

## Cluster 1 summary of Parma discussions

### Action plan summary

	Topic	Actions planed
1	<i>Nutrition (Lisa Ryan) + oxidative stress conference</i>	<p>Successfully carry out the Erasmus project (finish the analyses, publish papers, develop training guide for educators and develop a micro credential on nutrition for health care professionals)</p> <p>Develop a Horizon application (Neurobridge for 2025 call)</p> <p>Submit seed fund project proposal in collaboration with Cluster 2 partners in the area of nutrition and agri-food with a view to progressing a Horizon application in 2026.</p> <p>Carry out the conference (EU Green funding) in October 2025</p>
	<i>Mental health (of students) (Lara de Pinto and Maria Engstrom)</i>	<p>Horizon Call within this consortium in 2025 <b>HORIZON-CL2-2025-01-TRANSFO-09: Improving mental health outcomes for people's in education, training and work</b></p> <p>Papers to be published</p>
	<i>Sport and wellbeing (Ed Daly and Rafael Timon Andrada)</i>	<p>Horizon Call within this consortium in 2026</p>
	<i>Occupational health (Jennie Jackson and Alexis Descatha)</i>	<p>Articles to be published</p> <p>To carry out successfully the seed project</p> <ul style="list-style-type: none"> <li>- PhD student recruitment + employment</li> <li>- Conduct data collection (survey at EU Green universities)</li> <li>- Potential application for EU Green Scientific Conference (October 2026).</li> </ul>

	PROBRAIN - Ileana Ramazzina	To carry out successfully the seed project
	Abreak4you - Ana Isabel Rodrigues Morais	To carry out successfully the seed project
	Nursing with focus on care for elderly (Maria Engstrom)	Publish three papers
	Other topics	<p>Continue to develop working groups on:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Personalized/nano medicine (Guillaume Bastiat)</li> <li><input type="checkbox"/> Cancer (Amy Mullee and Laura Keaver) + Sandra (comparative oncology with Wroclaw) + Anna Efverman HiG,</li> <li><input type="checkbox"/> Celia Antunes: proposal on exposure to solutions – occupational health</li> <li><input type="checkbox"/> dental care for elderly</li> <li><input type="checkbox"/> nursing students’ competence, learning and wellbeing.</li> <li><input type="checkbox"/> occupational health and cancer – returning to work.</li> <li><input type="checkbox"/> evaluate bioactive compounds from different regions from the Alliance.</li> <li><input type="checkbox"/> culture and art and the impact on health and wellbeing – there is a call for this september</li> </ul>
	Other topics WP2	We (Evora, Extremadura and Gävle) have been working on a triple PhD degree in nursing and health sciences “Sustainable working and caring environments within healthcare/nursing”. An application has also been sent to the call in WP 2 and we are waiting for a response.

## 1. DETAILED ACTION PLAN:

### a. Nutrition (Lisa Ryan)

RESULTS 2022-2024

- Erasmus funding obtained on the topic

- data collected, articles under development

PLANS 2025-2026:

- apply for Horizon Call within this consortium in 2026

+ *Oxidative stress conference (Mariana Muresan)*

- *Project funded by EU Green. To be organized in October 2025*

*b. Mental health (of students) (Lara de Pinto and Maria Engstrom)*

RESULTS 2022-2024

- seed funding obtained on the topic in 2023
- data collected + 3 articles under publication

PLANS 2025-2026:

- apply for Horizon Call within this consortium in 2025 **HORIZON-CL2-2025-01-TRANSFO-09:**

**Improving mental health outcomes for people's in education, training and work**, kick-off

meeting in Évora in May 2025 people from Evora, Extremadura, Oradea and HiG attending IRL and ATU online. One person from Anger will be in Evora later this semester to catch up.

*c. Sport and wellbeing (Ed Daiy and Rafael Timon Andrada)*

RESULTS 2022-2024

- seed funding obtained on the topic 2023
- BiP organized in two rounds
- Erasmus application for joint masters submitted (rejected)

PLANS 2025-2026:

- apply for Horizon Call within this consortium in 2026

*d. Occupational health (Jennie Jackson and Alexis Descatha)*

Project #1 – Job rotation and Health (Gävle + Angers)

RESULTS 2022-2024

- Conducted a systematic review and submitted article

PLANS 2025-2026:

- Article revisions and publication
- BiP (Sligo, 2025 – ATU, Gävle + Angers) - Epidemiological Applications for Health and Sustainability

Project #2 - SHAPED - Sustainable Health and Academic occupational Exposures during Digital transformations of work (Gävle, Angers + ATU)

RESULTS 2022-2024

- seed funding obtained 2024 (funding period: 2024-2026)
- Cotutelle funding obtained 2024 (funding period: 2025 - 2029)

PLANS 2025-2026:

- PhD student recruitment + employment
- Conduct data collection (survey at EU Green universities)
- Potential application for EU Green Scientific Conference (October 2026).

*Personalized/nano medicine (Guillaume Bastiat)*

RESULTS 2022-2024

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PLANS 2025-2026:

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PROBRAIN - Ileana Ramazzina

RESULTS 2022-2024

- seed funding obtained on the topic in 2024

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PLANS 2025-2026:

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Abreak4you - Ana Isabel Rodrigues Morais

RESULTS 2022-2024

- seed funding obtained on the topic in 2024

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PLANS 2025-2026:

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Nursing with focus on care for elderly (Maria Engstrom)

RESULTS 2022-2024

- joint research conducted among HiG, ATU and UEx, data have been collected in all countries, data analysis on-going in one of the countries and finished in the others.

PLANS 2025-2026:

- publish 3 papers

- One person from Extremadura has received national grants for a 4-month postdoc stay in Gävle related to this topic and other topics within care for elderly (August-November 2025)

Cancer (Amy Mullee and Laura Keaver) + Sandra (comparative oncology with Wroclaw) + Anna Efverman HiG,

Celia Antunes: proposal on exposure to solutions – occupational health.

## 2. challenges identified and solution proposed

	Challenge	Proposed solution
1	Engagement in the cluster meetings	Change schedule: fewer cluster meetings (every 2-3 months), keep team meetings and the monitoring done also through email. In the time saved we will include more info-sessions on accessing funds, available calls to support existent teams to advance in their work.
2	Dissemination of our results, the cluster, and new topics to our colleagues / EU Green community	This is not a challenges for all. “data base” with people+topics – short info to facilitate contacts. Series of webinars/podcast made with AI based on join publications to present the existent teams and

		their results (in cluster 1 there are 10 active working groups at the moment)
3	Improve communication among partners (mainly for new topics)	<p>One “local contact person for cluster 1” in each partner univ – recognized as such by the cluster and by the univ. This person should attend the cluster coordination meetings (90%) and actively facilitate communication.</p> <p>From now its:          Lisa in ATU,          Maria+Jennie in Gavle,          Guillermo in Extremadura,          Federica and Letitia in Parma,          Mariana and Tomina in Oradea          Alexis + Anaelle and Alix – Angers          Celia Antunes and Orlando – Evora          ?? – Magdeburg</p> <p>Not yet partner - Wroclaw</p>
4		<p>On the same problem, each colleague, interested in proposing new topic or finding collaborators, will fill in a short description and enter the “cluster 1 data base” – hopefully this can be also done within Agora. See point 2.</p> <p><i>Expression of interest.</i>          promote the contact person to each university to make sure new people go through them.</p>
		On the same problem: the general mailing list will be eliminated – more targeted info will be sent to local contact persons who will disseminate as they find fit.
5	Information on specific calls and the “how to”fill in an succesfull application for different calls.	Info-sessions should be revived and organized in a more systematic and communicated manner.
6	Increased collaboration between PhD students and teachers within the cluster 1 topics.	<p>Disseminate / link the research courses organized within our universties for PhD students, so we can organize them jointly – students from other universities could attend the online classes.</p> <p>Increase mobility of PhD students – repository of courses relevant for our cluster. Maria and Jennie will focus on this topic during the first cluster meeting this fall, among other things, and we will ask for information in advance.</p>
7	Solve the contradiction: expand the cluster vs. enforce existent research teams.	Long discussions were here. For most of us the topics already identified are clear and require a lot of work. Colleagues would like to apply for Horizon funding on two of the topics, another one already has

8	Emails that do not reach the recipient	<p>supplementary funding through Erasmus. Already the work here is demanding, and for most EUGreen is above the other duties.</p> <p>While we did not reach consensus yet, one possibility would be that the people already involved continue their work, new comers are welcomed and encouraged to find partners.</p> <p>We are aware after these two years that the topics that managed to advance had at least one committed colleague which organized the work and meetings and made decisions when it is needed.</p> <p>Maybe create backup for “partner search” and other key topics on the teams. Do we all have access?</p>
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### 3. Schedule for Cluster 1 regular meetings for academic year 2025-2026

TUESDAYS FROM 10:00 CET EVERY TWO MONTHS, MODERATED BY EACH

- September the 16<sup>th</sup> - HiG
- November the 18<sup>th</sup> - ATU
- January the 20<sup>th</sup> – UA
- March the 10<sup>th</sup> - UE
- May the 5<sup>th</sup>- UNIPR
- July – staff week in Magdeburg

### 4. New proposals:/ expressions of interests received during the staff week.

-dental care for elderly

- nursing students’ competence, learning and wellbeing.

- occupational health and cancer – returning to work.

- evaluate bioactive compounds from different regions from the Alliance.

culture and art and the impact on health and wellbeing – there is a call for this september