Title of the BIP	Building Connections
General information	
Objectives and description	General Objectives of the BIP: Promote International Cooporation; Develop technical and intercultural skills; Encourage innovative; international team work; Publicise cultural and gastronomic values and heritage by learning about the habits and culture of the loca population.
Methods and outcomes	The physical component will be based on presentations from the various represented higher education institutions and exchanges practices in the area of internationalization.
Field of Education	310 - Social Sciences
Target Audience / Participants profile	Teaching and non-teaching staff
N° of ECTS issued	3
Language of instruction requirements	English and Portuguese
Dates for Physical activities	25/05/2026 - 29-05-2026
Location of physical activities	City Guarda
Dates for virtual component	19/05/2025
Virtual Component Description	The main objectives of virtual component presentation of the programme and the objectives of the BIP and getting to know the participants and the institutions
Organizing board	
Receiving/Host university	Instituto Politécnico da Guarda
Sending/Partner universities	UNITA/Others partners

Detailed program

Day 1 (25-05-2026)
09:30 - Participants registrations

Planned Activities

12h30 Lunch at IPG
14:00-16:30
Get back to activities

19:00 - Welcome dinner

Day 2 (26-02-2026)

Crash Course on Portuguese Language and Culture
12:30-14:00 - Lunch at IPG

14:00-16:30
Sharing good practices

Day 3 (27-02-2026)
09:30 – 12:00
Guided Tour to "Old Town Guarda"

12:30 -Free lunch

14:30-16:30
Crash Course on Portuguese Language and Culture

Day 4 (28-02-2026)
09:00 - Departure to School of Tourism and Hospitality Management - Seia
10:00 – 12:00
Activities
12:00-14:00 Lunch at STHM
14:00 Visit to the Natural Park Serra da Estrela
18:00 Return to Guarda

Day 5 (29-02-2026)
10:00 Closing Session and distribuition of participants certificates
Farewell Coffee Break
Free Time

Application procedure	
Fill in application form available here:	BIP Application Form
Deadline for application	10/04/2026
Facilities provided to participants (housing, meals, …)	