



**Universität  
Zürich** UZH

UZH Healthy Longevity Center



# **UZH International Summer School** Healthy Longevity

30 June to 18 July 2025, University of Zurich

This immersive summer school at UZH offers a rare blend and unique insights into cutting-edge insights and hands-on experience in healthy ageing and longevity, delivered by an interdisciplinary team of experts from UZH and top global institutions. With its unique geographical position in the heart of Europe and near innovation pioneers in various public and private sectors (pharma industry, World Health Organization, finance), the program includes unique opportunities for site visits in healthy ageing and longevity stakeholders.

## What you will gain:

-  **Interdisciplinary Insights:** Learn about the latest theoretical, empirical and practical knowledge on healthy ageing and longevity.
-  **Real-World Applications:** Gain an understanding of how ageing affects both individual and societal health and explore emerging trends shaping the longevity sector.
-  **Market-Ready Skills:** Learn about the opportunities and challenges in translating longevity research into impactful market applications.

## The course will examine in particular:

- 🌿 Historical and current perspectives on healthy ageing and longevity
- 🌿 Pathways to healthy ageing and longevity from interdisciplinary perspective
- 🌿 Innovative methodological approaches to research on healthy ageing & longevity  
(e.g., mobile sensing, multimodal data integration, participatory research)
- 🌿 Age perceptions, stereotypes and ageism and their implications for health and longevity
- 🌿 Opportunities and risks within current longevity industry developments  
(e.g., increasing social inequalities, too little consideration of required opportunity structures)

**Hands-on innovation**  
Engage in focused group  
hackathons and innovations to  
develop socially and individually  
relevant applications and  
innovations for healthy ageing  
and longevity.

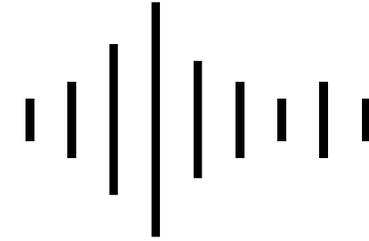
# Course Content

# Lifespan Development and Ageing

Ca. 4 taught hours

The first part of the summer school will consist of podcasts for students to prepare in advance and will present:

- 🌿 Basic tenets of lifespan psychology and gerontology
- 🌿 Key theories of developmental regulation



# Healthy Ageing & Healthy Longevity: Definition, Development and Pathways



Ca. 24 taught hours

This part of the course provides students with essential knowledge on:

- 🌿 Healthy ageing theories and definitions
- 🌿 Adult development and ageing in key components of healthy ageing (FA domains of WHO model)
- 🌿 Differentiating interdisciplinary approaches to ageing and health (psychology, sociology, medical sciences, biology, economics, geography)



# Key Data Challenges & Methods in Ageing and Longevity Research

Ca. 18 taught hours

This part of the course provides students with essential knowledge on:

- 🌿 Cross-sectional vs. longitudinal research methods
- 🌿 Ambulatory assessment
- 🌿 Multimodal data streams
- 🌿 AI and LLM
- 🌿 Digital Twins
- 🌿 Participatory stakeholder involvement/citizen science

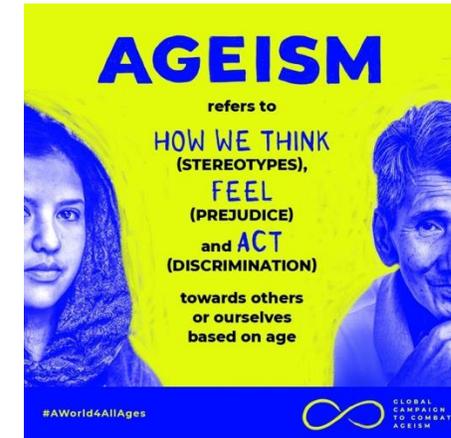


# Age Perceptions, Stereotypes & Ageism

Ca. 10 taught hours

The last part of the course will be addressing:

- 🌿 Definition and development of perceptions of age
- 🌿 Nature and prevalence of age perceptions, stereotypes and ageism
- 🌿 Implications for health
- 🌿 International competence and cooperation between state actors
- 🌿 Coordination and interaction between criminal and sports-related disciplinary proceedings



WHO



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The summer school will include an innovathon for participants to refine in small groups their concepts of innovative services and/or products that address a key challenge for healthy ageing and longevity from their perspective, leveraging and addressing the multimodal data streams relevant in ageing and longevity research. The innovathon will take place in two separate events and include brief oral pitches by the students, which will be prepared in groups.



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# Course Directors, Guest Speakers and Contributors

# Your Course Directors & Organizing Team



**Prof. Dr. Mike Martin**  
Director, Department  
of Psychology and HLC



**Dr. Christina Röcke**  
Lifespan Psychologist,  
Co-Director HLC



**Dr. Claudia Hagmayer**  
Event Manager, HLC

# Guest Speakers & Contributors from Academia, the Public Sector and Industry



Benefit from the expertise of renowned professors from the University of Zurich and other leading experts from academia!



Benefit from the top practitioners in public institutions and the industry from various fields!



Check our website for details on already confirmed lecturers & speakers:

[UZHISS – Healthy Longevity](#)



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**Teaching and Learning Methods**

**Assessment**

**Entry Requirements & Fees**

# Teaching & Learning Methods



- 🌿 **Podcasts** – Watch pre-recorded sessions on demand
- 🌿 **Interactive Lectures** – Engage with our lecturers and benefit from their expertise
- 🌿 **Reading List** – Get relevant reading material, including background readings and examples of research-practice/innovation use cases and case studies
- 🌿 **Tutorials and Q&A Sessions** – Engage directly with our teaching team
- 🌿 **Group Work** – Interact with other students and work together in preparing a case study
- 🌿 **Innovathon** – Put your newly acquired theoretical knowledge into practice and engage actively with a fictional case in the field of «healthy ageing and longevity counseling» as well as innovation
- 🌿 **Science Communication/Pitching** – receive targeted training and feedback on how to effectively present your research to different stakeholder groups to facilitate broad translation into practice and industry application.

## In order to receive 6 ECTS for this summer school, you will need to:

- 🌿 Before the start of the summer school: Prepare for the course with pre-readings and podcasts/pre-recordings (instructions will be sent to students at the end of May 2025; ca. 5–6 hours)
- 🌿 Attend all lectures/sessions, watch all podcasts and participate actively in live sessions
- 🌿 Actively participate in the Innovathon and pitch a first concept draft

**Grading:** pass or fail

You will receive your **Transcript of Records** and a **Confirmation of Completion** after the summer school.

# Entry Requirements & Fees



**All students who meet the following entry requirements are encouraged to apply:**

- Study Level:** Master students or advanced Bachelor students
- Subject Areas/Prior Knowledge:** The summer school is open to students from all fields, in particular psychology, medicine, sociology, humanities, biology, economics, data science or related fields with a strong interest in the topic.
- Language Requirements:** Applicants must possess a sufficient command of English (broadly CEFR B2 or equivalent) to be able to actively contribute to classes.

## Fees

- Regular Fee:** from 3,450 Swiss francs (incl. accommodation)
- Discounts:** Generous discounts are offered to students from UZH partner universities, including strategic partners and international networks. Once we have received your application, we will notify you of any potential discounts available to you. Please also consult [our website](#) for more information about our additional scholarship opportunities.

# Tentative Schedule

# Tentative Schedule Week 1 (30 June – 6 July 2024)



	Half day (Morning)	Half day (Afternoon)
<b>Prior via Podcast: Module 1 (Introduction to Lifespan Development and Ageing)</b>		
<b>Mon, 30 June</b>	Check-In for UZHISS Housing (beginning Sun, 29 June)	Welcome and Introduction to the summer schools and the UZH by Global Student Experience (GSE)  Welcome Event for all summer schools (mandatory; offered by GSE)
<b>Tue, 1 July</b>	Introduction to the Summer School in Healthy Longevity  Q&A, wrap-up video sessions module 1 introduction, take-home messages	Module 2: Healthy Ageing and Healthy Longevity - Definition, Development and Pathways
<b>Wed, 2 July</b>	Module 2: Healthy Ageing and Healthy Longevity - Definition, Development and Pathways	Module 2: Healthy Ageing and Healthy Longevity - Definition, Development and Pathways
<b>Thu, 3 July</b>	Module 2: Healthy Ageing and Healthy Longevity - Definition, Development and Pathways	Module 2: Healthy Ageing and Healthy Longevity - Definition, Development and Pathways  Optional Social Program (details tba)
<b>Fri, 4 July</b>	Module 2: Healthy Ageing and Healthy Longevity - Definition, Development and Pathways	Module 2: Healthy Ageing and Healthy Longevity - Definition, Development and Pathways
<b>Sat, 5 July</b>	Day Off / Optional Social Program (details tba)	
<b>Sun, 6 July</b>	Day off / Optional Social Program (details tba)	

# Tentative Schedule Week 2 (7 – 13 July 2024)



	Half day (Morning)	Half day (Afternoon)
<b>Mon, 7 July</b>	Module 3: Key Methods for Ageing and Longevity Research	Module 3: Key Methods for Ageing and Longevity Research
<b>Tue, 8 July</b>	Module 3: Key Methods for Ageing and Longevity Research	Module 3: Key Methods for Ageing and Longevity Research
<b>Wed, 9 July</b>	Academic Trip	Academic Trip
<b>Thu, 10 July</b>	Module 3: Key Methods for Ageing and Longevity Research	Module 3: Key Methods for Ageing and Longevity Research Optional Social Program (details tba)
<b>Fri, 11 July</b>	Module 4: Age Perceptions, Stereotypes & Ageism	Module 4: Age Perceptions, Stereotypes & Ageism
<b>Sat, 12 July</b>	Day Off	
<b>Sun, 13 July</b>	Day Off / Optional Social Program (details tba)	

# Tentative Schedule Week 3 (14 – 18 July 2024)



	Half day (Morning)	Half day (Afternoon)
<b>Mon, 14 July</b>	Wrap-up / Key Learnings / Open Questions from Weeks 1-2	Preparation of the Concept Pitch
<b>Tue, 15 July</b>	Preparation of the Concept Pitch	Preparation of the Concept Pitch
<b>Wed, 16 July</b>	Pitch Presentations	Pitch Presentations
<b>Thu, 17 July</b>	Pitch Presentations	Results, Feedback and Review Optional Social Program (details tba)
<b>Fri, 18 July</b>	Free time / get ready for Graduation Ceremony	Graduation Ceremony for all summer school programs (mandatory) (organized by Global Student Experience)

# Contact

# The UZHISS Team at Global Student Experience



In case of any questions regarding the UZH International Summer Schools, please contact **Nina Richard** & her team:

## **UZHISS Team at Global Student Experience**

[summer@int.uzh.ch](mailto:summer@int.uzh.ch)

or via the website: [www.summerschools.uzh.ch](http://www.summerschools.uzh.ch)



**Nina Richard** (she/her)  
Short Program Mobility Coordinator