

INVEST SUMMER SCHOOL MEDEA

Mediterranean diet, bioDiversity and functionAl food

SCHOOL OF MEDICINE AND SURGERY

PROGRAM DESCRIPTION AND APPROACHES

ONLINE PHASE:
Starts on JUNE 24th 2025

ON-SITE PHASE:
15th - 20th SEPTEMBER 2025

CREDITS: 3 ECTS

LANGUAGE: English

APPLICATION DEADLINE:
1st JUNE 2025

LOCATION: WESTERN SICILY, Marsala (ITA)

COURSE ORGANIZER: UNIVERSITY OF MILANO-BICOCCA

ELIGIBILITY REQUIREMENTS:

- For students of INVEST partner universities
- Disciplines: Medicine, Biological and Agricultural Sciences, Biology, Biotechnology, Nutrition
- English language level B2
- BS (3rd, 4th year), MS levels

CONTACTS:

Richa Lal richa.lal@unimib.it

Alena Poilova alena.poilova@unimib.it

A Journey Through the Mediterranean Diet and Organic Farming in Sicily

Embark on a cultural, scientific, and sensory exploration across Sicily with the MEDEA Summer School. This immersive program offers a deep dive into the cultivation, processing, and tasting of Mediterranean foods, all sourced from organic farming.

Through lectures, field surveys, and visits to local producers, participants will explore key elements of the Mediterranean diet, including **Wine, Olive oil, Salt, Cheese, Fish**.

Led by university professors and industry professionals, the program provides a modern interpretation of Italy's premium food products, **exploring their Molecular and functional properties, Sustainable cultivation & breeding methods, Role in promoting a healthy lifestyle.**

By combining theory, hands-on practice, and direct engagement with producers, MEDEA offers a comprehensive understanding of the Mediterranean diet's impact on biodiversity, health, and sustainability. The program also highlights the importance of organic farming in promoting environmental sustainability and social inclusiveness, following the One Health approach where human, animal, and environmental health are interconnected.

Join us for an unforgettable experience that bridges tradition, science, and sustainability in the heart of the Mediterranean!

TOPICS COVERED

- Mediterranean Diet
- Functional Food
- Phytochemicals and Nutraceuticals
- Wine, Oil, Citrus fruits, Salt, Cheese, and Bluefish

All these topics will be addressed from an agricultural, health and medical, sustainability, inclusion, and social-cultural point of view.

5 DAYS OF LECTURES, SEMINARS, WORKSHOPS WITH DISCUSSIONS IN THE MORNING, REAL LIFE SCENARIOS IN THE AFTERNOON UNTIL DINNER. EVERY DAY A FIELD TRIP AND A GROUP EXERCISE.

PROGRAM COORDINATOR:

- Prof. Paola Palestini
paola.palestini@unimib.it

SCIENTIFIC COMMITTEE:

- Prof Alessandra Bulbarelli
- Emanuela Cazzaniga

ORGANIZATION SUPPORT:

- Mariaclaudia Cusumano
- Richa Lal
- Alena Poilova

EXTERNAL ORGANIZATION SUPPORT:

Arch Emilio Bosco ASSAPURARI

ACCOMMODATION:

Students and staff will be offered accommodation at **Baglio Basile Hotel** in the province of Trapani.

**INVEST project will cover the travel and accommodation*

PARTNERS AND CONTACT PERSONS IN EACH UNIVERSITY

KARELIA UNIVERSITY OF APPLIED SCIENCES (Karelia UAS):

- Kaija Saramäki Kaija.Saramaki@karelia.fi

SLOVAK UNIVERSITY OF AGRICULTURE IN NITRA (SUA):

- Michal Cifranic michal.cifranic@uniag.sk
- Monika Kvitkovská monika.kvitkovska@uniag.sk

UNIVERSITY OF AGRIBUSINESS AND RURAL DEVELOPMENT (UARD):

- Miglena Kazashka mkazashka@uard.bg
- Maria Otsetarova motsetarova@uard.bg

UNIVERSITY OF CORDOBA (UCO):

- David Ruz invest_uco_pm@uco.es

UNIVERSITY OF REIMS CHAMPAGNE-ARDENNE (URCA):

- Darlis Mojarrieta Castaneda darlis.mojarrieta-castaneda@univ-reims.fr
- Hélène Goeury helene.goeury@univ-reims.fr

UNIVERSITY OF THESSALY (UTH):

- Ioanna Kosmopoulou iokosmop@uth.gr

APPLICATION PROCESS: contact your home university for more details; the nominated students from each partner university will receive a link to register in INVEST Virtual Campus.

The course is part of the INVEST (INnoVations of Regional Sustainability: European University Alliance) project funded by Erasmus+ Programme of the European Union.

<https://www.invest-alliance.eu/>