



Erasmus+



POLITÉCNICO
DA MAIA IPMAIA

Erasmus+ Blended Intensive Programme

Me in the World IV

4-8 May 2026

Coordinating Institution: Polytechnic Institute of Maia - IPMAIA

BIP coordinator: Prof. Sónia Ruão

Physical mobility: 35 hours (4-8 May 2026)

Virtual mobility: 5 hours (to be scheduled)

ECTS: 3

Target audience: students from Erasmus+ partner institutions

Course description

Interventions in the field of disability or incapacity date back to the 19th century. At the end of the last millennium, policies for the integration and inclusion of people with disabilities and/or incapacity, as well as less favoured populations or those at risk of social exclusion, based on the concepts of equal opportunities and the rights of human beings, created new challenges for segregated educational institutions and even for society. Based on the promotion of equality and inclusion, the aim of this project is to provide disadvantaged groups with fewer opportunities compared to their peers the chance to participate in an exchange programme, with participants being hosted at the Maiêutica Academic Campus. The project targets students in vulnerable situations due to personal difficulties or obstacles that limit or prevent their participation in transnational projects or attendance at higher education institutions abroad.

Aims of the programme

Assuming our social responsibility and the commitment as a signatory institution of the Diversity Charter, as well as our support and openness to the community, we consider it essential to provide a response and equal opportunities to this population, with the following aims: • welcome students in vulnerable situations, due to personal difficulties or obstacles that limit or prevent their participation in transnational projects or higher

education, and provide them with all the means to develop their skills; • address a serious gap that exists in terms of support and equal opportunities for all students.

Through this programme, we aim to foster the development, enhancement, and quality of life of the target population while maintaining a strong and committed relationship between the promoting institution, the participating institutions, and society. It is understood that this person-centred process, shaped by the principles of self-determination, equity, and equal opportunities, will enable these young adults to make informed decisions about their life choices.

Our mission is to promote the following values:

- **Self-determination:** empowering individuals to make their own choices;
- **Respect:** ensuring dignified treatment for all and respecting their rights;
- **Valuation:** appreciating, recognizing, and providing opportunities for personal development;
- **Cooperation:** fostering a strong team spirit and encouraging collaborative work for the benefit of participants;
- **Rigour:** maintaining consistency and encouraging the entire team to uphold best practices;
- **Trust:** establishing transparent and credible relationships with the surrounding community to maintain internal and external connections;
- **Innovation:** developing innovative activities and projects that meet participants' expectations, interests, and needs;
- **Excellence:** ensuring continuous improvement and investing in the quality of services provided.

Assessment

Assessment will be an essential part of the project and will be conducted on two levels:

- Among the participants: daily assessments of the learning topics and progress of the project will be conducted. This will provide organisers with the opportunity to adapt the programme according to the participants' needs. The daily assessments will be conducted orally.
- A final evaluation to determine whether the original learning outcomes were achieved will take place at the end of the project. This final evaluation will include a questionnaire/evaluation form to assess the technical and methodical aspects of the project, as well as an oral reflection session to share impressions among the participants.

Workload:

- Physical mobility: 35 hours
- Autonomous work: creation of a video depicting the activities conducted throughout the week to be posted on the social networks of the host and partner institutions;
- Individual report: reflections on the in-person mobility period (serving as the final assessment for each participant);
- Virtual mobility: 5 hours - following completion of a questionnaire assessing the technical and methodical aspects of the project, an online session for participants to share their impressions will be conducted

Course programme/ schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
10.00 – 12.30	Treasure hunt	Swimming	Me in the world: sharing experiences	Do you know how to use Power BI?	Porto walking tour
Lunch					
14.00 – 16.30	Football	Downtown Porto	Adventure world: slide and rappel	Team building: games	Let the games begin
16.30 – 17.30	Daily assessment	Daily assessment	Daily assessment	Daily assessment	Daily assessment
19.00	-	-	-	-	Porto by night

For further information, please contact:

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