

Emotional Education (6 ECTS credits)
Responsible: Maria A Romão da Veiga, Bárbara Barroso, Ana Paula Monte
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Location: Bragança Campus
Partners: Institut Regional de Formation Sanitaire et Sociale Limousin - Croix-Rouge Française, Wroclaw Medical University, University Hradec Králové
Calendar: Virtual component starting 22/04/2025, ending 12/06/2025. Physical component from 02/06/2025 to 06/06/2025.
Contents: Emotional Intelligence (IE), Emotional Competence (EC), Emotional Education (EE): Concepts and neuro-differentiation. Emotion: Functions and Effects of Cognitive and Behavioral Processes. Emotion and Feeling: differences and expressions. EE for EC - Health Promotion/ EC Dimensions. Manage emotional states of the body vs Emotional regulation. The Microbiota-Gut-Brain Axis; Gut feelings: associations of emotions and emotion regulation with the gut microbiome. Be emotionally competent as Educator, Manager, Entrepreneur. EE Laboratories I, II: Immersive Emotion Management Strategies: Emotional management through body expression: dance/music therapy, sociocultural guided physical activity and interaction in art reflection. VirtualLab: Immersive experiences in virtual reality under technical and scientific guidance.

Business Sustainability and ESG (6 ECTS credits)
Responsible: Nuno Moutinho, Elaine Scalabrini, Paula Odete Fernandes
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Location: Bragança Campus
Partners: Stars-EU partners: University of La Laguna; Hochschule Bremen City University of Applied Sciences; Silesian University in Opava; University West; Aleksandër Moisiu University of Durrës
Calendar: Virtual component starting 09/04/2025, ending 30/04/2025. Physical component from 05/05/2025 to 09/05/2025.
Contents: Ethics of Sustainability: Environment, Governance, and Society; Sustainable Development; Circular Economy; Sustainable business models; Entrepreneurship as a factor for change; Environment, social and governance; Sustainability: Challenges & Opportunities; Company development based on sustainable innovation; Sustainable finance; Disclosure and reports; Sustainable marketing; ESG Strategy for companies.

Challenge Based Innovation (6 ECTS credits)
Responsible: Inês Barbedo, Pedro Rodrigues
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Location: Bragança Campus
Partners: Prague University of Economics and Business; Universitat Rovira i Virgili
Calendar: Virtual component starting 10/03/2025, ending 27/06/2025. Physical component from 09/06/2025 to 13/06/2025
Contents: Digital Challenge-Based Learning (DCBL) arises from integrating digital transition themes, concerns, technologies, and / or tools into the Challenge-Based Learning (CBL) framework, applying active methodologies supported by lean design, design thinking and end-to-end problem design, in future oriented approach, structured in the following steps: <ul style="list-style-type: none"> • ENGAGE team engagement and contract of teamwork, understanding the challenge and stakeholders' involvement by research and benchmark. • ENVISION: Benchmark review, PESTEL analysis, and report development. • IMMERSIVE WEEK: ideation, prototyping, development, and analyses of future-oriented scenarios. • DEMONSTRATE AND COMMUNICATE: prototype and pitch the project.

Integrated Multimedia Project (Local markets) (5 ECTS credits)
Responsible: Ana Lúcia Pinto, Carlos Casimiro Costa
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Location: Mirandela Campus
Partners: Universitatea Ștefan cel Mare Suceava, Universitatea Politehnica Timișoara, University of Silesia (Krzysztof Kieślowski Film School)

Calendar Virtual component starting 26/02/2025, ending 27/04/2025. Physical component from 28/04/2025 to 02/05/2025.

Contents This BIP project operates within a co-creation framework, aiming to promote a profound understanding of the social and cultural geographies of communities by exploring their origins and engaging with specific contexts and identities. It adopts a holistic perspective on developing creative projects, animation, design, photography, cinema, drawing, architecture, digital media, and music. These initiatives are intricately connected to local markets and their cultural genesis, ensuring their relevance and authenticity.

The work emphasizes active involvement in real-world research, focusing on cultural and ethnographic values. By mastering systemic methodologies within social contexts, the project seeks to explore the sensitive identity of markets and local communities across Europe. This approach connects historical roots to contemporary realities and future possibilities while strongly focusing on the present.

Markets, historically the heart and soul of cities, act as generational hubs, preserving human identity and specificities. As places of social development, they serve to revitalize traditions and languages, reinforcing memory and identity in alignment with the principles of the European Project.