

# ICM Erasmus+ Report

## on mixed mobility to Cairo University

Egypt, 7-11 May 2023

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A delegation of UniWA staff visited (May 7 to 11, 2023) the Cairo University- CU, in Cairo, Egypt.

The academic Erasmus supervisor of the Dept of Food Science and Technology (Anastasia Kanellou) presented UniWA and particularly the Food Science and Technology dept. She also gave her lessons entitled “Sustainable diets” including interactive links to evidence-based data, based on a good practice experienced during the Covid pandemic online lessons.

Mrs Varvara Sopidou (laboratory teaching staff, Dept of Biomedical Science) gave lessons on dietary habit assessment, based on the Mediterranean diet scores. She used interactive training techniques, which she is already applying at UniWA. This is considered an innovative and good practices approach to assessing personal eating habits, via online live quest tools (Kahoot). Both the students and the staff did welcome this interactive teaching method with enthusiasm, so the teaching techniques knowledge was transferred to CU.

Meeting with staff followed, and many labs and departments visit did take place. Future Erasmus collaboration options were discussed, particularly with the English MSc course in “food processing” and possible traineeships in Greece for students from Egypt. Also, thoughts are in progress for an upcoming PRIMA joint proposal submission. Not to mention that the hospitality was very warm, and

many colleagues escorted us through the University facilities and devoted much more time than planned.

