



# SUMMER PROGRAM

SUMMER MEDICAL SCHOOL: LIFESTYLE



# Summer Medical School

THE APPROACH

FACULTY

WHY NOVA MEDICAL SCHOOL?

INVESTMENT



# The Approach



**SUMMER  
MEDICAL SCHOOL**

*Lifestyle*

**NOVA** MEDICAL  
SCHOOL

# Context

The Summer Medical School: Lifestyle is an authentic experience of learning the most transversal skills in the areas of Medicine, Nutritional Sciences and Research, in an immersion that will allow participants to embark on exciting moments – with a scientific program led by a team of renowned expertise in different areas. From the hill of Santana, where the NOVA Medical School is located, to the stories on every corner, to the mirror of light and color over the Tejo River, to the picturesque neighborhoods but full of life, to the viewpoints and landscapes that overflow with tranquility and take away our breath, this is the experience that will change the lives of the students who participate.

The diversity of classes and workshops will combine the transmission of theoretical skills with practical moments, which will challenge curiosity and allow participants to expand their knowledge of emerging trends in medicine and nutrition.



# Program Requirements

## What?

Learn skills in the areas of Medicine, Nutritional Sciences and Research, based on the promotion of healthy lifestyles and understanding health innovation.

## For Whom?

Designed for students in the healthcare field from higher education institutions.

## When and Where?

Implementation – 22 – 26 July 2024  
In Nova Medical School Campus, Lisbon, Portugal



# Proposal

Unlock the door to cutting-edge healthcare at NOVA Medical School's Summer School in the vibrant city of Lisbon.

Nestled within the heart of innovation, NOVA Medical School is dedicated to shaping the future of medicine, with a strong focus on disease prevention.

Join a community that is passionate about pioneering the future of healthcare through innovative approaches and a strong emphasis on disease prevention.

**Two distinct courses:**

- Culinary Medicine: delve into the intersection of nutrition and health, learning how to integrate culinary skills into healthcare practices for a holistic approach;
- Innovation in Health: explore the latest trends and breakthroughs in health innovation, discovering how technology is revolutionizing the medical landscape.

**Language:** Both courses are conducted in english, offering an international learning experience.

***Secure your spot today and be part of a transformative summer experience that goes beyond the ordinary. Explore the future of medicine at Nova Medical School!***



# Objectives

1

- Promote healthy lifestyles, providing skills to students;
- Pass skills in the areas of medicine, nutrition, science, physical activity, mental health and innovation in health.

2

- Reflect on the impact of lifestyle in our life;
- Understanding the link between Health, Technology and Innovation
- Discovering the Health and Science ecosystem in Portugal.

3

- Understanding concepts in medicine, nutritional sciences and investigation, with practical applications;
- Interacting with experts.



# PROGRAM – *Culinary Medicine*

	Monday 22.07	Tuesday 23.07	Wednesday 24.07	Thursday 25.07	Friday 26.07
<b>Morning 09:00 – 13:00</b>	Culinary Medicine  ABCD – Adiposity- Based Chronic Disease	Culinary Medicine  Physical Activity and Sport	Laboratory Activity - Food Chemistry	Culinary Medicine  Nutrition and neurology	Culinary Medicine  Microbiota
<b>Afternoon 14:00 – 18:00</b>	Research – Nutrition and Metabolism Group	Laboratory Activity - Food Toxicology	Culinary Medicine  Dietary restrictions (PKU, celiac, etc.)	Laboratory Activity - Food Microbiology	Visit to the Health Museum & Sunset at NOVA Medical School



# PROGRAM - Health, Technology & Innovation

	Monday 22.07	Tuesday 23.07	Wednesday 24.07	Thursday 25.07	Friday 26.07
Morning 09:00 – 13:00	Health, Technology and Innovation  Basic concepts	Health, Technology and Innovation  Artificial intelligence	Health, Technology and Innovation  e-Health	Health, Technology and Innovation  Precision Medicine	Health, Technology and Innovation  Technological applications
Afternoon 14:00 – 18:00	NOVA Medical School Simulation Center	Healthineers Session	Session to be confirmed	Workshop – 4 P's Medicine (Kitchen Lab)	Visit to the Health Museum & Sunset at NOVA Medical School

# Faculty



[NOVA Medical School, Faculdade de Ciências Médicas](#)  
Universidade NOVA de Lisboa



**Helena Canhão is the Dean of NOVA Medical School, Universidade Nova de Lisboa.**

Full Professor of Medicine, Coordinator of the Research Unit Comprehensive Health Research Center (CHRC), and Head of the Associated Laboratory REAL. She is co-founder and Chief Medical Officer of Patient Innovation.

She is the President of the Portuguese Medical Schools' Council (CEMP) for 2023-2024. She is Chair of the Advisory Council of AICIB and Chair of the Advisory Council of the Collaborative Laboratory Value for Health.

Helena Canhão is also Senior Rheumatology Consultant, Head of the Rheumatology Unit at CHULC- Hospital Santo Antonio dos Capuchos, Lisboa.





## **Conceição Calhau is Deputy Director for Community Outreach**

Full Professor at NOVA Medical School, where she coordinates the Degree in Nutrition Sciences, the Master's in Human Nutrition and Metabolism and the Academic Area of Nutrition and Lifestyles. She currently holds the position of Deputy Director for Community Outreach.

Senior researcher at CINTESIS where she coordinates Thematic Line 1 – Preventive Medicine & Societal Challenges and at the associated laboratory RISE, where she is part of Thematic Line 5 – Community Health and Societal Challenges.

She leads and carried out several national and international projects financed mainly by the Portuguese government and involving the pharmaceutical and agri-food industry. She is the author of more than 120 publications indexed in the ISI.

# NOVA Medical School

NMS is an academic unit of Universidade NOVA de Lisboa and it currently has 1.770 students in the Integrated Master Degree in Medicine, 102 in the Bachelor's Degree in Nutrition and 497 postgraduate students. It has a total of 858 professors and researchers.

The strategy of gradual integration of foreign teachers and researchers, combined with the number of international postgraduate students (12%) and mobility students (12%) reveals not only the opening of the Faculty abroad, but also the international projection it has been acquired and which it intends to strengthen in the future.

In 2022 NMS reached, for the seventh consecutive year, the 1st position in the ranking of admissions to Higher Education, in Medicine, in the Lisbon Area

The Nutrition Sciences course at NMS, largely shared with the teaching of Medicine, is a strong bet from an integrative point of view where it is possible to train for the acquisition of “hands-on research skills”, which allows the student to understand associations and recommendations and ensure more holistic and effective diagnoses and intervention strategies.

NMS is associated with several health units, allowing a variety of teaching environments and a more extended knowledge of hospital reality and primary health care.



# Why NOVA Medical School

- 1** Renowned higher education institution, focused on public service for the qualification of excellence in the fields of medical and health sciences, which is focused on the medicine of the future - which focuses on disease prevention.
- 2** A provision of quality services, at national and international level, capable of contributing significantly to the improvement of healthcare and the qualification of human resources in the field of healthcare, particularly in Portuguese-speaking countries.
- 3** Creates programs aimed at the community, on a regular basis, with a view to promoting healthy lifestyles and increasing health literacy.





# GET TO KNOW NMS



## EXPERIENCED FACULTY

Real-world experience enables the development of critical thinking that will enhance the performance of the students.



## ACTIONABLE CURRICULA

We help to co-design the right program to meet clients needed - commitment to real impact



## INTERNATIONAL ECOSYSTEM IN PRIVILEGED LOCATION

Leveraging the network of a multicultural school attracting global talent



# Spaces

## 5 Buildings

- 1 for Teaching
- 1 Library
- 2 Research
- 1 Animal House





# Spaces



Kitchen Lab



Simulation Center



Science  
Laboratories



# Why Lisbon?

**1** Lisbon is one of the oldest cities in the World and the capital of Portugal, whose foundation in the early 12th Century makes it the oldest nation state in Western Europe.

**2** This fabulous city is blessed with 240 days of sunshine, providing a special light as it reflects on the light-colored stone of its historic buildings, on the magnificent river Tagus and on the wild Atlantic coast.  
Besides its beauty and its rich History, Lisbon has a great variety of gastronomical experiences and a historically diverse population which has given rise to a wide range of cultural attractions.

**3** Recently, Portugal was voted the “Best Destination in the World” and Lisbon the “Best City Break Destination” by World Travel Awards.





# Investment





# Budget

## *Summer Medical School*

1600 per student

Price includes:

- Hospitality in Lisbon Student Residence, in single rooms;
- Monitors by NOVA Medical School;
- Meals (lunch and snacks);
- Academic and Scientific Program, with renowned speakers;
- Certificate of Participation;
- Final party/ Sunset at NOVA Medical School.







# THANK YOU



[www.nms.unl.pt](http://www.nms.unl.pt)



[mariana.nobrega@nms.unl.pt](mailto:mariana.nobrega@nms.unl.pt)



+351 968 349 951