

Category	Year	Event / Content	Description	SDG	Link
Sustainability Events	2023	A Basket of Hope - This Christmas Be Solidarity!	Donate essential goods to a homeless person, family or child in precarious conditions.	SDG1; SDG2; SDG3; SDG6; SDG10; SDG16	https://www.ulusofona.pt/en/news/a-basket-
Sustainability Events	2023	Christmas Market	At Lusófona DRESS (Dress, Recycle, Exchange, Sustain and Shine) anyone can hand in a piece of clothing, footwear or accessory and receive another piece in exchange. When returned, the items will undergo a verification process and, if damaged, will be separated and collected by design and fashion students for recycling, allowing them to return to the circuit.	SDG1; SDG2; SDG10; SDG12	https://www.ulusofona.pt/en/event/christmas
Sustainability Events	2023	Seminar Definition of Healthy Soils	The event aims to highlight the importance of legislation regarding soil protection, addressing essential practices and standards to ensure soil health and sustainability in the environmental context.	SDG11; SDG12; SDG14; SDG15	https://www.ulusofona.pt/en/event/seminar-
Sustainability Events	2023	Prevention, Health and Safety	The Seminar "Prevention, Health and Safety - Intervention of Professionals on the Front Line" was held at the initiative of the Lusófona University, in partnership with the Lisbon Commission for the Dissuasion of Drug Addiction (CDT) and the Addictive Behaviour Intervention Service and Addictions (SICAD). This event, an initiative renewed annually, was intended for reflection and debate on public policies in the area of mental health prevention and risk situations and behaviors.	SDG3; SDG17	https://www.ulusofona.pt/en/event/preventic
Sustainability Events	2023	Physical Exercise with Blood Flow Restriction	This article aims to present the methodology of physical exercise training (aerobic and muscular strength) with blood flow restriction through the application of tourniquets on the lower and/or upper limbs. The benefits of this practice, as well as the pros and cons of this type of training will be presented by two professionals with extensive practical and scientific experience.	SDG3	https://www.ulusofona.pt/en/event/physical-
Sustainability Events	2023	One Health Day	Promote human, animal and environmental health as one health.	SDG3; SDG15	https://www.ulusofona.pt/en/event/one-heal
Sustainability Events	2023	International Symposium on Yoga, Science, Training and Quality of Life	Scientific meeting on the science and practice of Yoga and its influence on sport and healthy living	SDG3	https://www.ulusofona.pt/en/event/symposiu
Sustainability Events	2023	Ballet Fitness - Elementary Principles and Construction of New Exercises	Ballet Fitness Workshop that aims to combine ballet practice with fitness exercises, connecting the two aspects and their additional benefits. Ballet Fitness Workshop that aims to combine ballet practice with fitness exercises, connecting the two aspects and their additional benefits.	SDG3	https://www.ulusofona.pt/en/event/ballet-fitr
Sustainability Events	2023	The Cove	The film won the Oscar for "Best Documentary of 2009" and tells the story of a group of activists, filmmakers and divers who embark on a secret mission to expose a terrible secret hidden in a remote cove in Taiji, Japan.	SDG12; SDG14; SDG16; SDG17	https://www.ulusofona.pt/en/event/movie-sc
Sustainability Events	2023	I Meeting of Clinical Psychology - Cognitive-Behavioral Orientation	This event, open to the entire academic community in the field of Psychology, has as its main objective the discussion of advances in research in Clinical Psychology.	SDG3	https://www.ulusofona.pt/en/event/1st-meet
Sustainability Events	2023	III Bio.Natural 2023	The III Bio.Natural Meeting 2023 aims to be a forum for researchers who are developing projects where they explore the multiple applications offered by natural products. These compounds are being tracked as new "drug leads" in drug discovery or be modified by rational drug design and semi-synthesis to offer innovative therapeutic alternatives for the treatment of cancer, infectious diseases or other health problems.	SDG13; SDG15	https://www.ulusofona.pt/en/event/iii-bionatu
Sustainability Events	2023	WeARTolerance	The WeARTolerance project is supported by the La Caixa Foundation and its main aim is to develop an arts-based program to reduce the stigma surrounding mental health.	SDG3; SDG16	https://www.ulusofona.pt/en/event/weartoler
Sustainability Events	2023	Wherever you are, Always Recycle	The Eco-Escolas FE coordination, together with the Talent Management team of the Lusófona University of Lisbon, had the pleasure of inviting the entire academic community — staff, teachers and students of the Lusófona University of Lisbon and Porto — to a awareness-raising action promoted by Sociedade Ponto Verde, entitled "Wherever you are, Always Recycle". The event was held online on June 29, a Thursday, at 5 pm, lasting 1 hour.	SDG11; SDG12; SDG13; SDG14; SDG15; SDG16	https://www.ulusofona.pt/en/event/wherever
Sustainability Events	2023	The Antarctic for a Better World	The 2023 SCAR SC-HASS Biennial Conference is an international event, organized every two years, that brings together scholars from the four corners of the planet, with the common interest of studying the human presence in Antarctica, in all its dimensions. It will be a 3-day event that will include keynotes, oral communications, posters and a cultural agenda.	SDG6; SDG8; SDG9; SDG12; SDG13; SDG14; SDG15; SDG17	https://www.ulusofona.pt/en/event/antarctic-

Sustainability Events	2023	Climate Change, Sustainable Development and Lusophony	Conference co-organized with the Institute of Military Studies to mark World Environment Day.	SDG3; SDG15	https://www.ulusofona.pt/en/event/climate-c
Sustainability Events	2023	VIII Journeys on Exercise and Health	The VIII Conference on Exercise and Health aims to discuss relevant and current topics regarding Exercise in health indicators. The VIII conference will be attended by professors and researchers from other Higher Education Institutions who will present topics such as the practice of football for a healthy lifestyle, isometric resistance training in individuals with hypertension, nutrition and sports performance and the importance of vision in physical activity.	SDG3	https://www.ulusofona.pt/en/event/viii-confe
Sustainability Events	2023	Alteridade e Empatia - How to Communicate the Climate Crisis	The topic of climate change is of great interest, especially among young people today. A proposal based on "empathetic journalism" for this sensitive issue could be a way of addressing the need for greater otherness and empathy: less based on data about the climate crisis and more focused on empathy and the Other, in this case, those who suffer from its effects.	SDG13; SDG15	https://www.ulusofona.pt/en/event/alterity-a
Sustainability Events	2023	ECO-Webinars: Environment & Sustainability 3rd Edition	As part of the Eco-Schools action program of the Faculty of Engineering, Lusófona University - Centro Universitário Lisboa, several online actions will be carried out on the theme "Environment and Sustainability", during the months of May and June. These webinars will be conducted by invited experts on different topics.	SDG4; SDG11; SDG12; SDG15; SDG16; SDG17	https://www.ulusofona.pt/en/event/eco-webi
Sustainability Events	2023	Cycle of Workshops in Clinical Psychology and Psychology of Justice	Stalking, Self-Care, Harassment and Mindfulness	SDG3	https://www.ulusofona.pt/en/event/cycle-of-v
Sustainability Events	2023	Webinar - Coastal Engineering in Portugal and in the World	The third Webinar organized by young professionals from PIANC took place on May 19, 2023, and aimed to bring together and bring together Portuguese professionals working in Portugal and abroad, focusing, this edition, on the themes of " Ocean energy: offshore, wave and tidal energy" and "Coastal zone management".	SDG6; SDG7; SDG14	https://www.ulusofona.pt/en/news/webinar-c
Sustainability Events	2023	Healthy Work and Learning Environments	I International Conference - Understanding the work environment in a comprehensive and systemic way.	SDG3	https://www.ulusofona.pt/en/event/healthy-v
Sustainability Events	2023	be-READY RESilient road pavements for sustainability	Road deterioration is one of the biggest challenges in infrastructure management. How can we achieve sustainable paving solutions?	SDG8; SDG9; SDG11	https://www.ulusofona.pt/en/event/be-ready
Sustainability Events	2023	Policies and Programs for Promoting Well-being and Mental Health in Young People	Mental health is fundamental to the healthy and positive development of young people. The promotion of mental health must have a multidisciplinary and multi-ministerial approach, with universal, focused and specific measures in the areas of health, education, social areas, justice, innovation and science, all of which must be articulated with a common goal. To have young people with better mental health in a more open, participatory and inclusive society. - Tânia Gaspar	SDG3	https://www.ulusofona.pt/en/event/youth-me
Sustainability Events	2023	Physical Education Week 2023	This edition was marked by technical-professional workshops held by partners, as well as tournaments and knowledge challenges organized by students and teachers from ULusófona. It was also a moment to strengthen the relationship between the ULusófona public and Padel Lisboa.	SDG3	https://www.ulusofona.pt/en/event/week-phy
Sustainability Events	2023	Seminar Cycle in Exercise and Health	The series of seminars aims to present specific and current themes on exercise and health and present strategies based on physical exercise for these different health conditions and/or contexts.	SDG3	https://www.ulusofona.pt/en/event/cycle-of-s
Sustainability Events	2023	A Two -brain Perspective on Human Sociality	International Conference with Professor Ruth Feldman, coordinator of the Center for Developmental Social Neuroscience - Reichman University, in Israel, whose main line of research is the study of the parental brain and its implications for the social development of human beings.	SDG3	https://www.ulusofona.pt/en/event/two-brain
Sustainability Events	2023	Seminars in Exercise and Health	The Master's Seminar Series in Exercise and Health brings together guests with different scientific interests in the area of Exercise and Health.	SDG3; SDG5	https://www.ulusofona.pt/en/event/seminars
Sustainability Events	2023	Let's talk about Sexual Health?	Following the online campaign on Sexual Health, which covered topics such as contraception, our right to Family Planning consultations, emotional well-being in a romantic or sexual relationship or even the differences between sexual identity, gender identity and sexual orientation, we invited health professionals to come and talk to us about these issues at the university.	SDG3; SDG5	https://www.ulusofona.pt/en/event/lets-talk-c
Sustainability Events	2023	Psychology Journeys	Cycle of Conferences on the 2nd cycles of Psychology to be presented to 1st cycle Psychology students	SDG3	https://www.ulusofona.pt/en/event/psycholo

Sustainability Events	2023	Nitrite reduction in the biological nitrogen cycle: metabolic and enzymatic biodiversity	Open classes for non-higher education and higher education students and civil society, with free entry.	SDG3	https://www.ulusofona.pt/en/event/reducao-
Sustainability Events	2023	Round Table - Psychological Training and Mental Health in Sports	Round table with renowned directors, coaches and athletes with experience in high-performance sports.	SDG3	https://www.ulusofona.pt/en/event/mesa-rec
Sustainability Events	2023	Round Table - Psychological Training and Mental Health in Sports	Renowned coaches and athletes came together to reflect on the importance of Mental Health in Sport.	SDG3; SDG4; SDG11; SDG16	https://www.ulusofona.pt/en/news/mesa-rec
Sustainability Events	2023	Towards Sustainability	Joint initiative by DLCTT and Lusófona Verde to promote the reuse of sterile tips used in research, which will now be used in laboratory classes at Lusófona University.	SDG4; SDG11; SDG12; SDG17	https://www.ulusofona.pt/media/rumo-a-sus
Sustainability Events	2023	Climate Action	Project carried out with the objective of supporting the issues outlined by the UN - United Nations, relating to sustainable development.	SDG7; SDG13	https://civilresearchgroup.ulusofona.pt/rese
Sustainability Events	2023	Ceratonia Siliqua	Participation in the project to evaluate the bioactive potential of Carob products.	SDG2; SDG3; SDG12	
Sustainability Events	2023	Potential of National Propolis	Project in collaboration with FCT/UNL and the company Beecaramulo to evaluate the potential application of national propolis in antimicrobial and sustainable products.	SDG3; SDG12; SDG17	
Sustainability Events	2023	Valuation and Reclassification of Óbidos Ginja Waste	Project in partnership with the Municipality of Óbidos, Frutóbidos Lda, and Elisa Câmara Lda, for submission to the Portuguese Environment Agency, IP of the Ministry of Agriculture, Sea, Environment and Spatial Planning.	SDG2; SDG11; SDG12; SDG13; SDG14; SDG15; SDG16; SDG17	
Sustainability Events	2023	Mobilisation of the EU Technical Assistance Facility - Seychelles	Supporting the Government of Seychelles in developing a revised and more ambitious 2020 Nationally Determined Contribution (NDC) under the CAEP Partnership.	SDG2; SDG7; SDG9	
Sustainability Events	2023	Development of EDM (Electricity of Mozambique)	Development of the Renewable Energy Strategy 2020-2025, in Mozambique.	SDG7	
Sustainability Events	2023	Preparation of the EU Support Programme for Tunisia	Development of the EU Support Programme for Tunisia and preparation of the Terms of Reference for the Technical Assistance that will accompany the programme.	SDG2; SDG4; SDG8	
Sustainability Events	2023	I mitigate, and did you mitigate today?	Creation and production of a digital audiovisual application on the theme "Climate Change".	SDG13	
Sustainability Events	2023	Cost and Efficiency of Water Distribution Systems	Organization of the Seminar/Debate on "Cost and Efficiency of Water Distribution Systems in the AMEGA Geographic Area" at the Palace of the Marqueses of Praia and Monforte, in Loures.	SDG6; SDG14	
Sustainability Events	2023	Coffee Talk Sessions	Organization and promotion of public events in an informal environment for scientific dissemination to the local community of Azambuja. Last Friday of every month, since 2019	SDG4; SDG8; SDG11; SDG12; SDG15; SDG16; SDG17	
Sustainability-Related Organizations	2023	Internal Student Organization - (Total: 5)	The APTA Project aims to examine and monitor health-related physical fitness levels in adults post-Covid-19, as well as their association with sociodemographic and built environment characteristics.	SDG3	
Sustainability-Related Organizations	2023	External Student Organization - (Total: 8)	The APTA Project aims to examine and monitor health-related physical fitness levels in adults post-Covid-19, as well as their association with sociodemographic and built environment characteristics.	SDG3	
Activities on Campus	2023	Monitoring Physical Fitness Levels Post-Covid-19	The APTA Project aims to examine and monitor health-related physical fitness levels in adults post-Covid-19, as well as their association with sociodemographic and built environment characteristics.	SDG3	https://www.ulusofona.pt/en/conversations-
Activities on Campus	2023	Faculty of Engineering Celebrates Eco-Schools Award with Raising of the Flag	The Faculty of Engineering of the Lusófona University - Centro Universitário Lisboa celebrated winning the Eco-Schools 2022/2023 award with a special green flag raising session. The event, attended by 25 participants, including students and teachers, was a moment of recognition and celebration of the work developed within the scope of the Eco-Schools program throughout the academic year.	SDG2; SDG3; SDG4; SDG6; SDG7; SDG8; SDG9; SDG11; SDG12; SDG14; SDG15; SDG16; SDG17	https://www.ulusofona.pt/en/news/faculty-of
Activities on Campus	2023	Meat: The Unsustainable Footprint	Special Session on Veganism, taking place at Cinema Fernando Lopes. "Meat: The Unsustainable Footprint" is the first Portuguese documentary to address the urgency of changing the eating patterns of the world's population.	SDG2; SDG17	https://www.ulusofona.pt/en/event/meat-the

Activities on Campus	2023	Ocean Pollution, Marine Life Protection, Sustainability with Gonalo Calado	The protection of marine life has become an urgent concern on the global stage as the oceans face a growing threat of pollution. Ocean pollution, caused primarily by the discharge of plastic waste, chemicals and air pollutants, has caused significant damage to marine ecosystems and biodiversity.	SDG12; SDG13; SDG14	https://www.ulusofona.pt/en/podcasts/ep38-
Activities on Campus	2023	ULus3fona Replaces Fluorescent Lamps with LEDs in New Building	Lus3fona University continues its sustainability and energy consumption reduction strategy, which began last year, by replacing fluorescent lamps with LEDs in another building on campus. This initiative, known as "relamping", aims to replace high-consumption lamps with low-consumption LEDs, keeping the original supports.	SDG7; SDG11; SDG12	https://www.ulusofona.pt/en/news/ulusofona-replaces-fluorescent-lamps-with-leds-in-new-building
Activities on Campus	2023	Students Explore Geological Resources on the ULus3fona Campus	The Lus3fona University campus was the stage for an innovative practical activity, where students from the Civil Engineering and Environmental Engineering courses participated in a geological survey. This exercise, integrated into the General and Applied Geology curricular unit, allowed students to explore and identify the various geological materials present on campus, as well as understand their application and importance in the environmental and construction context.	SDG4; SDG9; SDG12	https://www.ulusofona.pt/en/news/students-explore-geological-resources-on-the-ulusofona-campus
Activities on Campus	2023	Cleaning Action in the Organic Garden Identifies Invasive Plant	During a recent clean-up operation in the area designated for the Organic Garden of the Lus3fona University, an invasive plant was identified, known as the pampas grass, popularly called plumas. This species, although attractive, is harmful to the balance of the local ecosystem.	SDG12; SDG15	https://www.ulusofona.pt/en/news/organic-garden-identifies-invasive-plant
Activities on Campus	2023	ULus3fona Students Plant Trees to Celebrate Environment Week	In June, Lus3fona University celebrated Environment Week with a tree planting event on campus. Students from the Eco-Schools Council participated in the planting of six Cercis siliquastrum trees, known as Olaia. This initiative aimed to raise awareness among the academic community about the importance of the diversity of native species and the presence of green areas at the university. The event reinforced the university's commitment to sustainability and teamwork, promoting a greener and healthier environment for all.	SDG12; SDG15	https://www.ulusofona.pt/en/news/ulusofona-students-plant-trees-to-celebrate-environment-week
Activities on Campus	2023	Students from the Faculty of Engineering Create Eco-Code in Competition	The Faculty of Engineering at Lus3fona University recently held a unique competition among its students to create an Eco-Code, an initiative that aims to foster sustainability and environmental responsibility on campus.	SDG12; SDG15	https://www.ulusofona.pt/en/news/faculty-of-engineering-creates-eco-code-in-competition
Activities on Campus	2023	Universidade Lus3fona Continues Composting Project on Campus	Lus3fona University reinforces its commitment to sustainability through the continuation of its Composting Project. The initiative, led by the Eco-Schools Team of the Faculty of Engineering, aims to valorize the organic waste generated in the campus canteens, transforming -them into nutrient-rich compounds.	SDG2; SDG11; SDG12; SDG15	https://www.ulusofona.pt/en/news/lusofona-continues-composting-project-on-campus
Activities on Campus	2023	Organic Garden of ULus3fona: New Species and Environmental Awareness	Since the beginning of the 2020/2021 academic year, the Lus3fona University Organic Garden has stood out as a space for sustainable learning and practice. Recently restored and expanded, the garden now has three new beds, filled with various plant species.	SDG12; SDG15	https://www.ulusofona.pt/en/news/ulusofona-organic-garden-new-species-and-environmental-awareness
Activities on Campus	2023	Environment Day	Learn about the importance of conserving natural resources, reducing pollution, combating climate change and promoting sustainable development.	SDG8; SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/noisi/environment-day
Activities on Campus	2023	Students from the Faculty of Engineering Evaluate Air Quality	As part of the Air Quality Management Curricular Unit of the Master's Degree in Environmental Engineering at the Faculty of Engineering (FE) of Lus3fona University, students developed an innovative project focused on air quality and energy efficiency.	SDG7; SDG12	https://www.ulusofona.pt/en/news/students-evaluate-air-quality
Activities on Campus	2023	ULus3fona reinforces Sustainability Commitment with New Ecopoints on Campus	On May 25, Lus3fona University took another significant step towards sustainability with the implementation of five new eco-islands on campus. These eco-points, made up of containers for recycling glass, packaging and cardboard, were installed in building D and aim to encourage the separation of waste among the academic community.	SDG11; SDG12; SDG16	https://www.ulusofona.pt/en/news/ulusofona-reinforces-sustainability-commitment-with-new-ecopoints-on-campus
Activities on Campus	2023	Clothing Production and Environmental Concerns with Alexandra Cruchinho and Lu3z Sanchez	Are you aware of the impact of textile production on the environment? How can you minimize waste, educate consumers, and choose higher-quality materials? What is the role of designers and consumers in creating more sustainable processes? Are you aware of the impact of climate change in our daily lives?	SDG8; SDG12; SDG13	https://www.ulusofona.pt/en/podcasts/ep25-

Activities on Campus	2023	Canis in Aquatic Environment	Experts from various fields gathered on May 5th, at the Lusófona University, for an event on Canis-wolves and dogs in aquatic environments.	SDG6; SDG14	https://www.ulusofona.pt/en/news/kennels-i
Activities on Campus	2023	Well-Being and Health in Workplaces Under Discussion	The event program included a debate, where recommendations from the Portuguese Laboratory of Healthy Work Environments were discussed, as well as lectures and panels where attendees could think about the burden of unhealthy lifestyles on health and in the productivity of employees' work, as well as in policies to promote health at work.	SDG3; SDG8; SDG11; SDG16	https://www.ulusofona.pt/en/news/well-being
Activities on Campus	2023	Ugly fruits and vegetables... NOT!	As part of the ERASMUS Project "Ugly" fruits and veggies... NOT!, we would like to share with everyone an example that we consider positive. At the Lusófona University Campus in Lisbon, we encourage consumers to get closer to agricultural producers. Every week we have the opportunity to buy fruit and vegetables directly from the producer, in prepared baskets that offer a varied range of products, including fruit and vegetables classified as "ugly".	SDG2; SDG11	https://www.ulusofona.pt/en/news/ugly-fruits
Activities on Campus	2023	World Sleep and Student Day	Discover the importance of being a student and having good quality sleep for physical, mental and social well-being.	SDG3; SDG4	https://www.ulusofona.pt/en/noisi/world-slee
Activities on Campus	2023	Extreme Phenomena, Civil Engineering and Vulnerable Structures with Elói Figueiredo	Are you aware of the impact of climate change on infrastructure? Did you know that extreme weather events can jeopardize the stability of bridge structures? What are the main concerns of civil engineering professionals?	SDG9; SDG13	https://www.ulusofona.pt/en/podcasts/ep22
Activities on Campus	2023	Resource Management, Water Consumption and the Agricultural Sector with Carina Almeida and Hilda de Pablo	Teachers Carina Almeida and Hilda de Pablo invite us to reflect on resource management and the impact that our lifestyles and decisions have on the environment.	SDG6; SDG9; SDG11; SDG12; SDG13	https://www.ulusofona.pt/en/podcasts/ep21
Activities on Campus	2023	Climate Change, Impacts and Importance of Raising Awareness with Cândida Rocha	Reflect on climate change, the impact of our decisions on sustainability and the importance of raising awareness about this issue.	SDG11; SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/podcasts/ep20
Activities on Campus	2023	Traumas, Changes in Brain Structure and Symptoms with Bruno Faustino	Learn which events can be considered emotionally complex, as well as the symptoms and types of therapies that are recommended for someone going through a situation of this type.	SDG3	https://www.ulusofona.pt/en/podcasts/ep19
Activities on Campus	2023	Making a Difference, People and Promoting Well-Being with Hélia Bracons	Hélia Bracons, Director of the Degree in Social Work, shares her passion and her profession, explaining some of the purposes of the area of Social Work, its challenges and opportunities, especially in the current context.	SDG1; SDG4; SDG5; SDG10; SDG16	https://www.ulusofona.pt/en/podcasts/ep2-n
Activities on Campus	2023	Physical Activity, Health and Well-Being with Marlene Silva	Marlene Silva, Professor at the Faculty of Physical Education and Sports, makes us reflect on the importance of carrying out physical activity regularly and adopting new strategies to stay active.	SDG3; SDG4	https://www.ulusofona.pt/en/podcasts/ep9-p
Activities on Campus	2023	Students from ULusófona Investigate Biodiversity on the University Campus	As part of the Spatial Planning course and the Eco-Schools programme, Environmental Engineering students at Lusófona University once again carried out field research focused on the tree biodiversity present on the university campus. The project, led by Professor Anabela Cruces, had the collaboration of engineer Hélder Dias, responsible for the management of green areas at Lisbon City Council.	SDG15	https://www.ulusofona.pt/en/news/ulusofona
Activities on Campus	2023	Mental Health of Young People, Uncertainty and Stigmas with Tânia Gaspar and Teresa Mendes	How can we promote connection, deal with unexpected events and promote youth participation in society?	SDG3; SDG16	https://www.ulusofona.pt/en/podcasts/ep18
Activities on Campus	2023	Volunteer Space	The associations were distributed throughout the main corridor of ULusófona – CUP, presenting to the students their scope of action, their mission, and some of the objectives that guide their intervention in the community. In addition to their promotional materials, the invited associations were also able to have, for one day, a "branch" of their charity shops, where they could sell some of their products, the profits from which would continue to finance their activities.	SDG1; SDG10; SDG17	https://www.ulusofona.pt/en/news/volunteer
Activities on Campus	2023	Distress, Sexual Pleasure, Well-Being, Sexology and Multidisciplinarity with Patrícia Pascoal	In this episode we are invited to understand a little more about the area of sexology, coming into contact with concepts such as distress, the importance of promoting well-being and eliminating the anguish associated with sexual dissatisfaction.	SDG3; SDG4; SDG5; SDG16	https://www.ulusofona.pt/en/podcasts/ep17
Activities on Campus	2023	Burnout, Prevention and Seeking Help with Tânia Gaspar and Ana Loureiro	In today's episode, Tânia Gaspar and Ana Loureiro make us reflect on the topic of Burnout, in its multiple aspects, from the process of recognizing and managing stressful situations, to the risk factors and issues we should be aware of.	SDG3; SDG16	https://www.ulusofona.pt/en/podcasts/ep16

Activities on Campus	2023	Lusófona Verde #ZeroWaste	Have you heard about Lusófona Verde? It is a project by Lusófona University that aims to make the University Campus a more sustainable place, namely through the transmission of essential values such as: Reduce, Recycle, Respect and Be Responsible.	SDG2; SDG6; SDG11; SDG12; SDG13	https://www.ulusofona.pt/en/noisi/green-lusofona-verde
Activities on Campus	2023	Self-Care, Barriers and Improving Habits with Isabel Santos and Ana Beato	We are invited to learn about some of the simple actions that, when done daily, contribute to the process of self-care. Teachers Isabel Santos and Ana Beato share their perspectives, demystifying this increasingly relevant concept.	SDG3; SDG16	https://www.ulusofona.pt/en/podcasts/ep15-self-care-barriers-and-improving-habits
Community Sustainability Services	2023	Reflecting on Productivity and Quality of Employment	The book "Productivity and Quality of Employment - The path to growth and better wages" aims to contribute to the improvement of public debate by providing documents prepared, discussed and approved by representatives of the various sectors of Portuguese society.	SDG3; SDG8; SDG9; SDG16	https://www.ulusofona.pt/en/news/Reflecting-on-Productivity-and-Quality-of-Employment
Community Sustainability Services	2023	App4SHM - Monitoring of the Structural Health of Bridges	The Civil Research Group of Universidade Lusófona - Centro Universitário Lisboa, has developed an application with the purpose of monitoring the structural health (Structural Health Monitoring - SHM) of bridges or other civil structures, with the aim of assessing the condition after a extreme event or when requested by authorities.	SDG9; SDG11; SDG13	https://www.ulusofona.pt/en/news/app4shm
Community Sustainability Services	2023	Psychogerontologia and Mental Health Study: The Role of Technology	The objective of this study is, above all: To understand how workplace ecosystems can function as a protective factor or risk factor in the development of burnout, to design solutions to improve access to health and information, and to verify which forms of intervention are appropriate to the present and future needs of organizations.	SDG3; SDG4	https://www.ulusofona.pt/en/news/psychogerontologia-and-mental-health-study
Community Sustainability Services	2023	ULusófona Studies Infrastructure Monitoring Technologies	The project, entitled Innovative technologies for monitoring of heritage buildings and infrastructures, aims to develop two technologies applicable to existing buildings and structures: 1) photogrammetry using an unmanned aerial vehicle (UAV) particularly useful in tall structures; and 2) satellite-based synthetic aperture radar (InSAR) interferometry to identify kinematic mechanisms of buildings, namely through the measurement of deformations.	SDG8; SDG9; SDG11	https://www.ulusofona.pt/en/news/ulusofona-studies-infrastructure-monitoring-technologies
Community Sustainability Services	2023	iTechStyle Green Circle	The Lusófona University stands out as the higher education institution with the largest representation at the iTechStyle Green Circle exhibition, with five notable participants - master's students Ivo Barreiros and Eduarda Mandim, Clara Silva, from the 1st year degree, Luis Sanchez, designer and professor at ULusófona, as well as the contribution of the Lérias Project - transmission of intergenerational knowledge.	SDG8; SDG12; SDG13; SDG17	https://www.ulusofona.pt/en/news/itechstyle-green-circle
Community Sustainability Services	2023	Studying the Impact of Climate Change on Infrastructure	Climate change is a reality that we have to deal with, and it is the source of a set of challenges in all sectors of activity, and the construction of structures and buildings is no exception. Climate change is considered one of the greatest threats to the comfort and health of our buildings and infrastructures.	SDG9; SDG11; SDG12; SDG13	https://www.ulusofona.pt/en/news/study-the-impact-of-climate-change-on-infrastructure
Community Sustainability Services	2023	Students from ULusófona Participate in Educational Visit to Quinta das Águas	As part of the Eco-Schools program, students and teachers from the Lusófona University carried out a study visit to Quinta das Águas, with the aim of deepening their knowledge about biodiversity conservation and sustainability practices.	SDG15	https://www.ulusofona.pt/en/news/ulusofona-students-participate-in-educational-visit-to-quinta-das-aguas
Community Sustainability Services	2023	Universidade Lusófona em Campanha de Limpeza Subaquática	On May 27, Tiago Monteiro, a Biotechnology student at Lusófona University and a board member of the Eco-Schools Engineering School, took part in one of the largest underwater clean-up campaigns ever undertaken. The event, which was attended by 842 divers, set a new record by collecting around 3 tonnes of marine debris in just 24 hours. Items removed included ropes, plastic and glass bottles, and disposable masks.	SDG14	https://www.ulusofona.pt/en/news/ulusofona-university-in-campaign-of-underwater-cleaning
Community Sustainability Services	2023	RUMOS	In this workshop, hosted by the President of the Aqualva - Mira Sintra Parish Council, Architect Carlos Casimiro, walking experiences were developed as an experimental methodology to capture the urban ambience and create knowledge about the relationships between the morphology of the space and its users, the behaviors and practices, the sociocultural and symbolic resources activated in a given spatial context.	SDG9; SDG11	https://www.ulusofona.pt/en/news/rumos

Community Sustainability Services	2023	Renewable Energy Research with Andriy Lyubchuk	The Catcher project, coordinated by Professor Andriy Lyubchuk, aims to develop innovative technology for exploiting atmospheric moisture and converting it directly into electricity, thus creating a new sustainable source of renewable energy, while contributing to the implementation of specific priorities for strengthening the European Union's leadership in the field of renewable energy.	SDG7; SDG8; SDG9; SDG11	https://www.ulusofona.pt/en/conversations-
Community Sustainability Services	2023	Award-Winning Sustainability Project Coordinated by ULusófono	Infraestruturas de Portugal (IP) wins the 2022 Sustainability in the Built Environment Award, in the Circularity category, with a project developed under the protocol with Universidade Lusófona and coordinated by professor Prof. Luís Quaresma.	SDG8; SDG9; SDG11; SDG12; SDG13	https://www.ulusofona.pt/en/news/award-wi
Community Sustainability Services	2023	Environmental Engineering Project UC: Analysis of the Tagus River	Study of identification, environmental characterization and conductivity of the Tagus River, in the sector between Valada do Ribatejo (Cartaxo) and Vila Nova da Rainha (Azambuja). 2nd Semester	SDG14	
Community Sustainability Services	2023	Voluntary Action: Removal of Agricultural Plastics	Voluntary action to remove agricultural plastics from the Manique do Intendente marsh.	SDG2; SDG11; SDG14	
Training Actions and Workshops	2023	Workshop Physical Exercise with Blood Flow Restriction	On November 22nd, Lusófona University had the honor of hosting Eduardo Carbalreira Fernández and Marta Sevilla Sánchez, two professors and researchers from the University of A Coruña, in Spain. The event consisted of a workshop with practical and theoretical sessions, divided in two sessions.	SDG3; SDG4	https://www.ulusofona.pt/en/news/workshop
Training Actions and Workshops	2023	Universidade Lusófona promotes Online Training on Waste Separation	The Eco-Schools of the Faculty of Engineering of the Lusófona University continued the partnership with Sociedade Ponto Verde (SPV), which began the previous year, within the scope of the project "Onde Está Recicla Sempre". This year, a training session was organized online aimed at the entire interested academic community, including Lusófona's cleaning staff, who participated through a room equipped for this purpose at the university.	SDG4; SDG11; SDG12; SDG16	https://www.ulusofona.pt/en/news/lusofona-
Training Actions and Workshops	2023	Students from Lusófona University Visit Lousal Mine on Technical Trip	On June 20, students from the Eco-Council of the Lusófona University, accompanied by Professor Anabela Cruces, took part in a technical outing to the old Lousal mine. During the visit, the students explored the historic mine facilities and the science center created on site. The activity highlighted the importance of rehabilitating mining areas and managing water quality. The students collected water and sediment samples, which will be analyzed in Ecotoxicology and Water Quality classes, reinforcing the importance of studying natural resource management and environmental preservation.	SDG6; SDG12	https://www.ulusofona.pt/en/news/lusofona-
Training Actions and Workshops	2023	Risks, Effects and Prevention of Asbestos in a Lecture at the Lusófona University	On June 7th, the Faculty of Engineering of the Lusófona University hosted a lecture on the theme "The Importance of Asbestos in Various Contexts", given by a specialist from the Institute of Welding and Quality (ISQ). The event, which was attended by several professors and students from the areas of environmental and civil engineering, highlighted the relevance of asbestos in multiple sectors, addressing the challenges and precautions associated with its use.	SDG8; SDG9; SDG12; SDG15	https://www.ulusofona.pt/en/news/risks-effe
Training Actions and Workshops	2023	Awareness Action on Energy Savings at ULusófona	As part of its mission to promote sustainable practices, the Eco-Schools coordination of Universidade Lusófona organized an awareness-raising event on energy saving on June 6th. The event, entitled "Energy Efficiency for a More Sustainable University Campus", was led by Professor Rui Neto and aimed at the entire academic community. During the session, strategies to reduce energy consumption and improve the sustainability of the university campus were discussed.	SDG7; SDG11; SDG12	https://www.ulusofona.pt/en/news/energy-s
Training Actions and Workshops	2023	Lecture on Biodiversity and Bird Identification involves ULusófona	On May 25th, Lusófona University promoted a practical activity within the scope of the Spatial Planning discipline and the Eco-Schools program. The initiative included a lecture on Biodiversity and Bird Identification, followed by a visit by field to the university campus for direct observation of the species.	SDG15	https://www.ulusofona.pt/en/news/lecture-on

Training Actions and Workshops	2023	ULusófona Promotes Session on Water and Sand Quality in Coastal Areas	As part of the Medical Microbiology discipline of the Bachelor's Degree in Biotechnology at the Faculty of Engineering and the Faculty of Engineering Eco-Schools program, Lusófona University promoted an awareness-raising session on the quality of water and sand in coastal areas. The event, aimed at FE students and teachers, was attended by Dr. João Brandão, researcher at the Center for Environmental and Marine Studies (CESAM) and responsible for the Mycology Unit in the Department of Environmental Health at the National Institute of Health Dr. Ricardo Jorge.	SDG14	https://www.ulusofona.pt/en/news/ulusofona-promotes-session-on-water-and-sand-quality-in-coastal-areas
Training Actions and Workshops	2023	Articulation of Spatial Planning and Emergency Planning	CEPS is a specialization course in Emergency, Protection and Relief, which aims to provide trainees with the technical-professional skills appropriate to perform functions within the scope of prevention and first-line intervention, throughout the territory. national, in emergency situations, of protection and relief.	SDG3; SDG13	https://www.ulusofona.pt/en/news/articulation-of-spatial-planning-and-emergency-planning
Training Actions and Workshops	2023	Students from ULusófona Evaluate Water in the Lagoons of Sancha and Santo André	As part of the project course, students from Lusófona University participated in a technical outing to the Sancha and Santo André lagoons, where they had the opportunity to apply the knowledge acquired in the classroom. The activity included the use of multiparameter probes to measure the physical and chemical parameters of the water and the collection of samples for the analysis of microbiological indicators.	SDG14	https://www.ulusofona.pt/en/news/ulusofona-students-evaluate-water-in-the-lagoons-of-sancha-and-santo-andre
Participation in International Projects	2023	Space Adventure: Defend the Planet	The video game "Space Adventure: Defend the Planet" developed within the scope of the project GBL4deaf, was presented on December 4th at the Games and Learning Alliance Conference - Dublin, as part of the shortlist for the "Academic" category.	SDG4; SDG12; SDG16	
Participation in International Projects	2023	Environmental Project: Free-LitterAT	International project focused on preserving biodiversity and reducing pollution in the oceans.	SDG14; SDG15	
Participation in International Projects	2023	Catcher Project at Gastech Singapore	From 5 to 8 September 2023, our researchers Andriy Lyubchuk and Sergiy Lyubchuk were present at GASTECH Singapore, with the aim of presenting the technology developed by the CATCHER project, represented by Cascatachua Lda.	SDG7; SDG8; SDG9; SDG11	https://www.ulusofona.pt/noticias/projeto-ca
Participation in International Projects	2023	ULusófona Highlights Environmental Education at the VII International Congress in Aveiro	Between the 17th and 20th of July, Lusófona University was present at the VII International Eco-Schools Congress, held at Casa da Ciência, in Aveiro. The event brought together coordinators and members of the Eco-Schools program board, with the aim of aim to disseminate pedagogical initiatives and sustainable practices, both for teachers and students.	SDG6; SDG7; SDG8; SDG9; SDG11; SDG12; SDG14; SDG15; SDG16; SDG17	https://www.ulusofona.pt/en/news/ulusofona-highlights-environmental-education-at-the-vii-international-congress-in-aveiro
Participation in International Projects	2023	AQUA Project	The Aqua Synapse project aims to verify this hypothesis and develop mechanisms to measure the health benefits of deuterium-poor water.	SDG3; SDG6; SDG14	https://www.ulusofona.pt/en/conversations-aqua
Participation in International Projects	2023	WeARTolerance Project with the Support of the La Caixa Foundation	The team of psychologists and researchers from Lusófona University (COFAC, HEI-Lab) aims to better understand attitudes towards mental illness and health in Portugal. At this stage, they recruited participants for the arts-based program, which aims to integrate areas such as theater, cinema, music and visual arts.	SDG3; SDG16	https://www.ulusofona.pt/en/news/weartolerance-project
Participation in International Projects	2023	EWALD Project	On January 18th, the Kick-off meeting of the EWALD project took place at the Library of the Lusófona University of Lisbon – a project funded by the European Research Executive Agency of the European Commission, and coordinated by Professor Svitlana Lyubchuk of the Lusófona University.	SDG9; SDG11; SDG15; SDG17	https://www.ulusofona.pt/en/conversations-ewald
Participation in International Projects	2023	SOS Climate Waterfront Project	For 30 days, the city of Lisbon became a hub of creativity and collaboration that brought together researchers from around the world, united by the common goal of creating solutions to combat climate change in coastal areas across Europe.	SDG8; SDG9; SDG11	https://www.ulusofona.pt/en/news/sos-climate-waterfront-project
Participation in International Projects	2023	ULusófona Marks Presence at the VII International Congress of Environmental Education	Lusófona University was represented at the VII International Congress on Environmental Education, which took place in Maputo, Mozambique, from 3 to 7 July 2023. The presence of the Eco-Schools FE Coordination and members of the institution's board reinforced Lusófona's commitment to environmental education.	SDG4; SDG11; SDG17	https://www.ulusofona.pt/en/news/ulusofona-marks-presence-at-the-vii-international-congress-of-environmental-education

Participation in International Projects	2023	CleanAtlantic - Tackling Marine Litter in the Atlantic Area	Participation in the European Commission project, leading WP6 – Modelling, to combat marine litter in the Atlantic.	SDG14; SDG17	
Participation in International Projects	2023	ULusófona Coordinates Aqua Synapse Project Meeting	The Aqua Synapse project is a project that aims to further investigate the potential positive health effects of deuterium-poor water. For example, the isotope content of drinking water is known to have effects on the pathogenesis of cancer, and it is hypothesized that reducing heavy isotopes in drinking water (in this case deuterium) could have positive biological effects on human health.	SDG3; SDG6; SDG14	https://www.ulusofona.pt/en/news/ulusofona-coordinates-aqua-synapse-project-meeting
Participation in International Projects	2023	ULusófona Coordinates Kick-Off Meeting of the EWALD Project	EWALD's main focus is the observation of planet Earth through space for early warning of terrestrial degradation at the borders of the European Union, and its objective is the development of an innovative Early Warning System structure.).	SDG8; SDG9; SDG11; SDG13; SDG15; SDG17	https://www.ulusofona.pt/en/news/ulusofona-coordinates-kick-off-meeting-of-the-ewald-project
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Participation in International Projects	2023	Data Consulting and Analysis	AdTA (Águas do Tejo Atlântico): Environmental monitoring of the Guia submarine outfall and ARM (Águas e Resíduos da Madeira): Analysis of the impact of effluent discharge into the marine environment in Madeira.	SDG14; SDG17	
Participation in International Projects	2023	Class in International Course: IMAT NU E-Course	Lecture given at Universidade Lusófona in the International Course "IMAT NU E-Course: Circular Economy and Zero Emission Systems: Financing Strategies for Resilient Societies," focusing on "CE in sustainable resource management BIO-WASTE".	SDG2; SDG8; SDG15	
In the Media	2023	And when we feel like a fraud? Listen here How to Deal with Imposter Syndrome	In this episode of How to Deal, psychologist Tânia Gaspar gives us strategies for dealing with impostor syndrome.	SDG3; SDG4	https://www.publico.pt/2023/11/28/p3/noticia-e-que-tem-impostor-sindrome
In the Media	2023	What happens when we feel like a fraud? How to deal with impostor syndrome	Have you ever felt like you don't deserve to be where you are, or that your work is never good enough? You probably live with impostor syndrome. This syndrome is related to the way we evaluate ourselves and usually leads us to believe that at any moment someone will discover that we are not that good at what we do. But there are ways to deal with it.	SDG3; SDG4	https://www.youtube.com/watch?v=uyQqF3
In the Media	2023	Diabetes and behavioral change – to prevent and manage diabetes you need to know how to change and maintain the change	Diabetes is best understood from an ecological perspective, taking into account physical, psychological, social and environmental health factors.	SDG2; SDG3	https://lifestyle.sapo.pt/saude/noticias-saude-diabetes-comportamento
In the Media	2023	Diabetes and behavioral change – to prevent and manage diabetes you need to know how to change and maintain the change	Diabetes is best understood from an ecological perspective, taking into account physical, psychological, social and environmental health factors. Type 2 diabetes is a chronic disease closely linked to the individual's behavior, lifestyle and the environment in which they live. moves.	SDG2; SDG3	https://healthnews.pt/2023/11/17/diabetes-e-comportamento
In the Media	2023	Young people have a different attitude towards work	Young people have a different attitude towards work The job market is changing and new generations see it differently than previous generations. In addition to salary issues, young people value work-life balance, job flexibility and the search for new professional challenges.	SDG4; SDG16	https://www.radiovizela.pt/noticia-jovens-terao-uma-atitude-diferente-para-o-trabalho
In the Media	2023	Active Aging and its Promotion: Physical activity as a catalyst!	As a final note, it is important to emphasize the idea of the existential continuum: At 65 years of age, a satisfied and active person (vs. sad and sedentary) will have been so for many years... Intervening in aging means intervening from childhood.	SDG3; SDG4	https://sol.sapo.pt/2023/11/14/envelhecimento-ativo
In the Media	2023	Mental Health in Higher Education: It is urgent to change!	Entering Higher Education means being exposed to different stress factors -- a different environment, different routines, more responsibility, more demands and, in many cases, being away from family, friends and a home to manage alone.	SDG3; SDG4; SDG8; SDG16; SDG17	https://www.dn.pt/opiniao/saude-mental-no-ensino-superior
In the Media	2023	Why do young people hurt themselves? 12 questions to understand these behaviors	Deep discomfort and difficulty in dealing with emotions can lead young people and adolescents to intentionally hurt themselves. Questions and answers that help to understand self-harm behaviors.	SDG3; SDG4; SDG16	https://observador.pt/explicadores/porque-e-que-uns-jovens-se-ferem

In the Media	2023	It was an accident': the scientists who have turned humid air into renewable power	That's exactly what another team, Prof Svitlana Lyubchik and her twin sons, Profs Andriy and Sergiy Lyubchik, are trying to do. Svitlana Lyubchik and Andriy are part of the Lisbon- based Catcher project, whose aim is "changing atmospheric humidity into renewable power"	SDG7; SDG8; SDG10; SDG11; SDG12; SDG13; SDG17	https://www.theguardian.com/science/2023/
In the Media	2023	"It was important that companies had sexual education about harassment and not this idea that it is only for little ones, only at school"	Patrícia Pascoal, psychotherapist and coordinator of the Master's Degree in Sexology at Universidade Lusófona, and Sara Magano, psychiatrist and sex therapist, are the guests on the latest episode of the podcast "Que Voz é Esta?", this time dedicated to the topic of sexuality and mental health. Listen to the conversation here	SDG4; SDG5; SDG8; SDG10	https://expresso.pt/podcasts/que-voz-e-esta
In the Media	2023	"There is a hypersexualization of people. They are expected to be very sexual and do all the practices and in all the ways"	Mental health affects sexuality and vice versa, but the relationship between these two areas is still not clear to everyone. "Hypersexualization", "pressure for sexual performance" and "punishing and punitive discourses" regarding certain preferences, fantasies, orientations and gender identities have an impact on mental health.	SDG4; SDG5; SDG10	https://expresso.pt/podcasts/que-voz-e-esta
In the Media	2023	Modtissimo celebrates another successful edition	The latest edition of the event, the 60+2, held at Exponor, has shown a positive result thanks to a strong presence of visitors: 5,089 Portuguese and 510 international buyers.	SDG8; SDG12; SDG13; SDG17	https://noticierotextil.net/internacional/modtissimo
In the Media	2023	OPP "IV Meeting of Psychologists of the South" Debates Education, Mental Health, Poverty and Work	The Southern Regional Delegation of the Portuguese Order of Psychologists (OPP) will hold the 4th Meeting of Psychologists of the South, next Friday, September 22, at the Lisbon Forum. A meeting that aims to promote the sharing of experiences, discussion and reflection on topics related to science and psychological intervention.	SDG1; SDG5; SDG8; SDG10; SDG16; SDG17	https://maisalgarve.pt/2023/09/20/opp-iv-en
In the Media	2023	Tânia Gaspar, clinical psychologist: "Leaders are a risk group when it comes to burnout"	Stressed managers increase the risk of burnout in teams. Prevention involves empowering leaders, say psychologists	SDG3; SDG5; SDG8; SDG10; SDG16; SDG17	https://expresso.pt/economia/2023-09-17-Tania-Gaspar
In the Media	2023	iTechStyle Green Circle with the biggest edition ever	It is the largest ever exhibition of an iTechStyle Green Circle, which in this edition features 52 coordinated outfits developed using products from almost fifty Portuguese companies. The forum, which in this edition has a strong focus on bio-based materials and processes, natural, is being presented for the first time – with great curiosity on the part of visitors – at MODTISSIMO.	SDG8; SDG12; SDG13; SDG17	https://jornal-t.pt/noticia/itechstyle-green-circle
In the Media	2023	Tânia Gaspar: "The problem is that companies want to go back to what it was and people are not available for that"	Interview with the coordinator of the Portuguese Laboratory of Healthy Work Environments	SDG5; SDG8; SDG10; SDG16; SDG17	https://activa.pt/lifestyle/2023-09-02-tania-gaspar
In the Media	2023	Dream of producing electricity from air may be closer	Meanwhile, a team in Portugal is working on a European Union-funded project called CATCHER, which also aims to harness humid air as a source of energy. Svitlana Lyubchik, a materials scientist at the Lusófona University of Lisbon in Portugal, is co-leading the project and is a co-founder of a company called CascataChuva.	SDG7; SDG8; SDG10; SDG11; SDG12; SDG13; SDG17	https://www.bbc.com/portuguese/articles/cn
In the Media	2023	Employment is not the most important thing for young people when choosing a course	Courses with the highest number of unemployed people had all places filled last year.	SDG4; SDG8; SDG9; SDG16	https://www.cmjornal.pt/sociedade/detalhe/e
In the Media	2023	Safety and Health at Work. Commission will create Green Book of the Future	The Government has created the Commission to prepare the Green Paper on the Future of Safety and Health at Work, which must present the final proposal by December 31, according to a dispatch published this Thursday in the Official Gazette.	SDG4; SDG12; SDG13; SDG16; SDG17	https://rr.sapo.pt/noticia/pais/2023/07/20/se
In the Media	2023	Government appoints commission for Green Book on the Future of Safety and Health at Work. Meet the 15 experts	A group of experts will be responsible for preparing the Green Paper on the Future of Safety and Health at Work, which should be presented to the Government by the end of this year.	SDG4; SDG12; SDG13; SDG16; SDG17	https://eco.sapo.pt/2023/07/20/governo-apc
In the Media	2023	The "no wash" movement is not about not washing, it's about reducing	Translated into Portuguese, it means "no washing". This might suggest that followers of this movement will never wash their clothes again in their lives. But that's not the case. The idea is to reduce them to the essentials and change the the way we do them. And, above all, rethink our clothing consumption. This is a guide to understanding the impact of washing clothes on the environment - and on your household bills.	SDG4; SDG5; SDG10; SDG12	https://www.ulusofona.pt/media/movimento-

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