

Workshop: "Clinical Nutrition - Nutrition in Older Adults Care and People with Eating Disorders"

Dates: 23-27/10/2023

Location: Sitia, Crete, Greece

Organized by:

Hellenic Mediterranean University (HMU), Dept. of Nutrition and Dietetics, Sitia, Crete, Greece & University College of Leuven Limburg, Belgium

Duration: 4 days

Agenda of Activities:

Monday, 23/10/2023

- 10.00-14.00: Welcome, introductions, interactions, and views and opinions exchange with local students and personnel.
 - Discussion between students – presentations by students:
 1. "We are from Belgium/Greece" – Introduction to the home country, highlighting aspects of Belgium, excluding food.
 2. "Us, as students..." – Introduction to the educational system in Belgium/Greece, focusing on the study of Nutrition and Dietetics.
 3. "Belgian/Greek food culture" – Exploring typical meals in Belgium/Greece and food specialties.
 4. Nutritional recommendations in Belgium/Greece (e.g., Belgium Food Pyramid, new recommendations, Nutriscore).
- 14:00-15.00: Lunch time (at the department)
- 15.00-16.00: Use new technologies for nutrition and health promotion by Theodora Mouratidou (Anastasia online)
- 16.00-17.00: Introduction of the mixed groups and their case study. (5 groups)
- 17.00-18.00: Welcome reception at the Department's Buildings. (all together)

Tuesday, 24/10/2023

- 9.00-14.00: Working group discussion on clinical nutrition in the elderly population with several subtopics. Assessments include 5 cases. (Lieve on lead)
- 14.00-16.00: Lunch.
- 16.00-18.00: Museum
- 20.00: Dinner (Prof) Students apart

Wednesday, 25/10/2023

- 09.00-11.00: Discussion in mixed groups about their case study.
- 11.00-12.00 Lecture by Lieve Pensaert on eating disorders.(all types – theory and practical)
- 12.00 – 17.00: Richtis Gorge excursion
- 20.00: Dinner (prof)

Thursday, 26/10/2023

- 9:00 – 11:30: Elevator pitch – presentations
- 11.30 Departure from the department with bus to Knossos visit
- 20.00: Goodbye event in Heraklion

Friday, 27/10/2023

- Departure flight: Heraklion – Brussels