Blended Intensive Programme (BIP) | 2026

Ageing and Inclusion - proposals for an age friendly community

Dates for physical activity | May 2026

Proposed period for virtual component | May 2026

Objectives and Short description:

- Raise awareness in university students about the issues faced by LGBTQIA+ older adults;
- Identify problems of inclusion in social facilities for older adults;
- Generate solutions and guidelines for more inclusive care, along with the Sustainable Development Goals;
- Develop practical skills to implement inclusive care services;
- Foster intercultural collaboration in addressing inclusion issues;
- Promote critical thinking and international collaboration in social care contexts.

BIP Language and location of physical activity

- English
- School of Education, Viana do Castelo (Portugal)

Coordinating Institution
Polytechnic University of Viana do Castelo

How to apply: Procedures for registration will be sent to selected and nominate students by home Universities to internacional@ipvc.pt
Places are limited to 25 participants and will be filled in strict order of registration.
ECTS issued | 3 ECTS

Field of Education | Gerontology

Project base learning activity | Problem Solving

Priorities addressed | Inclusion and diversity

Dates for physical activity and programme
Physical mobility schedule (24 hours):

Day 1 – Monday (4th May)
Welcoming – Registration and reception (classroom)

- 10:00 – 11:00: Registration and reception
- 11:00: Coffee break
- 11:30 – 12:30: Presentations and group dynamics
- 12:30 – 14:00: Lunch at ESE

- 14:30 – 17:00: The profile of older adults in Europe, Portugal and Viana do Castelo and resources available in the city (Municipality of Viana do Castelo)

Day 2 – Tuesday (5th May) | Working day at ESE

- 10:00 – 12:30: Teamwork to explore proposals initiated online
- 12:30 – 14:00: Lunch at ESE
- Free afternoon

Day 3 – Wednesday (6th May)

- 09:00 – 13:00: Good practices – field trip to Ílhavo, Aveiro
- 13:00 – 14:00: Lunch break
- 14:00 – 18:00: Good practices – field trip to Ílhavo, Aveiro

Day 4 – Thursday (7th May)

- 09:00 – 11:00: Teamwork to develop the proposals
- 11:00 – 12:30: Meeting with mentor for feedback and further development
- 12:30 – 14:00: Lunch at ESE
- 14:00 – 17:00: Inclusion activity
- 19:30: Intercultural & Social dinner at Café Sport Restaurant

Coffee Station available throughout the event.

Day 5 – Friday (8th May)

- 09:00 – 11:00: Pitch session (jury presentation)
- 11:00 – 12:00: Reflections and conclusions
- 12:00 – 12:30: Photos for future memories
- 13:00: Farewell lunch at ESE

Coffee Station available throughout the event.

Virtual Component Description (6 hours):
Thursday (20th April)
Interactive webinars: Emerging topics in human ageing, LGBTQIA+ Ageing and Care.
Idea Presentation Challenge: Multicultural teams create solutions for identified problems.
Online Mentorship: Each group is supported by mentors throughout the process.

Methods
Methods and Outcomes:

- Experiential Learning: Solving emerging real-world problems through challenges and development of possible solutions.
- Intercultural Collaboration: Multicultural teams fostering global competencies.
- Focus on Sustainability: Ideas aligned with the Sustainable Development Goals (SDGs).

Outras opções com trabalho específico na área do envelhecimento LGBTQIA+ e cuidados sociais e de saúde – Prof. MOJCA UREK University of Ljubljana (SLO); Alice Salomon University of Applied Sciences Berlin – projeto Ageing Diversity: LGBT* – Housing and Long-term Care

Type of Participants
Students