

## 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, and 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

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:

###### 1<sup>st</sup> 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

**2<sup>nd</sup> 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.

**3<sup>rd</sup> 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.  
19:30 – Group dinner

**4<sup>th</sup> 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  
21:00 – Night tour of Sé Cathedral.

**5<sup>th</sup> day:**

09:00 – Zumba class by Prof. Bernardete  
11:30 – Portfolio evaluation and program discussion  
13:00 – Closing ceremony

**Other information**

**Facilities provided to participants:**

Free accommodation in dormitories and Lunches.