

High-level Specialised Training Course

“Nutrition and Health in African and Mediterranean Countries”

4 May – 10 July 2026

Summary

CIHEAM BARI is launching the first edition of the High-level Specialised Training Course: “Nutrition and Health in African and Mediterranean Countries”, funded by the Italian Ministry of Foreign Affairs and the International Cooperation and delivered by CIHEAM Bari in partnership with the concerned Italian research institutions and Fondazione Aletheia.

Introduction

The High-level Specialised Training Course on “Nutrition and Health in African and Mediterranean Countries” emerges as a concrete response to the critical structural challenges that impede the implementation of integrated food and nutrition policies.

In a scenario marked by prevalent malnutrition, micronutrient deficiencies, rising diet-related non-communicable diseases and emphasizing the multisectoral nature of the issue involving agriculture, health, and education, the program aims to train ministerial officials from Ministries of Agriculture or Health. The goal is to equip them with technical, communicative, and strategic competencies to facilitate effective inter-ministerial collaboration and the design of integrated food and nutrition programs.

These trained officials will significantly contribute to strengthening the capacity of institutions in African and Mediterranean countries for designing and implementing sustainable, resilient and inclusive territorial policies, ensuring better alignment with global objectives such as the Sustainable Development Goals (SDGs). This entire initiative is fully financed by the MAECI.

Course Description

The High-level Specialised Training Course on Nutrition and Health adopts an intensive, in-person format of 10 specialized, five-day units over 10 weeks, held exclusively at CIHEAM Bari. The pedagogical approach is multidisciplinary, integrating theoretical co-learning with practical elements like technical/field visits, role-playing, simple laboratory practices, and the sharing of good practices. The curriculum features 10 modules, culminating in a final interministerial operative project proposal, designed to strengthen competencies in policy revision, capacity development, innovation, and coordination across sectors. This specialized training is strategically aligned to reinforce the effectiveness of public policies across Agriculture, Health, and Education Ministries, thus contributing to global objectives like the Sustainable Development Goals (SDGs).

LEARNING OUTCOMES

The course blends scientific insights, strategic thinking, and policy tools to promote nutrition and health. Participants explore systems, communicate effectively, and collaborate across sectors for impactful action to reach the following outcomes:

- **Scientific and Technical Knowledge in Nutrition and Health**
Participants explore how food affects the body, from basic needs to chronic diseases and functional nutrition. They gain tools to interpret scientific evidence and apply it to real-world health challenges.
- **Intersectoral Systems Thinking**
Participants learn to connect agriculture, environment, health, and education through data and territorial analysis. They develop a systemic view to support informed decisions and coordinated action.
- **Communication and Education for Health Promotion**
Participants practice crafting messages that promote healthy habits and influence public opinion. They learn to simplify complex ideas and engage diverse audiences effectively.
- **Policy Development and Interministerial Collaboration**
Participants collaborate across ministries to design integrated policies and operational proposals. They compare global experiences and translate insights into strategic national actions.

COURSE CONTENTS

Intersectoral Introduction, Fundamentals of Nutrition, Food and Public Health, Sustainable Food Systems, Food Education, Intersectoral Food and Health Policies and Governance, Food and Nutrition Security, Communication and Advocacy, Regional Case Studies, Final Project and Evaluation

15 TARGET COUNTRIES: The potentially eligible countries for the course are: Albania, Congo Brazzaville, Egypt, Ethiopia, Ghana, Jordan, Kenya, Lebanon, Mauritania, Mozambique, Senegal, Syria, Sudan, Tanzania, and Tunisia.

LOCATION: CIHEAM Bari, Valenzano – Bari (Italy)

DURATION: 10 weeks (4th May to 10th July 2026)

LANGUAGE: English

DIPLOMA: CIHEAM Bari Certificate of Attendance 12 ECTS¹

BENEFICIARIES

The direct beneficiaries of the Course will be 15 public officials, each representing the **Ministry of Agriculture** of their respective country—one participant per nation.

SCOLARSHIPS:

The beneficiaries will benefit from full scholarships covering all course-related expenses, including travel, board and lodging, insurance and pocket money.

ADMISSION PROCEDURES and REQUIREMENTS

At least four candidates (two female and two male) will be pre-selected by each of the 15 beneficiary countries and formally submitted by their respective Ministries of Agriculture through the Italian diplomatic representations. Selection will be based on three mandatory minimum requirements, jointly assessed:

1. **Academic qualifications:** A university degree equivalent to at least 180 ECTS credits in economics, political science, agricultural science, forestry, environmental science, or related fields.
2. **Professional experience:** A minimum of 3 years of relevant work in at least one of the thematic areas covered by the training: Intersectoral Food/Nutritional Policy and Governance, Food and Nutritional Security and Risk Management, Sustainable Food Systems and Applied Innovation, Public Health, Diet, and Non-Communicable Diseases (NCDs), Capacity Development and Scientific Infrastructure, Communication, Education, and Policy Advocacy.
3. **Language proficiency:** A minimum English level of B2 or equivalent.

Attention will be given to ensuring the representation of women and young officials, in line with the program's inclusive approach. Preference will be given to candidates with long-term professional development prospect.

Preselected candidates are required to submit their applications by e-mail to the following address: didattica@iamb.it no later than **h23.59 (Italian time) of 8 February 2026**.

Mandatory annexes to the e-mail:

- 1 Updated CV in PDF, EUROPASS FORMAT, signed by the applicant,

¹ The European Credit Transfer and Accumulation System (ECTS) is a standardized framework used across the European Higher Education Area (EHEA) to facilitate the recognition of academic qualifications and periods of study. It allows students to accumulate and transfer credits between institutions.

- 2 Official letter of preselection, signed from the concerned Minister,
- 3 Degree Certificate,
- 4 Certificate of professional experience, issued by the authorized office, indicating the total years of expertise in the required domain,
- 5 Contact details (e-mail, mobile phone)
- 6 Personal data treatment format signed.

Candidates will be selected through a rigorous selection process, which includes an oral interview jointly carried out by CIHEAM Bari, by **8 March 2026**.

Once successful candidates are officially informed by email about their successful application, they'll have to formally send their final assignment letter signed by the competent Minister to didattica@iamb.it, by **31 March 2026**.

Candidates who are not selected will be duly informed by email.

Timeline

Activity	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul
Preparatory correspondence and dissemination	✓	✓						
Receipt of applications		✓	✓					
Application review and selection interviews			✓	✓				
Admission notifications, visa procedures, and logistics				✓	✓			
Course launch and delivery						✓	✓	
Course conclusion and certificate issuance								✓

OVERALL TRAINING PROGRAM

Week 1 – Intersectoral Introduction

Participants explore food systems, governance models, and collaboration dynamics across ministries. They map national competencies and propose improved intersectoral approaches.

Week 2 – Fundamentals of Nutrition

The module covers macro/micronutrients, age-specific needs, and the role of microbiota. Practical exercises focus on nutritional calculations and identifying probiotic-rich local foods.

Week 3 – Nutrition and Public Health

Participants analyze the link between diet and chronic diseases, explore preventive nutrition, and study local ethnomedicine. They develop country-specific health interventions.

Week 4 – Sustainable Food Systems

Focus on the health impact of agri-food chains, functional foods, and sustainable production. Case studies and lab visits support proposals for system improvements.

Week 5 – Food Education

Participants learn to design nutrition education strategies and address mental health. They create tailored communication materials and simulate outreach interventions.

Week 6 – Intersectoral Policies and Governance

The module introduces policy tools, planning methods, and monitoring frameworks. Participants draft and present integrated policy briefs for cross-ministerial collaboration.

Week 7 – Food and Nutrition Security

Key concepts include food security, data analysis, and early warning systems. Participants build dashboards and produce concise vulnerability reports.

Week 8 – Communication and Advocacy

Participants develop institutional communication skills and advocacy strategies. They craft key messages and simulate policy-oriented presentations.

Week 9 – Regional Case Studies

Real-world examples from Africa and Mediterraneo are analysed and adapted. Participants design proposals inspired by successful interministerial initiatives.

Week 10 – Final Project and Evaluation

Participants consolidate course content through group work and proposal writing. Final presentations and feedback sessions conclude the training.