

## Core Information

Duration	8 days - September 12 to 21, 2018 Arrival date: September 11, 2018
Credits	4 ECTS
Level	Undergraduate students
Course structure	Mix of lectures, simple laboratory experiments and excursions
Exam	None
Accommodation	Youth hostel Stuttgart, costs for accommodation and breakfast are covered by the organization committee
Summer School fees	Hohenheim students and students from other universities: 100,- € participation fee.  Students are required to cover their own costs for public transport, food, private and touristic excursions, insurance and personal needs.
Visa	Participants are responsible for obtaining the correct visa that allows them to study legally in Germany for the duration of the Summer School.
Insurance	Participants are required to have health insurance that covers illnesses and accidents as well as civil liability insurance valid for Germany.

### Details about the Summer School and registration at:

<https://humboldt-reloaded.uni-hohenheim.de/hrsummerschool>

**Registration deadline: May 4, 2018**

Humboldt reloaded

<https://humboldt-reloaded.uni-hohenheim.de/>

University of Hohenheim | Humboldt reloaded

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#### Student coordination:

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#### Scientific Director:

Judith Lauvai ([Judith.Lauvai@uni-hohenheim.de](mailto:Judith.Lauvai@uni-hohenheim.de))

#### Interdisciplinary concept:

Dr. phil. Cornelia Frank, Dip. Oec (AÖ) Evelyn Reinmuth,

Dr. rer. nat. Judith Lauvai, Nicole Henninger, M.Sc.

#### Impressum:

Stephan Merz (Organisation), Dr. Judith Lauvai (Content)

#### Back office:

Stephan Merz

#### Director of Humboldt reloaded:

Prof. Dr. Martin Blum



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UNIVERSITY OF  
HOHENHEIM

200  
YEARS

### Humboldt reloaded Summer School 2018



September 12 to 21, 2018

## Is health nature or nurture?

Bridging WHO recommendations and evidence based research in alcoholism, depression and nutrition.

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**“Health isn’t everything, but without it, everything else is nothing.” Schopenhauer**

One of the oldest questions in the history of psychology but also natural sciences is: are we determined by nature or nurture? Especially in terms of health this has been one of the most exciting topics to deal with. In 2015, the largest meta-analysis for twin studies from the last 50 years asked exactly this question which traits are due to genetics and which to the environment<sup>1</sup>. One author concluded “Genetics contribute to all traits – the difference is by how much”<sup>2</sup>. These aspects become very interesting when focusing on mental, emotional and physical health. In this course we aim to answer the overarching question: which has a greater influence, nature or nurture?

Thus, we will focus on three important contributors to global burden of disease including depression, alcoholism and nutrition. WHO has identified strong links between depression and substance use disorders and diseases such as diabetes and heart disease. However: the opposite is also true, meaning that people with these other conditions have a higher risk of depression.



We aim to provide bachelor students from different scientific backgrounds (natural, agricultural, economic, social and political) an interdisciplinary insight of health. Leading experts from various disciplines and WHO experts discuss how health can be influenced by regulations and recommendations and to what extent are we as humans either more or less susceptible to certain diseases due to our own genetic profile.

The Summer School is specifically designed for undergraduate students (3<sup>rd</sup> till 6<sup>th</sup> semester). It is offered as a research-based learning course with an interdisciplinary focus. Furthermore, students will be prepared and inspired for their further work as a scientist through laboratory work, research methods and hot discussions on “is biology destiny”.

The concept of the Summer School is based on the “Humboldt reloaded” program here in Hohenheim that allows undergraduate students to conduct research projects, which are mentored by senior scientists, as part of their bachelor program. To learn more about Humboldt reloaded please go to our website ([www.humboldt-reloaded.uni-hohenheim.de](http://www.humboldt-reloaded.uni-hohenheim.de)).

Date	Main Campus Hohenheim	Research based teaching formats
Tue, Sept. 11	Arrival Day	
Wed, Sept. 12	Welcome – opening and introduction	• Lectures and discussions
Thu, Sept. 13	Alcoholism	• Poster presentations
Fri, Sept. 14	Alcoholism	• Laboratory work
Mon, Sept. 17	Depression	• Podium discussion
Tue, Sept. 18	Depression	• Expert lunch
Wed, Sept. 19	Nutrition	• Research workshop
Thu, Sept. 20	Nutrition	• World cafe ideas
Fri, Sept. 21	Colloquium, feedback, certificates, get-together	• Excursions

**Pre-requisites:** Participants are required to submit a scientific poster in advance of the Summer School to be eligible for the course’s full credit point value. The topic of the poster will be provided to each student approximately end of May 2018. For preparing a poster, online help will be provided. The poster has to be submitted as a pdf via e-mail to Nicole Henninger ([hrrsummerschool@uni-hohenheim.de](mailto:hrrsummerschool@uni-hohenheim.de)) at the latest by August 7, 2018. The poster is to be presented in a poster session during Summer School.

If you have further questions regarding the Summer School, please do not hesitate to contact Nicole Henninger ([hrrsummerschool@uni-hohenheim.de](mailto:hrrsummerschool@uni-hohenheim.de)).