

Title of the BIP	Living the Mountain: Sustainable Tourism, Gastronomy and Health in Serra da Estrela
General information	
Objectives and description	<p>Main Objectives The Blended Intensive Programme (BIP) Living the Mountain: Sustainable Tourism, Gastronomy and Health in Serra da Estrela aims to:</p> <ol style="list-style-type: none"> 1. Provide an interdisciplinary understanding of sustainable mountain tourism, local gastronomy and health promotion. 2. Develop students' capacity to design evidence-based, sustainable tourism experiences that integrate food systems and well-being. 3. Strengthen transversal competences through international, challenge-based teamwork in a real-world "living lab." 4. Enhance students' employability and civic engagement by connecting academic learning with local stakeholders and territorial challenges. <p>Skills</p> <ul style="list-style-type: none"> • Apply fieldwork and basic research methods (stakeholder mapping, needs assessment, rapid situational analysis) in a mountain context. • Design integrated, feasible tourism concepts that combine sustainability, gastronomy and health promotion. • Work effectively in international, multidisciplinary teams using digital collaboration tools; communicate project outcomes to academic and non-academic audiences. <p>Competences</p> <ul style="list-style-type: none"> • Demonstrate problem-solving and innovation capacity in real-life territorial challenges. • Exercise intercultural communication, ethical awareness and stakeholder engagement. • Reflect critically on the societal impact of tourism and food systems on community health and well-being. <p>ECTS and Workload Alignment The BIP awards 3 ECTS (total workload: 75 hours), aligned with learning outcomes as follows:</p> <ul style="list-style-type: none"> • Online component (pre/post): 20 hours – preparatory seminars, readings, team formation, project scoping (supports Knowledge outcomes; digital teamwork Skills). • On-site intensive component: 32 hours – fieldwork in Serra da Estrela, stakeholder workshops, data collection, prototyping (supports Skills and Competences). • Team project & assessment: 23 hours – development and presentation of an integrated tourism–gastronomy–health solution, reflective report (integrates all outcomes). <p>Assessment combines participation, team project (design proposal + presentation), and reflective learning portfolio, ensuring constructive alignment between objectives, learning outcomes and workload.</p>
Methods and outcomes	<p>blended learning pedagogy, combining online preparatory activities with an intensive on-site component grounded in challenge-based and research-informed learning. Students engage with real-world problems provided by local stakeholders (tourism operators, food producers and health professionals) and work in international, multidisciplinary teams to co-design feasible solutions for sustainable tourism experiences that integrate gastronomy and health promotion.</p> <p>Teaching and learning methods include short interactive lectures, case-based discussions, fieldwork and experiential learning, design thinking workshops, and project-based teamwork. The online component scaffolds conceptual knowledge and team formation, while the on-site phase focuses on data collection, stakeholder engagement and rapid prototyping in a "living lab" setting. Formative feedback, peer learning and reflective practice are embedded throughout to promote self-regulation and critical thinking. Digital collaboration tools support transnational teamwork and documentation of learning processes.</p> <p>Interdisciplinarity is embedded at three levels:</p> <ol style="list-style-type: none"> 1. Across fields: tourism studies, food/gastronomy, nutrition and health sciences, sustainability and territorial development are integrated in joint learning tasks. 2. Across methods: students combine qualitative field methods (interviews, observation), basic situational analysis and design thinking to address complex territorial challenges. 3. Across perspectives: mixed teams of students and staff from different disciplines and countries co-create solutions with local stakeholders, fostering epistemic diversity and intercultural learning. <p>This pedagogical approach promotes deep learning, transferable skills (collaboration, problem-solving, communication), and responsible innovation, while ensuring constructive alignment between learning activities, outcomes and assessment within the blended intensive format.</p> <p>Outcomes Upon successful completion, students will be able to:</p> <p>Knowledge</p> <ul style="list-style-type: none"> • Explain key concepts of sustainable tourism in mountain territories, food systems/gastronomy valorisation, and health and well-being promotion. • Analyse socio-environmental challenges affecting mountain regions (e.g., seasonality, climate change, demographic decline) and their implications for tourism and public health. • Identify European policy frameworks relevant to sustainable tourism, healthy lifestyles and regional development.
Field of Education	Tourism, Gastronomy, Health Sciences
Target Audience / Participants profile	Students, staff and teachers.
N° of ECTS issued	<p>The BIP awards 3 ECTS (total workload: 75 hours), aligned with learning outcomes as follows:</p> <ul style="list-style-type: none"> • Online component (pre/post): 20 hours – preparatory seminars, readings, team formation, project scoping (supports Knowledge outcomes; digital teamwork Skills). • On-site intensive component: 32 hours – fieldwork in Serra da Estrela, stakeholder workshops, data collection, prototyping (supports Skills and Competences). • Team project & assessment: 23 hours – development and presentation of an integrated tourism–gastronomy–health solution, reflective report (integrates all outcomes). <p>Assessment combines participation, team project (design proposal + presentation), and reflective learning portfolio, ensuring constructive alignment between objectives, learning outcomes and workload.</p>
Language of instruction requirements	B1 English
Dates for Physical activities	15-19th June
Location of physical activities	ESTH – IPG, and Serra da Estrela field sites
Dates for virtual component	<p>Start: Monday, 1 June 2026</p> <p>End: Tuesday, 23 June 2026</p>

Virtual Component Description	<p>The BIP Living the Mountain: Sustainable Tourism, Gastronomy and Health in Serra da Estrela integrates both synchronous and asynchronous online activities to prepare students for the on-site intensive week and consolidate learning afterwards.</p> <p>Synchronous Activities (online meetings):</p> <ul style="list-style-type: none"> •Kick-off Webinar: Monday, 1 June 2026, 10:00–12:00 – Introduction to the programme, overview of objectives, team formation, intercultural coffee-break. •Team Check-in Sessions: Weekly 1-hour video calls (3 June, 8 June, 12 June) – Students meet in international teams to discuss project ideas, clarify tasks, and receive tutor guidance. •Pre-Onsite Q&A Session: Friday, 12 June 2026, 14:00–16:00 – Tutors provide detailed instructions for fieldwork and workshops, answer logistical questions, and finalize group roles.
Organizing board	
Receiving/Host university	Instituto Politécnico da Guarda
Sending/Partner universities	<ol style="list-style-type: none"> 1.University of Turin (Italy) 2.University of Valladolid (Spain) 3.University of Salamanca (Spain) 4.University of Sakarya (Turkey)
Detailed program	
The BIP Living the Mountain: Sustainable Tourism, Gastronomy and Health in Serra da Estrela integrates both synchronous and asynchronous online activities to prepare students for the on-	
Application procedure	
Fill in application form available here:	Application Form
Deadline for application	April, 10, 2026
Facilities provided to participants (housing, meals, ...)	