

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 Lifestyle 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)

- 09.00 - 10.00 Travel from Piran to Partner's premisses
- 10.00 - 10.30 Welcome at the Partner institution
- 10.30 - 12.00 Assessing Physical Activity - Dr. Boštjan Šimunič, Assist. Ana Cikač
- 12.00 - 13.00 Lunch Break (*self-paid*)
- 13.00 - 15.30 Workshop: From Brain to the Muscle - Dr. Uroš Marušič
Workshop: EEG - Mag. Manca Peskar
- 15.30 - 16.30 Free Time Activities
- 16.30 - 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 Premises
- 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.

