Blended Intensive Programme (BIP) | 2026

Intercultural Practices: Embracing Diversity in Healthcare

Dates for physical activity | 4 – 8 may 2026

Proposed period for virtual component | May 2026

Objectives and Short description:
This program aims to enhance intercultural and global health competencies among teaching staff in health and related disciplines, equipping them to effectively address the health needs of culturally diverse and displaced populations, including those affected by migration.

Specific objectives:

- Discuss key concepts of interculturality;
- Explore theoretical foundations and instruments related to interculturality;
- Understand intercultural challenges in health within a globalized world;
- Develop strategies for culturally competent care in emergency and transnational contexts;
- Foster collaborative networks in global and humanitarian health.

BIP Language and location of physical activity

- English
- School of Health Sciences, 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 and previous registration in BM platform in the BIP Code.
Registration on the link: https://forms.gle/QtaGGYsA8xWTC8kr5
Places are limited to 25 participants and will be filled in strict order of registration.
ECTS issued | 3 ECTS
Organizing board: Luís Graça (Coordinator), Andreia Gonçalves, Cátia Santos, Mara Rocha, Márcia Conceição

Field of Education | Health

Priorities addressed | Inclusion and diversity. Participation in democratic life.

Dates for physical activity and programme
Day 1 – 10:00 a.m. to 5:00 p.m. – ESS Auditorium
Morning
Welcome session and cultural icebreakers
Opening Lecture: "Understanding culture, multiculturality, and interculturality"
Key concepts workshop: exploring fundamental notions of culture(s), diversity, and interculturality
Afternoon
Partner country presentations: overview of demographic and health indicators, organisation of the health system, models of health care……
Day 2 – 09:30 a.m. to 5:00 p.m. – ESS Auditorium
Morning
Problem-Based Learning session: intercultural case study
Interactive Workshop: Cross-cultural communication in health care
Lecture: Theoretical models of interculturality and intercultural communication:

- Leininger and Sunrise model
- BOOSPOD, Dearorff, etc.

Afternoon
Lecture: Ethics and interculturality in health practice
Group reflective session: sharing practices
Day 3 – 09:30 a.m. to 5:00 p.m. – To be defined
Morning
Field visits to community health centres and hospitals: observation of intercultural practices in real-world contexts
Afternoon
Group debrief and discussion: reflexion on observed practices and approaches in care
Day 4 09:30 a.m. to 5:00 p.m. – ESS
All day
Workshop: designing an intercultural health intervention project with mentoring and Guidance
Evening

Cultural experience: Sampling diverse cultural expressions (e.g. cuisine, dance, music)
Day 5 | All day
Project presentations: Groups present their intercultural health intervention proposals
Final evaluation and closing ceremony: feedback and reflections.
Virtual Component Description

Day 30th April 2026
Virtual Component Description (5 hours): 1 week before the physical mobility, theoretical approaches:
14:00 – Online kick-off session: introduction to the programme's objectives, schedule, and collaborative digital platform (Presentation: Luís Graça);
15:00 – Thematic module: "Ethics and interculturality in health practice", (Presentation: Lucília Nunes/Moderation Mara Rocha);
17:00-19:00 – Interactive discussion forum: exchange of perspectives on challenges in multicultural health and crisis settings (Moderation Mara Rocha).

Meeting Microsoft Teams
Join:https://teams.microsoft.com/meet/3319042598711?p=yOoXAE79FMm3g2uwf4
Meeting ID: 331 904 259 871 1
Passcode: Yy2Nc35r
Day 19th May 2026
Virtual Component Description (5 hours) 1 week after the physical mobility (5 hours), case-based discussions and application of learning:
14:00-19:00 – Project development & refinement; Integration of learning outcomes; Preparation of final outputs (Moderation: Andreia Gonçalves).

Microsoft Teams meeting
Join:https://teams.microsoft.com/meet/393153144508221?p=F2Td2huJ41p8hI51lw
Meeting ID: 393 153 144 508 221. Passcode: KZ2S54yc
Day 1 (4th May)
09:30-10:00 – Arrivals/Networking
10:00-10:30 – Lecture – Welcoming Addresses (Presentation: Vice-President of IPVC, Ana Paula Vale, Ana Teresa Oliveira, Pro-President of IPVCInstituto Politécnico Viana do Castelo and Luís Graça, Director of the School of Health) – Auditório Enf.ª Correia Bandeira – ESS
10:30-12:30 – Opening Lecture: "Understanding culture, multiculturality, and interculturality" (Presentation: Pedro Calado/ Moderation: Cátia Santos) – Auditorium Enf.ª Correia Bandeira – ESS
12:30-14:00 – Lunch Break – ESS
14:00-15:00 – Campus Tour (Andreia Gonçalves)
15:00-16:30 – Group Work Sessions (Moderation: Andreia Gonçalves) – Room 0.8 – Escola Superior de Saúde
Evening – Free time
Coffee Station available throughout the event
Day 2 (5th May)
09:30-10:30 – "Sociology perspective" – (Presentation: Pedro Pereira/ Moderation: Márcia Conceição) – Room 0.8 – ESS

10:30-11:00 – Coffee Break
11:00-13:00 – "Multicultural Care Nursing Education Model: Shaping Culturally Competent Health Professionals for a Global and diverse Health" (Presentation: Ana Paula Monteiro/ Moderation: Márcia Conceição) – Room 0.8 – ESSEscola Superior de Saúde
13:00-14:30 – Lunch Break – ESS
14:30-18:30 – Cultural and culinary tours (Márcia Conceição; Luís Graça)
Evening – Free time
Day 3 (6th May)
09:30-13:00 – Field Visits to Health Services (Cátia Santos; Mara Rocha) – ULSAM
Lunch/Afternoon/Evening – Free time
Day 4 (7th May)
09:30 – 12:30 – "Sharing Experiences across European Health Systems" (Presentation: Mara Rocha; Katarzyna Kociuba Adamczuk / Moderation: Cátia Santos) – Gil Eanes Ship https://maps.app.goo.gl/azQcT3U3BNPjSKsU8 (Lunch Bag)
12:30-14:30 – Lunch (free time)
14:30-17:30 – Cultural Activity / Film Session ("On Falling") (Cátia Santos; Mara Rocha) – Teatro Sá de Miranda https://maps.app.goo.gl/7xrV1i5LXxH1V7U78
17:30-19:30 – Free time
19:30 – Intercultural & Social Dinner (Café Sport Restaurant)
Day 5 (8th May)
10:00-12:00 – Reflection & Feedback and Closing Ceremony and Final Evaluation. (Presentation: Luís Graça) – Auditório Enf.ª Correia Bandeira – ESSEscola Superior de Saúde
Coffee Station available throughout the event

Methods
Methods and Outcomes:
Methods:

- Project-based and problem-based learning (PBL);
- Work in small international groups;
- Interactive workshops and role-playing;
- Simulation-based learning for disaster and emergency response;
- Case studies on refugee and crisis care;
- Lectures by experts in intercultural and humanitarian health.

Expected outcomes:

- Development of an intervention proposal for multicultural and crisis-affected settings;
- Creation of multilingual educational materials;
- Group presentations on the final day of mobility;
- Individual reflective report;
- Award of 3 ECTS.

Type of Participants

- Staff

Partners

- Agricultural University of Tirana – Albania
- Medica University – Bulgaria
- Lithuanian University of Health Science (LSMU) – Lithuania
- Riga Technical University Rezekne Academy – Latvia
- European University Cyprus – Cyprus
- University of Information Technology and Management in Rzeszów – Poland
- Free Brussels Institute Ilya Prigogine – Belgium
- University of Social and Medical Sciences in Lublin – Poland