



# Summer Medical School Lifestyle

Open the door to cutting-edge **healthcare at NOVA Medical School's Summer School** in the vibrant city of Lisbon.

Located in the heart of innovation, NOVA Medical School is dedicated to shaping the future of medicine, with a strong focus on disease prevention.

Designed for secondary school students from all over the world, **aged between 16 and 18**, this program will provide a unique opportunity to expand knowledge and skills in a dynamic and immersive environment.

Join a community committed to pioneering the future of healthcare through innovative approaches and a strong emphasis on disease prevention.

*The program is subject to minor changes*



**Monday**  
21 JULY

**Tuesday**  
22 JULY

**Wednesday**  
23 JULY

**Thursday**  
24 JULY

**Friday**  
25 JULY

09H - 10H

Welcome Session Program  
Presentation  
NMS Campus Tour

Cardiovascular Risk -  
Interactive Lecture

Laboratory Activity - Food  
Chemistry

Yoga Class

Visit to the Health Museum

10H - 11H

11H - 12H

Mock Clinic challenge - how  
to interview and obtain a  
patient's history

Microbiota & Health

Culinary Medicine  
ABCD - Adiposity-Based  
Chronic Disease

Culinary Medicine  
Microbiota & Health

Culinary Medicine  
Physical Activity and Sports

12H - 13H

Health, Technology &  
Innovation  
Artificial Intelligence

Laboratory activity - Food  
Toxicology

13H - 14H

Lunch

Lunch

Lunch at NMS Kitchen Lab

Lunch at NMS Kitchen Lab

Lunch

14H - 15H

Siemens Healthineers  
Session

NMS Anatomical Theater

NMS Simulation Center

Session Basic Life Support

Fast & Healthy Snacks

15H - 16H

Laboratory Activity - Food  
microbiology

Visit SLB  
(Sport Lisboa e Benfica)

Endocrinologia e Diabetes

16H00 - 17H

Social Program Jeronimos  
Monastery  
Belém

Health, Tecnology &  
Innovation Precision  
Medicine

Class with Personal Trainer

Sunset party  
NOVA Medical School

17H - 17H30

Social Program  
City Centre Tour

Social Program  
Gulbenkian Garden's

Free Time