

Human Nutrition Across the Lifespan

From Scientific Evidence to Recommendation and Action

 29th June > 13th July

Nutrition & Health 2024: The Smart Choice!

Co-organised by the **Training and Research Unit of Health and Sport Sciences** of the **University of Lille** (largest French university and in the top 100 European most innovative universities of the Times Higher Education ranking) and the International Academy (summer university for international students in Hauts-de-France), the research-oriented summer school **Nutrition & Health 2024** is a strong 60-hour training programme focusing on the fundamental and applied aspects of the links between food and health in line with top-tier research centres and leading experts in the field. The main methods of investigation with a critical look at their relevance as well as prevention policies in France and worldwide will be introduced. Particular emphasis will be laid on childhood obesity and diabetes. Building on the latest scientific discoveries, the major role of nutrition in successful ageing will be explored.

Student research projects will look at topics that now prevail in their country (epidemiological data, main public health challenges, prevention strategies, etc.). Practical work in biology laboratories will take place. Oral presentations of the results will give rise to a mini-symposium.

Midway between Paris, London and Brussels, at the heart of a high-performance academic and economic hub that makes innovation a priority, Nutrition & Health 2024 will provide high-standard English-taught classes, scientific immersion in the field, as well as an introduction to research through a supervised project.

A smart opportunity to broaden your international experience under enjoyable conditions with fellow students worldwide.

Coordinator of the scientific programme: Prof. Frédéric J. TESSIER, [RID-AGE](#) & [French Academy of Agriculture](#).

#Keywords: nutrition, food, health, obesity, diabetes, ageing, longevity, glycation, infant nutrition & health, ultra-processed food, vitamins, food safety, protein digestibility, epidemiology, animal models, cell culture, *Caenorhabditis elegans*, prevention.

Nutrition & Health 2024 will build upon the successful Food & Health 2018, 2019, 2021 and 2022 France Excellence Summer Schools.



<https://www.international-academy.fr/nutrition-health>

— ADMISSION CRITERIA

- Excellent Bachelor students (3rd year undergraduate) & Master students. Professionals accepted.
- Excellent academic results and in-depth knowledge in human health, biology or food science.
- Advanced English.

— FULL WELCOME SERVICES

- Pick-up from Roissy-CDG airport or train station in Lille to the hall of residence and campus tour.
- Accommodation on the campus.
- Meals: all breakfasts and lunches (dinners also included for students who have been granted a full scholarship).
- Local transportation pass for the public transport network in the Metropole of Lille.
- Access to university facilities (Lilliad library...).
- Student support (before arrival and during the stay).

— ECTS CREDITS

5 **European Credit Transfer and Accumulation System (ECTS)** credits pertaining to the completed assessments and a personalised Certificate of Completion will be awarded to the students to authenticate their participation.

— FEES

- Participation to the programme — Standard Fee: 1,250 €
- Participation to the programme — Early Bird (students applying before February 28th): 900 €
- Participation to the programme — Student from a partner higher education institution: 900 €
- Comfort pack (accommodation, transportation in Lille, meals): 460 €

— APPLICATION PROCESS & DEADLINE

- The online application form will be available soon.
- Deadline for submitting applications: March 15th 2024.

Contact us

We are at your disposal should you need any more information.



Any question? Please email us:
nutrition-health@international-academy.fr



For urgent matters:
+33 601 713 546