

# + International Week 2022

09 – 13 MAY

**BE WELL ON A  
SUSTAINABLE ENVIRONMENT:  
RESOURCES AND TIPS FOR  
HEALTH AND WELLBEING ON  
AND OUTSIDE CAMPUS**

Polytechnic of Leiria  
Portugal



## ACTIVITIES PROGRAMME

### MAY 9TH - MONDAY

**Morning: Polytechnic of Leiria Headquarters**  
(For All Participants OSW + IW)

09:00 – 10:30 | Registration of Participants  
10:30 – 11:30 | Welcome Session  
11:30 – 12:30 | Workshop  
*Pro-health training how to do it?*  
Speaker: Małgorzata Fortuna - Karkonosze University of Applied Sciences (Poland)

**Afternoon: Activities in the School of Technology and Management (Campus 2)**  
(For All Participants OSW + IW)

14:30 – 16:30 | International Networking Fair  
(Campus 2 – Polytechnic of Leiria)  
16:30 – 18:30 | Visit to the School of Technology and Management (Campus 2)  
19:00 – 21:00 | Portuguese Traditional Barbecue

### MAY 10TH - TUESDAY

**Morning: Training Workshops**  
(Only for Open Staff Week Participants) – OSW

09:30 – 11:00 | **Workshop** (Campus 1 – ESECS)  
*The influence of a good spirit in our lives - B WELL, Active and Inclusive (Testimony - 20 years of Erasmus)*  
11:00 – 12:00 | **Practical Workshop** (Campus 1 – ESECS)  
*Frisbee sports and the Spirit of the Game (SOTG)*  
Speaker: José Amoroso  
Sports Specialist / Professor / ERASMUS+ Village on Move GO Project Member

**FREE MORNING FOR INTERNATIONAL WEEK PARTICIPANTS – IW**

**Suggestion:** Take the opportunity for a walking tour on the city of Leiria and visit the historic center, the city museum and the riverside area.

**Afternoon: Activities in the School of Education and Social Sciences (ESECS - Campus 1)**  
(For All Participants OSW + IW)

14:30 – 15:00 | Welcome and Presentation of the School  
15:30 – 17:00 | Folk games and Intercultural dynamics:  
*Let's dance and play in an international way*

### MAY 11TH - WEDNESDAY

**Morning: Practical Workshop - Leiria**  
(Only for Open Staff Week Participants) – OSW

09:30 – 12:00 | **Practical Workshop**  
*Healthy Campus / Going out, "cleaning" in*  
Speaker: Rui Matos, PhD  
Professor / Coordinator of the Polytechnic of Leiria "Healthy Campus Project"

**NOTE:** This workshop Includes outdoor activity. Bring comfortable clothes and shoes.

**FREE AFTERNOON FOR OPEN STAFF WEEK PARTICIPANTS – OSW**

**Suggestion:** Take the opportunity for a walking tour on the city of Leiria and visit the historic center, the city museum and the riverside area.

**Morning/Afternoon: Activities in the School of Tourism and Maritime Technology – Peniche**  
(Only for International Week Participants) – IW

09:15 – Departure to Peniche  
(Campus 4 – Polytechnic of Leiria)  
10:00 – 15:00 | Welcome Reception and Visit to the School of Tourism and Maritime Technology

- International Dance Workshop
- Local Visit

18:00 – 19:30 | Reception by the Mayor at Leiria's Castle (For All Participants OSW + IW)

**Afternoon: Activities in the School of Arts and Design (Caldas da Rainha City – Campus 3)**  
(For All Participants OSW + IW)

14:30 – 15:30 | Seminar “New European Bauhaus - beautiful, sustainable, together”  
Judith Tornier - Fulda University of Applied Sciences (Germany)

15:30 – 16:30 | Visit to the School of Arts and Design (ESAD.CR)

20:00 – Social Dinning in Leiria  
(For All Participants OSW + IW)

**MAY 12TH - THURSDAY**

**Morning: Workshops at Campus 2 of Polytechnic of Leiria (ESSLei and ESTG)**

09:30 – 11:30 | Workshop  
(Only for Open Staff Week Participants) – OSW  
Positive Mental Health Promoting Behaviors  
Speaker: Ana Querido, PhD  
Professor / School of Health Sciences

09:30 – 11:30 | Workshop  
(Only for International Week Participants) – IW  
Internet security: best practices for passwords  
Speaker: Miguel Frade, PhD  
Professor / School of Technology and Management

11:30 – 12:30 | Visit to the School of Health Sciences  
(For All Participants OSW + IW)

**MAY 13TH - FRIDAY**

**Morning: Practical Workshop**  
(Only for Open Staff Week Participants) – OSW

09:30 – 11:30 | Workshop (Campus 1 – ESECS)  
Exercise and Health: after all, how to get the best of both worlds?  
Speaker: Pedro Morouço, PhD  
Dean of the School of Education and Social Sciences / Professor and Researcher on Biomechanics; Health Sciences)

**Afternoon: Cultural Visit (Batalha Monastery and Nazaré) (For All Participants OSW + IW)**

14:00 – 15:30 | Guided Visit to Batalha Monastery (UNESCO Heritage)  
15:30 – 17:00 | Nazaré Beach / Sitio Headland

**Be Well on a Sustainable Environment**  
Resources and Tips for Health and Wellbeing On and Outside Campus

**OPEN STAFF WEEK (OSW) + INTERNATIONAL WEEK (IW)**  
9 – 13 May, 2022

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