

STUDY GUIDE

The Environment is my Health

Course/training name	The Environment is my Health
Host Institution(s)	Nantes Université
Co-organising Institution(s) (if applicable)	None
Course level (if applicable)	Bachelor
Name and faculty of the lecturer(s)/trainer(s)	OUGUERRAM Khadija and Angela TESSE RAGOT Faculty of Sciences and Technics of Nantes University.
Mode of delivery	Online live + self-study
Location (if applicable)	/
Dates of the <u>online</u> component (if applicable)	From 09 March 2026 to 30 April 2026
Cost	None



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With the support of the
Erasmus+ Programme
of the European Union



This project has received funding from the European
Union's Horizon 2020 research and innovation pro-
gramme under grant agreement No 101035821.



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Target audience(s)	☒ Bachelor's ☐ Master's ☐ PhD ☐ Educators ☐ Researchers ☐ Administrative staff																								
Prerequisites	French B2, English B2																								
Main Thematic Arena(s)	☒ Arena 1 - Health and Well-Being ☐ Arena 2 - Social Equality and Well-Being ☐ Arena 3 - Environmental change and Well-Being ☐ Arena 4 - Multilingualism and Well-Being ☐ Arena 5 - Teacher Education and Well-Being ☐ Transversal																								
Field(s) of research / study	Physiology, Food, microbiota, chrononutrition, diseases, one health, artificial intelligence, physical activities																								
Related Sustainable Development Goals (SDG)	 <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>☐ 1 - No poverty</td><td>☐ 10 - Reduced inequalities</td></tr> <tr> <td>☐ 2 - Zero hunger</td><td>☐ 11 - Sustainable cities and communities</td></tr> <tr> <td>☒ 3 - Good health & well-being</td><td>☐ 12 - Responsible consumption & production</td></tr> <tr> <td>☐ 4 - Quality education</td><td>☒ 13 - Climate action</td></tr> <tr> <td>☐ 5 - Gender equality</td><td>☐ 14 - Life below water</td></tr> <tr> <td>☐ 6 - Clean water & sanitation</td><td>☒ 15 - Life on land</td></tr> <tr> <td>☐ 7 - Affordable & clean energy</td><td>☐ 16 - Peace, justice & strong institutions</td></tr> <tr> <td>☐ 8 - Decent work & economic growth</td><td>☐ 17 - Partnerships for the goals</td></tr> <tr> <td>☐ 9 - Industry, innovation & infrastructure</td><td></td></tr> </table>							☐ 1 - No poverty	☐ 10 - Reduced inequalities	☐ 2 - Zero hunger	☐ 11 - Sustainable cities and communities	☒ 3 - Good health & well-being	☐ 12 - Responsible consumption & production	☐ 4 - Quality education	☒ 13 - Climate action	☐ 5 - Gender equality	☐ 14 - Life below water	☐ 6 - Clean water & sanitation	☒ 15 - Life on land	☐ 7 - Affordable & clean energy	☐ 16 - Peace, justice & strong institutions	☐ 8 - Decent work & economic growth	☐ 17 - Partnerships for the goals	☐ 9 - Industry, innovation & infrastructure	
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Number of ECTS and/or workload (in hours)	3 ECTS																								
Language(s) of instruction	French/English																								
Key words	Obesity	DOHaD	dysbiosis	endocrine disruptors	homeostasis	gender responses																			
Catch Phrase	Changes in the environment significantly affect human health.																								
Total number of places for EUniWell participants	22																								

Application procedure	Application form on the EUniWell Courses and Training Catalogue <i>Specific process (if any):</i>
Selection criteria	<i>Profiles and motivation letters</i>
Abstract	This training "The environment is my health" is focused on the interrelationship between the environment in which we live and our physical and mental well-being and the mechanisms involved. Through different aspects such as eating behaviour, exposure to various environmental factors, sports practices, alteration of the internal clock. At the end of this training the student will be able to understand their direct impacts on his health. Thus, the students will become aware of potential environmental dangers and will think about actions aimed to preserve a healthy environment for human health promotion associated to the "One Health" concept. This will be achieved with the restitution of a team project at the end of the training
Programme / session(s)' schedule	Lectures (Asynchronous teaching): - The "one health" concept - The importance of the first 1000 days of life on adult health - Microbiota and health - Chrononutrition and intermittent fasting - When the heart fails - Doping, extreme sports and health risks - Artificial intelligence and the health of the future - Effects of the environment on men and women - Endocrine disruptors and fertility - Artificial Intelligence and Health Synchronous teaching: — A remote meeting to explain the aim of the project, team formation, subject choices, and the expected outcomes. — Monitoring of the progress of the project by a teacher. — Oral restitution of the project in remote meeting with a committee of teachers and all the students.

Developed skills and competences (ESCO)	ESCO : K09; K092; S1.4; S1.8; S1.12; S1.13 At the end of this course, the student will be able to: • apply health-related skills and competences; • understand the contemporary environmental issues and their human health impacts; • identify and become aware the environmental risks to protect community capital health; • conduct bibliographic research on the links between the environment and health effects; • analyse data from health and welfare; • communicate, collaborate and use the creativity.
Objectives and learning outcomes	During the teamwork, students will research and gather scientific information on the chosen topic and produce a scientific communication tool for the general public intended for a wide audience (a press article, a video, a poster, a flyer, etc.).
Assessment methods and criteria (if applicable)	• Validation of each asynchronous lecture will be checked by quizzes programmed in LMS Moodle. • The oral presentation of the Project will be evaluated.
Type of certification issued upon attendance or completion	Certificate of completion Transcript of records for 3 ECTS
Contact	List of local EUniWell catalogue's coordinators available here. <i>For questions related to the content of the course, please contact the offer's Institution's local catalogue coordinator. For questions related to administration, mobility or recognition the course in your curricula, please contact home Institution's local coordinator.</i>