WORKSHOP

101

Nutrition, microbiome and health

latest findings and future research
RIO DE JANEIRO

The Wonderful City offers many attractions, like beautiful beaches, tourist attractions with incredible views, as well as great gastronomic experiences.

This guide provides some information to make your stay even more memorable.

Over 3 days, we will have a scientific agenda with presentations of vast content and opportunities to create valuable connections with other professionals in the field.
**HOTEL**

**Prodigy Santos Dumont**

Prodigy Santos Dumont has a privileged location facing the sea, with the best view in Rio de Janeiro, and is strategically connected to Santos Dumont Airport.

Right in front of the Baía de Guanabara, the hotel overlooks some of Rio’s greatest tourism icons: Marina da Glória, Morro do Pão de Açúcar and Cristo Redentor.

The hotel has an infinity pool on the roof, a gym and a restaurant facing Corcovado.

The convention center is outside and integrated into the hotel. To access Nestlé Nutrition Workshop 101, simply go up the escalators next to the hotel entrance.

Orla 21 Restaurant is located on the rooftop of the hotel, where our breakfasts, lunches and dinners will take place.

**Address**

Av. Alm. Silvio de Noronha, 365
Centro, Rio de Janeiro - RJ - Brasil.

**VOLTAGE**

The hotel has a 220V mains supply. Sockets are in the exclusive three-pin format.

We recommend that you bring your own plug adapter with you to charge your cell phone and/or computer.

**CLIMA**

The weather in June in Rio de Janeiro is usually mild (transition between fall and winter). Average temperatures vary between 18°C and 26°C. Sunny days are common, but cloudiness and light rain can also occur.

It’s important to always check the weather forecast closer to the date, as the weather can vary from year to year.

**TRANSFER INFORMATION**

**From Antonio Carlos Jobim International Airport (Galeao) to Prodigy Santos Dumont Hotel**

On Saturday 15, Sunday 16 and Monday 17.

The driver will be waiting for you with a sign with the workshop name.

**From Hotel Prodigy Santos Dumont to Antonio Carlos Jobim International Airport (Galeao)**

On Tuesday 18, Wednesday 19 and Thursday 20.

You will be leaving from the lobby of the Hotel.

In case you have any unforeseen situation during NNIW101 please contact: Alexandre or Vitor from Tristar Turismo +55 11 94787 6526.

**DRESS CODE**

For our day-to-day meetings, wear casual clothes. But remember that we’ll be having dinner at the Baleia Rio restaurant on 18/06 and on that evening we suggest that you dress business casual.
DIGITAL ACTION

Don’t forget to take part in our digital actions throughout the event and post your photos with #NNIW101.

Let’s publicize our event and show how memorable your participation was at the Nestlé Nutrition Institute Workshop 101.

Check out the rules below:

NNIW101 SOCIAL MEDIA
BE OUR EMBASSADOR

Let’s show the world what NNI Workshop 101 is all about and encourage more people to join these important discussions!

WHO IS ELIGIBLE?
All NNI Workshop 101 attendees on-site, with an active profile on social media, whether experienced or a novice. We are here to help you win!

HOW DO I JOIN?
To join, simply repost official posts about the workshop, or post about your on-site experience and the science being discussed on your social media profiles. All entries must comply with our GUIDELINES*. 
*GUIDELINES: NETIQUETT DO’S AND DONT’S*

- Stay connected and receive official updates by following the **NNI official social media channels**:
  - Facebook [www.facebook.com/NestleNutritionInstitute](http://www.facebook.com/NestleNutritionInstitute)
  - LinkedIn [www.linkedin.com/company/nestle-nutrition-institute/](http://www.linkedin.com/company/nestle-nutrition-institute/)
- Show your support by sharing NNI official posts.
- Use official hashtag **#NNIW101** to your own posts about the event, as well as **#workshop** and **#healthcareeducation**.
- Be respectful and professional with posts, especially towards fellow attendees, speakers, the NNI, and organizers.
- Share valuable insights and takeaways; post meaningful discussions from the **#NNIW101**.
- Be visual; use photos, videos, and other visuals on your posts to capture the essence of **#NNIW101**.
- Give credit; recognize and tag appropriately when sharing content created by others.

- Do not post inappropriate or offensive content that reflects poorly on yourself, the NNI 101 Workshop, or the organizers.
- Do not share confidential or sensitive information without permission.
- Do not engage in negative or disrespectful conversations.
- Do not use of the event hashtag **#NNIW101** in unrelated posts.
- Do not post photos or videos without the consent of other attendees or speakers.
- Do not automatically ignore or delete unwelcome comments on your profile. Respond professionally and respectfully or report them to the event organizers, if necessary. (For comments that are insulting, using offensive language, or completely unrelated to the post, deletion may be the best course of action.)

Use our photo frame and props for your selfies!
Use our official hashtag **#NNIW101**
# AGENDA

## 16th June, 2024

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>19:00 - 22:00</td>
<td>Welcome reception - Hotel Prodigy Rooftop</td>
</tr>
</tbody>
</table>

## 17th June, 2024

### Session I. Early Life Gut Microbiome Ecological Patterns

- **Welcome and Introduction**
  - Chair: Flavia Indrio (Italy)
  - Co-Chair: Mario Vieira (Brazil)
  - Speakers:
    - Fabio Spinelli (BEO) & Sara Colombo Mottaz (NNI Head)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:30 - 08:50</td>
<td>Welcome and Introduction</td>
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<tr>
<td>08:50 - 09:00</td>
<td>Chair Introduction</td>
</tr>
<tr>
<td>09:00 - 09:40</td>
<td>Maternal gut microbiome: long-term effect of the short-term 'programming'</td>
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<tr>
<td>09:40 - 10:20</td>
<td>Breastfeeding and health benefits for the mother-infant dyad: a perspective on human milk microbiota</td>
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<tr>
<td>10:20 - 10:50</td>
<td>Coffee Break</td>
</tr>
<tr>
<td>10:50 - 11:30</td>
<td>Diet-microbe-host interaction in preterm infant health</td>
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<tr>
<td>11:30 - 12:10</td>
<td>The bloom of microbes and immune development during early childhood</td>
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<tr>
<td>12:10 - 13:30</td>
<td>Lunch - Orla 21 Restaurant (Hotel Prodigy Rooftop)</td>
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<tr>
<td>13:30 - 14:10</td>
<td>Microbiome-targeted dietary regimens to combat pediatric malnutrition</td>
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<tr>
<td>14:10 - 14:20</td>
<td>Wrap-up Session I</td>
</tr>
</tbody>
</table>

### Session II. Microbiome, Nutritional Modulators and Health Outcomes

- **Chair Introduction**
  - Hania Szajewska (Poland)
  - Co-Chair: Jose Junqueira (Brazil)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>14:20 - 14:30</td>
<td>Chair Introduction</td>
</tr>
<tr>
<td>14:30 - 15:10</td>
<td>An overview of early-life gut microbiome modulation strategies</td>
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<tr>
<td>15:10 - 15:50</td>
<td>Microbiome at the core: unlocking mechanisms of food allergy at the non-communicable diseases era</td>
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<tr>
<td>15:50 - 16:10</td>
<td>Coffee Break</td>
</tr>
<tr>
<td>19:00 - 21:00</td>
<td>Dinner - Orla 21 Restaurant (Hotel Prodigy Rooftop)</td>
</tr>
</tbody>
</table>
### 18th June, 2024

#### Session II.
Microbiome, nutritional modulators and health outcomes - cont.

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:30 - 08:35</td>
<td>Chair Introduction</td>
<td>Hania Szajewska (Poland)</td>
</tr>
<tr>
<td>08:35 - 09:15</td>
<td>Microbiome and brain development</td>
<td>John Cryan (Ireland)</td>
</tr>
<tr>
<td>09:15 - 09:55</td>
<td>Gut microbiota and disorders of gut brain interaction</td>
<td>Rodrigo Vazquez (Mexico)</td>
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<tr>
<td>09:55 - 10:20</td>
<td>Coffee Break</td>
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</tr>
<tr>
<td>10:20 - 11:00</td>
<td>Gut-bone Axis – Clinical implications</td>
<td>Flavia Indrio (Italy)</td>
</tr>
<tr>
<td>11:00 - 11:10</td>
<td>Wrap-up Session II</td>
<td>Hania Szajewska (Poland)</td>
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</tbody>
</table>

#### Session III.
Future of microbiome research – Round table

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:10 - 11:30</td>
<td>Local environmental heterogeneity and impacts on human health and wellness</td>
<td>Andrew Bartko (USA)</td>
</tr>
<tr>
<td>11:30 - 11:50</td>
<td>The infant gut virome: knowns, unknowns, and avenues for future studies</td>
<td>Alexandra (Sasha), Zhemakova (The Netherlands)</td>
</tr>
<tr>
<td>11:50 - 12:10</td>
<td>Artificial intelligence and microbiome research</td>
<td>Georg Gerber (USA)</td>
</tr>
<tr>
<td>12:10 - 12:40</td>
<td>Discussion</td>
<td>Chairs, Speakers, open for questions</td>
</tr>
<tr>
<td>12:40 - 14:00</td>
<td>Lunch - Orla 21 Restaurant (Hotel Prodigy Rooftop)</td>
<td></td>
</tr>
<tr>
<td>14:00 - 15:00</td>
<td>Trends in food production technology – External activity explanation</td>
<td>RG Sornos Speakers (Brazil)</td>
</tr>
<tr>
<td>15:00 - 15:15</td>
<td>Closing remarks</td>
<td>Sara Colombo Mottaz (NN1 Head)</td>
</tr>
<tr>
<td>19:00 - 19:30</td>
<td>Transfer to Dinner</td>
<td></td>
</tr>
<tr>
<td>19:30 - 22:30</td>
<td>Dinner - Baleia Rios Restaurant</td>
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</tr>
</tbody>
</table>

### 19th June, 2024

#### Session IV.
Talk future of food and microbiome

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45</td>
<td>Transfer to Gastromotiva (Lobby Hotel Prodigy)</td>
</tr>
<tr>
<td>9:30 - 12:00</td>
<td>Activity at Gastromotiva</td>
</tr>
<tr>
<td>12:15</td>
<td>Transfer to Hotel</td>
</tr>
<tr>
<td>12:30 - 13:45</td>
<td>Lunch - Orla 21 Restaurant (Hotel Prodigy Rooftop)</td>
</tr>
<tr>
<td>14:00</td>
<td>Departure</td>
</tr>
</tbody>
</table>
DISCOVER RIO

BEACHES
The sea opposite the hotel is Baía de Guanabara. A stroll along the Copacabana, Ipanema and Leblon seafront is also an excellent option for experiencing a bit of the Rio atmosphere. If you walk along the promenade, be careful with cell phones, backpacks and handbags. We recommend that you walk without valuables.

TOURIST ATTRACTIONS
We have selected the must-see tourist attractions for anyone visiting the city of Rio de Janeiro:

CRISTO REDENTOR
A 38-meter-high statue depicting Jesus Christ with open arms blessing the city. Located at the top of Morro da Corcovado, 709 meters above sea level, the tourist attraction offers breathtaking views of the city.

- Buy your tickets at https://ticket.corcovado.com.br
- Take a cab or Uber to the train station on Rua Cosme Velho (Corcovado Station), the starting point for the tour up to Cristo Redentor.

Address Rua Cosme Velho, 513 – Cosme Velho

PÃO DE AçÚCAR
Another postcard of Rio de Janeiro, the Parque Bondinho Pão de Açúcar is formed by the Morro da Urca and Morro do Pão de Açúcar. To reach the highest point, 396 meters above sea level, you have to take the cable car. It's a breathtaking experience and provides stunning photos of Baía de Guanabara.

- Buy your tickets online to avoid queues https://bondinho.com.br/

Address Av. Pasteur, 520 – Urca
**JARDIM BOTÂNICO**

Rio de Janeiro’s Botanical Garden is considered one of the richest and most important in the world. Founded in 1808 by King João, the site is famous for the exuberance and importance of its plant collections, as well as for the beauty of its landscapes.

- Visiting hours are from 8am to 5pm.
- Only cash is accepted at the ticket office.
- Wear a pair of comfortable sneakers and bring insect repellent.
- Visit the Jardim Botânico website [https://jbrj.gov.br/](https://jbrj.gov.br/)

**Address** Rua Jardim Botânico, 1008 - Jardim Botânico

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**HISTORIC CENTER**

Discover Rio’s rich history and architecture by strolling through the cobbled streets of the Historic Center and visiting points of interest, such as the Theatro Municipal do Rio de Janeiro and the Museu Nacional de Belas Artes.

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**FORTE DE COPACABANA**

Forte de Copacabana is located at the tip of Copacabana beach. A beautiful place to have a meal or a coffee, while enjoying the view of Copacabana and the Pão de Açúcar!

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**RESTAURANTS**

Here are some restaurant options near the hotel where you can enjoy Rio’s gastronomy in your free time.

**CIPRIANI**

International Italian cuisine in the city’s most iconic hotel. A fantastic gastronomic experience in a space that overlooks the hotel’s famous swimming pool.

**Address**

Copacabana Palace, Av. Atlântica, 1702 - Copacabana

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**MARIUS DEGUSTARE**

An unforgettable gastronomic experience. The world-famous Marius Restaurant offers a sophisticated selection of meat, fish and seafood in a charming, exotic and fun atmosphere.

**Address**

Av. Atlântica, 290 - Leme
RUBAIYAT
Rubaiyat Rio is located at the Jockey Club, in Jardim Botânico. There are 350 seats, 160 of which are on a large balcony overlooking Cristo Redentor and the Jockey Club racetracks. You’ll feel like you’re sitting on a postcard of the city.

Address
Rua Jardim Botânico, 971 - Jardim Botânico

PÁREO
Overlooking Pedra da Gávea, Cristo Redentor and the Jockey Club tracks, Páreo offers an extensive menu prepared by Chef Marcones Deus. The menu includes prime cuts of grilled meat, handmade naturally fermented pasta, a Japanese menu and a selection of exclusive cocktails.

Address
Rua Jardim Botânico, 971 - Jardim Botânico

MARINA DA GLÓRIA
Marina da Glória has many options, from boat trips and water sports to good restaurants and beautiful views. A trip well worth taking! The area is safe and has incredible views.

Address
Av. Infante Dom Henrique - Glória

CONFEITARIA COLOMBO
An institution in Rio de Janeiro, offering a wide selection of sweets, savory snacks and coffee in a historic and refined setting.

Address
Rua Gonçalves Dias. 32 - Centro
We hope this information will make your stay in Rio de Janeiro unforgettable! Make the most of your time in the city and enjoy everything it has to offer.

If you have any questions, please contact our support team.

Yulli Rutkowski +55 11 99167 5367 and Evelize Pereira +55 11 98609 0121

Activities are organized for participants only. In case participants are coming with accompanying person, please note they cannot participate neither to the scientific program nor to the social activities due to compliance reasons.