



## Medical University of Bialystok



In the heart of Bialystok, within the modern halls, laboratories, and creative spaces of the Medical University of Bialystok (an Associated Partner of EUNICE European University), we are opening the doors to a project that brings together students, doctoral candidates, and academic staff from universities across Europe. Here, in an atmosphere of openness and collaboration, we create a space for developing the skills that shape the future of science, innovation, and education.

Our specialized courses are designed for those who want to broaden their horizons, strengthen practical competencies, and build international connections. Each session is an opportunity to learn from our experts, work with state-of-the-art infrastructure, and exchange experiences with participants representing diverse fields and academic cultures.

We invite you to join a project that not only enhances competencies but also inspires bold thinking and the creation of new pathways for growth. Bialystok is ready to become your place of discovery.

**The nearest implementation period is Round I, which includes the following titles:**

**1. Food Design/Designing functional food (23–26 February 2026)**

- Training offered by employees of the Department of Bromatology at the Medical University of Bialystok.
- The training will be conducted in the form of lecture and in a practical classes (e.g. using the design thinking method or in a laboratory).





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- The agenda:
  - I. Trends in functional food development – market overview, innovation directions, consumer needs.
  - II. Stages of product design – from identifying health goals to selecting bioactive ingredients and evaluating product quality.
  - III. Practical session – creating a functional food concept using the Design Thinking method.

### **2. Nanotechnology (17–19 March 2026)**

- Training courses offered by the Faculty of Health Sciences (Department of Experimental Pharmacology).
- Participants will explore the design and use of nanoparticles as drug delivery systems, and attend a specialized lecture presenting i.ex. clinically approved nanodrugs.
- As part of the program, we will also visit the BioNanoTechno Synthesis and Analysis Center of the University of Białystok, equipped with instrumentation for assessing the physicochemical and morphological properties of nanoparticles.
- The practical session will include demonstrations of analytical techniques used to characterize nanomaterials, and each participant will have the opportunity to evaluate the cytotoxic activity and biocompatibility of selected nanoparticles.
- This workshop offers a unique opportunity to expand your knowledge and gain experience in one of the interdisciplinary and most dynamic fields of science - nanotechnology.

### **3. How your brain works - aspects of neuropsychology and neuroscience (9–10 March 2026)**

- Training courses offered by the Faculty of Health Sciences (Department of Psychology and Philosophy).
- The training is led by a fully trained clinical psychologist and a native speaker of English.
- Sessions will be illustrated with case studies and video examples.
- The agenda:
  - I. What is neuropsychology? Understanding the basic structure and function of the brain.
  - II. Key neuropsychological concepts: cognition, memory, emotion, attention, and executive function. How neuropsychology explains behaviour in terms of these functions.





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III. Explore how neuroscience explains everyday behaviours and decision-making. Developing critical thinking skills about interpreting behaviours in everyday life.

IV. Developing curiosity about the brain's role in perception, behaviour, and social interactions.

V. Recognizing the influence of lifestyle factors on brain health.

### **4. Understanding incomprehensible behaviours - a neuropsychological perspective (11–12 March 2026)**

- Training courses offered by the Faculty of Health Sciences (Department of Psychology and Philosophy).
- The training will be led by a fully trained clinical psychologist and a native speaker of English.
- Sessions will be illustrated with case studies and video examples.
- The agenda:
  - I. Understanding how brain damage can produce unusual or “strange” behaviours.
  - II. Key neuropsychological concepts related to brain-behaviour relationships.
  - III. Distinguish between behaviours caused by brain damage versus socially unusual behaviours.
  - IV. Develop observational and critical thinking skills for interpreting behaviour.
  - V. Gain insight into ethical, social, and cultural considerations in interpreting these behaviours.

### **5. Dementia as an interdisciplinary problem in older patients- determinants, diagnostics, therapy and care problems (24–25 March 2026)**

- Training courses offered by the Faculty of Health Sciences (Department of Geriatrics).
- Potential recipients: (future) doctors, nurses, psychologists, physiotherapists/occupational therapists, pharmacists and other interested parties.
- The scope of training covers issues such as: conditions, diagnostics, therapy and care issue.
- The agenda:
  - I. Clinical Foundations of Dementia.
  - II. Main Types of Dementia – Practical Implications.
  - III. Therapeutic Management – An Interdisciplinary Approach (Dementia – Pharmacological and Non-Pharmacological Management).





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logical Management, Indications and limitations of treatment, management of neuro-psychiatric symptoms, polypharmacy, Cognitive stimulation, environmental adaptations, Everyday Challenges, Practical strategies, crisis situations, non-pharmacological first-line approaches, team-based management, case studies).

IV. Care, Caregivers, and Society (Dementia as a Caregiving Task – Providing Everyday Care, Assistance with activities of daily living, Ethical and Legal Aspects of Dementia Care, Decision-making capacity, More Than Care: Belonging and Participation in Dementia, Social inclusion, dementia-friendly communities, community-based resources, maintaining dignity and participation).

