



# Summer Medical School Lifestyle

Open the door to cutting-edge **healthcare at NOVA Medical School's Summer School** in the vibrant city of Lisbon.

Located in the heart of innovation, NOVA Medical School is dedicated to shaping the future of medicine, with a strong focus on disease prevention.

Designed for secondary school students from all over the world, **aged between 16 and 18**, this program will provide a unique opportunity to expand knowledge and skills in a dynamic and immersive environment.

Join a community committed to pioneering the future of healthcare through innovative approaches and a strong emphasis on disease prevention.

*The program is subject to minor changes*



	Monday 21 JULY	Tuesday 22 JULY	Wednesday 23 JULY	Thursday 24 JULY	Friday 25 JULY
09H - 10H	Welcome Session Program Presentation NMS Campus Tour	Cardiovascular Risk – Interactive Lecture	Laboratory Activity – Food Chemistry	Ioga Class	Visit to the Health Museum
10H - 11H				Mental Health in children and adolescents	
11H - 12H	Mock Clinic challenge . how to interview and obtain a patient's history	Microbiota & Health	Culinary Medicine ABCD – Adiposity-Based Chronic Disease	Culinary Medicine Microbiota & Health	Culinary Medicine Physical Activity and Sports
12H - 13H	Health, Technology & Innovation Artificial Intelligence	Laboratory activity – Food Toxicology			
13H - 14H	Lunch	Lunch	Lunch at NMS Kitchen Lab	Lunch at NMS Kitchen Lab	Lunch
14H - 15H	Teprel Session	NMS Anatomical Theater	NMS Simulation Center	Social Program –Jeronimos Monastery, Belém	Fast & Healthy Snacks
15H - 16H	Laboratory Activity – Food microbiology	Visit SLB (Sport Lisboa e Benfica)	Endocrinology and Diabetes		
16H00 - 17H			Health, Tecnology & Innovation Precision Medicine	Session Basic Life Support	Sunset party NOVA Medical School
17H - 17H30	PT Class	Social Program	Social Program  Gulbenkian Garden's (Optional)	Free Time	
17H30 - 20H	FREE TIME	City Centre Tour (Optional)			



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## Scientific and Institutional Support



## Partners



Secretaria Regional  
da Saúde  
Departamento de Abolição  
de Doenças, de Saúde



Good Food, Good Life

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CRIANÇAS MAIS SAUDÁVEIS

