

**Project code: 2022-1-IT02-KA171-HED-000073309**

**Name and Surname:** ROSITA GABBIANELLI

**Home Institution:** UNIVERSITY OF CAMERINO

**Host Institution:** UNIVERSITY OF MEDICINE OF TIRANA, ALBANIA

**Type of mobility:** ERASMUS TEACHING

**Duration:** 6 DAYS OF ACTIVITY - FROM 02/12/2024 TO 07/12/2024 - PLUS 2 DAYS FOR THE TRAVEL

### Description of the activities:

The Erasmus Teaching activity at the University of Medicine of Tirana, Albania, was organized into 8 hours as follows:



**Early life programming of adult health (2 hours) E hënë 2 Dhjetor 2024, ora 12.00-14.00**

The lesson aims to describe how to program adult health, and how nutritional, environmental and lifestyle factors can modulate the epigenome leading to healthy/unhealthy phenotype.

**Salla e re Farmacia, Godina e Dekanatit të Fakultetit të Mjekësisë**

**Nutrigenomics in health and diseases (2 hours) E Martë 3 Dhjetor 2024, ora 8.00-10.00**

The lesson aims to explain how nutrigenomics works in adult age and which are the strategies to maintain health longer in life.

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**Gut microbiota responses to food intake (2 hours) E Martë 3 Dhjetor 2024, ora 10.00-12.00**

The lesson aims to explain which responses can modulate gut microbiota composition and the consequences on human health

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**Lifestyle and epigenetic clock: how to stay young? (2 hours) E mërkurë 4 Dhjetor, ora 11.00-13.00**

The lesson aims to explain the differences between chronological and biological age, how our biological age can be measured, and which factors can impact it.

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Prof. Rosita Gabbianelli, Università di Camerino, Itali



Koordinator Prof. Ledjan Malaj, Departamenti i Farmacisë, UMT



On Monday 2 December I meet Prof Ledjan Malaj at the Department to visit the structure and discuss about research and education of students.

From 12 to 14 I given the lesson on “**Early life programming of adult health**”; it was an interactive lesson where many students from the 3° year of master’s degree in pharmacy attended to the seminar (see photos).

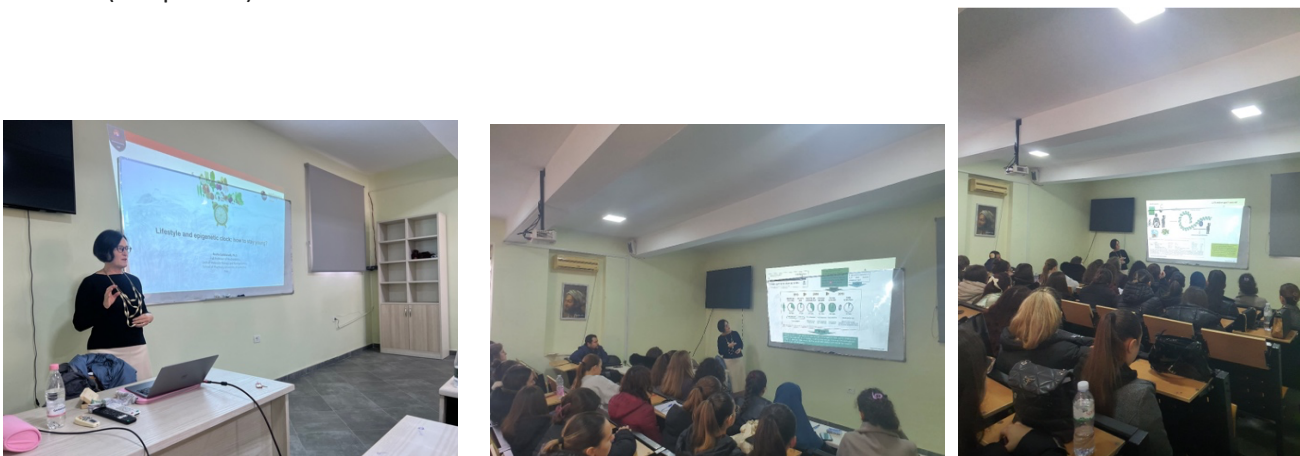
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On 3 December 2024 I did teaching activity from 8 to 12; the class was on **“Nutrigenomics in health and diseases”** (from 8 to 10 a.m.) and on **“Gut microbiota responses to food intake”** (from 10 to 12 a.m.). Many students from the 4° year of master’s degree in pharmacy attended the seminars (see photos).



On 4 December 2024 I did teaching activity from 11 to 13 on: **“Lifestyle and epigenetic clock: how to stay young?”** A high number of students from the 3° year of master’s degree in Pharmacy attended to the seminar (see photos).



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Activity done at the University of Tirana has been published in their website: <http://umed.edu.al/leksioni-i-hapur-me-teme-me-teme-early-life-programming-of-adult-health-nga-prof-rosita-gabbianelli/>

During the week of my Erasmus Teaching Mobility, I had the opportunity to meet other members of the Faculty of Medicine of Tirana to exchanges good practices within teaching and research activity.

Prof. Ledjan Malaj introduced me the pro-Rector Prof. Dr. Suela Këlliçi; during the meeting there was the opportunity to discuss about the post graduate courses that Unicom organizes and the opportunities to joint them also for Albanian bachelor's and master's degrees (photos below).



Moreover, Prof. Ledjan Malaj introduced me to Prof. Alma Idrizi, Vice-Rector, of University of Medicine of Tirana; she was interested to join into PhD activity and common project within educational program (photo below).





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The experience within Erasmus teaching activity was excellent and the interest of the students in the field of nutrigenomics was high; many asked me about courses on this subject offered by the University of Camerino.

I am proud for this experience and I thank all that contributed to create this excellent opportunity of Erasmus+ mobility.

09 December 2024

Prof. Rosita Gabbianelli