

EVENTS



APRIL-MAY **Erasmus+ BIP in Cognitive Disorders**

From April to June, the program coordinated by João Malva and Isabel Santana from the University of Coimbra (UC, Portugal), and Ioannis Zaganas from the University of Crete (UoC, Greece), brought together students from both universities, as well as from the University of Valencia (Spain) and Acibadem University (Turkey). The hybrid program included an online component and an in-person week in Coimbra (May 4–8), including scientific seminars, workshops, a hackathon and cultural events.



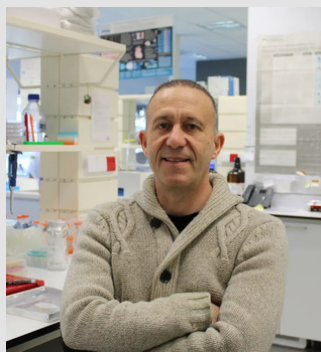
APRIL-MAY **2nd Edition Entrepreneurial Course and Hackathon**

From April 14 to May 2, the course reunited 14 participants, grouped into 4 multidisciplinary teams, for 40 hours of training in topics on medical devices and digital health innovation. The participants developed solutions for medication adherence, home-based stroke rehabilitation, hip fracture recovery, and passive in-home monitoring, culminating in a 2-day Hackathon (May 21–22) and Demo Day, where they pitched innovative ideas.



APRIL-MAY **Erasmus+ BIP on Rare Neurogenetic Diseases**

From April to June, the program coordinated by Ioannis Zaganas (UoC) brought together students from Crete, Skövde (Sweden), Sofia (Bulgaria), Rouen (France), Oviedo (Spain), and Coimbra. The program combined weekly online sessions with an intensive training week in Heraklion (April 20–24). The program included lectures, seminars, case-based discussions and hands-on workshops. João Malva (UC) participated as an invited speaker.



APRIL **Teaming for Excellence**

Lino Ferreira (UC, CoLab4Ageing) will lead the Institute for Integrated Social and Biological Assessment (IISB), a new Center of Excellence funded through the EU Teaming for Excellence program. Supported by approximately €30 million in European and national funding, the initiative will advance interdisciplinary research on health and well-being by integrating social and biological sciences.



9 APRIL **BEBIN DAY 2026**

Débora Mena (UC, PhD student) presented her project's results in an oral presentation in Coimbra, entitled: "Fisetin and CMS121 mitigate Palmitic Acid-induced lipid dysregulation, neuroinflammation, and microglial death in HMC3 cells".



8
MAY

**Seminar
Ioannis
Sotiropoulos**

Dr. Sotiropoulos (Institute of Biosciences & Applications, NCSR Demokritos, Athens, Greece) talked about the contribution of stress in the development and progression of Alzheimer's disease and depression, highlighting mechanistic insights and their implications for brain health and aging. This seminar was organized in collaboration with MIA-Portugal during the in-person component of the ERASMUS+ BIP On Cognitive Disorders in Coimbra.



16-17
MAY

**17th Pancretan
Pharmaceutical
Conference**

The Creta Maris Resort in Hersonissos (Crete) hosted an Innovation Competition titled "Ideas shaping the pharmacy of tomorrow," co-organized by The Pharmaceutical Association of Heraklion (PAH) with the collaboration of the Science & Technology Park of Crete (Step-C) of The Foundation for Research and Technology - Hellas (FORTH) and the CHangeing Project, the Innovation Business Observatory of Crete Region (IBO), the Innovation Hub for Digital Governance GRdigigOV innoHUB and Noufio Communication Services. This event was an excellent opportunity for knowledge exchange with stakeholders and to foster networking for future collaborations. George Papamichail (FORTH) and Nektarios Tavernarakis (FORTH/UoC) were present.

FEBRUARY

**Science for Citizens -
The gut microbiota: the living ally between environmental and human health**



FIND MORE HERE

To bring science closer to society, a science communication comic strip was published in local newspapers and shared through digital platforms, highlighting how everyday lifestyle choices influence gut health, well-being and healthy aging. Through the story of Dani and her friends, readers discover the connection between the Mediterranean diet, gut microbiota, and longevity, while learning how nutrition, stress management, and other daily habits can shape both physical and mental health. A QR code directs to the CHangeing website, where accessible resources provide further information.



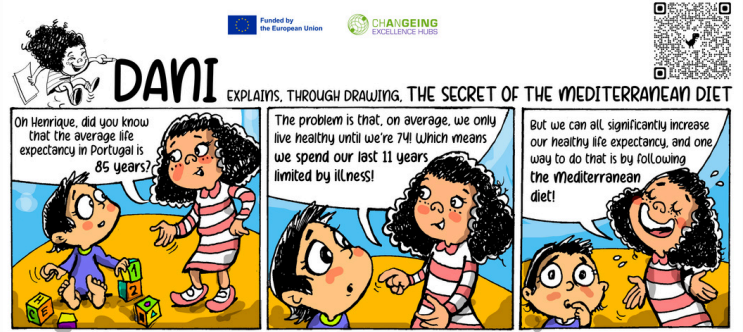
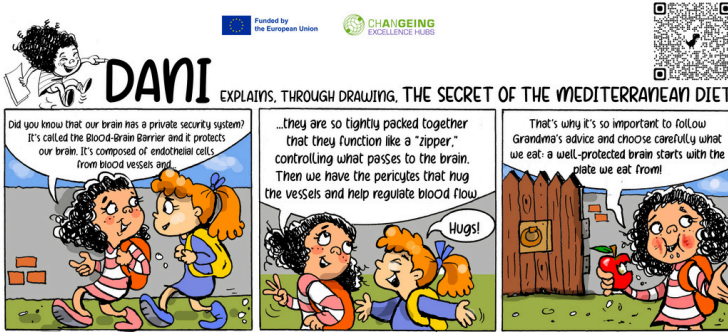
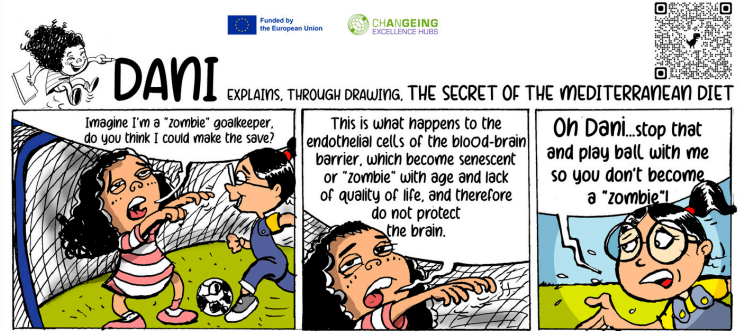
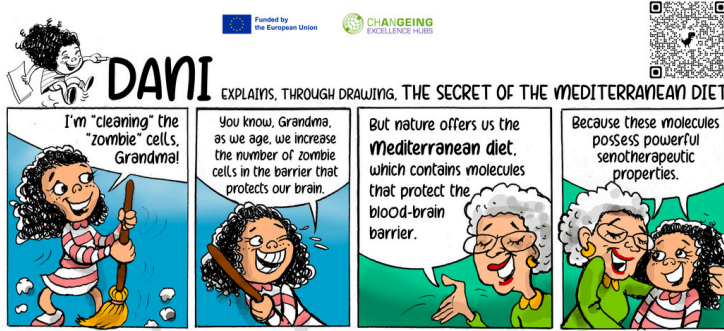
MARCH

Science for Citizens – How Science and the Mediterranean Diet Fight Brain Aging



FIND MORE HERE

Additionally, other comic strips have also been published, highlighting how aging affects the brain and the protective role of the blood-brain barrier. The stories explored how cellular senescence (“zombie cells”) can contribute to inflammation and brain aging, while highlighting the potential benefits of healthy lifestyle habits, including the Mediterranean diet, in supporting brain health. These comic strips also included a QR code directing readers to the CHANGeing website for clear infographics and an accessible explanation.



FUTURE EVENTS



URBACT  Co-funded by the European Union

SAVE THE DATE

Saúde e Território

Caminhos para uma Região mais saudável

30 JUNHO 2026 / 09:30
AUDITÓRIO MADALENA BISCAIA DE AZEREDO PERDIGÃO
FIGUEIRA DA FOZ

REGIÃO METROPOLITANA COIMBRA    



2026

TRADI DANÇAS

CARVALHAIS
S. PEDRO DO SUL

29 JUL
2 AGO

