

24th February, 2014

Dear COST EU-ROS members,

It is our great pleasure to announce the SFRR Spetses Summer School “Biochemical Basis of Healthy Ageing”, in Spetses island, Greece, on September 22nd -28th, 2014 (for additional information please visit: <http://www.sfr-summer-school.org>).

The bi-annual SFRR summer schools are globally recognized within the scientific community for their excellence in teaching. Five of the previous SFRR-summer schools have been held on Spetses and it is widely appreciated that the island offers a perfect environment for teaching top quality science in a quiet and relaxing surrounding.

The course is aimed at young scientists from different areas of natural sciences, primarily post-doctoral level scientists within 5 years after completion of their Ph.D. as well as Ph.D. students in the end phase of their Ph.D. project. Having the teachers in one place for 5 days will promote fruitful discussions and interactions between students and teachers. The program includes lectures, poster sessions, tutorials, and discussions that will enable young scientists to interact closely with leading international experts in their respective scientific fields.

The course will offer an up-to-date syllabus covering topics spanning from biochemistry to genomics, which are delivered by experts in the respective fields. Specifically, the **lectures** will include among others the following topics: the involvement of autophagy and proteasome-mediated degradation in the progression of ageing, the role of reactive species in cellular signalling pathways, the role of nutrition in ageing, the impact of post-translational modifications and exercise in the ageing progression. Moreover, lectures will cover several diseases that occur during ageing i.e. neurodegenerative and cardiovascular diseases while the paradigms of successful ageing, namely the centenarians and the findings that have come out of their study will be also covered. The course will include **presentations (P)** introducing the work of a number of scientific organisations and funding instruments (SFRR, COST, FEBS, IUBMB). **Poster sessions** will receive special attention since they are an excellent way for the young scientists to present their own work, to engage in discussions and receive suggestions from the experts, and to establish collaborations not only with the senior scientists present, but also with their younger colleagues. There will be designated time for direct **teacher-student discussions** where the young scientists can enquire in more detail about the topics taught earlier. In addition, since lecturers and young participants will be accommodated together, discussions will be also possible during leisure periods. Also the scheduled social events will bring together young scientists and senior researchers in a comfortable and friendly environment.

COST action EU-ROS will cover the travel and accommodation of students of the action members. We would like therefore to ask students that are interested to participate to fill in the application that can find on the site of the school (<http://www.sfr-summer-school.org/registration.html>).

The application deadline is **April 30th, 2014**. The applications will be reviewed and the applicants will be informed whether they were selected or not by **May 15th, 2014**. We are looking forward to welcoming you in Greece.

On behalf of the organizing committee,

Niki Chondrogianni