BIP GENERAL PRESENTATION

GENERAL INFORMATION
DATES FOR PHYSICAL ACTIVITY: *5 to 9 April 2027*
PROPOSED PERIOD FOR VIRTUAL COMPONENT: *08 to 16 March 2027*
LOCATION OF PHYSICAL ACTIVITY: **Guarda Polytechnic University**
TARGET AUDIENCE / PARTICIPANT PROFILE: **Bachelor and Master students**
NO. OF ECTS ISSUED: **3 ECTS**
LANGUAGE OF INSTRUCTION AND REQUIREMENTS **English**
REQUIREMENTS/PRE-REQUISITES: **N/A**
ORGANIZING BOARD: Elisa Figueiredo, Elsa Santos, Manuela Natário, Odília Cavaco **Host university : UPG**
PROGRAM
TITLE: BE Wise (Wellbeing, Inclusion, Support & Equity)
SHORT DESCRIPTION of BIP: The BIP BE Wise- Wellbeing, Inclusion, Support & Equity combines Social and Behavioural Sciences with Health and Wellbeing. Students will explore how teamwork, sport and physical activity can promote inclusion and equal opportunities, while developing intercultural and teamwork skills. It supports the European Education Area through mobility, inclusive education and cooperation.

SHORT DESCRIPTION of the Virtual Component:

The virtual component consists of four synchronous online sessions. The main purpose is to prepare participants for the in-person week in Guarda by introducing the key concepts, building group cohesion and setting the challenges they will work on together. Throughout the virtual phase, students begin working on their assigned challenges. This work continues during the physical component and leads to the final group presentations. The online format also gives every partner university a meaningful role in co-delivering the programme.

PROPOSED SCHEDULE:

08 and 09 mar 2027 (6.00-7.30 p.m.)

15 and 16 mar 2027 (6.00- 7.30 p.m)

APPLICATION PROCEDURE

REQUERIMENTS:

N/A