



EMOTIONAL REGULATION WITH MINDFULNESS, ART AND LIFESTYLE

BLENDING INTENSIVE PROGRAM (BIP)



FOR STAFF FROM HIGHER EDUCATION INSTITUTIONS

BIP Number: [2022-1-PT01-KA131-HED-000064936-2](#)

MAIN GOALS

Empower participants with practical tools, insights, and strategies for stress and anxiety management, and foster a culture of well-being and resilience within their respective institutions and communities.

PROGRAM OUTLINE

40 H immersive week + 20H of online sessions.

26th of June 2024 – Kickoff online session

1 to 5th of July 2024 - Immersive week at Polytechnic University of Santarém, Portugal

8th to 10th July 2024 – Tutorial online sessions

12th July 2024 – Final online session

TOPICS

During the immersive week, participants will engage in a series of practical workshops covering key topics such as attitudes, mindfulness, yoga, meditation, cultural strategies for well-being, and lifestyle practices.

Participants will also embark on a team project - How to spread art, mindfulness, and healthy lifestyle-based strategies in the workplace/community, which will be presented by each team in the final online session.

OUTCOMES

- Training manual for participants.
- Certificate of attendance (attending of at least 90% of the sessions)
- Certificate of training after assessment (team project presentation): 5 ECTS

REGISTRATION DEADLINE – 15th of June 2024

[Enroll here](#)

ORGANIZATION

Santarém Polytechnic University, Portugal (Organizer, Receiving HEI)
Latvian Academy of Culture, Latvia (Co-Organizer)

DETAILED OBJECTIVES AND AGENDA

Objectives

- 1) Stress and Anxiety Management: provide efficient strategies that allow participants to recognize, cope with, and reduce stress and anxiety in themselves and others within their higher education institutions.
- 2) Enhanced Well-being: foster an overall improvement in the well-being of staff members by providing them with tools and practices to cultivate a healthy lifestyle, resilience, balance, and emotional regulation.
- 3) Skill Development: develop skills in mindfulness, yoga, meditation, and culture-based strategies to promote self-awareness, concentration, and relaxation.
- 4) Community Engagement: empower participants to design and implement initiatives aimed at spreading art, mindfulness, and healthy lifestyle-based strategies within their workplaces and communities.
- 5) Team Collaboration: facilitate teamwork and collaboration among participants through a team project focused on creating actionable plans to implement strategies learned during the program.

Agenda

In-Person Program

	MONDAY 01-07-2024	TUESDAY 02-07-2024	WEDNESDAY 03-07-2024	THURSDAY 04-07-2024	FRIDAY 05-07-2024
09.00	Welcome What is Mindfulness	Theoretical approach on culture-based strategies	Yoga class	Growth Mindset: reprogramming the mind	Team project
11.00 Break					
11.30	Theory and practice of Diaphragmatic breathing	Practical workshop: Mindfulness through dance	Healthy lifestyle	Values Purpose statement	Team project
13.00 Lunch					
14.00	Practical workshop: Mindfulness attitudes	Practical workshop: dance or theater	Healthy lifestyle	Cultural tour to Óbidos e Nazaré	Citizen Science
15.30 Break					
16.00 to 18.00	Practical workshop: Mindfulness informal and formal practices	Cultural program: stories in the city	Healthy lifestyle		Closure

Online Program

	JUNE 26-06-2024 WEDNESDAY	JULY 08-07-2024 MONDAY	JULY 09-07-2024 TUESDAY	JULY 10-07-2024 WEDNESDAY	JULY 12-07-2024 FRIDAY
14.00 to 18.00	KICKOFF Presentation of the course; presentation of teachers and participants	Tutorial session to support team project	Tutorial session to support team project	Tutorial session to support team project	Presentation of Team projects. Fill final questionnaire.

CONTACTS

For more information on the program contact the Coordinator of the BIP, Paula Pinto (paula.pinto@esa.ipsantarem.pt) or the Coordinator of ERASMUS in Santarém Polytechnic University, Céu Martins (ceu.martins@sc.ipsantarem.pt)

HOTEL RECOMMENDATIONS

Santarém Hotel [Página Inicial - Santarém Hotel Site Oficial - Melhor Tarifa Garantida \(santarehotel.net\)](#)

Casa Brava:

[R. Guilherme Azevedo 31, 2005-145 Santarém](#)

Telefone: [912 852 261](tel:912852261)

HN1 Hostel [N1 Hostel Apartments & Suites em Santarém - Site Oficial.](#)

Hotel Vitória:

[R. Segundo Visc. de Santarém 21, Santarém](#)

Telefone: [243 309 130](tel:243309130)

HOW TO TRAVEL TO SANTARÉM

From Lisbon airport take de subway to metro station ORIENTE. At ORIENTE train station take a train to SANTARÉM

At train station in Santarém take a taxi/ubber or bus to your hotel

PARTICIPATING UNIVERSITIES

Santarém Polytechnic University, Portugal (Organizer, Receiving Hei)

Latvian Academy of Culture, Latvia (Co-Organizer, Sending HEI)

Medical University of Gdańsk, Poland (Co-Organizer, Sending HEI)

Kaunas University of Applied Engineering Sciences, Lithuania (Sending Hei)

Constantin Brâncuși University of Târgu-Jiu, Romania (Sending Hei)

Goce Delcev University, North Macedonia (Sending Hei)

Carinthia University of Applied Sciences, Austria (Sending Hei)

University Francisco de Vitoria UFV, Spain (Sending Hei)

Technische Hochschule Ingolstadt, Germany (Sending Hei)