









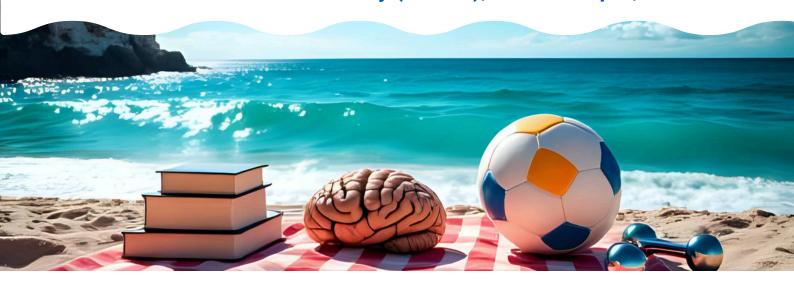


HEALTHY AND ACTIVE LIFESTYLE (HALS)

SUMMER SCHOOL 2025

8-12 September 2025

Euro-Mediterranean University (EMUNI), Piran & Koper, Slovenia



MONDAY (EMUNI UNIVERSITY, PIRAN)

09.00 - 10.00	Opening of Summer School & Welcome at EMUNI
10.30 - 12.00	Kinesiology Before and After - Dr. Rado Pišot Healthy Lifestlye Paradigm - Dr. Saša Pišot
12.00 - 13.00	Lunch Break (self-paid)
13.00 - 15.30	From muscle to the brain - Dr. Miloš Kalc EMG - Dr. Miloš Kalc
16.00 - 17.00	Guided Tour of Piran

TUESDAY (ZRS. KOPER)

09.0	00 - 10.00	Travel from Piran to Partner's premisses	
10.0	00 - 10.30	Welcome at the Partner institution	
10.3	30 - 12.00	Assessing Physical Activity - Dr. Boštjan Šimunič, Assist. Ana Cikač	
12.0	00 - 13.00	Lunch Break (self-paid)	
13.0	00 - 15.30	Workshop: From Brain to the Muscle - Dr. Uroš Marušič Workshop: EEG - Mag. Manca Peskar	
15.3	30 - 16.30	Free Time Activities	
16.3	30 - 17.00	Return to Piran	

WEDNESDAY (ZRS, KOPER)

07.45	Meeting at the bus station
08.00 - 09.00	Travel from Piran to Partner's Premisses
09.00 - 12.00	Mediterranean Diet - Dr. Kaja Teraž
	Body composition - Dr. Kaja Teraž
12.00 - 13.00	Lunch Break (self-paid)
13.00 - 14.30	Diet and Exercise - Dr. Kaja Teraž
15.00 - 16.00	Interventions for Limiting Consequences of Physical Inactivity - Dr. Luka Šlosar

THURSDAY (EMUNI UNIVERSITY, PIRAN)

09.30 - 12.00	Physical Inactivity from Earth to Space: Risks, Impacts, and Strategies for Action - Dr. Elgot Abdeljalil, University Hassan1 Interventions for Limiting Consequences of Physical Inactivity - Dr. Luka Šlosar
12.00 - 13.00	Lunch Break (self-paid)
13.00 - 15.30	Workshop: VR - Dr. Luka Šlosar Lecture: Sarcopenia - Dr. Boštjan Šimunič Workshop: Assessing Sarcopenia - Assist. Katarina Puš
16.00 - 17.00	Preparation for the Farewell Party
17.00 - 20.00	Farewell Party @EMUNI Library: Students prepare the concept of the party (courtesy of EMUNI)

FRIDAY (EMUNI UNIVERSITY, PIRAN + FIESA)

09.30 - 12.00	Outdoor activities - Dr. Luka Šlosar
12.00 - 13.00	Lunch time (self-paid)
13.00 - 14.30	Presentation of Study Results / Exam
15.00 - 16.00	Official Conclusion, Awarding the Certificates of Participation - Dr. Kaja Teraž, Dr. Mounir Ghribi

CERTIFICATES:

- **Certificate of Attendance:** awarded at the end of the summer school to all participants who have completed the programme.
- Transcript of Records (with 3 ECTS credits and grades): awarded only to participants who
 complete all course requirements and pass the final exam. Transcripts will be emailed to each
 participant individually. Hard copies will not be issued. Participants' home institutions should
 contact us directly if this is required.

