**BIP PROGAM**

**TITLE**

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| Diabetes 360º - Boot camp on Metabolic Research & Writing |

**COORDINATING HEI & MAIN COORDINATING INSTRUCTOR**

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| Dr. María del Mar López Rodríguez, Dr. Borja Martínez Téllez and Dr. Tania Romacho (main coordinator) |

LEARNING OBJECTIVES OF THE BIP

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| * Explore the physiopathology and prevalence of diabetes, while delving into the main complications and their underlying mechanisms. Understand the traditional types and novel subtypes. * Understand how current therapies in diabetes work * Discuss other possible novel therapies for unmet clinical needs, drug repurpose and non-pharmacological interventions * Analyse the main factors impairing life quality in diabetes including mental health and discuss on how to tackle them * Develop a collaborative work project in an online setting with a multidisciplinary and international team * Design strategies to prevent and treat diabetes itself and its related challenges from a multidisciplinary approach * Training of soft skills e.g. writing a project report and presenting data in a small congress that will take place during the physical mobility phase |

**TARGET PARTICIPANTS** (Study cycle, area, language requirements, etc.)**:**

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| Undergraduate students, graduate students and academic staff  Background in Health Sciences and Life Sciences field  B2 level in English or higher is recommended |

**TEACHING TEAM** (Who will teach the BIP)

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| Dr. Tania Romacho (UAL), Dr. María del Mar López Rodríguez (UAL), Dr. Borja Martínez Téllez (UAL), Dr. Gracia García García (UAL), Dr. Pedro Urquiza (UAL), Dr. Tiago Jeronimo Dos Santos (UAL), Dr. Fernando López-Estévez (UAL), Prof. Patrick CN Rensen |

**DATE AND PLACE**

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| **PHYSICAL MOBILITY** University of Almería (Spain) - July 8th to 12th  **ONLINE COMPONENT** Three sessions in June-July and two in September |

**ECTS LOAD** (How many ECTS will the participants get)

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| Students will get 3 ECTS |

**PHYSICAL MOBILITY ACTIVITIES** (What will the participants do during the physical mobility)

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| **Day 1: Welcome and Workshop 1: Searching information in scientific databases**  Welcome and overview of participants, topics, projects and agenda  Meet and greet the experts (1h)  Introduction to scientific information and open access databases - Dr. Borja Martínez Téllez (2 h)  Hands-on supervised training to search scientific databases (3h) - All teachers  *Social activity: A walk at the “Cable inglés” city pier*  **Day 2: Workshop 2: How to write a scientific paper I**  How to successfully write the Introduction and Results - Dr. Tania Romacho and Dr. Mar López Rodriguez (2 h)  Hands-on supervised training to write Introduction and Results (3 h) All teachers  *Social activity: Mediterranean diet experience at Almería’s Central Market*  **Day 3: How to write a scientific paper II**  Does and don´ts when writing discussion and conclusion (2 h) - Dr. Pedro Urquiza and Dr. Gracia García.  Hands-on supervised training to write Discussion and Conclusion (3 h)  *Social activity: Evening visit to Alcazaba*  **Day 4: How to successfully “sell” your work**  Keynote lecture: How to pitch - Prof. Patrick Rensen (2 h)  Project pitches (3 h)  *Social activity:* Visit to olive oil mill  **Day 5: Project presentation**  Project presentation by each team (2 h)  Assessment of projects by the evaluation panel (2 h)  *Social activity: Farewell party* |

**VIRTUAL COMPONENT** (What will the participants do during the virtual component)

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| **BEFORE-MOBILITY SESSIONS**  **Session 1: Presentation of the BIP Programme (2h)**  Explain the programme, work plan and how the participants will have to work on the final project to deliver a systematic review or analysis of open access data.  Participant get-to-know  Break out rooms to brainstorm about groups and topics  **Session 2: Background in diabetes (2h)**  Type 1 diabetes and childhood: moving towards prevention. *Dr. Tiago Jeronimo (UAL)*  Type 2 diabetes: the challenges of its complications. *Dr. Tania Romacho (UAL), Prof. Patrick Rensen (LUMC)*  Diabetes and life quality. *Dr. María del Mar López Rodríguez (UAL)*  **Session 3: Hot topics in diabetes: Therapeutic innovation**  Insulin delivery and glucose monitoring: lessons learned and future perspectives. Dr. *Gracia García García*  Drug repurposing in type 2 diabetes: beyond glycemic control  *Dr. Pedro Urquiza (UAL)*  **Session 4: Hot topics in diabetes II: Non-pharmacological interventions (2h)**  Non-pharmacological interventions *Dr. Patrick Rensen (LUMC)*  Exercise, cold exposure and nutraceutical interventions for combating diabetes *Dr. Borja Martínez-Tellez (UAL)*  **AFTER- MOBILITY SESSIONS**  **Session 5:** Final project presentation and task organisation for paper publication  **Session 6:** Final meeting to launch papers |