

HMU & UCLL

6th International program (21st – 25th October 2024)

Partners

- Hellenic Mediterranean University (HMU), Dept. of Nutrition and Dietetics, Sitia, Greece
- University College of Leuven (UCLL), Dept. of Health, Leuven, Belgium

Objectives

- Students learn to translate the national context and the place of the dietitian, within an international setting
- Students learn to cooperate, present and discuss in an international setting
- Students gain international knowledge and experience in nutrition and dietetics
- Students learn to reflect on their own functioning in an international setting
- Students broaden their international network in the field of nutrition and dietetics

Topic:

- Eating disorders

Duration

- 5 days

Practical implementation

Mixing Belgian/Flemish students and Greek students, dividing them into groups and letting them work together on cases related to the topic 'eating disorders'. Throughout the three days, they work on a 'group assignment' after which they present an elevator pitch on day 3.

Date	Content
Sunday 20/10/2024	<ul style="list-style-type: none">- 07.55-12.20: Brussels – Heraklion- 13.00-16.00: bus Heraklion – Sitia- 16.00: check-in hotel Sitia Beach- Free evening
Monday 21/10/2024	<ul style="list-style-type: none">- 09.15-10.00: Welcome at the department of Nutrition & Dietetics- 10.00-13.00: Presentations by students (Prof. Dr. I. Scroyen / Ms. L. Pensaert / Mr. F. Delaere)<ul style="list-style-type: none">○ "We are from Belgium/Greece" – Introduction to the home country, highlighting aspects of Belgium, excluding food.○ "Us, as students..." – Introduction to the educational system in Belgium/Greece, focusing on the study of Nutrition and Dietetics.○ "Belgian/Greek food culture" – Exploring typical meals in Belgium/Greece and food specialties.

	<ul style="list-style-type: none"> ○ Nutritional recommendations in Belgium/Greece (e.g., Belgium Food Pyramid, Mediterranean diet, new recommendations, Nutriscore). - 13:00-14:00: Lunch (on campus) - 14:00-15:00: 'An overview of eating disorders and how to address this as a dietician' (Ms. L. Pensaert) - 15:00-15:30: 'Qualitative analysis of Food Security and Dietary Integration. Results of a doctoral study concerning immigrants in Crete' (Mr. I. Sfendourakis) - 15:30-17:00: Introduction of the mixed groups and their case study (Ms. L. Pensaert / Mr. F. Delaere) - 17:00-19:00: Welcome reception at the Lobby of the Department (Mr. I. Sfendourakis)
Tuesday 22/10/2024	<ul style="list-style-type: none"> - 9.15-13.00: Project work on eating disorders (Prof. Dr. A. Markaki / Prof. Dr. T. Mouratidou / Prof. Dr. C. Papandreou / Ms. L. Pensaert / Mr. F. Delaere) - 13.00-14.00: Lunch (on campus) - 14.00-16.00: Project work on eating disorders (Prof. Dr. A. Markaki / Prof. Dr. T. Mouratidou / Prof. Dr. C. Papandreou / Ms. L. Pensaert / Mr. F. Delaere) - 16.30-18.30: visit Olive oil processing unit at Maronia village (Mr. I. Sfendourakis) - 18.30-19.30: Greek dancing (depending of availability Tuesday or Thursday!) - 20.00: Diner with professors
Wednesday 23/10/2024	<ul style="list-style-type: none"> - 10.00-17.00: Richtis Gorge (Mr. I. Sfendourakis) - Free evening
Thursday 24/10/2024	<ul style="list-style-type: none"> - 09.15-13.00: Project work on eating disorders (Prof. Dr. A. Markaki / Prof. Dr. T. Mouratidou / Prof. Dr. C. Papandreou / Ms. L. Pensaert / Mr. F. Delaere) - 13.00-14.00: Lunch (on campus) - 14.00-16.00: Elevator Pitch presentations (Prof. Dr. A. Markaki / Prof. Dr. I. Scroyen / Prof. Dr. T. Mouratidou / Prof. Dr. C. Papandreou / Ms. L. Pensaert / Mr. F. Delaere) - 19.00-20.00: Wine reception in Stegi Vitsentzos Kornaros. Presentation of the work of the great Poet Vitsentzos Kornaros. (Mr. I. Sfendourakis) - 20.00: Goodbye to our friends and esteemed colleagues of Sitia
Friday 25/10/2024	<ul style="list-style-type: none"> - 10.00- 13.00: bus to Heraklion - 13.00-14.00: check-in hotel Life Boutique - 14.00-17.00: Knossos/ national museum - 20.00: Goodbye with Belgian students in Heraklion
Saturday 26/10/2024	<ul style="list-style-type: none"> - 11.20-14.00: Heraklion-Brussels