

Call for applications for the awarding of the “Sapere vivere bene” degree awards – 3rd Edition

The **Associazione Alumni dell’Università degli Studi di Padova**, in collaboration with the **Associazione degli Amici dell’Università di Padova ETS** and of **Solgar Italia Multinutrient** announces a call for applications for the **“Sapere vivere bene” degree awards – 3rd edition**.

In modern society, people's physical and mental well-being is often at risk due to factors such as an unbalanced diet, pollution, and unhealthy lifestyles. In this context, education that fosters awareness of healthy living and self-care through comprehensive approaches - including nutritional, physical, and psychological aspects - has become essential.

For these reasons, the awards aim to draw attention to the general aspects of adopting healthy lifestyles, in line with the latest scientific discoveries and within an inclusive and translational perspective.

Objectives and description

The competition, organized by the Associazione Alumni dell’Università degli Studi di Padova, aims to recognize and reward Master's or Single-Cycle Master's dissertations that explore the promotion and adoption of healthy lifestyles and well-being from both theoretical and practical perspectives.

Submissions should stand out by offering an independent and original contribution in areas such as nutrition, dietary supplementation, sports, and physical activity.

Special consideration will also be given to works that take an interdisciplinary approach, examining the promotion and adoption of healthy lifestyles and well-being from social, historical, psychological, or educational perspectives.

Eligibility criteria for the call for applications

The award is intended for individuals under 35 years of age as of the publication date of this call. Eligible applicants must have obtained a Master’s degree or a Single-Cycle Master’s degree from the University of Padua in any field between January 1, 2025, and the deadline of this call. Eligible applicants must have worked or be working on a dissertation related to the themes and objectives outlined in the call.

Candidates who applied for the previous editions of this competition are not eligible to apply.

Candidates are also required, at the time of submitting their application, to register their profile free of charge on the Alumni Association of the University of Padua portal, using the online form available at www.alumniunipd.it/member-register.

Application procedure and deadlines

The application, addressed to the President of the dell’Associazione Alumni dell’Università degli Studi di Padova, must be completed on the attached form (Attachment A) and should

be signed in original form. Non-compliance will result in exclusion from the competition. Applications must be submitted by the non-extendable deadline of **July 31, 2026**, via the online form at this [link](#), using one of the following methods:

- signed with a certified digital signature on both the application and all documents requiring a handwritten signature;
 - signed by hand, along with a copy of the applicant's valid ID.
- All documents requiring a handwritten signature must similarly be submitted signed copies. Scanned copies of these documents should be provided.

The following documents must be submitted along with the application (Attachment A) via the online form at this [link](#), under penalty of exclusion from the competition:

- a copy of the Master's or Single-Cycle Master's dissertation;
- a presentation video explaining the motivation for applying to this competition (max. 2 minutes);
- curriculum vitae et studiorum;
- a copy of a valid personal identification document.

Applications that do not fully meet the required criteria will not be considered. Applications submitted after the deadline will not be accepted.

By submitting an application, candidates accept the terms and conditions of this competition in full.

Any falsification of documents or submission of false information will result in disqualification from the competition or, if the award has already been granted, may require repayment.

Amount of the awards and payment method

N°3 prizes will be awarded, with a total gross amount of €4,500.00 (four thousand and five hundred/00), inclusive of all charges to be paid by the organization, distributed as follows:

- 1 Prize of €2,000.00 (two thousand/00) for the first-place dissertation;
- 1 Prize of €1,500.00 (one thousand and five hundred/00) for the second-place dissertation;
- 1 Prize of €1,000.00 (one thousand/00) for the third-place dissertation.

The prize will be paid by the Associazione Alumni dell'Università degli Studi di Padova.

Awarding procedure

The award will be granted based on the final and binding decision of a Committee composed of at least three members representing the Università degli Studi di Padova, Solgar Italia Multinutrient S.p.A., and the Associazione degli Amici e Alumni dell'Università di Padova.

The Committee may consult experts to assess the level of quality, level of innovation, and specific contribution of the candidates.

The Committee will evaluate the submitted applications based on the following criteria:

- curriculum vitae et studiorum;

- the content of the work in relation to its alignment with the themes of the call, originality, and scientific rigor;
- degree of innovation and impact of the project on the national and international landscape;
- potential and economic, social, cultural, and scientific impact.

The Committee reserves the right not to award the prize if, in its sole judgment, none of the applications submitted are deemed worthy.

The winner will be notified of the award via email to the address provided in the application.

The winner will also be informed of the date of the award ceremony, which they are required to attend.

Person in charge of the administrative procedure

Pursuant to article 4 of Law 241 of 7 August 1990 (New rules on administrative procedure and right of access to administrative documents), the administrative manager of the Associazione Alumni dell'Università degli Studi di Padova is appointed as the person in charge of the administrative procedure.

Candidates may exercise their right of access to the application documents according to the provisions of Italian Presidential Decree No. 184 of 12 April 2006 (Regulation governing access to administrative documents pursuant to Chapter V of Law 241/90).

Processing of personal data

Personal data collected for the purposes set out in this call for applications is processed in compliance with the provisions of Regulation (EU) No. 679 of 27 April 2016 (General Data Protection Regulation, GDPR).

The "Data Controller" is the Associazione degli Amici dell'Università di Padova ETS, with registered office in Via 8 Febbraio, 2 - 35122 Padua, Italy.

The full privacy policy is available from the Data Controller or at the following [web page](#).

General information

This call for applications will be available on the following websites:

www.alumniunipd.it

www.unipd.it/premi-studio-laureati

<https://www.solgar.it/>

<https://www.sapereviverebene.it/>

<https://www.nutritionalacademy.it/>

Further information and detailed regulations can be obtained directly from the Associazione Alumni dell'Università degli Studi di Padova, web page: www.alumniunipd.it ; e-mail: alumni@unipd.it

Padova, March 2nd, 2026

Gianni Dal Pozzo
Presidente

Associazione Alumni dell'Università degli Studi di Padova

