**BIP call for applications**

# The first step - the secrets of nutrition at an early stage of life

The University of Parma, jointly with:

- University Kazimierz Wielki of Bydgoszcz (Poland; coordinator)
- Egas Moniz School of Health and Science (Portugal)
- Lisbon School of Health and Technology (Portugal)
- Technische Hochschule Ostwestfalen-Lippe; University of Applied Sciences and Arts (Germany)

offer their students the opportunity to participate in a Blended Intensive Program (BIPs).
BIPs are one of the new and innovative formats of student mobility introduced by the new Erasmus+ 2021-2027 Program. These programs, jointly developed by multiple higher education institutions, feature advanced and innovative pedagogical approaches that combine short-term face-to-face (physical) mobilities with portions of virtual learning.
BIPs are inherently transnational and transdisciplinary, as curricula are developed and taught together by partner institutions in different countries. The combination of in-person and virtual learning spaces allows students and professors to experience and exchange highly collaborative, challenge-based and research-steeped methods of teaching and learning.
Through the required virtual part of the program, students and professors alike have the opportunity to develop and hone their digital knowledge and skills, reflecting the European Commission's priority to harness the potential of digital technologies for teaching and learning and to develop digital skills for all.

## The first step - the secrets of nutrition at an early stage of life

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### 1. Description of the program

The course consists of 7 days, of which the mobility includes 5 days.

Breast milk is considered the gold standard of infant nutrition due to its unique nutritional and bioactive components. The aim of the course will be to increase awareness and knowledge about the valuable ingredients contained in breast milk. On the other hand, nutrition at an early stage of life can be associated with threats such as the presence of various types of contaminants. Exposure of the mother to mycotoxins - toxic secondary metabolites produced by certain species of molds can result in their transfer to breast milk. Therefore, it is important to carefully analyze the impact of the mother's diet on the health of her child. This course is key to understanding the benefits of breastfeeding and the impact of food on the health status of children in the early period of life. During the stationary stay, participants will become familiar with various types of studies including microbiology, research on the composition of human milk in terms of macronutrients and presence of mycotoxins. Participants will take part in a study visit to the regional human milk bank in Toruń.

The language of teaching is English.

Program details:
The course starts on 8th May 2026 (one day, online) with a face-to-face period from 18th to 22nd May 2026 and ends on 11th June 2026 (one day, online).
On the kick-off day, participants will take part in an online meeting that will allow them to meet the staff, as well as to get introduced to the basic concepts of the course. During online meetings, participants will receive knowledge about human milk and the effects of contaminants on human health. During the face-to-face

period, each day will include two parts: 1) lectures, problem analysis, and introduction to specific topics; 2) practical activities. The closing (virtual) session will involve a debriefing meeting where participants will present and discuss the assigned projects.
ECTS credits awarded (with credit equivalents for non-ECTS partners): 3
Program location(s): University Kazimierz Wielki of Bydgoszcz (Poland; coordinator)
Each participating institution may enroll up to 4 students.

## 2. Eligibility criteria

To apply for this program, students must be regularly enrolled at one of the participating universities.
Applicants can be enrolled in a Master's or PhD level degree.
At the time of the application submission, applicants must demonstrate proof of English language competence at the B2 level (CEFR). This can be certified by Language Placement Test (LPT), curricular linguistic suitability required by the study plan (certified by the self-certification of enrolment with exams taken), certificate of language level from one of the extracurricular language courses provided by the Language Centre of the University of Parma; see application procedures below).
Participation in this program is open to students the following disciplines and/or degree courses:

- University of Parma:
  - MSc in Human Nutrition Sciences
  - MSc in Food Science and Technology
  - MSc in Food Safety and Food Risk Management
  - PhD Course in Food Science

- University Kazimierz Wielki of Bydgoszcz (Poland; coordinator)
- Egas Moniz School of Health and Science, Portugal
- Nova National School of Public Health/University NOVA de Lisboa, Portugal
- Technische Hochschule Ostwestfalen-Lippe; University of Applied Sciences and Arts, Germany

## 3. How to apply

Students interested in participating should fill out the application form at this link: https://forms.office.com/e/ZCC3sQzpb0?origin=lprLink by **February 23rd.**

The following documents are required to complete the application:

- Copy of ID or passport
- A certificate of enrolment at the home University with a list of exams passed and grades
- Language certificate
- Motivation letter
- Europass format CV
- Other documents and certificates, including references letters (optional)

**Please send ALL documents in a zip file in one email, with the subject line "LAST NAME – BIP APPLICATION".**

## 4. Selection criteria and procedures

An appointed committee formed by Luca Dellafiora, Barbara Prandi and Elena Bancalari will carry out the selection procedures based on the following criteria:

- Academic performance: 20/100
- Motivation: 40/100
- English language competence: 20/100
- Evaluation of further qualifications and skills: 20/100

Students should expect to hear back about the result of their application by March 2nd, 2026.
The selected students will be contacted by the Internalization Unit regarding the necessary formalities
Selected students must communicate their acceptance or withdrawal within 3 days from the publication of the selection results by contacting their university program coordinator (see below).
Selected students will be contacted with further instructions upon completion of the selection procedures.

## 5. Financial support

Each partner university shall be responsible for the management of the financial aspects of the mobilities in accordance with the provisions of their National Erasmus+ Agency.

## 6. Contacts

University of Parma (Italy) - Prof. Luca Dellafiora – luca.dellafiora@unipr.it

University of Parma (Italy) Prof.ssa Barbara Prandi – Barbara.prandi@unipr.it

University of Parma (Italy) Prof.ssa Elena Bancalari – Elena.bancalari@unipr.it

University University Kazimierz Wielki of Bydgoszcz (Poland; Coordinator) – Prof. Katarzyna Łubiech – katarzyna.lubiech@ukw.edu.pl
Egas Moniz School of Health and Science (Portugal) - Prof. Ricardo Assunção – rassuncao@egasmoniz.edu.pt

Nova National School of Public Health/University NOVA de Lisboa - Prof. Carla Viegas – carla.viegas@estesl.ipl.pt

Technische Hochschule Ostwestfalen-Lippe; University of Applied Sciences and Arts – Anne Kulasi anne.kulasi@th-owl.de