BIP GENERAL PRESENTATION

GENERAL INFORMATION
DATES FOR PHYSICAL ACTIVITY: 16–20 November
PROPOSED PERIOD FOR VIRTUAL COMPONENT: 29 October (17h CET) + asynchronous activities until the physical mobility
LOCATION OF PHYSICAL ACTIVITY: Guarda, Portugal – Polytechnic University of Guarda (IPG)
TARGET AUDIENCE / PARTICIPANT PROFILE: Academic and administrative staff from higher education institutions (all fields), with interest in internationalization, intercultural communication, and language learning.
NO. OF ECTS ISSUED: 3 ECTS (to be confirmed according to partner institutions)
LANGUAGE OF INSTRUCTION AND REQUIREMENTS: English (working language) No prior knowledge of Portuguese required
REQUIREMENTS/PRE-REQUISITES: • Affiliation with a higher education institution • Motivation to participate in intercultural and collaborative activities Basic English proficiency
ORGANIZING BOARD: **Host university : IPG**
PROGRAM
TITLE: Living Portugal: Language, Culture and Heritage

SHORT DESCRIPTION of BIP:

This Blended Intensive Programme (BIP) offers a rich and immersive experience in Portuguese language, culture, and heritage, combining a virtual preparatory component with an intensive on-site programme in Guarda.

At the core of the programme are interactive Portuguese language workshops, designed to develop basic communication skills while fostering confidence in real-life contexts. These sessions are closely integrated with cultural learning, allowing participants to engage with the language as a living expression of identity, traditions, and social interaction.

The programme places a strong emphasis on experiential and cultural learning. Participants will take part in workshops dedicated to Portuguese music, exploring traditional sounds, rhythms, and their cultural significance. These activities provide a hands-on understanding of Portuguese cultural expression and encourage active participation and intercultural dialogue.

In addition, the programme includes guided visits and study trips that highlight the historical and cultural richness of the region. The visit to the Côa Valley Archaeological Park, a UNESCO World Heritage site, offers a unique opportunity to explore prehistoric art and reflect on the deep historical roots of cultural identity in Portugal.

Throughout the programme, participants will be engaged in a dynamic learning environment that combines language acquisition, cultural immersion, and peer exchange. This integrated approach promotes intercultural competence, strengthens international collaboration, and enhances participants' ability to operate in diverse and multicultural contexts.

Overall, the BIP provides a holistic learning experience where language, music, history, and cultural practices are interconnected, contributing to both personal enrichment and professional development.

Day 1 – Welcome and Immersive Introduction
The programme begins with a welcome session and ice-breaking activities designed to foster intercultural interaction among participants. This is followed by an immersive Portuguese language workshop, introducing participants to practical communication skills through dynamic and participatory methods. The session also introduces the concept of intercomprehension, highlighting how speakers of different Romance languages can understand each other, promoting multilingual awareness and inclusion.

The day continues with a cultural experience featuring an academic tuna performance, offering participants a first-hand encounter with Portuguese student traditions, music, and academic identity.

Day 2 – Language, Culture and Urban Heritage
Participants engage in a second immersive Portuguese language workshop, deepening their communicative skills through real-life scenarios and collaborative exercises.

In the afternoon, a guided visit to the city of Guarda provides insight into its rich historical and cultural heritage. Founded in 1199, Guarda is one of the oldest cities in Portugal. The visit explores key elements such as the historic centre, the Jewish quarter, and the intellectual legacy of Eduardo Lourenço, fostering reflection on identity, memory, and cultural diversity.

Day 3 – Language, Music and Cultural Expression
The third day reinforces language acquisition through another interactive workshop, consolidating learning through practice and peer interaction.

In the afternoon, participants take part in a workshop on Portuguese music and dance, experiencing traditional rhythms and cultural expressions in a hands-on and engaging way. This activity emphasizes the role of music as a form of cultural identity and intercultural dialogue.

Day 4 – Heritage, Gastronomy and Regional Economy
This full-day study visit offers a deep dive into the cultural and historical richness of the region. Participants visit the Côa Valley Archaeological Park (UNESCO World Heritage), exploring prehistoric rock art and reflecting on the long-standing relationship between humans and territory.

The experience is complemented by a gastronomic and economic immersion in the region, including visits related to olive oil production (lagares) and local wine culture. These activities highlight the importance of gastronomy as cultural heritage and as a driver of regional development.

Day 5 – Reflection and Closure
The final day is dedicated to reflection, feedback, and evaluation of the learning experience. Participants share insights, discuss outcomes, and consolidate the knowledge gained throughout the programme.

An optional visit to Celorico da Beira (Museum of the Farmer and Cheese) provides an additional opportunity to explore local traditions and rural heritage.

This programme structure promotes a holistic and immersive learning experience, integrating language acquisition, intercultural understanding, and engagement with cultural, historical, and socio-economic contexts.

SHORT DESCRIPTION of the Virtual Component:

The virtual component introduces participants to Portuguese language basics and cultural context, preparing them for the physical mobility. It includes an online session and complementary asynchronous materials to ensure engagement and continuity.

PROPOSED SCHEDULE:

Day 1 – 16/11:

9h30: Welcome Session
10h: International Coffee Break and Ice-breaker activities
12h30: Lunch at IPG
14h: Workshop of Basics in Portuguese Language
16h15: IPG Tuna performance

Day 2 – 17/11

9h30: Workshop of Portuguese Language and Intercomprehension

12h: Free lunch
14h30: Guided tour of Guarda

Day 3 – 18/11

9h30: Workshop of Portuguese Language
12h: Free lunch
14h: Workshop of Portuguese Music and Folk Dance

Day 4 – 19/11

Full-day study visits to Vila Nova de Foz Côa (Côa Valley Archaeological Park and museum)
Lunch in Vila Nova de Foz Côa
Dinner in São João da Pesqueira (historically considered the oldest town and municipality in Portugal).

Day 5 – 20/11

10H: Wrap up for Feedback and evaluation of the activities
12h Closing Session

Free time

Or Optional:

14h: Visit to Celorico da Beira: Museum of the Farmer and Cheese and Solar do Queijo da Serra.

APPLICATION PROCEDURE
REQUERIMENTS: **Applications Deadline:** October 23 **Target Audience:** staff from all fields.
HOW TO APPLY (preenchido pelo GRI): Submit your application at BIP "Living Portugal: Language, Culture and Heritage" Polytechnic University of Guarda – Fill in form