IPBeja Erasmus Blended Intensive Programme (BIP)[1]

Registry Form

1) BIP Identification

BIP Title[2]	Healthy Food: Innovation, Tradition & Wellbeing
ISCED[3] code study area (main field of education)	
Partners (name, country, Erasmus Code, contact person and e-mail)	1) Polytechnic University of Beja, Portugal, P BEJA01, Maria João Carvalho joaobcarvalho@ipbeja.pt (HEROES PARTNER) 2) University of Ljubljana - Biotechnical Faculty, Slovenia, SI LJUBLJA01, Lea Pogačnik da Silva, Lea.Pogacnik@bf.uni-lj.si 3) Transilvania University of Brasov - Medicine Faculty, Romania, RO BRASOV01, mihaela.badea@unitbv.ro 4) Universidade de Lisboa, Faculty of Pharmacy, Lisbon, Rui F.M. Silva,; Agronomy Institute, Lisbon, Suzana Ferreira Dias 5) Vilnius Kolegija, University of Applied Sciences, Faculty of AgroTechnologies, Lithuania, LT VILNIUS10, Nijolė Ružienė, n.ruziene@atf.viko.lt (HEROES PARTNER) 6) HEROES PARTNER to be identified 7) HEROES PARTNER to be identified
Coordination Institution (name, country, Erasmus Code, contact person and e-mail)	Polytechnic Institute of Beja, Portugal, P BEJA01, Cristina Palma, international@ipbeja.pt
Academic Coordinator (name, position and e-mail)	IPBeja, School of Agriculture, Maria João Barata de Carvalho, joaobcarvalho@ipbeja.pt Food Engineering Master Commission – Antónia Macedo, Carlos Ribeiro, Teresa Santos

[1] More Info on Erasmus BIP: https://wikis.ec.europa.eu/display/NAITDOC/Blended+Intensive+Programmes+in+KA131+Higher+Education+projects

[2] The IPBeja IRO will use this title/BIP designation to register the BIP in the European Commission Platform and in the IPBeja Academic Platform, with the purpose to associate participant students and partner instituions.

[3] ISCED Code Search Tool: https://ec.europa.eu/assets/eac/education/tools/iscedf/codes_en.htm

	IPBeja/ESA Sensory Laboratory – Rita Inácio
Type of participants targeted (academic background and study level)	BSc or MSc in Agronomy Engineering, Food Sciences and Technologies, Food Engineering, Nursing, Nutrition & Dietetics, Medicine students finishing their Bachelor or attending a Master's degrees.
Level of Study (Select one option)	__ Short cycle tertiary education (EQF – 5) _X_ First cycle / Bachelor's or equivalent level (EQF – 6) _X_ Second cycle /Master's or equivalent level (EQF – 7) _X_ Third cycle /Doctoral or equivalent level (EQF – 8)
Expected number of participants per partner institution	30 to 35 participants and each partner should send at least one lecturer and five students
Subject/Topic of the Programme	Healthy Food: Innovation,Tradition & Wellbeing
Objectives and description of the programme	*Aim*: - upgrading and deepening knowledge of different topics of life sciences - encouraging critical scientific-research thinking - getting to know the course and approaches in scientific research work (problem identification, searching for literature, research, result analysis and result discussion) - getting acquainted with work in groups - getting acquainted with laboratory techniques in different fields of life sciences - meeting the leading foreign experts in various fields of biosciences - evaluation of experimental results and their interpretation - internationalisation (interaction with foreign students and professors) - encouragement of international exchange *Course specific competences*: The summer school will provide students with an in-depth insight into current topics in the field of biosciences. Various professions and research fields will be presented, which will provide an interdisciplinary presentation of the topic. This will show the student how important it is to connect different disciplines when learning about the nature and give them an insight on how to answer the questions that are set during scientific research. In this way, we will encourage students to think critically and discuss a specific scientific problem, to cooperate with each other and at the same time enable them to socialize with experts in a particular field. During the summer school, students will be introduced to each topic in its entirety; basics, recent research on the area and its findings. The possible applications on each area will also be presented.

	Students will thus receive an in-depth insight into the theory of the chosen topic, discussions on the presented issues and practical work as well as the transfer of acquired theoretical knowledge into practice (laboratory and field work). **Challenge: What problem will the students solve?** How might we increase the sense of well-being with innovations in traditional food?
BIP Methods and outcomes	Knowledge and understanding: The student will learn to identify scientific problems, search and critically review scientific literature, choose the work method and analyse the obtained results. The student will learn to connect and properly use gained knowledge to solve scientific problems. The student will be capable of individual or group project work, will develop criticism of his own and other people's findings, and will be acquired the skills of public defence and presentation of project results. *Use:* Emphasis of the preparation of the summer school program is on the presentation of an interdisciplinary approach to the topic with involvement of foreign professors and students. *Reflections:* The program represents the connection and deepening of the knowledge that students gains during their studies. Students can also get acquainted with knowledge from other fields, and are involved into the international environment. *Transferable skills:* The student knows how to use various databases and domestic as well as foreign literature. He is able to form critical thinking towards the publicly presented topics on the basis of acquired interdisciplinary knowledge. The student is prepared to work in international environment. Methods: Lectures/workshops, discussions, seminars, laboratory work and field trip, considering the following guidelines: - active attendance at lectures/workshops (75%) - active attendance at laboratory work (25%) - attendance at fieldtrips - oral presentation of the results/solutions to the challenge (25%)
BIP Virtual component description and n. days	Students will be by internationally renowned professors introduced to current research developments and the latest technology in various areas of life sciences, which include diverse fields of study such as biotechnology, agriculture, food science, nutrition, microbiology, and animal science.

	Students will be encouraged to actively participate in the lectures through discussions. Emphasis will be placed on strengthening problem solving, teamwork, discussion, and oral communication skills. During lab work, students will be divided into smaller groups that will be guided by a mentor from a specific field. While working in the lab, students will learn to use the latest research techniques in the field of biotechnology, microbiology, food technology, and sensory analysis. During the fieldtrip, the students will learn about the technological processes of winemaking, from raw materials to production of different types of wine. They will also learn about the analytical methods we use in wine quality control. In groups, students will prepare a presentation of the results of the laboratory work and discuss all the topics at the final conference. At the end of the summer school, students will be able to follow scientific and technical language and improve their understanding of technical/scientific English, which is very important for research and study inside and outside the European Union.
Start and end of date of the physical activity	17 to 25 September 2026
Host city for physical activities	Beja
Number of ECTS credits awarded	**3 ECTS**
Main teaching language	English

2) BIP Structure (timeline)

Date	Topics	Responsible Partner	Format (on-line or face-to-face)	N. Hours
11 September	***Virtual conference – presentations of students and their Universities/Faculties*** Introduction – Presentations - Final Remarks	IPBeja (PT) SI LJUBLJA RO BRASOV LT VILNIUS ….	On-line	4h
17 September	Registration Welcome drink Opening ceremony Students' networking (groups) Visit and enjoy Beja: cultural engagement with the locals and the city	IPBeja (PT)	Face-to-face	4h
18 September	Topic I – **GREEN INVADERS: THREAT OR OPPORTUNITY** Chairperson: Lea Pogačnik da Silva 9:00 – 13:00 – Workshop	IPBeja (PT)	Face-to-face	4h

	Lunch Free time			
21 September	Topic II – **ANTIOXIDANTS** Chairperson: Mihaela Badea 9:00 – 13:00 – Workshop Lunch Experimental work (groups) – 14:00 – 16:00 Free Time	IPBeja (PT)	Face-to-face	6h
22 September	Topic III – SUSTAINABLE FOOD & HEALTH Chairperson: Suzana Ferreira Dias 9:00 – 13:00 – Lectures Seminar Lunch Topic IV – POLYPHENOLS GOOD FOR THE BRAIN Chairperson: Rui Silva 14:00 – 16:00 - Lectures Seminar 17h-19h – Visit Cellar & Olive-oil plant – Taste Session - Nijolė Ružienė	IPBeja (PT)	Face-to-face	8h
23 September	9:00 – 12:00 - Visit Dairy – Antónia Macedo Lunch Experimental work (groups) – 14:00 – 16:00 Free Time	IPBeja (PT)	Face-to-face	8h
24 September	Topic V – **INNOVATIVE INSECTS FOOD** 9:00 – 13:00 Chairperson: Maria João Carvalho Experimental work (groups) – 14:00 – 16:00 17h- 19h –– Taste Session – Rita Inácio GALA Dinner	IPBeja (PT)	Face-to-face	8h
25 September	9:00 – 12:00 Group presentations – **PROBLEM SOLUTIONS - CBL** 12:00-13:00 - Closing ceremony	IPBeja (PT) SI LJUBLJA RO BRASOV LT VILNIUS	Face-to-face	4h

Date: 22 Julho 2025

IPBeja Erasmus BIP Coordinator

Name: Maria João Barata de Carvalho

Signature: