

Blended Intensive Programme ID - BIP

Equipa IP Coimbra:

Guilherme Furtado (IPC-I2A, SPRINT) . Coordinator

Rui Mendes (IPC-ESE, SPRINT)

Ricardo Gomes (IPC-ESE, SPRINT)

Gonçalo Dias (IPC-ESE, SPRINT)

Francisco Campos (IPC-ESE, SPRINT)

Colaboradores :

Alda Antunes

Bruna Silva

Unidades Orgânicas: Polytechnic University of Coimbra - ESEC, I2A

Title

Connecting Physical Activity, Sustainability, Health and Well-being through Digital Transformation: Sustain@FitTech - BIP

Code

2023-1-PT01-KA131-HED-000140535-2

Summary

The Sustain@FitTech programme is designed to revolutionize education and promote mixed mobility among students and staff, creating an innovative approach to teaching and learning. By leveraging digital transformation, Sustain@FitTech seamlessly integrates physical activity, sustainability, and well-being into its curriculum, aligning with the broader goals of the Blended Intensive Programme (BIP). Through immersive experiences, participants engage in transnational and transdisciplinary courses of the highest quality. The programme fosters collaboration among diverse stakeholders, including students, lecturers, and industry experts, to explore cutting-edge advancements in both physical activity and digital technology. Sustain@FitTech aims to break traditional educational boundaries by incorporating digital tools and platforms to enhance learning outcomes. Through the linking of physical exercise with sustainability and well-being, participants acquire a comprehensive comprehension of the positive effects that technology may have on both the environment and health. Furthermore, the programme promotes mixed mobility by providing opportunities for participants to engage in both virtual and in-person activities, fostering a dynamic learning environment that transcends geographical boundaries. Overall, Sustain@FitTech embodies the spirit of innovation and collaboration, paving the way for a new era of education that embraces digital transformation while promoting sustainable practices and enhancing personal well-being.

Resumo

O programa **Sustain@FitTech** foi desenvolvido para revolucionar a educação e promover a mobilidade mista entre estudantes e funcionários, criando uma abordagem inovadora para o ensino e a aprendizagem. Ao aproveitar a transformação digital, o **Sustain@FitTech** integra de forma harmoniosa a atividade física, a sustentabilidade e o bem-estar em seu currículo, alinhando-se com os objetivos mais amplos do Blended Intensive Programme (BIP). Por meio de experiências imersivas, os participantes envolvem-se em cursos transnacionais e transdisciplinares da mais alta qualidade. O programa promove a colaboração entre diversos agentes, incluindo estudantes, professores e especialistas da indústria, para explorar os avanços mais inovadores tanto na atividade física quanto na tecnologia digital. O **Sustain@FitTech** tem como objetivo romper as barreiras tradicionais da educação ao incorporar ferramentas e plataformas digitais para aprimorar os resultados de aprendizagem. Através da conexão entre o exercício físico, a sustentabilidade e o bem-estar, os participantes adquirem uma compreensão abrangente dos efeitos positivos que a tecnologia pode ter tanto no meio ambiente quanto na saúde. Além disso, o programa promove a mobilidade mista ao oferecer oportunidades para que os participantes participem de atividades virtuais e presenciais, fomentando um ambiente de aprendizagem dinâmico que transcende fronteiras geográficas. De forma geral, o **Sustain@FitTech** incorpora o espírito de inovação e colaboração, abrindo caminho para uma nova era da educação que abraça a transformação digital, promove práticas sustentáveis e aprimora o bem-estar pessoal.

Type of Participants (Learners)*

Students (Undergraduate and graduate students from various disciplines related to health sciences, sport sciences, physical activity, technology, sustainability, education, and other relevant fields.

Staff (Faculty members, researchers, and educators interested in incorporating digital technology, physical activity, and sustainability into their teaching and research).

Number of Participants (Awarded)

A total of 3 institutions participants will be involved in the program, comprising approximately 25-30 students and 15 professors and /or collaborators. This diverse cohort of participants will contribute a range of expertise and perspectives to the program, enhancing the learning experience and fostering interdisciplinary collaboration. With 8 professors/investigators providing guidance and mentorship, the program will benefit from their extensive knowledge and experience in relevant fields. Additionally, the inclusion of 25 students will infuse the program with fresh ideas, energy, and enthusiasm, ensuring a dynamic and enriching educational environment. This balanced ratio of professors to students will enable personalized attention and support, allowing for meaningful interactions and productive project work throughout the program.

Number of Participants (Reported)

25-30

Numbers of country participants

3 countries (parceiros UniGreen)

PT: 9 students, IP Coimbra

- 1. Spain: 10-12 students (University of Almería)**

2. **Belgium: 10 -12 students (HEPL - Haute École de la Province de Liège HEPL)**
3. **Poland: 5 – 10 students (**
4. **Italy - one student**

Number of Teachers/Trainers delivering the Programme

15 Teachers

25-30 Trainers

Methods and outcomes

Methods

The course is structured around a comprehensive methodological framework designed to provide an immersive and enriching learning experience over a **duration of three weeks**.

The first two weeks are conducted in a virtual or remote setting, allowing participants to engage in preparatory activities, virtual lectures, and collaborative online sessions. During this phase, participants are **introduced to key concepts and methodologies**, and they have the opportunity to interact with peers and instructors through **virtual platforms**.

The third week is dedicated to an intensive in-person session, where participants come together for hands-on workshops, practical exercises, and immersive experiences. This phase allows for deeper collaboration, networking, and application of learning in real-world contexts. Throughout the course, **a variety of methodologies are employed**, including Problem-Based Learning (PBL), Multi and Interdisciplinary Collaboration, Experiential Learning, Innovation Challenges, and the Use of Advanced Technologies.

The course optimizes flexibility, accessibility, and efficacy by **blending online and in-person components**. This allows participants to gain knowledge, hone skills, and create deep connections that are in line with the program's goals.

A – Participants recruitment and courses phases

1. Recruitment and Selection of Participants

- Utilize a targeted recruitment and advertising strategy to attract participants from diverse fields of knowledge interested in physical activity, sustainability, health, well-being, and digital transformation.
- Develop selection criteria based on academic merit, motivation, and relevance to the program's objectives.

2. Preparatory virtual Phase (8 hours = 2 sessions of 4 hours)

- Conduct mini-assessments prior to the program to measure participants' knowledge, skills, and expectations.
- Organize a virtual orientation session to introduce the program's structure, objectives, and expectations.
- Provide networking opportunities for participants to connect with each other and program organizers in the preliminary phase.

3. Virtual Phase (12 hours = 3 sessions of 4 hours)

- Implement virtual learning approaches containing preparatory content for in-person activities.
 - Conduct introductory sessions on team formation for project development and mentorship sessions through virtual platforms, ensuring continuous support and guidance for participants.
 - Facilitate peer collaboration and knowledge exchange through online forums, discussion boards, and collaborative tools.
- 4. Intensive In-Person Phase (24 hours = 4 sessions of 6 hours)**
- Design a weekly schedule of lectures, workshops, and practical activities led by expert speakers.
 - Incorporate interactive sessions and group discussions to encourage active participation and knowledge exchange.
 - Organize visits to relevant sites or organizations to provide practical insights into physical activity, sustainability, and digital transformation initiatives.
 - Promote interdisciplinary collaboration through group projects addressing real challenges and opportunities in the field.
- 5. Closing In-Person Phase (6 hours = 1 session of 6 hours)**
- Organize final project presentations and evaluation sessions, allowing participants to showcase their results and insights.
 - Gather feedback from participants and stakeholders to assess program effectiveness and identify areas for improvement.
 - Conduct a closing ceremony to acknowledge participants' achievements and distribute completion certificates.
- 6. Post-Program virtual phase (2 hours = 1 session of 2 hours)**
- Provide post-program support and resources to assist participants in continuing their learning journey and implementing project outcomes.
 - Establish a network to sustain collaboration and knowledge exchange among participants beyond the program duration.
 - Disseminate project results and best practices through publications, institutional communication channels, social media, and other dissemination channels to maximize the program's impact on the community.
- 7. Autonomous Work (10 hours)**
- Deep Learning Exploration: Encourage participants to explore course materials deeply and independently.
 - Critical Thinking Development: Foster critical thinking skills through analysis, evaluation, and synthesis of information.
 - Application of Knowledge: Enable participants to apply theoretical concepts to real-world scenarios, enhancing problem-solving abilities.
- 8. Individual Report (10 hours)**
- Reflection and Synthesis: Prompt participants to reflect on their learning journey and synthesize insights effectively.
 - Assessment of Understanding: Evaluate participants' comprehension and mastery of course content.

- Demonstration of Learning Outcomes: Showcase participants' ability to apply knowledge and critical thinking in a written format, demonstrating readiness for real-world application.

B – Methodological Framework

1. Problem-Based Learning (PBL)

- Implementation of problem-based learning sessions, where participants will be presented with real challenges related to the United Nations Sustainable Development Goals (SDGs).
- Participants will be encouraged to work in groups to identify innovative solutions to the presented problems, thus aligning research with social needs.

2. Multi and Interdisciplinary Collaboration

- Formation of teams composed of experts from different areas of knowledge to promote the convergence of ideas and perspectives.
- Interdisciplinarity will be encouraged, allowing for a holistic approach to complex issues and favoring the creation of innovative solutions.

3. Experiential Learning

- Providing participants with practical experiences related to the SDGs and research topics, such as visits to communities, laboratories, companies, or institutions working with sustainable technologies.
- These experiences will strengthen the connection between theory and practice, enabling participants to better understand the real implications of their research and projects.

4. Innovation Challenges

- Launching specific challenges for participants to develop applied projects with the potential for real societal impact, aligned with the SDGs.
- Participants will be guided to create new products or technological processes that address identified problems, fostering innovation and creativity.

5. Use of Advanced Technologies

- Facilitating discussions on the use of advanced technologies, such as artificial intelligence, machine learning, and big data, and how these tools can contribute to data analysis and the development of innovative solutions.
- Participants will be encouraged to explore how these technologies can enhance their research and promote faster and more efficient discoveries, aligned with the program's objectives.

6. Design Thinking and Creativity

- Applying the Design Thinking methodology to stimulate innovation in projects.
- This user-centred creative process allows for the identification of opportunities to align research with the new directions of scientific innovation and societal needs.

7. Hackathons

- Organizing thematic hackathons that bring teams together to seek innovative solutions to specific problems related to the program's guidelines (Physical Activity, Health, Well-being, Sustainability, and Technology).
 - Participants can also work in teams armed with a set of real-world problems to identify insights relevant to creating innovation in the areas of interest.
- 8. Strategic Partnerships**
- Identifying potential instant partnerships with companies, institutions, and state and municipal governments interested in developing new processes, technologies, and innovative products aligned with the research themes.
 - This collaboration can facilitate technology transfer and the practical application of research results.
- 9. Mentorship and Thematic Workshops**
- Contacting experts through partners who can voluntarily offer mentoring and specialized workshops on emerging and innovative topics that can be translated into real problems whose initial solution capability will materialize through the scientific method.

⇒ **General structure (3 ECTS)**

1. In-person Sessions

- **Duration:** 30 hours
- **Schedule:** 6 hours per day, Monday–Friday
- **Dates:** 2025-03-10 to 2025-03-14
- **Activities:** Interactive lectures, workshops, hacktons, group discussions, and hands-on activities.
- **Objectives:** Facilitate face-to-face interaction, experiential learning, and collaborative problem-solving

2. Autonomous Work

- **Duration:** 10 hours
- **Activities:** Self-paced study, research, project development, and independent learning, group virtual meetings.
- **Objectives:** Encourage self-directed learning, critical thinking, and deep exploration of course topics

3. Individual Report

- **Duration:** 10 hours
- **Activities:** Writing, analysis, reflection, and synthesis of learning experiences and outcomes
- **Objectives:** Assess individual understanding, application of concepts, and integration of knowledge

4. Virtual Sessions

- **Duration:** 22 hours
- **Platform:** Virtual conferencing tools (e.g., Zoom, Microsoft Teams)
- **Activities:** Online discussions, virtual presentations, and Q&A sessions
- **Objectives:** Enhance accessibility, facilitate remote participation, and provide supplementary learning opportunities

5. Assessment

- Qualitative: Group activities (25%) and individual/group interventions (25%)
- Quantitative: Presentation of a final Innovation Project (50%)

Outcomes

1. **Enhanced Knowledge and Skills:** Participants will gain a deeper understanding of the interplay between physical activity, health, well-being and sustainability, and digital transformation, as well as develop practical skills in research, project management, and interdisciplinary collaboration.
2. **Innovative Projects:** Through collaborative group projects, participants will develop innovative solutions and strategies to promote physical activity, sustainability, and well-being within their communities, leveraging digital technologies and interdisciplinary approaches.
3. **Interdisciplinary Collaboration:** The programme will foster cross-disciplinary collaboration and networking among participants from diverse backgrounds, including students, lecturers, and industry professionals, leading to new insights, partnerships, and opportunities for future collaboration.
4. **Personal and Professional Development:** Participants will experience personal and professional growth through experiential learning, mentorship, and networking opportunities, empowering them to become agents of change in their respective fields.
5. **Impactful Contributions:** The programme's outcomes and projects have the potential to make meaningful contributions to sustainable development goals, public health initiatives, and community well-being, both locally and globally.
6. **Sustainable Engagement:** Through establishing an alumni network and providing post-programme support, the programme aims to sustain participants' engagement and collaboration beyond the programme duration, creating a lasting impact on individuals and communities alike.

⇒ Draft Program

Week 1 Program

Tuesday (Virtual Session 1 - 4 hours)
19.02.25

Session 1: Welcome and Course Overview

- Introduction to the course instructors and participants
- Overview of course objectives, structure, and schedule
- Explanation of course logistics, including communication channels and assessment criteria

- Formation of work teams and assignment of group tasks
- Recommendations for traveling to Portugal and logistical arrangements
- Group icebreaker activity or mini-task to foster engagement and collaboration

Thursday (Virtual Session 2 - 4 hours)
21.02.25

Session 2: Introduction to Course Topics

- Overview of the main themes and concepts addressed in the course
- Explanation of the interplay between health, sustainability, and technology
- Examples of specific topics and case studies illustrating the integration of these concepts (e.g., wearable health monitoring devices, renewable energy technologies, sustainable urban planning)
- Virtual group work session to discuss key concepts, share perspectives, and brainstorm ideas
- Facilitated discussions to encourage active participation and exchange of ideas among participants

Week 2 Program

Monday (Virtual Session 1 - 4 hours)
24.02.25

Session 1: Problem-Based Learning Approach

- Introduction to Problem-Based Learning (PBL) methodology
- Explanation of how PBL promotes active learning and problem-solving skills
- Presentation of a real-world problem or case study related to Physical Activity, health, sustainability, and technology
- Group discussion and analysis of the problem, identifying key issues and potential solutions
- Facilitated brainstorming session to generate innovative ideas and approaches to address the problem
- Assignment of group tasks for further exploration and research on the topic

Wednesday (Virtual Session 2 - 4 hours)
26.02.25

Session 2: Experiential Learning

- Introduction to Experiential Learning methodology
- Explanation of how Experiential Learning fosters practical skills development and real-world application of knowledge
- Presentation of experiential learning opportunities related to health, sustainability, and technology (e.g., site visits, hands-on activities)
- Virtual tour or case study analysis of a relevant organization, project, or initiative
- Group discussion on the insights gained from the experiential learning activity
- Reflection on the practical implications and challenges of applying theoretical concepts to real-world contexts

Friday (Virtual Session 3 - 4 hours)
28.02.25

Session 3: Innovation Challenges and Emerging Technologies

- Introduction to Innovation Challenges and Emerging Technologies
- Discussion on current trends and developments in technology and their potential impact on Physical Activity, health and sustainability
- Presentation of innovation challenges related to the course themes (e.g., developing sustainable solutions for healthcare delivery, leveraging AI for environmental conservation)
- Group ideation session to generate creative solutions to the innovation challenges
- Pitching of ideas and feedback session among participants
- Assignment of individual or group projects to further develop and implement innovative solutions

Week 3 Program

Monday (In person session 1 - 6 hours)
10.03.25

Session 1: Sustainable Development Goals (SDGs) and Their Impact on Health and Well-being

- Overview of the United Nations Sustainable Development Goals (SDGs) and their relevance to health, sustainability, and well-being
- Exploration of specific SDGs related to the course topics, such as clean water and sanitation (SDG 6), affordable and clean energy (SDG 7), and good health and well-being (SDG 3)
- Case studies and examples illustrating the interconnection between SDGs and their impact on health outcomes and overall well-being
- Interactive group discussions and activities to analyze the role of various stakeholders in achieving the SDGs and identifying opportunities for collaborative action

⇒ **External Visit: INOPOL and ESAC** - Participants will visit INOPOL and ESAC, an innovation hub and agricultural research center, to learn about sustainable farming practices, agricultural technologies, and their impact on health and well-being.

Tuesday (In person session 2 - 6 hours)
11.03.25

Session 2: Integrating Technology for Sustainable Health Solutions

- Introduction to the role of technology in addressing health challenges and promoting sustainability
- Presentation of innovative technological solutions in healthcare, such as telemedicine, wearable devices, and digital health platforms
- Hands-on activities or demonstrations showcasing the use of technology for monitoring health parameters, managing chronic conditions, and promoting preventive care

- Group discussions on the potential benefits and challenges of adopting technology-driven approaches to healthcare delivery
- Brainstorming session to generate ideas for leveraging technology to address specific health and sustainability issues in local and global contexts

⇒ **External Visit: Coimbra City Council:** Participants will visit Coimbra City Council to learn about urban planning initiatives focused on enhancing health and well-being through sustainable development and active living. The visit will also include a guided tour of Coimbra's downtown and uptown areas, led by the City Council.

Wednesday (In person session 3 - 6 hours)
12.03.25

Session 3: Sustainable Urban Planning and Active Living

- Examination of sustainable urban planning principles and their impact on promoting active living and public health
- Case studies highlighting successful examples of sustainable urban development projects, pedestrian-friendly infrastructure, and green spaces designed to encourage physical activity and social interaction
- Guided walking tour or virtual simulation of sustainable urban environments, focusing on key design elements and community engagement strategies
- Group discussions on the importance of creating supportive environments for physical activity and the role of urban planning in shaping health outcomes
- Interactive workshop or design exercise to develop innovative solutions for promoting active living in urban settings

⇒ **Guided Walk in the Bussaco National Forest and Visit to a Bairrada Winery** – Participants will enjoy a guided walk through the Bussaco National Forest, followed by a visit to a winemaking facility in Bairrada. Here, they will learn about sustainable winemaking practices, the environmental impact of viticulture, and the role of agriculture in supporting regional development.

Thursday (In person session 4 - 6 hours)
13.03.25

Session 4: Innovation Challenges and Emerging Technologies

- Overview of current trends and developments in technology and their potential impact on health and sustainability
- Presentation of innovation challenges related to the course themes (e.g., developing sustainable solutions for healthcare delivery, leveraging AI for environmental conservation)
- Group ideation session to generate creative solutions to the innovation challenges
- Pitching of ideas and feedback session among participants
- Assignment of individual or group projects to further develop and implement innovative solutions

⇒ **External Visit: Circuit visit of ROBOCORP (ISEC), Applied Biomechanics Laboratory (ISEC) and Sensing Future (IPN)** – Participants will visit different places to explore emerging technologies, robotics, and their applications in healthcare, environmental monitoring, and sustainable development.

⇒ **Guided walk to Parque Verde, followed by stand-up paddle boarding on the Mondego River** – Enjoy a pleasant stroll to Coimbra's Parque Verde, then

embark on a scenic paddleboarding experience along the calm waters of the Mondego

⇒ **Dinner Sunset: Location to be confirmed**

Friday (In person session 5 - 6 hours)
14.03.25

Session 5: Closing Session

- Theme: PROJECT PITCH PRESENTATIONS and Reflection
- Participants will have the opportunity to present their project proposals developed during the course.
- Each group will deliver a pitch highlighting their innovative solutions for addressing health and sustainability challenges.
- Presentations will be followed by feedback and discussion among participants and instructors.
- Reflection on key learnings, insights gained, and next steps for applying knowledge in practice.

Number of HEIs in the Partnership

1. Escolas do IPC
2. INOPOL
3. Laboratório ROBOCORP – I2A
4. Sensing Future
5. Câmara Municipal de Coimbra
6. SPRINT - Sport Physical activity and health Research & INovation cenTer

Priorities Addressed*

Digital Transformation

Please **select...**

Digital Transformation

Environment and fight against climate change

Inclusion and Diversity

Participation in Democratic Life

Digital Health and well-being

Objectives and Description*

The general objective of this Blended Intensive Programme (BIP) is to promote mixed mobility and create innovative approaches to teaching and learning. Through integrating transnational and transdisciplinary courses of high quality for both students and staff, the BIP aims to foster collaboration, exchange of knowledge, and capacity-building among participants from diverse backgrounds and disciplines. The central objectives revolve around advancing health, well-being, and sustainability through innovation in physical activity and aligning these efforts with the United Nations Sustainable Development Goals (SDGs). Through a combination of virtual and in-person activities, the BIP seeks to provide participants with immersive learning experiences, equipping them with the necessary skills,

knowledge, and perspectives to address complex challenges related to physical activity, sustainability, and technological innovation. Moreover, the BIP aims to cultivate a culture of innovation, critical thinking, and problem-solving, empowering participants to become agents of positive change in their communities and beyond. By leveraging strategic partnerships, mentorship opportunities, and collaborative projects, the BIP strives to create a dynamic and inclusive learning environment that fosters personal and professional growth while contributing to the achievement of broader societal goals.

Start Date*	End Date*
2025-03-10	2025-03-14

Physical Activity Duration (days)...

5 days

Virtual Component Description*

Week 1 Program:

Tuesday (Virtual Session 1 - 4 hours)

This session primarily focuses on setting the stage for the course. It starts with a warm welcome and an introduction where both course instructors and participants are introduced. The objectives, structure, and schedule of the course are outlined, providing participants with a clear roadmap. Additionally, logistics such as communication channels and assessment criteria are explained to ensure smooth course operation. The formation of work teams and assigning group tasks help foster collaboration among participants. Recommendations for traveling to Portugal and logistical arrangements are provided for those who need to attend in-person. Finally, an icebreaker activity or mini-task is conducted to break the ice and encourage engagement among participants.

Thursday (Virtual Session 2 - 4 hours)

This session delves into the core topics of the course. It begins with an overview of the main themes and concepts, emphasizing the interconnectedness of health, sustainability, and technology. Examples and case studies are presented to illustrate how these concepts integrate in real-world scenarios, such as wearable health monitoring devices or sustainable urban planning. Following this, a virtual group work session is conducted to facilitate discussions, share perspectives, and brainstorm ideas among participants. Facilitated discussions further encourage active participation and the exchange of ideas, enriching the learning experience.

Week 2 Program

Monday (Virtual Session 1 - 4 hours)

This session introduces participants to Problem-Based Learning (PBL) methodology. It emphasizes how PBL promotes active learning and problem-solving skills by presenting real-world problems or case studies related to physical activity, health, sustainability, and technology. Participants engage in group discussions and analysis to identify key issues and potential solutions. A facilitated brainstorming session encourages participants to generate

innovative ideas and approaches to address the presented problem. Group tasks are assigned for further exploration and research, promoting collaborative learning.

Wednesday (Virtual Session 2 - 4 hours)

Here, participants are introduced to Experiential Learning methodology, focusing on practical skills development and real-world application of knowledge. Experiential learning opportunities related to health, sustainability, and technology are presented, which may include virtual tours, hands-on activities, or case study analyses. Following the experiential learning activity, participants engage in group discussions to reflect on insights gained and discuss practical implications and challenges of applying theoretical concepts to real-world contexts.

Friday (Virtual Session 3 - 4 hours)

The final session of the week centres on Innovation Challenges and Emerging Technologies. Participants are introduced to current trends and developments in technology and their potential impact on physical activity, health, and sustainability. Innovation challenges related to the course themes are presented, and participants engage in a group ideation session to generate creative solutions. Ideas are pitched, and feedback is provided among participants. Finally, individual or group projects are assigned to further develop and implement innovative solutions, allowing participants to apply their learnings in a practical setting.

Virtual Component Duration*

22 hours.

The virtual portion of your BIP course spans two weeks (before in person session), with sessions held on Tuesdays, Thursdays, Mondays, Wednesdays, and Fridays.

Each session lasts for 4 hours, providing a total of 20 hours of virtual instruction over the two-week period. This condensed timeframe ensures an immersive learning experience while accommodating participants' schedules and maximizing engagement and collaboration opportunities within the virtual environment.

On Tuesday after the week of in-person sessions, there will be one virtual 2 hours session.

Virtual Component Timing*

Before, during and after

Please **select...**

- After
- Before
- Before and After
- Before and during
- Before, during and after**
- During
- During and after

Main Teaching/Training Language*

English

City of Venue*

Coimbra

Nestled in Portugal's heart, Coimbra epitomizes history, culture, and academic eminence. Dubbed the "City of Students," it hosts Europe's oldest university, the esteemed University of Coimbra, a UNESCO World Heritage Site since 2013. Its quaint streets, adorned with historic edifices, cozy cafes, and lively plazas, seamlessly blend tradition with modernity. Perched atop a hill, the city offers stunning panoramic vistas from its iconic University Tower, epitomizing Coimbra's intellectual and cultural richness. Visitors marvel at the university's architectural marvels, such as the Baroque-style Joanina Library and the regal Royal Palace of Alcáçova, once a monarch's abode. Beyond academia, Coimbra thrives with cultural vibrancy, from soul-stirring Fado tunes in taverns to spirited festivals like the "Queima das Fitas" and "Festas da Cidade," exuding warmth and hospitality. Nature enthusiasts relish the city's proximity to picturesque landscapes, including lush forests and tranquil riverbanks. Whether exploring historic streets, immersing in cultural heritage, or savoring scenic vistas, Coimbra promises unforgettable experiences. Furthermore, Coimbra emerges as a nexus of innovation and entrepreneurship, home to vibrant tech-based startups and incubators like Instituto Pedro Nunes (IPN) and INOPOL. These incubators provide vital support, resources, and networking avenues, empowering aspiring entrepreneurs. INOPOL, with its focus on tech ventures, offers cutting-edge facilities and mentorship, fostering innovation and economic growth. The collaborative environment nurtures creativity, driving technological breakthroughs and socio-economic development. Coimbra thus cements its stature as a leading hub for tech-driven entrepreneurship, attracting global talent, investment, and acclaim for its innovative prowess.

Country of Venue*

Portugal

Portugal, situated on the southwestern edge of Europe, is a country renowned for its rich history, diverse culture, and stunning landscapes. With a legacy stretching back centuries, Portugal boasts a wealth of architectural treasures, from medieval castles and Roman ruins to ornate palaces and picturesque villages. The country's capital, Lisbon, is a vibrant metropolis where historic neighbourhoods blend seamlessly with modern amenities, offering visitors a captivating mix of old-world charm and contemporary flair. Beyond the bustling cities, Portugal's natural beauty captivates with its rugged coastline, golden beaches, and verdant countryside. The Douro Valley, famous for its terraced vineyards and port wine production, offers breath-taking vistas at every turn, while the Algarve region entices with its pristine beaches and crystal-clear waters. Portugal's cultural heritage is equally impressive, with a thriving arts scene, vibrant festivals, and traditional cuisine that reflects its maritime history and diverse influences. From the melancholic strains of Fado music echoing through Lisbon's streets to the colourful processions of Carnival and the lively celebrations of São João in Porto, Portugal's festivals and traditions are a testament to its rich cultural tapestry. Moreover, Portugal is emerging as a hub for innovation and entrepreneurship, with a growing tech sector and a supportive ecosystem for start-ups and research institutions. The country's commitment to sustainability and renewable energy has also positioned it as a leader in green technologies and environmental conservation.