



**INTENSIVE SUMMER SCHOOL FOR UNDERGRADUATE and GRADUATE STUDENTS
INTERESTED IN SPORT SCIENCE**

Title: HEALTHY AND ACTIVE LIFESTYLE (HALS)

Location: Euro-Mediterranean University, Piran, Slovenia

Background

The Euro-Mediterranean University (EMUNI) is excited to announce an intensive summer school on "Healthy and Active Lifestyle" (HALS), co-organised with the Science and Research Centre in Koper, Slovenia, and Heliopolis University in Cairo, Egypt. This program is designed for undergraduate and graduate students with an interest in sport science and healthy lifestyle, offering a week of academic lectures and workshops covering key topics in kinesiology, including physiology, healthy lifestyle, sport performance, and rehabilitation.

Participants will benefit from a blend of theoretical study and practical experience enabling them to immediately apply their new knowledge. Key topics will include the physiology of an active lifestyle, the impact of physical inactivity on Earth and in space, interventions to mitigate the consequences of inactivity, and the Mediterranean lifestyle and diet. Practical activities will span from brain-to-muscle and muscle-to-brain interactions, utilizing advanced techniques such as EEG and EMG. Additionally, students will have access to a diverse group of internationally-renowned scholars for personalized guidance and advice on their research projects.

Join us for this unique opportunity to enhance your knowledge, gain practical skills, and receive expert guidance in the dynamic field of sport sciences. Successful completion of the program, including passing the exam, will earn participants 1.5 ECTS credits. The detailed agenda will be shared with participants closer to the start of the programme.



Period of the Summer School

9-13 September 2024 (face-to-face sessions in Piran and Koper, Slovenia)

Application deadline

16 June 2024 @ 10 AM CET

Participants

The HALS summer school invites applications from Bachelor's degree students, recent graduates, and young professionals in kinesiology, physiotherapy, health programs, and related fields. Participants will engage in a week of intensive academic courses, lectures, and workshops on key topics in kinesiology, including physiology, healthy lifestyles, performance, and rehabilitation, delivered by distinguished professors.

We are committed to fostering a diverse and inclusive environment, and in selecting participants, we aim to ensure geographic diversity, gender balance, and participation from young researchers. Join us to enhance your expertise, gain hands-on experience, and connect with a global community of aspiring health and sport science professionals.

Format

The Summer School will be organised in presence both in Piran and Koper, in the form of lectures, workshops, practical trainings and field trip.

Fees and costs

Package of **280,00 €** includes:

- Lectures and workshops
- Course material and lab equipment
- Transfer to Koper– visit of Science and Research Centre
- Field activities
- Farewell party

Accommodation and travel to Piran is not included in the basic price package, but we can assist you by providing a list of the hotels, private accommodation and hostels nearby. All participants need to arrange valid visas and insurances, if needed. We are able to assist with issuing a letter of acceptance but do not manage visa procedures, nor cover the costs for granting visas or insurances.



Application procedure

To apply, you will be asked to provide personal data, information on your studies and motivation for attending the Summer School. For the registration process, please click [HERE](#).

Applications must be submitted in English. Accepted participants will be notified in week after the application deadline.

For any inquiries or information about the Summer School please contact: education@emuni.si

Personal data

Data will be managed according to the privacy policy.