

Title of BIP: Relax to Wellness

General information

Objectives and Description:

The BIP “**Relax to Wellness**” aims to provide an enriching, creative, and intercultural experience that enhances knowledge and skills in relaxation techniques, health, and physical exercise, contributing to holistic well-being.

This program focuses on:

- Increasing participants' understanding of physical, mental, and emotional well-being.
- Equipping participants with tools to promote health through activities like yoga, mindfulness, and laughter therapy.
- Highlighting the importance of interdisciplinarity in health and personal development.
- Encouraging multicultural exchange and collaboration.

By integrating relaxation and physical activities into daily life, participants will improve physical fitness, psychological resilience, and socio-emotional well-being.

Methods and outcomes:

Methods:

- Lectures and experiential workshops.
- Group discussions and reflections on shared experiences.
- Evaluation of participants' well-being using qualitative and quantitative methods.
- Activities such as role-playing, brainstorming, world café, and body mapping.

Outcomes:

Participants will develop practical skills to integrate health-promoting relaxation techniques into their routines, reducing stress and enhancing their overall quality of life.

Field of Education:

Health, Sports, Psychology.

Target audience / Participants profile:

- Undergraduate, master's, and PhD students.
- University staff interested in exploring wellness practices.

No of ECTS issued:

3 ECTS

Language of instruction and requirements:

- **Languages:** Portuguese and English.
- **Requirements:** Minimum B2 level in English.

Dates for physical activity:

7 to 11 April 2025

Location of physical activity:

Instituto Politécnico da Guarda (IPG), Portugal

Dates for virtual component:

March 2025 (day to be defined)

15 May 2025

Virtual Component Description:

The virtual component consists of two synchronous online sessions:

1. **March 2025:** Introductory session on the benefits of laughter therapy and relaxation techniques for well-being.
2. **15 May 2025:** Reflection and evaluation session focusing on the impact of the program and strategies implemented.

Organizing Board

Receiving/Host university:

Instituto Politécnico da Guarda (IPG), Portugal

Sending/Partner universities:

P1: Universitatea de Vest din Timișoara (UVT), Romania.

P2: Université Savoie Mont Blanc (USMB), France.

P3: Universidade da Beira Interior (UBI), Portugal.

Detailed programme

1. Planned activities during physical component:

1st day: 7 April 2025

08:30 – Welcome session

09:30 – Opening of the BIP

10:00 – Coffee Break

10:30 – Lecture by Prof. Márcia Santos: "Well-being"

12:00 – Lunch

14:00 – Portuguese language class (Prof. Isa Severino)

15:00 – Outdoor adventure

2nd day: 8 April 2025

09:00 – Lecture by Prof. Eduardo: "Benefits of Sports"

11:00 – Walking tour through "Passadiços do Mondego" / "Rota das Faias"

15:30 – Independent work.

3rd day: 9 April 2025

08:30 – Visit to Serra da Estrela.

13:00 – Lunch at the School of Tourism and Hospitality

14:00 – Workshop with Prof. Hermínia: "Laughter Therapy"

16:00 – Independent work.

4th day: 10 April 2025

09:00 – Lecture by Prof. Gretchen Pascalis: "Yoga"

11:00 – Workshop by Prof. Iuliana Costea: "Mindfulness"

12:15 – Lunch

14:00 – Visit to Sortelha

19:30 – Group dinner

21:30 – Night tour of Sé Cathedral.

5th day:

09:00 – Zumba class by Prof. Bernardete

11:30 – Portfolio evaluation and program discussion

13:00 – Closing ceremony

Application procedure

Registration can be done by filling this [FORM](#)

Facilities provided to participants:

Free accommodation in dormitories and Lunches.

deadline: **January 25th, 2025**