



ETSEAMN  
INTERNATIONAL



Valencia Mediterranean Lifestyle

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ETSEAMN Valencia  
3rd-16th July 2024



UNIVERSITAT  
POLITÈCNICA  
DE VALÈNCIA



Escola Tècnica Superior  
d'Enginyeria Agronòmica  
i del Medi Natural



## Valencia Mediterranean Lifestyle



View our Videoclip:



<https://iro-etsiamn.webs.upv.es/video/vml.php>

An unforgettable chance to step into the authentic Mediterranean lifestyle.

Students will be able to enjoy Mediterranean way of living as locals do.

Awaken your senses to get the most from Valencia.

Join us for an unique experience.

Keep your eyes and mind opened, you won't want to miss anything.

**VML, what you've been looking for**

Now you can check our flyer on your phone →



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## DESCRIPTION

VML Summer School is a two-week unique experience to enjoy Mediterranean Lifestyle, our healthy and friendly way of living. Students will improve their academic competences through daily lectures in Arts & Culture, Science & Technology and Health & Nutrition.

## INTENDED OUTCOMES

Upon completing the course, participants will have strengthened their technical competence in their selected field of study. Full immersion in Mediterranean Culture will provide them with understanding of European Society, contributing to a successful career building process.

## EVENT STRUCTURE

The event lasts **two weeks**, divided into six hours work sessions per day.

**Fee: 2,500 €** per person, including half board accommodation in student dorm, snacks and lunches from Monday to Friday and all work materials.

## EVENT COORDINATOR

Prof. Vicente Castell , Head of International Relations ETSEAMN.

Claudio Benavent, IRO ETSEAMN.

ETSEAMN. Coaches and Lecturers are qualified Staff and Faculty from different UPV Schools and Departments.

## COACHING AND TRAINING METHODS

Small work groups will be created along the scheduled activities with our buddy team. Sessions involves specific learning subjects, group dynamics, topic oriented seminars, open debate, and a powerful human-based operative framework.

## DATES AND LOCATION

**Wed 03.07.24 to Tue 16.07.24**

Place:ETS Ingeniería Agronómica y del Medio Natural (ETSEAMN). Universitat Politècnica de València (UPV). Camí de Vera s/n. 46022 Valencia, Spain.

## TRAVEL, LIVING AND ACCOMODATION EXPENSES

Participants will cover their own travel expenses.

They will be accommodated in modern, full-equipped student dorms.

## INFORMATION

**Registration deadline: 1<sup>st</sup> April 2024**

**Fee payment deadline: 1<sup>st</sup> May 2024**

Maximum number of participants: 60

Cancellation policy: no registration fees will be refunded within 15 days prior to the start of the course.

**Registration link:**

<https://forms.gle/y85R8Zc71QrKSuRN8>



Valencia Mediterranean Lifestyle



## TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>09:00</b>	Introduction (1)	Good-morning Meeting (2)	Good-morning Meeting	Good-morning Meeting	Good-morning Meeting
<b>09:30</b>	Lecture 1 (3)	Lecture 1	Lecture 1	Lecture 1	Lecture 1
<b>10:30</b>	Break	Break	Break	Break	Break
<b>11:00</b>	Lecture 2 (4)	Lecture 2	Lecture 2	Lecture 2	Lecture 2
<b>12:15</b>	Training course (5)	Training course	Training course	Training course	Training course
<b>13:30</b>	Intercultural lunch	Intercultural lunch	Intercultural lunch	Intercultural lunch	Intercultural lunch
<b>15:00</b>	Cinema corner	Cinema corner	Cinema corner	Cinema corner	Cinema corner
<b>16:00</b>	Free time	Free time	Free time	Free time	Free time
<b>19:15</b>	Social program(6)	Social program	Social program	Social program	Social program

(1) UPV basic information, participants welcome and program description

(2) Presentation of *selected topics* for monitored open debate

(3) Lectures on three different areas of study:

**Group A:** Mediterranean identity & heritage.

**Group B:** Global industrial & environmental challenges.

**Group C:** Spanish food & culture.

(4) Soft skills for career building.

(5) Key soft skills in language and IT abilities for students.

(6) Beach Volley Camp, Culinary Atelier, Photography Workshop

Saturdays 6th and 13th of July: "one-day-excursions" to the Costa Blanca and Costa del Azahar.



## Valencia Mediterranean Lifestyle

**ETSEAMN Valencia, 1st-14th July 2024**

### GOOD-MORNING MEETINGS

Topic-oriented seminars for University Students

1. The upload/download Paradise.
2. First give then take.
3. Unfriendly deadlines.
4. Reliable Partnerships.



### LECTURE 1

#### Group A. Arts & Culture

##### *Mediterranean identity and heritage*

Valencia has a great representation of the art and culture of Mediterranean Europe. The aim of this course is learning about the rich architectural and artistic heritage of Valencia, its millenary history and the footprint of the different cultures that have passed through. You will have the chance to discover the Gothic, Renaissance, Modernist and Contemporary styles.



#### Group B. Science & Technology

##### *Global industrial and environmental challenges*

Students of this course will get into the latest technologies applied to industry as well as sustainable practices in business development. The main focus will be on Agrifood Industry and Processes.

## Group C. Health & Nutrition

### *Spanish food and culture*

Students will learn about the unique Mediterranean diet, one of the main fundamentals of our Lifestyle.

Our diverse and balanced cuisine, highlighting the olive oil, is a clear reflection of the variety and quality of the Mediterranean products.

According to our lifestyle, sustainable mobility is one of the strengths of Valencia, recently declared European Green Capital 2024 for its net of green spaces and environmental policy.



## LECTURE 2

### *Soft skills for career building*

Working on skills such as leadership, strategy, project management or sustainable finance, will set a cross-cutting approach to any career.

### **SOCIAL PROGRAMME (activities offer may vary upon staff availability)**

Students will also be able to practice sports, learn Valencian recipes or develop their photography skills joining our afternoon activities : Beach Volley Camp, Culinary Atelier or Photography Workshop.





## TRAINING COURSES

(course offer may vary upon staff availability)

### Language Training: *Spanish for Beginners*

*Spanish for Beginners* is a five-hour crash course that enhances the basic communication skills of participants. Sessions involve applied oral and written language training, combining individual and team work tasks.

### IT Training: *Applied IT Tools for University Staff*

This intensive five-hour course will focus in two main areas:

1. Awareness of Internet hidden risks , stressing on the user's privacy.
2. Presentation creating skills. Widening the framework beyond the traditional presentations, introducing new tools.

## ACCOMMODATION

**DAMIA BONET RESIDENCE HALL** – Very close to the UPV campus.

<http://www.resa.es/eng/Residences/Damia-Bonet> Phone: +34-962 050 500



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There's no need to look anywhere else. This is your place for the summer.

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