



University
of Balearic Islands

#SOM
UIB



"Healthy lifestyles. A Mediterranean experience in Mallorca"

Friday, September 9th.

Closing session of the Ninth International Summer Senior University

7.00am – 7.45am	Physical exercise activity session.
8.00am – 9.00am	Breakfast.
9.30am – 11.00am	Outdoor light physical exercise at UIB Campus track.
11.30am – 1.00pm	Guided visit through the university ecological garden by Marc Ayats, Red Cross project responsible of gardening with people at risk. (optional).
1.30pm – 3.00pm	Lunch on Campus.
6.00pm – 7.30pm	Lecture on "The Mediterranean diet: more than just diet" by Dr. Josep Antoni Tur Marí.
7.30pm	Evaluation of the program.
8.00pm	Delivery of Diplomas by Dra. Carmen Orte, director of the International Summer Senior University.
8.30pm	Farewell dinner.
9.30pm	Evening get-together.

Saturday, September 10th.

Farewell

9.00am – 9.45am	Breakfast.
Participants' departure.	



Universitat
de les Illes Balears

Department
of Education
and Didactics



Consell de
Mallorca



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University of the Balearic Islands
(Mallorca-Spain),
4th-10th September 2016

<http://summersenioruniversity.uib.eu/>

International Summer Senior University: “Healthy lifestyles: A Mediterranean experience in Mallorca” is a one-week lifelong learning programme in a ludic and Mediterranean context, aimed at students elder than 50 years. This programme is English taught and oriented towards intercultural understanding among people from different European countries. It takes place in September (4th to 10th) in a mild warm and off-peak season.

This year’s edition will deal with interdisciplinary issues related to healthy lifestyles, such as nutrition, physical exercise and positive thinking.

It is held at Campus of the University of the Balearic Islands, in the island of Mallorca (Spain). Mallorca is the largest island of the Balearic archipelago and is very well connected with more than 50 European destinations.

PROGRAMME

Sunday, September 4th.

Arrival

Participants’ arrival throughout the day and welcome.

8.00pm – 9.00pm
9.30pm

Dinner on Campus.
Evening meeting to get to know one another.

Monday, September 5th.

Opening day

8.00am – 9.00am
10.30am – 12.30am

Breakfast.
Official Inauguration of the Ninth International Summer Senior University (ISSU) by the Chancellor of the University, the Director of the ISSU, Dr. Carmen Orte, the President of International Association of Universities of the Third Age (IAUTA), Dr. François Vellas, and the Councillor for Economy and Treasury of the Consell de Mallorca, Mr. Cosme Bonet.

Opening lecture on **“Health Claims made on Food in the European Union”** by Dr. Andreu Palou Oliver.

Recital by the Choir of the Association of Students and Alumni of the Open University for seniors.

1.30pm – 3.00pm
4.00pm – 6.00pm
7.30pm – 9.00pm
9.30pm

Lunch on Campus.
Visit to AMADIP organic gardening project with Consell de Mallorca.
Dinner on Campus.
Evening get-together.

Tuesday, September 6th.

Exercising but also positive thinking

7.00am – 7.45am
8.00am – 9.00am
9.30am – 11.00am

Physical exercise activity session.
Breakfast.
Lecture on **“Exercising and active lifestyle”** by Dr. Josep Vidal Conti.

11.30am – 1.00pm

Lecture on **“How to practice sport in a healthy way”** by Dra. Paz Martinez Bueso.

1.30pm – 3.00pm

Workshop of cooking with local products with the cook Miquel Calent (activity funded by Consell de Mallorca).
Positive thinking and theater workshop by Lluís Valenciano
Dinner on Campus.
Evening get-together.

4.00pm – 6.30pm
7.30pm – 9.00pm
9.30pm

Wednesday, September 7th.

Healthy nutrition

7.00am – 7.45am
8.00am – 9.00am
9.30am – 11.00am

Physical exercise activity session.
Breakfast.
Lecture on **“Self-esteem, motivation and Physical Activity”** by Dr. Alexandre Garcia Mas.

11.30am – 1.00pm

Lecture on **“Body, mind and soul: An integral approach to wellness tourism”** by Dr. Marco Antonio Robledo Camacho.

1.30pm – 3.00pm
4.00pm – 6.30pm
7.30pm – 9.00pm
9.30pm

Lunch on Campus.
Free time with free access to sport facilities on Campus.
Dinner on Campus.
Evening get-together.

Thursday, September 8th.

Cultural excursion day

7.00am – 7.45am
8.00am – 9.00am
9.30am – 1.00pm

Physical exercise activity session.
Breakfast.
Transfer to the village of Artà.
Guided visit to different places of the village.

1.00pm - 2.00pm
3.00pm – 6.30pm
6.30pm
7.30pm – 9.00pm
9.30pm

Lunch.
Relaxing activity and projection of documentary on Artà festivity.
Return to UIB.
Dinner on Campus.
Evening get-together.