **77 mobilities for staff** (11 per each university) and **28 mobilities for students** (4 per each university) will be funded.

For each university:

Mobilities	Number of mobilities for Staff	Number of mobilities for Students	No of days	Mobility to be performed until:
<b>Itinerant Conferences in EC2U Universities<sup>1</sup></b>	3	-	5	June 2023
<b>Short trainings in areas of Health and Well-being (video recorded)<sup>2</sup></b>	2		5	June 2023
<b>Working in teams<sup>3</sup></b>		2	5	June 2023
<b>Working in teams Project applications<sup>4</sup></b>	4		10	June 2023
<b>Peer support for students<sup>5</sup></b>	2	2	5	October 2022

<sup>1</sup> The beneficiaries will be able to go to EC2U universities to hold conferences on the topics specific to the Glade Virtual Institute (including the half-day conferences)

<sup>2</sup> The beneficiaries will be able to create, together with colleagues from EC2U universities, common materials on the specific GLADE topics, which will later be made available to the general public on the Glade/ EC2U website

<sup>3</sup> Beneficiaries will initiate joint teams to work on studies, publications, presentations at conferences, research projects: The results can be subsequently published, presented at GLADE conferences, proposed for financing.

<sup>4</sup> Beneficiaries will be able to go to another EC2U university to carry out research activities and to work on projects for funding on GLADE specific topics;

<sup>5</sup> The beneficiaries will be able to go to EC2U universities to carry out / deepen activities on peer counseling and healthy campus topics. Students involved in peer support activities (supporting colleagues as a volunteer, buddy, mentor, tutor) have priority.



## Requirements and obligations

- Grantees must write an assessment report within one month after the grant end date according to the commitments from the application form;
- Grantees agree to become members of the Glade Virtual Institute.

## Evaluation

Applications will be assessed according to the following criteria:

- Compliance with the objectives of the call (50 points)
- Intended collaborations with researchers 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)

The applications will be first evaluated by each EC2U university and after by the GLADE Virtual Institute Board.

## Submission of proposals and deadlines

Applications must be submitted to the local GLADE Virtual Institute university representative.

Deadlines : 28 of February, 2022 (first call) or 30 of March 2022 (second call).

Application template attached to this call.

## Contact

The local GLADE Virtual Institute university representatives are:

- FSU: [ruediger.trimpop@uni-jena.de](mailto:ruediger.trimpop@uni-jena.de) / [julia.hoppe@uni-jena.de](mailto:julia.hoppe@uni-jena.de)
- UAIC: [daniela.soitu@uaic.ro](mailto:daniela.soitu@uaic.ro)
- UC: [paulasantana@uc.pt](mailto:paulasantana@uc.pt)
- UNIPV: [R.Nappi@unipv.it](mailto:R.Nappi@unipv.it)
- UP: [clency.perrine@univ-poitiers.fr](mailto:clency.perrine@univ-poitiers.fr)



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- USAL: [mholgado@usal.es](mailto:mholgado@usal.es)
- UTU: [samast@utu.fi](mailto:samast@utu.fi)

Please contact your local EC2U coordinators if you have administrative questions:

- USAL: Esteban Pérez García, [ec2u1@usal.es](mailto:ec2u1@usal.es)
- UC: LILIANA Moreira, [dri.intstudy@uc.pt](mailto:dri.intstudy@uc.pt)
- UNIPV: Alberto Forte, [alberto.forte@unipv.it](mailto:alberto.forte@unipv.it)
- UP: Flora Dausque, [flora.dausque@univ-poitiers.fr](mailto:flora.dausque@univ-poitiers.fr)
- UAIC: Petronela Spiridon-Ursu, [petronela.spiridon@uaic.ro](mailto:petronela.spiridon@uaic.ro)
- FSU: Melinda Kolb, [melinda.kolb@uni-jena.de](mailto:melinda.kolb@uni-jena.de)
- UTU: Liisa Jarvinen, [liisa.jarvinen@utu.fi](mailto:liisa.jarvinen@utu.fi)



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**C. Annex 3: Application Form (Call for mobility)**

# GLADE short trainings in areas of health and well- being

## -APPLICATION FORM



## Virtual Institute for Good Health and Well-being: GLADE

### APPLICATION FORM

- Please fill in the required information in English

#### Name and position

- Name:
- Position:
- Department:
- Are / will you be part of the teaching staff of the LIFELINE Master Program or of the activities of the GLADE Virtual Institute?  
Yes \_\_\_\_\_ NO \_\_\_\_\_

#### Research Group

Please fill in

Are you the director/academic coordinator of a research group?	Yes/No
Denomination of the Research Group	
Research Group members	

#### Expression of Interest

Please mark with a cross up to two fields of research / cooperation for GLADE activities (conferences, workshops, publications, project applications)

I am interested in working on:	
Aging (biological, socioeconomic and psychological)	
Lifelong well-being	
Gender well-being and autonomy	
Well-being (psychological, social, environmental, physical)	
Social and environmental determinants in health	
Health and organizations (health in campus)	
Health system management and policy; healthy cities	
Silver economy	
Dependency, autonomy and smart aging	
Mental health and cognitive issues	
Inflammatory and chronic pathologies (prevention, diagnosis, treatment and through different lenses)	
Viral pathologies (Covid19, economic and societal consequences, health responses to Covid)	
Brain aging and mental health	

Cancer (prevention, prognosis, treatment, social determinants)	
Non-communicable diseases	
Cellular and molecular basis of Angiogenesis	
Lifestyle (nutrition, exercise, nutrition, wearables)	
Promotion of Health (psychological, social, environmental, physical)	
Online peer counselling for students of all ages	
Other Topic.....	

### Publications related to the above mentioned fields of research

Please detail your 3 most relevant international publications related to the above mentioned fields of research in the last 5 years

<b>Publication details: author(s), year, title, journal/publisher</b>	<b>Type of publication</b>
Please add as many rows as necessary	

Type of publication: Book, article in journal, book chapter

### Working knowledge of English or one of the languages of the EC2U universities (other than the native language)

Please answer the questions with "yes" or "no".

<b>Question</b>	<b>Yes / No</b>
Do you have a working knowledge of English?	
If no, which is the EC2U language you are proficient in*? *other than the native language	
Have you written any paper or book in English/ the language of your choice?	
Have you delivered any lecture/ conference/ workshop in English/ the language of your choice?	

### Contacts / intended cooperation with other EC2U researchers/ teachers, if any

<b>University and research lab</b>	<b>Name of contact person</b>
Please add as many rows as necessary	

Please continue to following page

I hereby commit myself to perform, in the frame of the GLADE Virtual Institute of the EC2U Alliance, activities as follows:

	Yes/No	Deadline (month, year)
Itinerant Conferences in EC2U Universities <sup>6</sup>		
Short trainings in areas of Health and Well-being (video recorded) <sup>7</sup>		
Working in teams <sup>8</sup>		
Project applications <sup>9</sup>		
Write and publish articles <sup>10</sup>		
Peer support for students <sup>11</sup>		

Signature

Date

<sup>6</sup> The beneficiaries will be able to go to EC2U universities to hold conferences on the topics specific to the Glade Virtual Institute (including the half-day conferences)

<sup>7</sup> The beneficiaries will be able to create, together with colleagues from EC2U universities, common materials on the specific GLADE topics, which will later be made available to the general public on the Glade/ EC2U website

<sup>8</sup> Beneficiaries will initiate joint teams to work on studies, publications, presentations at conferences, research projects: beneficiaries will be able to go to EC2U universities to deepen the glade specific topics. The results can be subsequently published, presented at GLADE conferences, proposed for financing

<sup>9</sup> Beneficiaries will be able to go to another EC2U university to carry out research activities and to work on projects for funding on GLADE specific topics

<sup>10</sup> "If these mobilities lead to the publishing of papers, researchers should acknowledge the EC2U support by adding the following sentence to their papers: "This work has been partially supported by the EC2U Alliance and its Erasmus + Grant n° 101004065-EC2U".

<sup>11</sup> The beneficiaries will be able to go to EC2U universities to carry out / deepen activities on peer counselling and healthy campus topics. Students involved in peer support activities (supporting colleagues as a volunteer, buddy, mentor, tutor) have priority

Please note that the content of this activity / deliverable is available in the different languages of the EC2U Alliance upon request.