

COLOSTEO

Newsletter No1

Networking Activities



On May 21st, 2018 **Dr. Carlos Raposo** from CESIF (Spain) travelled to University of Thessaly (Greece) where they stayed for 2 months. During this period of time, Dr. Carlos Raposo (CESIF) with Prof Yiannis Koutedakis worked closely on the methodology to be implemented in COLOSTEO's research studies. Mr. Benítez in collaboration with UTH's team designed and presented COLOSTEO's logo.

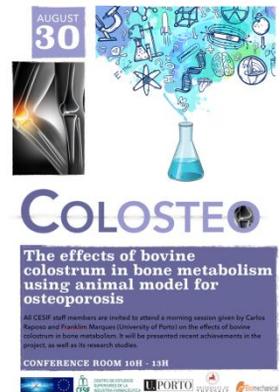


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On the 1st July 2018 **Prof. Franklim Marques** from the University of Porto (Portugal) travelled to CESIF (Spain) for 2 months. During this period of time, both Prof. Franklim and Dr. Carlos Raposo (CESIF) delivered a series of lectures about how the University of Porto and CESIF are structured, as well

as what it constitutes its main activities. Such mutual understanding will be crucial not only to implement COLOSTEO main tasks but also to establish future collaborations beyond the COLOSTEO project. These series of lectures were called "Understanding industry and academia: what are our goals on COLOSTEO project?"

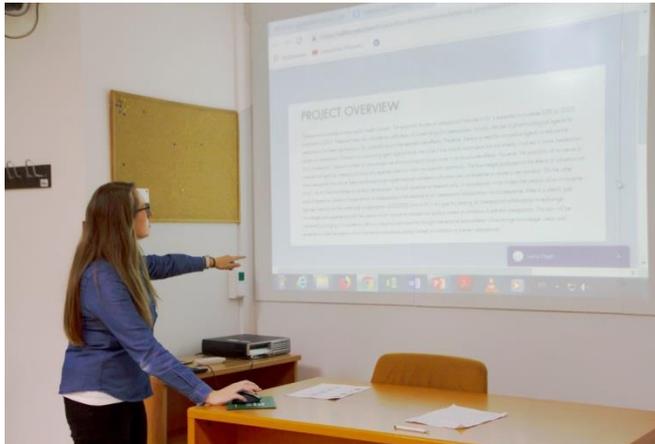


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Public Engagement Activities

Mr. Jesús Benítez from CESIF (Spain) travelled to University of Thessaly (Greece) for 2 months. Mr Benítez in collaboration with UTH's staff in particular with Ms. Paraskevi Gkiata, under Prof Koutedakis guidance, they were able to design and present COLOSTEO's logo. Mr. Benítez offered valuable advices and tips about media design through the expertise and knowledge that he has from CESIF.



Ms. Paraskevi Gkiata from University of Thessaly (Greece) travelled to CESIF (Spain) for 2 months. During this period of time, Ms Gkiata in collaboration with CESIF's team, designed COLOSTEO's website.



Dr Tania Amorim – Fernandes and Ms Laura Freitas from University of Porto were seconded to BME. The researchers will work on: a) the design of the COLOSTEO research study; b) will recruit participants to the study; c) will measure participants, and d) will follow-up the implementation strategy.



Mr. Leonidas Ioannou and Dr. Antonia Kaltsatou from University of Thessaly, were seconded to CESIF. The UTH researchers will be working on the implementation of COLOSTEO research study. In collaboration with the host partner they will perform

several tests (microbiology and colostrum components) on several samples of colostrum to test the safety for human consumption.