



UNIVERSIDADE
LUSÓFONA

Sustainability Report 2024

*Academic Year
23/24*



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Introduction

Over the past few years, Lusófona University and its Faculties and School have organized various activities, both on and off campus, with the main objective of raising awareness, alerting, and encouraging changes in behavior concerning the environment.

Since 2022, the university has made the fulfilment of the 17 Sustainable Development Goals (SDGs) a priority in its strategic plan and over the last two years there have been various activities, events, webinars, lectures, seminars, technical visits (hands on), workshops and research projects involving the SDGs.

Their purpose is to complement the knowledge acquired by the students, staff and professors and strengthen the connection of Lusófona University to the community by raising awareness and promoting good practices that contribute to reducing our ecological footprint.

Lusófona University remains committed to informing and training its community of students, professors, and the public on issues related to the impact of climate change, health, volunteering activities and sports. The goal is to encourage behavioral changes and increase awareness of the responsibility each of us has to respect and protecting the planet, communities and life.

One of Lusófona University's main environmental objectives is to transform the campus into a greener and more sustainable environment. over the last few years, the University has implemented various environmental initiatives, such as setting up recycling points, installing a production unit for self-consumption and promoting awareness-raising actions aimed at changing attitudes and behaviours.

Since 2021, the University has intensified the implementation of environmental measures with the aim of making the campus even more sustainable. In order to achieve this goal, the Faculty of Engineering of Universidade Lusófona - Centro Universitário Lisboa formalised its application to the Eco-Schools programme. This project is coordinated by an Eco-Council, made up of students, teachers and employees from the Faculty of Engineering and the University's central services, under the leadership of Professors Joana Lage and Elisabete Maurício.

The intention is to involve the entire academic community, promoting actions to improve and raise environmental awareness. From the start of the project to the present day, various initiatives have been carried out, with the collaboration and active participation of students, teachers and staff. The main areas of intervention include energy, water, waste, outdoor spaces and air quality.

In October of the same year, the Faculty of Engineering was awarded the Eco-Schools Flag for the first time, which symbolises the academic community's commitment to sustainability.

Lusófona University has been honoured with this award since 2021, renewing it in 2022, 2023 and 2024.

In 2023, taking advantage of the experience of the Eco-Schools advisory board, the university extended it to other areas and services of the university, creating a basis for the formation of an advisory board for sustainability, and following the parameters of Eco-Schools, every year in October members of all services, teachers and students are invited to join the board for the following year.

In 2024 representatives from the following departments joined the Eco-Schools and Sustainability Advisory Board:

- Marketing and Communication Department

Eugénia Vicente

- Health and Wellbeing Service

Inês Santa

- Legal Services

Graça Serrano and Elisabete Cipriano

- Quality Management Department

Cristina Matos

- Infrastructure Department

Filipe Marto

- Employment and Internships Department

Verónica Almeida

- Talent Management

Paula Cipriano

- Eco-Schools Council

Students and teachers from the Faculty of Engineering

The 2025 objectives are:

- The integration of teachers from all faculties and schools and the international relations service.

- Creating a common activity plan.

- Adjusting and including the SDGs in cultural activities, events, projects, lifelong learning courses and degree programmes.

The fulfilment of the transformation agenda of Universidade Lusófona's educational project, which encompasses the central challenges of the 21/25 Strategic Plan, is in harmony with the '2030 Agenda for Sustainable Development', which makes Higher Education Institutions (HEIs) responsible as active agents in the promotion and dissemination of the Sustainable

Development Goals (SDGs), with an emphasis on defending the goals of promoting peaceful and inclusive societies, eradicating all forms of discrimination and gender-based violence and conserving and managing their resources in a sustainable manner.

Of the 17 SDGs on the agenda, the University has developed actions to:

2-Eradicating hunger by promoting and integrating national and international training and community service projects such as the European Erasmus + '[UglyFruitsNOT!](#)' programme and [encouraging consumption](#).

3-Quality health by designing a European Research Area focussing on the following areas: human and animal health and welfare, which, in conjunction with health organisations, created the [Health Benefits Plan \(PBS\)](#) for the entire educational community and families. Production of content on [mental health](#) and [SPIC](#).

4-Quality education through teaching, research and social responsibility activities fulfils the objective of 'Education for all' by awarding [educational benefits](#) to students, staff, teachers and their families; scholarships for excellence, merit and for students from CPLP countries - Community of Portuguese Speaking Countries; public and private [protocols and partnerships](#).

Creation of degree courses in emerging areas, promoting professional master's degrees and distance learning; lifelong learning with [free courses](#) (micro-credentials) and certified modular training funded by the PRR and Portugal 2020; creation of new distance learning methodologies; boosting the [Lusófona X](#) platform and offering curricular units to students.

5-Gender equality by creating a working group that designed the 21/27 [Gender and Diversity Plan](#), which identifies the following axes: Balance between personal, family and professional life and organisational culture; Gender balance/diversity in leadership and decision-making; Gender equality/diversity in recruitment and career progression; Integration of the gender/diversity dimension in research and innovation; and Measures against prejudice, gender inequalities and harassment(s).

6-Drinking water and sanitation with the implementation of a water reservoir that utilises rainwater for sanitary use.

7-Renewable and Accessible Energies with the installation of a [UPAC - a self-consumption production unit](#) that aims to guarantee the production of almost all electricity using photovoltaic panels.

8-Decent Work and Economic Growth by attracting talent, managing funding and research, optimising and decentralising budgeting processes and implementing an effective budget process at academic and administrative level. Promotion of research and innovation by [ILIND](#), which brings together research [centres/units](#) with teams dedicated to [projects](#) that focus on international cooperation and strategic partnerships. In 2021, of the private HEIs, Universidade Lusófona had the most projects approved by the FCT and the most [funding](#) allocated, became the Portuguese institution with the highest number of Erasmus Mundus courses and is involved in an innovative European project, [FILMEU](#).

Creation of quality management, talent and institutional development services that ensure quality management processes, creation and improvement of physical and logistical conditions to attract and retain employees. Constant improvement of spaces and equipment for teaching and learning, either through investment in technology or through mentoring and support programmes for school success.

10-Reducing inequalities with a connection to the community by promoting [internships](#), [integration](#) into working life and volunteer programmes involving students, teachers and employees, with partner organisations. Boosting [the 'Play' incubator](#) with increased support for start-ups and alumni projects.

11-Sustainable cities and communities with a campus at the centre of Lisbon's electric and environmental mobility project, including a bicycle park and two Rapid Charge stations for electric cars.

12-Guaranteeing sustainable consumption and production patterns by implementing various projects and actions aimed at [changing attitudes and behaviours](#) and [training](#) by encouraging the use of digital platforms and [dematerialising services](#) and [energy savings](#).

13-Climate action by setting [up recycling points](#), training in [waste management and separation](#), encouraging the use of reusable bottles and public water consumption with [community intervention](#).

16-Peace, Justice and Effective Institutions by creating [a code of ethics](#) whose values guide people's behaviour in society and social well-being in the personal, family, social and professional spheres, applicable to the entire academic community. [Internal whistleblowing](#)

[channel](#) - a safe place to report situations that violate the legal, ethical and moral principles that govern the institution. [Student ombudsman](#) who acts on problems of a teaching or administrative nature.

17-Partnerships for the Implementation of the Goals linking teaching, innovation and research, promoting the transformation of organisational units into teaching, research and community service units, united around a common agenda and themes and in line with the objectives behind the development of a European Education Area and a European Research Area focusing on four major areas: human and [animal health](#) and welfare; inclusive education and society; art, culture, creative industries and innovation ecosystems and [open science](#).

Sustainability Events

Total number of sustainability/environment related events in:

2021: 73

2022: 75

2023 :112

2024: 109 (January to september)

sustainability/e nvironment related events	2021	2022	2023	2024
Sustainability Events	31	48	43	60
Campus Activities	6	5	32	15
Community Sustainability Services	13	8	13	15
Training Actions and Workshops	14	6	9	10
Participation in International Projects	9	8	15	9
Total	73	75	112	109
Evidences	https://www.ulusofofona.pt/en/green-lusofofona/activities/2021	https://www.ulusofofona.pt/en/green-lusofofona/activities/2022	https://www.ulusofofona.pt/en/green-lusofofona/activities/2023	https://www.ulusofofona.pt/en/green-lusofofona/activities/2024

A total average per annum over the last 3 years and a half of **369 events** since Sustainability Events;
Campus Activities; Sustainability Community Services; Training Actions and Workshops and Participation in International Projects

Campus Activities

[Beginning of the Composting Process at Lusófona University](#)

And replanting of the organic vegetable garden by the Eco-Schools Team of the Faculty of Engineering

[1st Organic Vegetable Garden at Lusófona University](#)

Carried out by the students of the Eco-Schools Council under the coordination of the institution's teachers

[Assessment of Indoor Air Quality in Service Buildings](#)

Exploring Methods and Practices to Ensure Healthy and Sustainable Indoor Environments

[ULusófona Produces Ecopoint at Labtec](#)

The Ecopoint was created as part of the Faculty of Engineering's application to the "Eco Schools" programme

[Tree planting by the Lusófona University Eco-Schools Team](#)

Initiative to mark and celebrate Environment Week

[ULusófona Students Investigate Biodiversity on the University Campus](#)

Environmental Engineering course identifies and catalogues tree species, promoting sustainability as part of the Eco-Schools programme

["Ugly" fruits and veggies... NOT!](#)

An innovative educational program for sustainable consumption and reduction of food waste
On the Campus of Lusófona University, in Lisbon, we encourage consumer proximity to agricultural producers. Every week we have the possibility to buy, directly from the producer, fruit and vegetables, in prepared baskets that offer a varied set of products, including specimens of fruit and vegetables classified as "ugly"

[International Erasmus project](#) Check out the photos [here](#).

[Lusófona @ Rock in Rio Lisboa 2022!](#)

During the 4 days of the event, the students made employees aware of the good practices of recycling, separation and selective disposal of waste, carried out the monitoring and control of waste.

[Lusófona University Students Organise Technical Trip to Lousal Mine](#)

During the activity, the students were able to deepen their knowledge of the importance of water quality and the challenges of rehabilitating decommissioned mining areas. They also took water and soil samples, which will be analysed later in the Ecotoxicology and Water Quality classes.

[XVIII Pharmaceutical Sciences Week](#)

This event is held every year and organized by the ULusófona Pharmaceutical Sciences Students' Association (AECFUL), whose main aim is to promote understanding and appreciation of our field among students, teachers and the wider community.

The following screenings took place this week:

- Blood pressure;
- Blood glucose and cholesterol levels;
- Ophthalmic;
- Dermatology;
- BMI and HIV;
- Dermopharmacy nutrition tests (in partnership with pharmacies and companies).

See the video [here](#)

[Physical Education Week](#)

With more than 350 students, guests and sponsors, the 2023 edition of Physical Education Week at Universidade Lusófona was marked by technical-professional workshops, tournaments, and knowledge challenges organized by partners, students, and teachers. [See the vídeo](#)

[International Audiovisual Week](#)

At the XXIV Audiovisual Week, which took place between the 3rd and 10th of December, students had the opportunity to meet and talk to several national and international professionals from the creative industries. A week of workshops and masterclasses to deepen knowledge in specific areas and explore new paths. [See the vídeo](#)

[A Basket of Hope - This Christmas Be Solidary!](#)

This year the Lusófona University - Lisbon and Porto University Center joins with CASA - Homeless Support Center to carry out an initiative dedicated to supporting people, families or children who are homeless or in conditions precarious.

This initiative, which will take place in the Lisbon Metropolitan Area - AML and in the Porto Metropolitan Area - AMP, mainly involves the donation of essential goods, which meet the following categories: Hygiene, Clothing, Entertainment and Food.

[Christmas Little Market](#)

At Lusófona D.R.E.S.S. (Dress, Recycle, Exchange, Sustain and Shine) anyone can hand in an item of clothing, footwear or accessory and take another item in exchange. When they are handed in, they will go through a checking process and when they are damaged, they will be separated and collected by the design and fashion students for recycling, allowing them to return to the circuit.

Activities organized by student organizations related to sustainability per year

Category	Year	Event / Content	Description	SDG	Evidencies

Campus Activities	2021	Start of Composting Process at Universidade Lusófona	During April and May, the student council and the Eco-Schools FE coordination had the opportunity to replant new species in the small organic garden on campus. Associated with this activity, the composting process was also initiated, with the implementation of a composter next to the garden. The goal is to enhance the organic waste produced in large quantities at the campus cafeterias and transform it into nutrient-rich compost suitable for fertilizing the organic garden.	SDG9; SDG11; SDG16	https://www.ulusofona.pt/en/news/beginning-of-the-composting-process-at-lusofona-university
Campus Activities	2021	Waste Separation Awareness Campaign	The awareness campaign was carried out by the Faculty of Engineering at Universidade Lusófona.	SDG14; SDG15; SDG16	
Campus Activities	2021	Universidade Lusófona Goes Greener!	Engaging and re-educating the academic community within the scope of the Eco-Schools program application.	SDG3; SDG4; SDG8; SDG11; SDG12; SDG13; SDG14; SDG15; SDG16	
Campus Activities	2021	Visual Arts Students Create Painting for Environmental Awareness	Visual Arts students from Lusófona University have created a painting for environmental awareness, highlighting the species from Paul de Manique do Intendente (Azambuja), as part of the interdisciplinary project Paul NATURA - KNOW to Protect.	SDG4; SDG11; SDG12; SDG13; SDG14; SDG15	https://www.ulusofona.pt/en/news/visual-arts-students-create-environmental-awareness-painting
Campus Activities	2021	Lusófona Produces Ecopoint at Labtec	Universidade Lusófona creates and produces its own Ecopoint as part of the Faculty of Engineering's application to the Eco-Schools program. Designed by João Pedro Maia, it is a joint production between Labtec (Universidade Lusófona's Prototyping Laboratory) and the Facility Management Directorate. This Ecopoint combines digital production technologies with manual craftsmanship in a piece that aims to be easy to produce and use.	SDG9; SDG11; SDG16	https://www.ulusofona.pt/en/news/ulusofona-produces-ecoponto-at-labtec

Campus Activities	2021	1st Organic Garden at Universidade Lusófona	As part of the Faculty of Engineering's Eco-Schools program application, the 1st Organic Garden at Universidade Lusófona was created. The project was developed by students from the Eco-Schools Council, with coordination by Professors Elisabete Maurício, Joana Lage, and Anabela Cruzes, and support from Engineer Ricardo and the University's maintenance department.	SDG9; SDG11; SDG13; SDG15	https://www.ulusofona.pt/en/news/1st-organic-vegetable-garden-at-lusofona-university
Activities on Campus	2022	OPERAT - Collaborative Workshop on Accessible Resources	Responsible for the University's new workshop give an interview to Noticias Lusófona.	SDG4; SDG9; SDG17	https://www.ulusofona.pt/http://10.0.42.2:8000/en/news/operat-collaborative-workshop-on-accessible-resources
Activities on Campus	2022	Exercise and Health Club Reopens with New Equipment	Visit your new gym and start living a healthier lifestyle today.	SDG3; SDG9; SDG17	https://www.ulusofona.pt/http://10.0.42.2:8000/en/news/exercise-and-health-club-reopens-with-new-equipment
Activities on Campus	2022	Lusofona Improves the Quality of Classroom and Research Laboratories	The Lusófona University is facing a new cycle of digital transformation.	SDG4; SDG8; SDG9; SDG17	https://www.ulusofona.pt/http://10.0.42.2:8000/en/news/lusofona-improves-the-quality-of-classroom-and-research-laboratories
Activities on Campus	2022	Start of the Composting Process at the Lusófona University	And replanting of the organic garden by the Eco-Schools Team of the Faculty of Engineering.	SDG4; SDG9; SDG10; SDG11; SDG13; SDG16	https://www.ulusofona.pt/http://10.0.42.2:8000/en/news/beginning-of-the-composting-process-at-lusofona-university

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-unsustainable-footprint
Activities on Campus	2023	Ocean Pollution, Marine Life Protection, Sustainability with Gonçalo 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-ocean-pollution-protection-of-marine-life-sustainability-c-goncalo-calado
Activities on Campus	2023	ULusófona Replaces Fluorescent Lamps with LEDs in New Building	Lusófona 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 ULusófona Campus	The Lusófona 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-at-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 Lusófona 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-clean-up-identifies-invasive-plant

Activities on Campus	2023	ULusófona Students Plant Trees to Celebrate Environment Week	In June, Lusófona 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-mark-environment-week
Activities on Campus	2023	Students from the Faculty of Engineering Create Eco-Code in Competition	The Faculty of Engineering at Lusófona 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-students-create-eco-code-in-competition
Activities on Campus	2023	Universidade Lusófona Continues Composting Project on Campus	Lusófona 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-university-promotes-composting-to-fertilise-organic-vegetable-garden
Activities on Campus	2023	Organic Garden of ULusófona: New Species and Environmental Awareness	Since the beginning of the 2020/2021 academic year, the Lusófona 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 Lusófona University, students developed an innovative project focused on air quality and energy efficiency.	SDG7; SDG12	https://www.ulusofona.pt/en/news/students-from-the-faculty-of-engineering-evaluate-air-quality
Activities on Campus	2023	ULusófona reinforces Sustainability Commitment with New Ecopoints on Campus	On May 25, Lusófona 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 Luíz 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-clothing-production-and-environmental-concerns-w-alexandra-cruchinho-and-luiz-sanchez
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-in-aquatic-environment
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-and-health-in-workplaces-under-discussion

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-and-veggies-not
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-sleep-and-student-day
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-extreme-phenomena-civil-engineering-and-vulnerable-structures-w-eloi-figueiredo
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-resource-management-water-consumption-and-agricultural-sector-w-carina-almeida-and-hilda-de-pablo
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-climate-change-impacts-awareness

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-trauma-changes-brain-structure-symptoms-bruno-faustino
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-making-difference-people-promoting-well-being-helia-bracons
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-physical-activity-health-wellness-marlene-silva
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-students-investigate-biodiversity-on-the-university-campus
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-youth-mental-health-uncertainty-and-stigma-w-tania-gaspar-and-teresa-mendes

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-space
Activities on Campus	2023	Distress, Sexual Pleasure, Well-Being, Sexology and Multidisciplinary 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-distress-sexual-pleasure-well-being-sexology-multidisciplinary-patricia-pascoal
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-burnout-prevention-seeking-help-tania-gaspar-ana-loureiro
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-zerowaste
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-improve-habits-isabel-santos-ana-beato

Activities on Campus	2024	Research Project in the Organic Garden of the Lusófona University	Between March and June, Lusófona University launched a new research project in its Organic Garden, aiming to explore the properties of the soil and the microbial communities present. The research focuses on the isolation of microorganisms from the soil that present antimicrobial activity with the aim of identifying microorganisms that may have the potential to combat pathogens, contributing to advances in the area of biological and pharmaceutical sciences.	SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/research-project-at-the-lusofona-university-organic-garden
Activities on Campus	2024	ULusófona Celebrates World Tree Day with Planting and Awareness Action	On April 21st, Lusófona University, through its Lusófona Verde initiative, marked World Tree Day with a major planting and restoration campaign on the University Campus. The event, which included the planting of four new trees, had the active participation of the institution's Academic Community.	SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/ulusofona-celebrates-world-tree-day-with-planting-and-awareness-raising-action
Activities on Campus	2024	Renovation of the Lusófona University's Organic Garden	The organic vegetable garden on the Lusófona University Campus, which began in the 2020/2021 academic year, has recently undergone significant recovery, thanks to the commitment and collaboration of students and teachers from the Education and Teaching Council (CEE). This space, which has five flowerbeds, has been a meeting point for the academic community, involved in the care and maintenance of the garden. The initiative is supervised by Professor Elisabete Mauricio, coordinator of the Eco-Schools program.	SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/renovation-of-lusofona-universitys-organic-vegetable-garden
Activities on Campus	2024	ULusófona Launches Innovative Project for the Valorization of Waste from the Canteen	Between March and June, Lusófona University began a pioneering research project that aims to make use of the organic waste generated in the campus canteens. The main objective of this study is to collect fruit and vegetable peel waste and transform it into -them in extracts with high bioactive value, capable of presenting beneficial properties for human health, such as antioxidant and antimicrobial capacities.	SDG1; SDG2; SDG9; SDG10; SDG12	https://www.ulusofona.pt/en/news/ulusofona-launches-innovative-canteen-waste-valorisation-project

Activities on Campus	2024	New Ecopontos of Sociedade Ponto Verde Installed on the ULusófona Campus	Following the training activities promoted in previous years by Sociedade Ponto Verde, Universidade Lusófona has been receiving several indoor recycling points, which are being progressively installed on campus, according to the needs identified by the academic community.	SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/new-green-dot-society-ecopoints-installed-on-ulusofona-campus
Activities on Campus	2024	Presentation of Digital Resources in the Fight Against Food Waste	As part of the dissemination of the results of the ERASMUS Project Ugly Fruits NOT!, the dissemination event (MULTIPLIER EVENT) "Presentation of digital tools to combat food waste" was held on 22nd May. The aim was to publicise the materials produced and the digital platform that can be used as a dissemination and training tool. This platform features interactive content and stories with a view to reducing food waste.	SDG1; SDG2; SDG9; SDG10; SDG12	https://www.ulusofona.pt/en/news/presentation-of-digital-resources-to-combat-food-waste
Activities on Campus	2024	New Sustainable Measures Implemented at ULusófona	Lusófona University has reinforced its commitment to sustainability by introducing new measures in the campus canteens and laboratories, focused on preserving water resources and reducing the use of plastic. These initiatives aim not only to reduce the consumption of drinking water, but also to raise awareness in the academic community about the importance of saving natural resources.	SDG1; SDG2; SDG9; SDG10; SDG12	https://www.ulusofona.pt/en/news/new-sustainable-measures-implemented-at-ulusofona
Activities on Campus	2024		As part of the Microbiology classes of the Environmental Engineering Degree, a water quality monitoring campaign was carried out at various water supply points on the Lusófona University Campus. The initiative, which was carried out in collaboration with professors Elisabete Maurício, Catarina Rodrigues and Patrícia Branco, also involved the active participation of students from the Eco-Council of the Faculty of Engineering (FE).	SDG3; SDG6; SDG14	
Activities on Campus	2024	Collection and Analysis Confirm Water Quality on the ULusófona Campus	As part of the Microbiology classes of the Environmental Engineering Degree, a water quality monitoring campaign was carried out at various water supply points on the Lusófona University Campus. The initiative, which was carried out in collaboration with professors Elisabete Maurício, Catarina Rodrigues and Patrícia Branco, also involved the active participation of students from the Eco-Council of the Faculty of Engineering (FE).	SDG3; SDG6; SDG14	https://www.ulusofona.pt/en/news/collection-and-analysis-confirm-water-quality-at-ulusofona-campus

Activities on Campus	2024	Lusofona University Opens New Horizons in Health Education	Pedagogical innovation in the area of Health Education at Lusófona University has a new chapter, with the introduction of the new Anatomage Virtual Dissection Platforms. Designed to simulate human morphology, anatomy, physiology and pathology, these virtual platforms promise to transform the way how students interact with and learn about the human body.	SDG3; SDG4; SDG12	https://www.ulusofona.pt/en/news/lusofona-university-opens-new-horizons-in-health-education
Activities on Campus	2024	Geopercurso no Campus da Universidade Lusófona Estudos Geological Resources	This year, Civil Engineering and Environmental Engineering students at Lusófona University had the opportunity to participate in another phase of the Geopercurso on the University Campus. The project, developed within the scope of the General and Applied Geology course, was supported by Professor Anabela Cruces and had as its main objective to study and identify the different types of geological resources present on the Campus and analyze their application.	SDG4; SDG15	https://www.ulusofona.pt/en/news/geopath-on-the-campus-of-lusofona-university-studies-geological-resources
Activities on Campus	2024	Master's Thesis on Sexual Harassment of University Women	Ana Neves has delved deep into the heart of harassment, seeking to understand its roots and impacts, but more importantly, to identify effective strategies to combat it. Her research is not just a quest for academic knowledge, but also a mission staff to bring visibility to the problem and promote tangible change.	SDG3; SDG4; SDG5; SDG11	https://www.ulusofona.pt/en/conversations-about/masters-thesis-on-sexual-harassment-of-university-students
Activities on Campus	2024	Documentary Meat - The Unsustainable Footprint	Meat: The Unsustainable Footprint is the first Portuguese documentary to address the urgency of changing the eating habits of the world's population, prioritizing a plant-based diet (vegetable origin) over one based on animal protein.	SDG2; SDG3; SDG6; SDG12; SDG13; SDG15; SDG17	https://www.ulusofona.pt/en/event/documentary-meat-the-unsustainable-footprint
Activities on Campus	2024	Project Against Racism and Inequality Receives Fazer+ Award	Lusófona Education has launched the 4th edition of "FAZER +: Science and Innovation Support Program", with the aim of supporting and rewarding activities and projects that strengthen the research and innovation capacity in Lusófona Education establishments.	SDG4; SDG5; SDG11	https://www.ulusofona.pt/en/conversations-about/contra-mascaras-tecendo-dialogos-project-receives-fazer-award

Activities on Campus	2024	Love, Health and Emotion with Tânia Gaspar	The path of the field of Psychology in recognizing the feeling of love in the most diverse areas.	SDG3; SDG4; SDG10; SDG16	https://www.ulusofona.pt/en/podcasts/ep45-love-health-and-emotion-c-tania-gaspar-
Activities on Campus	2024	The Search for Equality in Sport was the Target of Reflection	The symposium addressed the issue of gender equality in sport from different perspectives, with the participation of athletes, coaches, referees, managers, university professors and mayors.	SDG2; SDG3; SDG4; SDG5; SDG8; SDG11; SDG12	https://www.ulusofona.pt/en/news/the-search-for-equality-in-sport-was-the-subject-of-reflection-
Activities on Campus	2024	Forte de Paimogo Exhibition	This exhibition showcases the research work that has been carried out in terms of historical research into the site, the construction materials used, as well as the intangible heritage, bringing the memories and experiences of the population to Fort Paimogo.	SDG4; SDG8; SDG16	https://www.ulusofona.pt/en/event/paimogo-fort-exhibition
Activities on Campus	2024	Eco-Código 2024	The Faculty of Engineering of the Lusófona University - Centro Universitário Lisboa, within the scope of the Eco-Schools Program, presented the Eco-Code 2024, encouraging sustainable practices among students and the academic community. The code establishes concrete actions to improve the Environment at the University and Community. . With a focus on ecological attitudes, the project strengthens the environmental responsibility of all participants.	SDG3; SDG6; SDG7; SDG11; SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/eco-code-2024
Activities on Campus	2024	Composting Project at ULusófona Advances with Innovative Initiatives	The composting project at Lusófona University, led by the Eco-Schools Team of the Faculty of Engineering, continues to evolve and gain prominence this year. Continuing the work started in previous years, the composter installed next to the Campus vegetable garden has played a crucial role in the recovery of organic waste generated in large quantities in the canteens. This waste is transformed into nutrient-rich compost, ideal for fertilizing the university's organic garden.	SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/composting-project-at-ulusofona-advances-with-innovative-initiatives

Additional evidence information

<https://www.ulusofona.pt/en/news>

<https://investigacao.ulusofona.pt/en/>

<https://www.ulusofona.pt/en/green-lusofona/eco-schools>

Community Sustainability Services

Project name	Participants	Project Duration	SDG	Project area
Works Associated with the Development of the Environmental Engineering Project UC (3rd Year).	100	3 years	SDG6; SDG11; SDG12; SDG13; SDG14; SDG17	SI
Volunteering Action	75	1 day per year	SDG13; SDG15	CS
Viva Science Club Project – Alto de Azambuja School Group	125	1 day per year	SDG4; SDG13; SDG17	CS
Field Trip at the Invitation of LPN with Students from Azambuja Secondary School	35	3 day per year	SDG4; SDG12; SDG13; SDG14; SDG15; SDG17	EC
Lecture Invitation for Students of the Master's in Geological Engineering, Department of Earth Sciences (DCT), Faculty of Science and Technology FCT Nova	45	3 day per year		EC
Technical Field Trip for Soil Science and Environmental Analytical Control UC – FE - ULusófona	45	3 day per year	SDG4; SDG6; SDG13; SDG14; SDG15; SDG17	EC
Short-Term Action – Continuing Education for Teachers	35	1 day per year		EC
European Researchers' Night (NEI/2021)	75	1 day per year	SDG4; SDG13; SDG14; SDG15;	EC

			SDG16; SDG17	
Ecology Day Celebrations	125	1 day per year	SDG4; SDG6; SDG13; SDG14; SDG17	EC
Participation in the Summer Activities of the Ciência Viva Program	125	5 days per year		SI
ULusófona Now Has Eco-Schools Flag	125	1 day per year	SDG4; SDG7; SDG9; SDG11; SDG12; SDG13; SDG15; SDG17	<u>CS</u>
Seminar Definition of Healthy Soils	75	1 day per year	SDG3	<u>SI</u>
Universidade Lusófona Applies for the International Eco-Schools Programme	25	1 day per year	SDG4; SDG7; SDG9; SDG11; SDG12; SDG13; SDG15; SDG17	<u>CS</u>
Works associated with the development of the UC Environmental Engineering Project (3rd year).	75	3 day per year		SI
#StandWithUkraine - Recolha de Bens	135	1 week	SDG2; SDG10; SDG17	CS
Scholarship programs for Ukrainian students and teaching staff	25	1 year	SDG4; SDG10; SDG16; SDG17	<u>CS</u>
Clothing Collection - Fashion Design and Production	135	1 day per year	SDG11; SDG12; SDG13; SDG17	CS
Reflecting on Productivity and Quality of Employment	191	1 day per year	SDG3; SDG8; SDG9; SDG16	<u>HR</u>
App4SHM - Monitoring of the Structural Health of Bridges	19	1 day per year	SDG9; SDG11; SDG13	<u>SI</u>

Psychogerontologia and Mental Health Study: The Role of Technology	225	1 day per year	SDG3; SDG4	<u>CS</u>
ULusófona Studies Infrastructure Monitoring Technologies	25	1 day per year	SDG8; SDG9; SDG11	<u>SI</u>
iTechStyle Green Circle	47	1 day per year	SDG8; SDG12; SDG13; SDG17	<u>SI</u>
Studying the Impact of Climate Change on Infrastructure	25	1 day per year	SDG9; SDG11; SDG12; SDG13	<u>EC</u>
Students from ULusófona Participate in Educational Visit to Quinta das Águas	75	1 day per year	SDG15	<u>WR</u>
Universidade Lusófona em Campanha de Limpeza Subaquática	35	1 day per year	SDG14	<u>WR</u>
RUMOS	25	1 day per year	SDG9; SDG11	<u>WR</u>
Renewable Energy Research with Andriy Lyubchuk	12	4 years	SDG7; SDG8; SDG9; SDG11	<u>EC</u>
Environmental Engineering Project UC: Analysis of the Tagus River	35	3 day per year	SDG14	EC
Voluntary Action: Removal of Agricultural Plastics	75	1 day per year	SDG2; SDG11; SDG14	CS
ULusófona Participates in 3 Horizon Europe Projects and Conquers 4 COST	295	4 years	SDG9; SDG17	<u>EC</u>
ULusófona Promotes Mental Health and Well-Being of the Educational Community	135	1 day a week	SDG3; SDG4	<u>CS</u>
Environmental Engineering Students Analyze Air Quality in Portugal	35	1 year	SDG3; SDG15	<u>SI</u>
Projeto MentHA - Improving the Mental Health of the Elderly	75	1 year	SDG3; SDG11	<u>CS</u>
ULusófona Initiates Project to Improve Air Quality and Thermal Comfort	295	1 week per year	SDG3; SDG15	<u>SI</u>
Students from the Lusófona University Carry Out Technical Exit to the Lousal Mine	25	1 day per year	SDG4; SDG15	<u>SI</u>
The Biological Benefits of Centaury Honey	12	1 year	SDG2; SDG3	<u>SI</u>

ULusófona Participates in World Physical Activity Day in Lisbon	189	1 day per year	SDG3	<u>WS</u>
Intervention in the Dissuasion of Drug Addiction	189	1 day per year	SDG3; SDG4; SDG11	<u>CS</u>
Eco-Schools Behavioral Survey 2024	380	1 day per year	SDG6; SDG7; SDG12; SDG13; SDG14; SDG15	<u>SI</u>
Advances in Exercise Science, Health and Obesity Prevention	198	1 day per year	SDG2; SDG3; SDG4	<u>CS</u>
Faculty of Engineering Visits Corno do Bico Natural Reserve	118	1 day per year	SDG4; SDG15	<u>CS</u>
Awakening Solidarity and Sustainability	230	1 day per year	SDG1; SDG2; SDG3; SDG4; SDG11	<u>CS</u>

Participation in International conferences and activities

Category	Year	Event / Content	Description	SDG	Link
Participation in International Projects	2021	Participation in International Projects	Project aims to apply the Montessori Method in teaching a second language to adults.	SDG4	
Participation in International Projects	2021	Participation in International Projects	Participation in the project "Reducing Climate Vulnerability in São Tomé and Príncipe", funded by the European Union (EuropeAid/138507/DH/SER/ST)	SDG4; SDG13; SDG17	
Participation in International Projects	2021	Participation in International Projects	Project "Climate Promise – to raise awareness amongst the whole of society about the country's climate plan and engage stakeholders in its revision process", funded by the United Nations (UNDP) (RFP15/2020).	SDG4; SDG13; SDG17	

Participation in International Projects	2021	Lecture in International Course	International Course: "IMAT NU E-Course: Circular Economy and Zero Emission Systems: Financing Strategies for Resilient Societies". ULusófona lecture titled "CE in sustainable resource management BIO-WASTE" on the topic "CE in sustainable resource management: from municipal solid waste management to integrated soil and energy protection and support systems."	SDG4; SDG13; SDG17	
Participation in International Projects	2021	Participation in R&D Projects - CleanAtlantic	CleanAtlantic - Tackling marine litter in the Atlantic Area. European Commission (Brussels). Participation and Leader of WP6 – Modelling.	SDG4; SDG13; SDG17	
Participation in International Projects	2021	Participation in R&D Projects - RIVERSEA	RIVERSEA - Land-based sources of marine litter and microplastics. Participation in the modelling WP.	SDG4; SDG13; SDG17	
Participation in International Projects	2021	Consultancy and Data Analyst	AdTA (Águas do Tejo Atlântico from the Águas de Portugal Group) - Environmental monitoring of the Guia submarine outfall. Monitoring, coordination, and execution of the Monitoring Plan. ARM (Águas e Resíduos da Madeira) – Analysis of the impact of effluent discharge from urban wastewater treatment on the marine environment in Madeira Island.	SDG4; SDG6; SDG13; SDG14; SDG17	
Participation in International Projects	2021	Collaboration with Eco-Schools FE and Real Colégio de Portugal	As part of the Erasmus + project "Many Cultures, 1 Planet", which focuses on the United Nations Sustainable Development Goals (SDGs) and aims to promote sustainability in schools, the Eco-Schools FE coordination was invited by the Real Colégio de Portugal to share the implementation of the Eco-Schools programme at the Faculty of Engineering with a group of students from Girona (ESP) and Pavia (ITA).	SDG4; SDG13; SDG17	
Participation in International Projects	2021	FILMEU Project, Report Best Practices – Governance Models	FILMEU, Report Best Practices – Governance Models.	SDG4; SDG13; SDG17	

Participation in International Projects	2022	Participation in International Projects	Project “Climate Promise – to raise awareness amongst the whole of society about the country's climate plan and engage stakeholders in its revision process”, funded by the United Nations (UNDP) (RFP15/2020).		
Participation in International Projects	2022	Class in International Course	International Course: "IMAT NU E-Course: Circular Economy and Zero Emission Systems: Financing Strategies for Resilient Societies". ULHT class with the title “CE in sustainable resource management BIO-WASTE” on the theme “CE in sustainable resource management: from municipal solid waste management to integrated soil and energy protection and support systems.		
Participation in International Projects	2022	Participation in R&D Projects	CleanAtlantic - Tackling marine litter in the Atlantic Area. European Commission (Brussels). Participation and Leader of WP6 –Modeling		
Participation in International Projects	2022	Data Consulting and Analysis	AdTA (Waters of the Atlantic Tagus of the Águas de Portugal Group) - Environmental monitoring of the Guia submarine outfall. Monitoring Coordination and execution of the Monitoring Plan. ARM (Madeira Water and Waste) – Analysis of the impact of rejecting effluents resulting from wastewater treatment urban areas in the marine environment on the island of Madeira.		
Participation in International Projects	2022	Lusófona Professor Joins International Network of Sexual Medicine	Patrícia Pascoal represents the area of Cognitive-Behavioral Clinical Psychology.	SDG3; SDG4; SDG17	https://www.ulusofona.pt/http://10.0.42.2:8000/en/news/lusofona-professor-joins-international-sexual-medicine-network
Participation in International Projects	2022	be-READY Resilient Road Pavements for Sustainability	An international project signed by Lusófona University.	SDG9; SDG11; SDG12; SDG13; SDG17	https://www.ulusofona.pt/http://10.0.42.2:8000/en/news/beready-resilient-road-pavements-for-sustainability
Participation in International Projects	2022	MentHA Digital Project Awarded with Akira	The award is promoted by the Portuguese Society of Atherosclerosis (SPA), with the support of Daiichi Sankyo.	SDG3; SDG17	https://www.ulusofona.pt/http://10.0.42.2:8000/en/news/mentha-digital-project-awarded-with-akira-research-grant

		Research Grant			
Participation in International Projects	2022	Lusophone participates in the European Researchers' Night 2022	Initiative funded by the European Commission, which aims to bring researchers and citizens closer together.	SDG4; SDG17	https://www.ulusofoa.pt/http://10.0.42.2:8000/en/news/noite-europeia-investigadores-22
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 Cascatachuva Lda.	SDG7; SDG8; SDG9; SDG11	https://www.ulusofoa.pt/noticias/projeto-catcher-na-gastech-singapura
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 disseminating pedagogical initiatives and sustainable practices, both for teachers and students.	SDG6; SDG7; SDG8; SDG9; SDG11; SDG12; SDG14; SDG15; SDG16; SDG17	https://www.ulusofoa.pt/en/news/ulusofona-highlights-environmental-education-at-the-vii-international-congress
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.ulusofoa.pt/en/conversations-about/conversations-about-aqua-project
Participation in International Projects	2023	WeARTolerance Project with the Support of the La Caixa	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-	SDG3; SDG16	https://www.ulusofoa.pt/en/news/weartolerance-project-with-the-support-of-la-caixa-foundation

		Foundatio n	based program, which aims to integrate areas such as theater, cinema, music and visual arts.		
Participat ion in Internati onal 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 Lyubchik of the Lusófona University.	SDG9; SDG11; SDG15; SDG17	https://www.ulusofona.pt/en/conversations-about/conversations-about-project-ewald
Participat ion in Internati onal 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
Participat ion in Internati onal Projects	2023	ULusófona Marks Presence at the VII Internatio nal Congress of Environm ental 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-attends-vii-international-congress-on-environmental-education
Participat ion in Internati onal Projects	2023	CleanAtla ntic - 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	
Participat ion in Internati onal 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-ewald-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 Lyubchik of the Lusófona University.	SDG9; SDG11; SDG15; SDG17	https://www.ulusofona.pt/en/conversations-about/conversations-about-project-ewald
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	
Participation in International Projects	2024	Lusófona University Lecturer Attends International Conference in Brazil	Professor Carina Almeida, lecturer for the Bachelor's and Master's degrees in Environmental Engineering - Lisbon University Centre - Lusófona University, attended the 21st SILUBESA - Luso-Brazilian Symposium on Sanitary and Environmental Engineering, which took place in Recife (Brazil) from 28th to 30th August, as an invited speaker on the panel "Water reuse as a strategy for more efficient water management: From theory to practice".	SDG6	https://silubesa.com.br/palestrantes/
Participation in International Projects	2024	Aqua Synapse Impact of Deuterium-Poor Water on Health	Professor Sergiy Lyubchik, a professor at Lusófona University, coordinates an international project on the benefits of deuterium-poor water.	SDG6	https://www.ulusofona.pt/noticias/aqua-synapse

Participation in International Projects	2024	ULusófona Participated in the 9th International Congress at the House of Sciences in Aveiro	Between July 8th and 10th, 2024, Lusófona University was present at the IX International Congress, held at Casa das Ciências in Aveiro, with the active participation of the Eco-Schools coordination of the Faculty of Engineering (FE). This The congress, which brings together experts and educators dedicated to promoting sustainability and environmental innovation, served as a platform for publicizing the activities carried out by the university in the area of environmental education.	SDG4; SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/ulusofona-in-the-ix-international-congress-at-casa-das-ciencias-in-aveiro
Participation in International Projects	2024	Bioplastics: Challenges and Strategies for a Sustainable Economy	The Workshop's main objective was to address the challenges and promote the viability of bioplastics, focusing on sharing current barriers and co-producing strategies for the effective commercialization of bioplastics, which are fundamental for the transition to a circular and sustainable economy.	SDG8; SDG12; SDG15; SDG16; SDG17	https://www.ulusofona.pt/en/news/workshop-addresses-challenges-and-solutions-for-bioplastics
Participation in International Projects	2024	ULusófona Participated in the 1st International Conference FEE - EcoCampus	Lusófona University participated in the 1st FEE - EcoCampus International Conference, which took place on April 26, 2024 at the Lisbon School of Education (ESELx). The institution was represented by the Eco-Schools project of the Faculty of Engineering and by research in Sustainability on Campus, through the presentation of the scientific poster: "Reuse and Valorization of Orange Peel Waste from the School Canteen for the Production of Essential Oil - A Case Study at Lusófona University."	SDG4; SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/faculty-of-engineering-takes-part-in-1st-fee-international-conference
Participation in International Projects	2024	Analyzing and Reflecting on Social Policies and Interculturality	The Lusófona University - Porto University Center, promoted another open class with the aim of analyzing and reflecting on social policies and interculturality, with an emphasis on the challenges of social intervention in Portugal.	SDG1; SDG2; SDG3; SDG4; SDG5; SDG10; SDG11	https://www.ulusofona.pt/en/news/analyze-and-reflect-social-policies-and-interculturality
Participation in International Projects	2024	ULusófona Highlighted in Research Ranking	Researcher Patrícia Rijo, from CBIOS (Center for Research in Biosciences and Health Technologies), is once again part of the "World's Top 2% Scientists" list, the ranking of the most cited scientists worldwide in 2023.	SDG2; SDG3; SDG4; SDG9; SDG12	https://www.ulusofona.pt/en/news/ulusofona-highlighted-in-world-research-ranking

Participation in International Projects	2024	Promote and Inspire Climate Action Applied to Bridge Adaptation	One of ULusófona's scientific articles was selected by the American Society of Civil Engineers (ASCE) as a key article in promoting/inspiring climate action within the framework of the United Nations' 13th Sustainable Development Goal: Climate Action.	SDG4; SDG9; SDG11; SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/promoting-and-inspiring-climate-action-applied-to-the-adaptation-of-bridges
Participation in International Projects	2024	EWALD Project: EU Early Warning System for Soil Degradation	The main objective of the project is to develop an innovative framework to provide an Early Warning System and responses to land degradation threatening the EU from its external border, using multi-source and multi-scale Earth Observation data. Land degradation is the world's biggest environmental challenge affecting the environment, agriculture and human well-being. Intensified by natural disasters and desertification, land degradation can pose potential risks and socio-economic stresses at the EU border.	SDG3; SDG9; SDG11; SDG13; SDG14; SDG15	https://www.ulusofona.pt/en/news/project-ewald-early-warning-system-for-soil-degradation-of-the-eu-target
Participation in International Projects	2024-2026	Erasmus Project "ARLIKEN PRO" - Member responsible for the implementation of a WP	Conception of a Lifelong Learning Course on European social mediation (Training at a distance with an immersion experience accompanied by the EU)	SDG4; SDG8; SDG10; SDG16; SDG17	https://www.creea.eu/nos-projets/arlekin_pro/
Participation in International Projects	2024-2027	Erasmus Consortium "Citizenship, Interculturality and Mediation" - Member Coordinator	Deepening theoretical, methodological, ethical, and professional skills - within the theme of Citizenship, Interculturality, and Mediation	SDG4; SDG5; SDG10; SDG11; SDG12; SDG16; SDG17	https://www.ulusofona.pt/en/news/erasmus-course-promotes-global-citizenship-and-interculturality
Participation in International Projects	2021-2027	Erasmus Consortium "Right to the City" - Member Coordinator	Deepening knowledge and skills, theoretical, methodological, ethical, and professionals on sustainable city education for the 21st century	SDG4; SDG5; SDG10; SDG11; SDG12; SDG16; SDG17	http://direitoacidade.ulusofona.pt/en/

Participation in International Projects	2022-2024	Erasmus Project "UPEC - European People's University" - Member Partner	Professionalisation of social mediation activity through the development of case analysis and training materials	SDG4; SDG10; SDG16; SDG17	https://www.cree-a.eu/nos-offres/12340/
Participation in International Projects	2021-2023	Erasmus Project "CreEA.MEM" - Member Partner	Definition of a European mobility system for the training of social mediators and the development of mediation organisations	SDG4; SDG5; SDG10; SDG11; SDG16; SDG17	https://www.ceied.ulusofona.pt/en/news/erasmus-member-project-organizing-european-social-mediation-for-the-training-of-social-mediators
Participation in International Projects	2018-2019	Erasmus Project "Tours d'Europe des Mediateurs Sociaux" - Guest Member	Learning the craft of Social Mediator through immersion in different contexts of mediation to promote social inclusion	SDG4; SDG10; SDG11; SDG16; SDG17	https://www.cree-a.eu/evenements/le-tour-deurope/
Participation in International Projects	2023-2025	School Mediation Education Project - Responsible Member	Develop skills, create positive habits, affirm values and improve best practices for a new culture of conflict resolution in the school environment	SDG3; SDG4; SDG5; SDG16; SDG17	https://recil.ulusofona.pt/server/api/core/bitstreams/ccefb00d-3099-459e-badd-d509ea63ac73/content
Participation in International Projects	2021-2023	Project "Being-Free" - Evaluating Member	Create a specialised support office for victims of domestic and sexual violence, and raise awareness for vulnerable groups	SDG3; SDG5; SDG10; SDG16; SDG17	https://www.adice.pt/ser-livre.html
Participation in International Projects	2021-2022	Intercultural Mediation Project - Promoting entity and scientific supervision	Scientific training and monitoring of the Municipal and Intercultural Mediators Team within the "Municipal and Intercultural Mediators" project	SDG4; SDG10; SDG16; SDG17	

Participation in International Projects	2021-2022	Intercultural Mediation Project - Monitoring and scientific training in school conflict mediation contexts - Responsible member	Scientific training and monitoring of the Municipal Mediators Team within the "Municipal and Intercultural Mediators" project, promoting greater inclusion and resolving conflicts and school coexistence	SDG4; SDG10; SDG16; SDG17	https://recil.ulusofoa.pt/server/api/core/bitstreams/3dd5a639-97fc-4b70-bba2-a10c6ef9d067/content
Participation in International Projects	2020-2022	Project (Re)Design Artefacts - Evaluating Member	Encourage society to debate the importance of eliminating gender disparities from childhood to adolescence	SDG4; SDG5; SDG10; SDG17	https://www.adice.pt/re-(desenhar)-afetos.html
Participation in International Projects	2019-2022	Intercultural Mediation Project - Mediation training in pedagogical management	Scientific training and monitoring of the Municipal Mediators Team within the "Municipal and Intercultural Mediators" project	SDG4; SDG10; SDG16; SDG17	
Participation in International Projects	2018-2019	Intercultural Mediation Project - Provider of training and pedagogical guidance	Training and scientific monitoring of the Municipal and Intercultural Mediators Team as part of the 'Municipal and Intercultural Mediators' project	SDG4; SDG10; SDG16; SDG17	https://ebooks.uminho.pt/index.php/uminho/catalog/download/63/157/2241?inline=1
Participation in International Projects	2017-2018	School conflict mediation project for civic coexistence - Responsible member	Prevent absenteeism, indiscipline, and school violence, promoting greater community inclusion in conflict resolution and civic coexistence.	SDG4; SDG10; SDG16; SDG17	https://recil.ulusofoa.pt/server/api/core/bitstreams/9e2fe0ff-91ca-444c-8db1-bd45702fee24/content

Cultural Activities

[Geopath on the Lusófona University Campus Geological Resources Studies](#)

This year, Civil Engineering and Environmental Engineering students from Universidade Lusófona had the opportunity to take part in another phase of the Geopathway on the University Campus. The project, developed as part of the General and Applied Geology course, was supported by Professor Anabela Cruces and its main objective was to study and identify the various types of geological resources present on the Campus and analyse their application.

During the research, the students focussed on different parts of the campus, collecting and processing data on the materials used in the infrastructures. One of the highlights of the study was the pavement at the entrance to Lusófona University, where they identified the use of limestone, a chemogenic sedimentary rock composed predominantly of CaCO₃ (calcite). This material, of non-metallic origin, is widely used in paving, as well as other industrial and agricultural applications.

[Documentary Meat - The Unsustainable Footprint](#)

The film exposes the serious impacts that food has on our health, animals and the planet "Meat: The Unsustainable Footprint" is the first Portuguese documentary to address the urgency of a change in the eating patterns of the world's population, favoring a plant-based diet over one based on animal protein.

Produced by Francisco Guerreiro and directed by Hugo de Almeida, the duo behind the web series "Unconditional Basic Income: a path to freedom", this documentary, despite focusing on the national reality, is filmed in countries such as Portugal, Lebanon, United Kingdom, France and Belgium, narrated by actor Heitor Lourenço.

With more than 20 interviews with experts on the subject, as well as people who have adopted a plant-based diet, "Meat: the unsustainable footprint" also features the participation of the biologist, writer and regular columnist for "The Guardian", George Monbiot, as well as the professor, Gabriel Mateus, and the founders of the animal sanctuary located in Paredes de Coura, Quinta das Águias, Ivone and Joep Ingen Housz.

[Exhibition | Paimogo Fort Exhibition](#)

Reflect the history of the place, the memories and experiences of the population. As part of the EEAGrants - Forte de Paimogo project, the Forte de Paimogo exhibition will open on 16 January at 3pm in Room B.0.1 of the Lusófona University in Lisbon.

This exhibition showcases the research work that has been carried out in terms of historical research into the site, the construction materials used, as well as the intangible heritage, bringing the memories and experiences of the population to the Paimogo F

SPOOKY PARTY

As the Universidade Lusófona is also a space for socialising, this year we challenge your terrifying creativity to join the SPOOKY PARTY UNIVERSIDADE LUSÓFONA. Come celebrate Halloween with us.
31.10.2023

Tai Chi Chuan

In order to promote the well-being of our Universidade Lusófona community, Tai Chi Chuan classes have been held for Students / Staff and Faculty since November 2023. Tai Chi Chuan is

a Chinese martial art classified under the soft styles or internal arts. Its movements are developed at a slow pace that distinguishes it from other martial arts. Besides the cadence, this discipline is characterised by circular movements that, in continuity, promote the circulation of Chi or energy, allowing the whole body to mobilise and project greater force in attack or defence. The practice of Tai Chi Chuan is considered a form of health prevention and maintenance, as it: 1. Lowers blood pressure; 2. Develops concentration and focus; 3. Stimulates the nervous and immune systems; 4. Strengthens muscles and joints; 5. Reduces stress and anxiety.

03.11.2023

Meditation with Oceanic Drum

A moment to slow down amidst the hustle and bustle of our routine! Breathe, calm, and relax the body, mind, emotions, and spirit during this session. No prior experience is needed; everyone is welcome.

15.11.2023

Origami Workshop

Considered a Japanese art, Origami involves creating small sculptures through the folding of paper. Its benefits are numerous, ranging from stimulating areas of the brain such as memory and language to cognitive functions!

21.11.2023

Origami Workshop - 2nd Edition

Following the success of the first session, we will continue with new challenges. Considered a Japanese art, Origami involves creating small sculptures through the folding of paper. Its benefits are numerous, including stimulating areas of the brain such as memory and language to cognitive functions!

30.11.2023

Trapilho Workshop

From point to point, trial and error until getting it right are aspects we experience throughout our lives. This is also true for crochet. Using a strip of fabric (trapilho) and a hook, through trial and error, we will create something unique, handcrafted, and made by us. Come and try it out and learn the basics to create your own pieces. Its benefits include improved concentration, development of motor skills, and reduced stress.

05.12.2023

Christmas Market

This Christmas market is a way to give new life to items we no longer need and that others might require. We will have:

- Individual Sales: Opportunity for those (students/staff or faculty) interested in selling something they make or no longer use, such as second-hand books, toys, shoes, cakes, DIY items, etc.
- Universidade Lusófona D.R.E.S.S.: Bring a piece of clothing/shoes/accessory that you no longer wear or use and exchange it for another.
- Universidade Lusófona Fashion [LF]: Students from the fashion course selling their own pieces created as part of the course at prices below market value.
- Universidade Lusófona Fashion [LF] / Upcycling: Clothes created from other clothes, sold at symbolic prices.

13.12.2023

Charity Round

During the Christmas period, the work at the Legião da Boa Vontade intensifies and all help is needed. We require 6 volunteers for 3 hours to:

- Prepare snacks and soup for the "Charity Round" (support for the homeless), as well as Christmas hampers for needy families.

14.12.2023

Lunch with Chef... Mariana Claro

In the realm of Health and Well-being, we challenge you to a cooking class with our guest, Chef Mariana Claro. At this lunch, we will learn the following menu: Garden Fish, Deconstructed Bacalhau à Brás, and Ricotta Mousse with Pumpkin Jam.

24.01.2024

Origami Session - 3rd Edition

Art with functionality... prepare yourself for a new challenge! What will it be? Considered a Japanese art form, Origami involves creating small sculptures by folding paper. Its benefits are vast, ranging from stimulating brain areas such as memory and language to cognitive function!

06.02.2024

DepilConcept Massages

Need to relax? This event is for you. DepilConcept will offer 4 facial cleanses and 4 body massages. Duration: 15 minutes each.

14.02.2024

Lunch with... Team Bacalhau!

In the context of Health and Well-being and following the success of the first session, we challenge you to another cooking class, but this time with the house team! The newly formed Bacalhau Team will present a surprise menu! We promise good food and lots of fun.

23.02.2024

Trapilho Session - 2nd Edition

From stitch to stitch, making mistakes and repeating until perfect are aspects we experience throughout our lives. The same applies to crochet. Using a type of yarn (trapilho) and a hook, through trial and error, we will create something unique, handcrafted, and made by us. We will learn new stitches.

28.02.2024

Paper Flowers Session

Besides being a fun activity, making paper flowers can serve as a therapy to relieve stress and anxiety. With a bit of practice and creativity, it's possible to create amazing and personalised paper flower arrangements. Paper flowers are also a sustainable option to replace natural flowers on some occasions.

06.03.2024

DepilConcept - Massage or Facial Cleanse - 2nd Edition

Need to unwind? This event is for you. DepilConcept will offer 12 facial cleanses and 12 body massages. Those who have already had a massage or facial cleanse in the 1st edition cannot repeat the same service to give others a chance. Thank you. Duration: 15 minutes each.

13.03.2024

Gardening Session

Come celebrate Arbor Day / International Day of Forests by planting a tree. Contribute to a greener and more sustainable world. Protecting biodiversity and preserving our forests promotes the health and well-being of everyone—people, animals, and plants—aligned with the global concept of “One Health.”

21.03.2024

Fit Box

Need to relieve and discharge bad energy? Come and try a Fit Box class, a combination of Kickboxing, gymnastics, aerobics, and martial arts to stimulating music. Bring sportswear.

22.03.2024

Healthy and Sustainable Eating with Dulce Morais Lopes

Come learn tips on how to make things quickly and easily instead of buying them! More health, less pollution.

26.03.2024

Hot Yoga Session

Exercising at high temperatures accelerates the heart rate, helps burn calories, and opens the pores through skin sweating, allowing the body to repair, renew, and detoxify.

05.04.2024

Report by ULusófona Students on Antena 1 Programme

In a commendable initiative demonstrating concern for the well-being of its students, the Lusófona University featured in April's REC - Reporters in the Making programme, broadcast by Antena 1, with a report dedicated to the mental health of university students.

The protagonists of this radio piece are Gonçalo Cabo, Érica Cunha, and João Oliveira, students of the Bachelor's in Communication and Journalism, whose authorship and dedication made this sensitive and relevant approach to such an important topic possible.

10.04.2024

News

Biodanza Session

Biodanza is a human development system that promotes personal and social health and well-being. Biodanza is practiced regularly with weekly classes in heterogeneous groups. People from different backgrounds, with different training and ages, meet once a week to "refresh" their week with joy and enthusiasm. Due to the heterogeneity of the groups, Biodanza impacts various social areas through the effects it has on its practitioners. There are other ways to practice Biodanza, such as in specific groups. For instance, in business environments, Biodanza can foster well-being among people. Biodanza operates on the principle that establishing good relationships creates individual well-being, not the other way around. Relationships with good communication, assertiveness, boundaries, and clarity are highly likely to be healthy. It's not about liking everyone and being polite but about feeling well, even with those you like less. Biodanza in companies is an excellent way to reduce tensions, harmonise relationships, increase self-confidence and motivation, and enhance personal and professional self-esteem. How is all this achieved in Biodanza classes? That is the great mystery we will only discover by experiencing it. So, here is your invitation.

11.04.2024

Crochet Session

Focusing on a repetitive and enjoyable manual activity is relaxing and boosts dopamine and serotonin levels, hormones associated with well-being and pleasure. The concentration required also helps to forget problems and difficulties, leaving you feeling satisfied and motivated with your new creation.

17.04.2024

Kung Fu Trial Class

The term Kung Fu is generally associated with Chinese martial arts, although its direct translation relates to improvement through practice, a key characteristic of Chinese martial arts. The trial class will be in the Shaolin style, a traditional style in which we develop punching techniques as well as animal techniques, such as snake, praying mantis, eagle, and tiger, as well as weapons like sword, sabre, or staff. Kung Fu practice naturally has a martial aspect but is traditionally developed through sequences that include significant body expression work, resembling choreography. This practice will certainly help work on focus and concentration, as well as being very effective for developing motor coordination, flexibility, and strength.

19.04.2024

Floral Arrangements Session

Floral arrangements have the power to lift our spirits and create a positive atmosphere. Using vibrant and fragrant flowers can transform a space, making it more inviting. Flowers have a direct impact on our mood, reducing stress and anxiety and promoting feelings of happiness and relaxation.

24.04.2024

Lunch with... Flavours of Africa - Team Jindungo

We challenge you to another cooking class, this time journeying to the lands of the Imbondeiro where we will sample traditional African flavours in a delightful dish of 'Catchupa' with a Tuga dessert! Note: Please bring an apron and a kitchen towel.

30.04.2024

Yoga Session

Practising Yoga stimulates bodily and emotional awareness. It helps to better understand the body, control emotions, and recognise how physical and mental health are interconnected.

03.05.2024

Watercolour Workshop - Basic Principles

Painting with watercolours is an active form of meditation that helps to alleviate anxiety and stress. It allows you to focus and concentrate on the present moment, forgetting all life's concerns. No drawing skills required—if you'd like to try painting with watercolours, this workshop is for you! Here, there is no right or wrong, just the act of experimenting!

14.05.2024

Macramé Session

Come explore macramé and its benefits. It promotes mindfulness in a single task. It enhances imagination and creativity. It aids in learning, relaxation, meditation, and rhythm. It helps in treating stress and depression.

22.05.2024

Young people, well-being, work and the future

The generalised concern for the future of young people is more relevant today than ever. Psychosocial risks that take the form of burnout, anxiety and sadness affect issues such as well-being or performance.

16.05.2024

Chronicle

Lunch with... Mariana Guerreiro!

Do you like Alentejo cuisine? Then this event is for you! We will have a true Alentejana teaching us. Menu: Pork à Alentejana and a dessert to be determined.

28.05.2024

Typographic Printing Workshop with Stamps + Artist Book Showcase and Handling

Come celebrate International Environment Day with us as part of Sustainability Days 2024, coordinated by Eco-Schools FE and the BioRG research group in collaboration with Universidade Lusófona Verde PRIMAVERA RUIDOSA. In this session, artist books about birds, created using various printing techniques by students of the Master's in Visual Arts Teaching at Universidade Lusófona for the 2022/23 academic year, will be discussed, shown, and handled. Considering the current climate crisis and using Rachel Carson's pioneering book **Silent Spring**—which confronts us with the potential disappearance of birds from our habitat—as a motif, students were invited to choose a bird they observed daily in their area. From extensive research—scientific, artistic, musical, and literary—on the chosen bird, each student created their artist book. Special attention was given to the bird's song: after recording the sound, it was translated both verbally and graphically through an onomatopoeia. The onomatopoeias, printed with movable type, are a common thread in all these artist books, which offer various visual narratives about the birds they honour. After this showcase and handling session, where various visual narratives and techniques used will be discussed, participants will be invited to choose a bird on the Universidade Lusófona campus and create an onomatopoeia from its song. This onomatopoeia will be typographically printed with stamps. Activity integrated into ReLeCo ART.DS - Socio-Artistic Studies for Decoloniality and Sustainability (Ceied).

05.06.2024

Lunch with... Team Jindungo! - 2nd Edition

The Jindungo Team strikes again!! This time we are heading to the warmth of Guinea-Bissau to taste the fantastic Caldo de Mancarra. Caldo de Mancarra is one of the most well-known traditional dishes of Guinean cuisine, and the production of the main ingredient, which names the dish, is very common in this African country, being an essential part of local agriculture.

Curious to know what it is? "Mancarra" is the Guinean name for peanuts.

18.06.2024

Ballroom and Folk Dancing

Dancing paves the way for creativity, improvisation, musicality, and bodily expression, breaking monotony. It relieves stress and works on motor coordination, promoting well-being and self-esteem.

25.06.2024

WeARTolerance: An Arts Programme for Mental Health

The WeARTolerance project, supported by the La Caixa Foundation, is an innovative initiative that combines art and psychology, involving a team of psychologists and researchers from the Lusófona University (COFAC, HEI-Lab). This project aims to combat the stigma associated with mental health and promote understanding of the attitudes of children, adolescents, and adults towards individuals facing difficulties in this area.

29.09.2024

All evidencies at <https://www.ulusofona.pt/en/green-lusofona/health-and-wellness>

Over & Out

With the aim of being a unique moment of celebration and conviviality, Over & Out is renewed every new year, in an attempt to improve the experience of students and all those who attend the event

The Over & Out integrates a wide range of initiatives that guarantee the best and widest exposure of the talent of students at Universidade Lusófona – Centro Universitário de Lisboa. It was thus distributed once again in various spaces and moments, always with the ambition of creating unique experiences for our students and teachers, as well as spaces and occasions for presenting the work carried out to the school and the community.

The exhibited works reflect the effort of the students and the dedication also on the part of the teachers and organizers. In order to continue to build a reference school and to provide conviviality and fun, the event, which took place between the 17th and 21st of July, had a very extensive and interesting programme.

It started with an exhibition open to the public, at Prata Riverside Village, collaboration between teachers and students of Visual Arts, Design and Fashion Production and Photography.

In addition, several photography projects and documentaries made by Cinema students were shown at Cinema Fernando Lopes, as well as an exhibition where the final short films of 3rd year students were shown at Cinema São Jorge.

Finally, a fair on the University campus, where the best Lusophone 2023 games, from the degree in Videogames, as well as interactive presentations by students of Science and Technologies of Sound and Digital Animation, were on display. In addition to the FL Fashion Show, a fashion show where Fashion Design and Production students showed the work carried out throughout the year, followed by the Lusófona Filmes Awards and the Arraial Over & Out with Live Music.

In a unique moment of conviviality, students, teachers, friends and family joined the party for the closing activities of the school year

FilmEU Cineclube

FilmEU Cineclub is a unique opportunity to watch international films! The FilmEU Cineclub is organised by the FilmEU universities - Lusófona Univ., IADT (Ireland), LUCA School of Arts (Belgium) and Tallinn University (Estonia).

We often get together for an afternoon of film and animation dedicated to students! As well as watching films, you can chat with the guests and students from the other universities. As a rule, we try to have films from the host country, so you can get to know films from other nationalities

Fernando Lopes Cinema

Now you have the Fernando Lopes Cinema Room at your disposal. Happy movie sessions! The Fernando Lopes Cinema Room is located on the Academic Campus of the Lusófona University (Campo Grande). The room is a show venue exclusively dedicated to film screenings and for eminently academic use in the context of the different study cycles and activities of the Department of Cinema and Media Arts (DCAM) of Universidade Lusófona.

Aware of the need to promote interaction and synergies between academia and society, the Department established a cooperation protocol with Leopardo Filmes that provides for the occasional use of the room in dedicated events (for example, festivals or retrospectives) open to the public in general, as well as the regular programming of thematic sessions aimed at an academic audience but also cinephiles.

With the creation of this dedicated room equipped with the most modern DCP technology for digital cinema projection and 7.1 technology for audio, our institution takes another significant step towards consolidating its educational offer in the areas of cinema and media arts, asserting itself as a reference institution in this field in Portugal and in the European Area.

Additional evidence link (e.g. for videos, more images, or other files that are not included in this file):

<https://www.ulusofona.pt/en/news>
<https://investigacao.ulusofona.pt/en/>
<https://www.ulusofona.pt/en/events>

Courses

Undergraduate Courses

Circular Bioeconomy and Technology

This innovative course in Portugal aims to prepare a new generation of qualified professionals with knowledge in the areas of biotechnology, the environment and economics, who will be able to develop a sustainable and circular bioeconomy, a priority area in Europe, creating a symbiosis and fusion between economic models and biotechnological processes that can benefit national and international companies on an environmental, social and economic level. The ERASMUS+ partnership with the University of Applied Sciences of Trier in Germany enables student exchanges.

Sustainable Fashion Design

The Degree in Sustainable Fashion Design is unique in the national context. It is a degree that develops and promotes conscious fashion design. Its nature allows the trainee, on the one hand, to develop his work as a designer for an author's collection, for a brand or for the industry, while at the same time providing students with skills that allow them to think, prepare and carry out various activities that lead to the creation of sustainable fashion products, which reveal an important environmental

concern. It is an innovative training at various levels of approach, at the structural and content level, at the organizational level and at the level of the faculty involved, as it has some big names in the Fashion Sector.

Other training Actions and Workshops

Category	Year	Event / Content	Description	SDG	Link
Training Actions and Workshops	2021	Geodiversity and Biodiversity Itinerary at Albufeira Lagoon	Training action led by lecturers Conceição Freitas and Anabela Cruces.	SDG15; SDG16; SDG17	
Training Actions and Workshops	2021	Open Class for TVS	Open class broadcast on São Tomé and Príncipe TVS about "Climate Change in STP"	SDG4; SDG13; SDG17	
Training Actions and Workshops	2021	Training on Climate Change for Journalists and Media, September 2021, São Tomé Island.	Training journalists and media from Príncipe Island on climate change topics. (30 hours)	SDG4; SDG13; SDG14; SDG17	
Training Actions and Workshops	2021	Health for Life	Open class for non-secondary school students with free entry.	SDG4; SDG11; SDG12	
Training Actions and Workshops	2021	CEAR Project Preventing Violent Extremism in Europe	Training sessions for NGOs on preventing violent extremism in Europe.	SDG1; SDG2; SDG3; SDG4; SDG5; SDG11	
Training Actions and Workshops	2021	Training	Training: Awareness of Energy Savings	SDG4; SDG7; SDG13; SDG17	
Training Actions and Workshops	2021	Training	Training: Awareness of Water Savings	SDG4; SDG6; SDG12; SDG13; SDG17	
Training Actions and Workshops	2021	Training	Training: Awareness of Climate Change	SDG4; SDG13; SDG17	

Training Actions and Workshops	2021	Training	Training: Climate Action in Municipal Policies	SDG4; SDG13; SDG17	
Training Actions and Workshops	2021	LusoFit - Health and Well-being Tips	Online Fitness Classes - Small Group Training - LusoFit sessions held every Wednesday at two times: 10:30 and 11:30. Stay active during this quarantine!	SDG2; SDG3	
Training Actions and Workshops	2021	STEAM Workshops	10 STEAM (Science, Technology, Engineering, Arts and Mathematics) workshops on climate change, at the University of São Tomé and Príncipe and the secondary school on the Island of Príncipe. Workshop themes: "Decarbonisation is not a dirty word, it's a way of action!" and "Biodiversity is indeed a necessity".	SDG4; SDG13; SDG17	
Training Actions and Workshops	2021	Technical Seminars	4 Technical Seminars: "Causes, Consequences, and Solutions of Climate Change" in São Tomé and Príncipe	SDG4; SDG13; SDG17	
Training Actions and Workshops	2021	Environmental Cinema	10 Environmental Cinema sessions with reflection and debate in São Tomé and Príncipe	SDG4; SDG13; SDG17	
Training Actions and Workshops	2021	Entertainment	15 interactive performances on climate change	SDG4; SDG13; SDG17	
Training Actions and Workshops	2022	Climate Change Training for Journalists and social media	To train journalists and media on the island of Príncipe on the issue of climate change (20 hours)		

Training Actions and Workshops	2022	Lusófona Receives Training "Wherever You Are, Always Recycle"	The awareness-raising campaign was promoted by Sociedade Ponto Verde as part of the Eco-Schools program.	SDG4; SDG11; SDG12; SDG13; SDG17	https://www.ulusofona.pt/http://10.0.42.2:8000/en/news/lusofona-receives-wherever-you-are-always-recycle-training
Training Actions and Workshops	2022	STEAM Workshops	10 STEAM (Science, Technology, Engineering, Arts and Mathematics) workshops on climate change at the University of São Tomé and Príncipe and at the secondary school on Príncipe Island. Workshop themes: "Decarbonization is not a dirty word, it is a bform of action!" and "Biodiversity is REALLY a necessity".		
Training Actions and Workshops	2022	Technical Seminars	4 Technical Seminars: "Causes, consequences and solutions of climate change" in São Tomé and Príncipe		
Training Actions and Workshops	2022	Environmental Cinema	10 Environmental Cinema sessions with reflection and debate in São Tomé and Príncipe		
Training Actions and Workshops	2022	Entertainment	15 interactive shows about climate change		
Training Actions and Workshops	2023	Workshop Physical Exercise with Blood Flow Restriction	On November 22nd, Lusófona University had the honor of hosting Eduardo Carballeira 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-physical-exercise-with-blood-flow-restriction

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 Estás 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/ulusofona-university-promotes-online-training-on-waste-separation
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/ulusofona-university-students-visit-lousal-mine-on-technical-outing
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	SDG8; SDG9; SDG12; SDG15	https://www.ulusofona.pt/en/news/risks-effects-and-prevention-of-asbestos-in-lecture-at-lusofona-university

			multiple sectors, addressing the challenges and precautions associated with its use.		
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-saving-awareness-action-at-ulusofona
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-bird-biodiversity-and-identification-involves-ulusofona

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-the-quality-of-water-and-sand-in-coastal-zones
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-land-use-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-sancha-and-santo-andre-lagoons

Training Actions and Workshops	2024		The Senior School is a project aimed at promoting learning, leisure activities, and health and well-being through a varied offering of courses and practices in the areas of History, Culture, Society, Development, and Well-being. The modules encompass cross-cutting issues that have shaped today's society and foreshadow the challenges of the near future.	ODS4; ODS10; ODS11	
Training Actions and Workshops	2024	Senior School 2024/25	The Senior School is a project aimed at promoting learning, leisure activities, and health and well-being through a varied offering of courses and practices in the areas of History, Culture, Society, Development, and Well-being. The modules encompass cross-cutting issues that have shaped today's society and foreshadow the challenges of the near future.	ODS4; ODS10; ODS11	https://www.ulusofona.pt/en/event/senior-school-202425
Training Actions and Workshops	2024		This 1-day face-to-face short course presents structural health monitoring (SHM) applied to bridges and special civil structures in the context of a pattern recognition paradigm with practical experiences.	ODS9; ODS13	
Training Actions and Workshops	2024	ULusófona Joins Stanford University's Short Course Catalogue	This 1-day face-to-face short course presents structural health monitoring (SHM) applied to bridges and special civil structures in the context of a pattern recognition paradigm with practical experiences.	ODS9; ODS13	https://civilresearchgroup.ulusofona.pt/courses/short-course-shm
Training Actions and Workshops	2024		The Water Wise Technologies Postgraduate Program is an innovative and intensive program focused on the application of advanced solutions for water management. This course aims to equip students with specialized knowledge to address water challenges at three scales: agriculture, urban environments and	SDG3; SDG6; SDG14	

			river basins. Using cutting-edge technologies such as AI, digitalization, modeling and Earth observation systems, the program promotes sustainable practices in the use and management of water resources.		
Training Actions and Workshops	2024	Postgraduate in Water Wise Technologies	The Water Wise Technologies Postgraduate Program is an innovative and intensive program focused on the application of advanced solutions for water management. This course aims to equip students with specialized knowledge to address water challenges at three scales: agriculture, urban environments and river basins. Using cutting-edge technologies such as AI, digitalization, modeling and Earth observation systems, the program promotes sustainable practices in the use and management of water resources.	SDG3; SDG6; SDG14	https://www.ulusofona.pt/en/lisboa/post-graduation/water-wise-technologies
Training Actions and Workshops	2024		The course, taught in English, aimed to create a space for reflective learning that integrates theory and action. During the five days, participants were able to explore themes of global citizenship, interculturality and mediation through lectures, workshops, debates and practical activities.	SDG4; SDG16	
Training Actions and Workshops	2024	Erasmus+ Intensive Course Promotes Global Citizenship and Interculturality	The course, taught in English, aimed to create a space for reflective learning that integrates theory and action. During the five days, participants were able to explore themes of global citizenship, interculturality and mediation through lectures, workshops, debates and practical activities.	SDG4; SDG16	https://www.ulusofona.pt/en/news/erasmus-course-promotes-global-citizenship-and-interculturality

Training Actions and Workshops	2024	Conversations about Parasites in Sushi: Awareness and Prevention	The Workshop sought to raise awareness among our students and sushi handlers of the importance of recognizing the danger that the presence of parasites in raw fish poses to consumers.	SDG2; SDG3; SDG12	https://www.ulusofona.pt/en/event/conversations-about-parasites-in-sushi-awareness-and-prevention
Training Actions and Workshops	2024	Retrospective of the Sustainability Days at ULusófona	On World Environment Day, June 5th, the Faculty of Engineering held the Sustainability Days 2024. The event included a series of interactive workshops and lectures, with the participation of professors and researchers, both internal and external to the institution.	SDG3; SDG4; SDG6; SDG7; SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/retrospective-of-the-sustainability-days-at-ulusofona
Training Actions and Workshops	2024	Lecture on the Application of Air Quality and Thermal Comfort Sensors	On June 5th, as part of the Sustainability Conference, Lusófona University hosted a lecture by Professor João Canto, director of the Bachelor's Degree in Electrical Engineering, on the application of low-cost sensors in monitoring air quality and thermal comfort parameters. At the invitation of the Eco-Schools program coordinator, Professor Canto shared valuable insights into the effectiveness of commercial sensors in measuring suspended particles (PM10, PM2.5) and carbon dioxide (CO2).	SDG3; SDG13; SDG15	https://www.ulusofona.pt/en/news/lecture-on-the-application-of-air-quality-and-thermal-comfort-sensors

Training Actions and Workshops	2024	Workshop at ULusófona Simplifies Recycling and Promotes Environmental Awareness	On June 5, 2024, Lusófona University hosted the workshop "Simplifying Recycling: Practices for Waste Separation", an initiative integrated in the Sustainability Days. The action, led by Professor Joana Lage, aimed to involve the academic community in promoting more effective and enlightening recycling practices.	SDG4; SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/workshop-at-ulusofona-simplifies-recycling-and-promotes-environmental-awareness
Training Actions and Workshops	2024	Bioplastics in a Sustainable World	The main objective of this workshop will be to share the main barriers and recommendations to promote the production and commercialization of bioplastics. It will also involve the co-production of solutions with key stakeholders and the development of an action plan.	SDG9; SDG12; SDG13	https://www.ulusofona.pt/en/event/bioplastics-in-a-sustainable-world
Training Actions and Workshops	2024	Digital Citizenship in Lusophone Countries	Digital citizenship in Portuguese-speaking countries aimed to ensure that citizens acquired skills that enabled them to participate actively in society. This included equitable access to technology, the ability to use the internet safely and responsibly, and an understanding of the challenges and opportunities that the digital age has presented.	SDG4; SDG9; SDG16	https://www.ulusofona.pt/en/event/digital-citizenship-in-portuguese-speaking-countries

Scientific and cultural production, namely publishing and editing books

[PURE - Lusófona University's Central Scientific Management Platform](#)

Lusófona University has implemented PURE, a Current Research Information System (CRIS), which stands out for its ability to organise and promote the scientific output of its researchers and research teams. PURE is an innovative tool that allows the creation and management of

curricula, encompassing scientific publications, projects, and activities at various levels—from the individual to the University as a whole.

What is PURE?

[PURE](#) is a platform that centralises all information regarding the scientific output of Lusófona University. Researchers can autonomously create and update their profiles, providing an integrated view of their contributions and interactions with other content. Furthermore, the system organises information hierarchically, offering reports and management tools at both individual and institutional levels.

Features and Benefits

PURE offers researchers a range of advantages, such as the ability to integrate their publications with the open access system. This facilitates the automatic submission of articles to the RUN (Repositório Universitário Nacional) and OpenAIRE, promoting visibility and compliance with open access requirements for scientific publications.

Additionally, PURE is fully compatible with ORCID, allowing for the export of data between the two platforms and facilitating the management of researchers' curricula. The integration with Ciência Vitae, the national curricular management system, further enhances this interconnection by automating profile updates and data sharing between platforms.

Coordination and participation in national and international research and development projects

[LIND Instituto Lusófono de Investigação e Desenvolvimento](#)

Since scientific research is considered to be a foundational element of its activity and the quest to articulate the research and teaching activities in COFAC's education institutions, Lusófona University created ILIND – Lusophone Institute for Research and Development. This is a research organic unit, with the following goals:

To foster research and development (R&D) initiatives, and disseminate knowledge in the different scientific areas it addresses;

To coordinate and systematize the research activities carried out by the R&D research units of the above-mentioned education institutions, ensuring, namely, that the process of preparing, submitting and managing research projects is followed, as well as support to the processes undertaken by individual researchers;

To coordinate the R&D and advanced training process at the level of doctoral programmes in the different research units of the education institutions, taking as starting point the common scientific areas of training;

To promote the scientific exchange with institutions and researchers, national, foreign and international;

To apply to obtain logistic and financial resources suitable to the undertaking of the R&D activities directly carried out as well as those that come under the purview of the units of the education institutions whose research activities it coordinates;

To foster the submission of interdisciplinary projects, involving the research units of all education institutions;

To create networks for scientific and cultural outreach and for the provision of services to the community.

["Ugly" fruits and veggies...NOT! An innovative educational program towards sustainable consumption and food waste reduction](#)

Ref: 2021-2-PL01-KA220-VET-000050880

[A Look at Good Practice Examples in Health Practices, Health Policies and Integrations Made to Refugees During the Pandemic Process](#)

Ref: 2021-2-TR01-KA220-YOU-000050184

CICANT

[AETC - Aural Experience, Territory and Community](#)

Ref: PTDC/COM-CSS/29096/2017

[ÁGORA – Encontros entre a cidade e as artes: explorando novas urbanidades](#)

[ALERRT: Autism on the Line! Educating first Responders on how to Recognise and Treat individuals with autism](#)

Ref: 2020-1-ES01-KA202- 082056

[Alliance for multilingual and multicultural competences for teachers](#)

Ref: 2020-1-UK01-KA201-079026

[Aqua-Synapse](#)

Ref: 101086453

[Aqua-Synapse](#)

[Art, Digitally and Corona: Digital storytelling for people with little digital literacy – new e-learning approaches](#)

Ref: 2020-1-DE02-KA227-ADU-008015

[ARTDICO: Art, Digitality and Corona: Digital storytelling for people with little digital literacy – new e-learning approaches](#)

Ref: 020-1-DE02-KA227-ADU-008015

[Burnout education, normatives and digital tools for European Universities](#)

Ref: 2020-1-RO01-KA203-080261

[C3PLACES- using ICT for co-creation of inclusive public open places](#)

[CATCHER - Creation of innovative “humidity to electricity” renewable energy conversion technology towards sustainable energy challenge](#)

Ref: 101046307

[CEAR – Community Engagement Against Radicalisation](#)

Ref: ISFP 871078

[Climate Change and STEM Education in Classrooms](#)

Ref: 2022-1-SE01-KA220-SCH-000088059

[Collective Evaluation of Design Driven Doctoral Training](#)

Ref: 2019-1-SI01-KA203-060565

[Contemporary Teaching and Learning Techniques for Distance Education](#)

Ref: 2020-1-TR01-KA226-SCH-098489

[Creation of innovative “humidity to electricity” renewable energy conversion technology towards sustainable energy challenge](#)

[CriThink - Academy of Modern Senior - Critical Thinking for Seniors](#)

Ref: 2019-CZ01-KA204-061149

[CYANOTYPES](#)

Ref: 101056314

[CYBER-Joint Master Degree in Cyberspace, Behavior and E-theRapy](#)

Ref: 101048710

[CyberSecPro](#)

Ref: 101083594

[DEBAQI- Fatores para a Promoção do Diálogo e Comportamentos Saudáveis em Comunidades Escolares Online](#)

Ref: DSAIPA/DS/0102/2019

[Designing the Future](#)

Ref: 2021-2PL01-ka220-sch-000049796

[Developing and Sharing Adults’ Language Teachers’ \(e\)Skills](#)

Ref: 2020-1-EE01-KA104- 077624

[DIGIMI: Digital Storytelling for Migrant Integration](#)

Ref: AMIF 957777

[Digital tool for mentorship against dropout](#)

Ref: 2020-1-RO01-KA201- 080088

[DIM-for-HE: Development of Digital Internship Model and its support system for Higher Education](#)

Ref: 2021-1-LV01-KA220-HED-000029472

[DING: Las dinámicas de grupo: un futuro para los jóvenes](#)

Ref: 2020-3-ES02-KA105-016067

[Distance learning training for secondary education teachers: using visual thinking as a method to teach digital skills to students with ASD](#)

Ref: 2020-1-PT01-KA226-SCH-094961

[DOCNOMADS- Documentary Film Directing](#)

Ref: 86513-EPP-1-2017-1-HU-EPPKA1- JMD-MOB

[DREAM- Distance & Remote Education to Achieve More](#)

Ref: 2021-1-FR01-KA220-SCH-000029887

[DYS-COTECH](#)

Ref: TR01-KA210-ADU-000050226

[e-GS - Online Guidance Services](#)

Ref: 2021-1-ES01-KA220-SCH-000027797

[ECOHERITAGE: ecomuseums as a collaborative approach to recognition, management and protection of cultural and natural heritage.](#)

Ref: 2020-1-ES01-KA204- 082769

[Educação Acessível](#)

[EMF^2- European Master in Football](#)

Ref: 101050896

[EPH-FEM-PI- Exploring Ephemeral Feminisms on Portuguese Instagram](#)

Ref: 101059460

[EQUI PERFORM](#)

Ref: PTDC/CVT-CVT/32613/2017

[EU4EU](#)

Ref: 2021-1-PT01-KA131-HED-000010084

[European Handmakers Network](#)

Ref: 2020-1-IT02-KA204-079128

[EWALD](#)

Ref: 101086250

[EWALD](#)

[Fake the system: EU tools against disinformation](#)

Ref: 2020-3-IT03-KA205-019960

[Family-based Open Science Schooling](#)

Ref: 2019-1-FI01-KA201-060724

[FILMEU RIT: Research | Innovation | Transformation - European University for Film and Media Arts](#)

Ref: 101035820

[FilmTerm](#)

Ref: 2018-1-EE01-KA203-047130

[From Tradition To Innovation In Teacher Training Institutions](#)

[GBL4deaf – Game-based Learning for Deaf students](#)

Ref: LISBOA-01-0145-FEDER-032022

[GIVE - GREEN IT for VET providers](#)

Ref: 2021-1-FR01-KA220-SCH-000031526

[HULK - Cloroplastos Funcionais dentro de Células Animais: Resolvendo o Enigma](#)

Ref: 2014-PTDC/BIA-ANM/4622/2014

[HYGIEIA- Promoting Health and Well-being Across the Lifespan](#)

Ref: 101049786

[iAware - Innovative Program for Digital Education of Adults](#)

Ref: 2019-1-PL01-KA204-065601

[IC-ENGLISH - Innovative Platform for Adults Language Education](#)

Ref: 2018-1-PL01-KA204-050784

[ID GAMES- Co-Create assistive games for people with Intellectual Disability to enhance their inclusion](#)

Ref: 2019-1-EL01-KA204-062517

[iDEAL: immersive VR as a tool to help individuals with autism deal with change](#)

Ref: 2020-1-DK01-KA204- 075052

[Identity and Alterity in the Counter-Reformation Architecture in Portugal](#)

[Innovative Photodetector Module for advanced Hybrid "Magnetic Resonance Imaging/Positron Emission Tomography" Scanners for Nuclear Medicine](#)

[Innovative Teaching/Learning Approaches](#)

Ref: 2021-1-RO01-KA220-SCH-000030265

[Integrating Digital Learning Competencies into the Education Curriculum](#)

Ref: 2020-1-CZ01-KA201-078315

[INTEGRATIVE CONSTRUCT Systems. iConT](#)

[INTRO - Introduction to digital learning](#)

Ref: 2020-1-FR01-KA202- 079814

[ISAAC - International students' Action for Adapting Cross-Cultural activities](#)

Ref: 2020-1-PL01-KA203-082267

[Kino Eyes- The European Movie Masters](#)

Ref: 619799-EPP-1-2020-1-PT-EPPKA1-JMD-MOB

[MILT: Media Literacy for Living Together](#)

Ref: LC-00865164

[Montessori Method in Teaching 2nd Language to Adults](#)

Ref: 2019-1-TR01-KA204-074258

[MOVE4FUN](#)

Ref: 101050871

[MuSEaum: Portugal Sea Museums](#)

Ref: LISBOA-01-0145-FEDER-029755

[Nanomaterials-Based Innovative Engineering Solution To Ensure Sustainable Safeguard To Indoor Air](#)

[New Steps Safe Future](#)

Ref: 2022-1-PT02-KA220-YOU-000087351

[No Barriers to Employment](#)

Ref: 2022-1-SE01-KA220-ADU-000089826

[Novel Detector Concept for Medical Gamma Probe](#)

[O lugar do Património Cultural Imaterial nos processos educativos](#)

[O mito da inocência: uma abordagem mista para a compreensão da violência sexual perpetrada por mulheres](#)

[Organizing European mobility for the training of social mediators](#)

Ref: 2021-1-FR01-KA210-VET-000034526

[PhytoAPP: Innovative Water-Soluble Phytomaterial Inhibitors for Alzheimer's and Parkinson's Diseases](#)

[Plataforma Base Rios Urbanos – baseRiU](#)

[Preventing School-Based Bullying by Creating Early Prevention Programme](#)

Ref: 2021-1-PL01-KA220-SCH-000032708

[Professional English Skills For Employability Across EU](#)

Ref: 2020-1-UK01-KA202- 079035

[Projeto FOODSENSE](#)

[Projeto M-SMART](#)

[Psychosocial Skills Training](#)

Ref: 2020-3-PL01-KA105- 094764

[Psychosocial Skills Training \(Trening umiejętności psychospołecznych\)](#)

Ref: 2020-3-PL01-KA105-094764

[RE:ANIMA European Joint Master in Animation](#)

Ref: 610566-EPP-1-2019-1-PT-EPPKA1-JMD-MOB

[REMARKABLE](#)

Ref: 101086387

[RestART Europe- Mentoring Second-chance Female Entrepreneurs to Restart the European Arts and Creative Sector](#)

Ref: 2021-1-DE02-KA220-ADU-000033726

[Rethink Before Act – Alternative Narratives to Violent Extremism](#)

Ref: ISFP 812576

[S.O.S. Climate Waterfront](#)

Ref: 823901

[SCHOOL LEADERSHIP TOOLKIT FOR](#)

[See Me, Hear Me](#)

Ref: 2022-1-PT02-KA220-YOU-000087351

[Sensitive Image](#)

[SET4Inclusion - Self Evaluation Tools for e-Inclusion in HEI](#)

Ref: 2022-1-SI01-KA220-HED-000088368

[Slow Food Movement \(The Way We It Does Matter\)](#)

RCM2+

[SSHARE Project](#)

[SSHARE- Self-sufficient humidity to electricity Innovative Radiant Adsorption System Toward Net Zero Energy Buildings](#)

Ref: H2020-MSCA-RISE-2019

[STEAMing up the sustainability with Sustainable Development Goals](#)

Ref: 2021-1-SE01-KA220-SCH-000023584

In the media

Podcasts

[Traveling Alone, Bicycle and Adventures w/ Gonalo Runa](#)

Find out how Gonalo Runa's trip was, pedaling alone through nine different countries

[Making a Difference, People and Promoting Well-Being w/ Helia Bracons](#)

Learn about the experience of working as Director of the Degree in Social Work with guest Helia Bracons

[Educational Videogames, Teamwork and Internship w/ Catarina Matias](#)

Understand what the experience of working in the production of video games accessible to children and people with disabilities is like

[Human Being, Professional Experience and Helping the Community w/ Maria Morais](#)

Find out more about the importance of training and how to make a difference in the community

[Choosing the Biochemistry Course, Coming from Angola and Changing Teaching Methods w/ Andre Tamako](#)

Find out more about Andre Tamako's move to Portugal and his university experience.

[Physical Activity, Health and Wellness w/ Marlene Silva](#)

Reflect on the importance of performing regular physical activity and how to adopt new strategies to stay active

[Impact of War, Empathy and Collaboration w/ Sabrina Medeiros](#)

Understand the impact of war on college students and the importance of people collaborating

[Europe Day, History, Advantages and Institutions Involved w/ Jorge Botelho Moniz](#)

Discover the importance of involving the community in European polls

[Extreme Phenomena, Civil Engineering and Vulnerable Structures w/ Eloi Figueiredo](#)

Reflect on the ecological footprint, the multidimensional and comprehensive impact that our daily actions have on different sectors of activity

[Resource Management, Water Consumption and Agricultural Sector w/ Carina Almeida and Hilda de Pablo](#)

Understand how resource management could impact society in the future and what solutions are needed to use them more efficiently

[Climate Change, Impacts and Raising Awareness w/ Cândida Rocha](#)

Reflect on climate change, the impact of our decisions on sustainability and the importance of raising awareness about this issue

[Trauma, Changes in Brain Structure and Symptoms w/ Bruno Faustino](#)

Find out which events can be considered emotionally complex

[Youth Mental Health, Uncertainty and Stigma w/ Tânia Gaspar and Teresa Mendes](#)

What do we know about the mental health and well-being of young people today?

[Distress, Sexual Pleasure, Well-Being, Sexology and Multidisciplinary w/ Patrícia Pascoal](#)

Understanding the area of sexology, distress and the importance of promoting well-being and eliminating the anguish associated with sexual dissatisfaction

[Burnout, Prevention and Seeking Help w/ Tânia Gaspar and Ana Loureiro](#)

Reflect on the theme of Burnout, in its multiple aspects, and issues to which we must be aware

[Self-Care, Barriers and Improve Habits w/ Isabel Santos and Ana Beato](#)

Understand more about self-care barriers and what we can do for constant improvement

[Importance of the Student Ambassador, OPP, Studying at ULusófona w/ Catarina Nicolau](#)

Meet Catarina Nicolau, ULusófona student ambassador in the field of psychology

[A.I. regulation, Statement at the UN, Autonomous weapons w/ Luis Campani](#)

In this new episode, meet Luis Campani, the first student to make a statement at a UN meeting

[Technology in Teaching, Artificial Intelligence and Digital Tools of ULusófona w/ Diogo Mateus](#)

Realize how technology can be a valuable resource in line with teaching

[Clothing Production and Environmental Concerns w/ Alexandra Cruchinho and Luíz Sanchez](#)

Reflect on the fast-fashion industry and hyper-consumerism, as well as their implications for the sustainability of the planet

[Human and Animal Welfare, the Owner-Animal Relationship c/ Rute Teixeira](#)

Watch the new episode of 'Direta sem Café' and learn about the importance of human and animal welfare

[Ocean Pollution, Protection of Marine Life, Sustainability c/ Gonalo Calado](#)

Think about pollution in the oceans, the impact on marine life and the consequences that pollution has on our lives!

[Use of Sensors in Health/Artificial Intelligence/Innovative Projects w/Tiago Reis](#)

[Progress, SAAL Operation and 25 April Bridge w/ Elói Figueiredo](#)

Legacy in the field of Engineering, to commemorate the 50th anniversary of 25 April

[Risk Analysis, Science and Societal Challenges w/ Rui Gaspar](#)

A future realised through paths of commitment and excellence

[Routes, Places and Moments of the Revolution w/ Marco Noivo](#)

Legacy in the area of Tourism, in commemoration of the 50th anniversary of April 25th

[Disability, Social & Education Inclusion w/ Maria Odete Emygdio](#)

Legacy in the field of Education Sciences, in commemoration of the 50th anniversary of 25 April

Thematic interviews

[The Importance of Youth Participation in the European Elections](#)

Jorge Botelho Moniz discusses vital role in political future

[Advances in Exercise Science, Health and Obesity Prevention](#)

An unmissable interview with professors and experts Peter Katzmarzyk and Jos   Maia

[ULus  fona's Support for Students with Special Educational Needs](#)

Get to know GAENEE and the support available to students with special needs at ULus  fona

Conversations about research and projects (sustainable and international projects and open science)

[Turning Air Moisture into Renewable Energy](#)

The impact of Project Catcher on strengthening European leadership in renewable energies

[New Biological Model for the Study of Empathy in Human Beings](#)

The HEI-Lab research unit's project aims to understand the relationship between the human body and brain by exploring empathy

[The Human Health Benefits of Deuterium-Poor Water](#)

The Aqua Synapse project explores the benefits of low deuterium water and how it can influence human health

[The Land Degradation of the European Union's Borders](#)

Lusófona University leads European project to create an early warning system for environmental degradation

[Demystifying Organic Chemistry](#)

A professor at the University of Vienna tells us about his passionate journey of complementarity between music and science

[Solutions for Atopic Dermatitis](#)

The BIOMATNANO4AD project develops innovative solutions to treat atopic dermatitis by exploring new forms of treatment using nanotechnology

[Monitoring Physical Fitness Levels Post-Covid-19](#)

APTA project supports and rewards activities and projects that strengthen research and innovation capacity

[PURE - Lusófona University's Central Scientific Management Platform](#)

Learn about PURE's role in promoting research and open access of scientific knowledge

[Design Research and Creation Project](#)

ULusófona and Gulbenkian initiative unites archives and innovates perspectives

[Research Supports Families of Domestic Violence Victims](#)

The VDCrime project offers support that goes beyond traditional legal system solutions

[Advertising Practices Analysis Project](#)

"Digital Influencers" points out flaws in the commercial transparency of influencers

[Master's Thesis on Sexual Harassment of University Students](#)

Lusófona University Student's Research Gets Media Spotlight

[The International Student Assessment Programme](#)

Project explores implications and strategies in an era of global transformation of education

[Debaqi Project: Healthy Dialogues in School Communities](#)

ULusófona and Rede de Bibliotecas Escolares initiative promotes ethical reflection among students

[TechMap Project: Analysing the Digital Literacy Index in Portugal](#)

Study of data on Portuguese digital proficiency in different age groups

[Immersive Exhibition Reconstructs Congo Culture](#)

‘The Congo Panorama’ uses technology to digitally innovate history and culture

[Project Against Racism and Inequality Receives Fazer+ Award](#)

"Counter-Masks: Weaving Dialogues" promotes inclusion and diversity

Category	Year	Event / Content	Description	SDG	Link
In the Media	2021	Book Publication - International Journal of Environmental Research and Public Health	António Raposo is a co-author of several articles published in the book "Food Safety, Security, Sustainability and Nutrition as Priority Objectives of the Food Sector". In this book, Prof. Lluís Serra-Majem and his collaborators published an important update of the Mediterranean Diet Pyramid, considering sustainability and focusing on environmental concerns. Prof. Walter Willett also wrote a piece on this topic.	SDG2; SDG3	
In the Media	2021	CBIOS Researchers as Guest Editors for the Journal Nanomaterials	Tânia Santos de Almeida and Catarina Pereira Leite are hosting a special issue titled "Delivery Systems Based on Innovative Nanomaterials".	SDG2; SDG3; SDG4; SDG11; SDG12	
In the Media	2021	Worms at Home to Reduce the Impacts of Climate Change?	Opinion article published in Jornal SOL, written by Cândida Rocha (Lecturer at Universidade Lusófona).	SDG4; SDG13; SDG17	

In the Media	2021	Raising Awareness about Climate Change	Interview on the Diálogo à Tarde programme on TVS, São Tomé and Príncipe television.	SDG4; SDG13; SDG17	
In the Media	2021	Content Production for the CNMC	Production of technical-scientific content for the CNMC – National Committee for Climate Change website. Designed over 90 news items and content for social media. Raised awareness about climate change.	SDG4; SDG13; SDG17	
In the Media	2022	Production of technical-scientific content for the CNMC website – National Committee for Climate Change. Design of more than 90 news items. Raising awareness of the population about climate change	From January 2021 to June 2022		
In the Media	2022	Production of content for social networks: Raising awareness among the population about	From January 2021 to June 2022		

		climate change			
In the Media	2022	Azambuja receives urban art project illustrating the Paul de Manique ecosystem	Visual Arts students from Lusófona University painted a mural depicting some of the species found in Paul de Manique do Intendente and the Tagus River.	SDG4; SDG13; SDG17	https://omirante.pt/societade/2022-06-15-azambuja-recebe-projecto-de-arte-urbana-ilustrativo-do-ecossistema-do-paul-de-manique
In the Media	2022	Carina Almeida - SIC Notícias	Carina Almeida, Professor of Environmental Engineering at Lusófona University, speaks to SIC Notícias about climate change and its long-term impact.	SDG13; SDG17	https://www.youtube.com/watch?v=SZt3LmGhFaU
In the Media	2022	Salvador Almeida - SIC Notícias	Salvador de Pinho Ferreira de Almeida, Professor of Civil Protection Engineering at Lusófona University, speaks to SIC Notícias about the number of active fires currently burning in Portugal.	SDG13; SDG17	https://www.youtube.com/watch?v=Ue0Mme8dxEA
In the Media	2022	Jardim Urbano	Between the 3rd and 9th of June, the Dr. Joaquim A. Ramos Urban Garden, in Azambuja, received a new urban art project, by the hands of Visual Arts students from the Lusófona University.	SDG4; SDG13; SDG17	https://correiodeazambuja.sapo.pt/jardim-urbano-tem-mural-alusivo-ao-paul-de-manique/

In the Media	2022	We are at our limit right now. How should citizens help firefighters on the ground?	André Branco Rodrigues, a civil protection specialist and professor at Lusófona University, was live on CNN Portugal this Sunday, where he analyzed the current situation of the fire-fighting operation.	SDG13; SDG17	https://cnnportugal.iol.pt/videos/estamos-no-limite-neste-momento-como-devem-os-cidadaos-ajudar-os-bombeiros-no-terreno/62d4673e0cf2f9a86eadbb1e
In the Media	2022	Pedroágão was an important milestone in the change of the Civil Protection paradigm	Colonel Joaquim Leitão, former president of ANPC and professor at Universidade Lusófona, explained in an interview with CNN Portugal that since 2017 only resources have been reinforced and that it is necessary to "revisit the diplomas and readapt them to new needs".	SDG13; SDG17	https://cnnportugal.iol.pt/videos/pedrogao-foi-um-marco-importante-na-mudanca-do-paradigma-da-protecao-civil/62d7cc520cf2ea4f0a54b409
In the Media	2022	Fires: end of alert situation does not mean end of precautions. Expert renews advice and warnings	André Branco Rodrigues, a civil protection specialist and professor at Lusófona University, was live on CNN Portugal, where he analyzed the current situation of the fire-fighting operation.	SDG13; SDG17	https://cnnportugal.iol.pt/videos/incendios-fim-da-situacao-de-alerta-nao-significa-fim-das-cautel-especialista-renova-conselhos-e-avisos/62ddb2290cf2ea367d46f9e1
In the Media	2022	Doing sit-ups is very 1990, be careful with it	In the last ten years there has been a revolution in the perspective of this exercise. It is not the best for beginners, who do not have the skills for this exercise, do not have the physical and motor capacity to perform it, begins by explaining Luís Cerca, professor assistant at Lusófona University and specialist in the area of well-being and physical exercise.	SDG3; SDG4; SDG17	https://cnnportugal.iol.pt/exercicio-fisico/treino/fazer-abdominais-e-muito-1990-tenha-cuidado-com-isso/20220807/62ea99440cf2f9a86eaff32e

In the Media	2022	André Branco Rodrigues - CNN	André Branco Rodrigues, civil protection specialist and professor at Lusófona University, speaks to CNN Portugal about fighting fires.	SDG4; SDG13; SDG15; SDG17	https://www.youtube.com/watch?v=uOLnW2G0pil
In the Media	2022	Climate change: how and when to adapt infrastructure	Opinion article by Elói Figueiredo - Director of the Bachelor's and Master's Degree in Civil Engineering - Lusófona University of Lisbon.	SDG9; SDG13; SDG17	https://www.publico.pt/2022/08/15/opiniao/opiniao/alteracoes-climaticas-adaptar-infraestruturas-2016828
In the Media	2022	Lusófona organizes "Sustainability International Conference"	The Lusófona University is organizing an international conference to discuss sustainability in its different aspects and to unite the business world and academia, through different lectures and presentations of papers. The conference took place in Lisbon/Cascais from 3 to 5 November.	SDG4; SDG13; SDG17	https://jornal-t.pt/noticia/lusofona-organiza-sustainability-international-conference/
In the Media	2022	Seminar: impacts of climate change on the structural condition of bridges	The National Laboratory of Civil Engineering, Infraestruturas de Portugal, Universidade Lusófona, Iceland Liechtenstein Norway grants and Oslomet are promoting the seminar "A Road for Adaptation of Bridges to Climate Change", which will take place on the 27th of September, in the Agostinho da Silva Auditorium, at the Lusófona University.	SDG4; SDG9; SDG13; SDG17	https://www.ulusofona.pt/http://www.construcao magazine.pt/noticias/seminario-impactos-alteracoes-climaticas-condicao-estrutural-pon/
In the Media	2022	There are sailing baptisms and observation trips of the Tagus estuary ecosystem this weekend	The Vela+ Ambiente Seminar on Climate Change and the Tagus Estuary Ecosystem will take place, with the presence of Anabela Cruces, from Lusófona University.	SDG4; SDG13; SDG14; SDG17	https://www.timeout.pt/lisboa/pt/noticias/habaptismos-de-vela-e-saidas-de-observacao-do-ecossistema-do-estuario-do-tejo-este-fim-de-semana-092222

In the Media	2022	A mobile phone to control the state of the bridges we pass over	Researchers from the Lusófona University have developed a tool that could be a very valuable contribution, for example, to preventing disasters such as the famous collapse of the Entre Rios bridge. This is done by simplifying existing tools in such a way that inspections or, at least, the first diagnosis is within the reach of many people with the device they already have in their pocket. Futuro Hoje went to see how it works.	SDG4; SDG9; SDG13; SDG17	https://sicnoticias.pt/programas/futurohoje/2022-10-18-Um-telemovel-para-controlar-o-estado-das-pontes-por-onde-passamos-6e5abbdb
In the Media	2022	Azambuja declares war on rice field midge pest	The municipality, in partnership with the Lusófona University, will carry out a study in an attempt to reduce the negative impact of mosquitoes on the population and local businesses.	SDG4; SDG13; SDG14; SDG15; SDG17	https://www.ulusofona.pt/LINK
In the Media	2023	And when we feel like a fraud? Listen here How to Deal with Impostor 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/sentimos-fraude-ouve-aqui-lidar-imposter-syndrome-2071797
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=uyQqF355yNs

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/artigos/diabetes-e-mudanca-comportamental-para-prevenir-e-gerir-a-diabetes-e-preciso-saber-como-mudar-e-manter-a-mudanca
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-mudanca-comportamental-para-prevenir-e-gerir-a-diabetes-e-preciso-saber-como-mudar-e-manter-a-mudanca/
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-tem-uma-atitude-diferente-face-ao-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-e-sua-promocao-a-atividade-fisica-como-um-catalisador/
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-e-urgente-mudar-17298262.html/
In the Media	2023	Why do young people hurt themselves? 12 questions to understand and 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-os-jovens-se-magoam-a-si-propios-12-perguntas-para-entender-estes-comportamentos/
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 Lyubchyk and her twin sons, Profs Andriy and Sergiy Lyubchyk, are trying to do. Svitlana Lyubchyk 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/jul/02/it-was-an-accident-the-scientists-who-have-turned-humid-air-into-renewable-power

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/2023-09-28-Era-importante-que-nas-empresas-houvesse-educacao-sexual-acerca-do-assedio-e-nao-esta-ideia-de-que-e-so-para-os-pequeninos-so-na-escola-33418b47
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/2023-09-25-Ha-uma-hipersexualizacao-das-pessoas.-Espera-se-que-sejam-muito-sexuais-e-facam-todas-as-praticas-e-de-todas-as-maneiras-baac9a90
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-celebra-outra-edicao-de-exito/

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-encontro-dos-psicologos-do-sul-debate-educacao-saude-mental-pobreza-e-trabalho/
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-psicologa-clinica-Lideres-sao-grupo-de-risco-em-materia-de-burnout-8cf850c2
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-com-a-maior-edicao-de-sempre/
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-o-problema-e-que-as-empresas-querem-voltar-ao-que-era-e-as-pessoas-nao-estao-disponiveis-para-isso/

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 Lyubchyk, 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/cne0wnvx2vzo
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/emprego-nao-eo-mais-importante-para-os-jovens-na-hora-de-escolher-um-curso
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/seguranca-e-saude-no-trabalho-comissao-vai-criar-livro-verde-do-futuro/339779/
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-aponta-comissao-para-elaborar-livro-verde-do-futuro-da-seguranca-e-saude-no-trabalho-conheca-os-15-peritos/

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 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-no-wash-nao-e-sobre-nao-lavar-e-sobre-reduzir.pdf
In the Media	2023	Healthy work environments: What are companies' priorities?	A study by the Portuguese Laboratory of Healthy Work Environments concluded that intervention in mental health and prevention of burnout is a priority in companies, and, in addition to developing conflict management strategies, they must work on the issue of leadership.	SDG3; SDG8; SDG16; SDG17	https://hrportugal.sapo.pt/ambientes-de-trabalho-saudaveis-quais-as-prioridades-das-empresas/
In the Media	2023	Female leadership in promoting healthy work environments	A healthy work environment is defined as an environment in which professionals and leaders, company managers and managers collaborate together to continuously improve the protection and promotion of the safety, health and well-being of all professionals, as well as the sustainability of the work environment.	SDG5; SDG8; SDG10; SDG16; SDG17	https://liderancanofeminino.org/a-lideranca-feminina-na-promocao-de-ambientes-de-trabalho-saudaveis/
In the Media	2024	Hidden Cameras in Accommodation: A Warning for Privacy in Portugal	A specialist from ULusófona highlights the seriousness of non-consensual recordings in hotels and residential centres and how to protect yourself	ODS16	https://tvi.iol.pt/noticias/camaras-ocultas/airbnb/nao-e-so-no-airbnb-ha-casos-de-camaras-ocultas-em-hoteis-e-residenciais-e-comum-acontecer-no-nosso-pais-lamento-dizer/20240711/6690033dd34e049892230bbc

In the Media	2024	Putin and the Strategy of Destruction: A Global Power Play	José Filipe Pinto, lecturer at ULusófona, analyses Putin's intentions regarding the NATO summit and the search for visibility through force	ODS16; ODS17	https://observador.pt/programas/gabinete-de-guerra/putin-destroi-para-continuar-a-ter-visibilidade/
In the Media	2024	Risk of mental health problems and burnout is higher in the health area	The coordinator of this work, Tânia Gaspar, who leads LABPATS, recalls that the situation had worsened after the pandemic, then stabilized, but has not yet been able to recover to pre-COVID-19 levels.	SDG3; SDG8; SDG10	https://www.newsfarma.pt/noticias/14363-risco-de-problemas-de-sa%C3%BAde-mental-e-burnout-%C3%A9-maior-na-%C3%A1rea-da-sa%C3%BAde.html
In the Media	2024	Risk of mental health problems and burnout is higher among healthcare workers	The study analyzed more than 2,100 healthcare workers, including nurses, doctors and operational assistants, and concluded that the figures “are worrying” and that “urgent action” is needed	SDG3; SDG8; SDG10; SDG16	https://expresso.pt/sociedade/saude/2024-07-09-risco-de-problemas-de-saude-mental-e-burnout-e-maior-nos-trabalhadores-da-saude-4ebc2c6e
In the Media	2024	ULusófona Launches European Degree with Ireland, Belgium and Denmark	Innovative initiative in European Higher Education creates transnational degrees, promoting student mobility and international competitiveness	ODS4; ODS8; ODS17	https://eco.sapo.pt/entrevista/cursos-europeus-sao-movimento-mais-disruptivo-do-ensino-superior-desde-bolonha/
In the Media	2024	Women who tell. Marta Crawford	Marta Crawford decided to study Psychology after an extremely traumatic episode in her life: the death of her father. She ended up leaving the theater - and invested in something that is fundamental	SDG3; SDG4; SDG5; SDG10	https://www.rtp.pt/noticias/cultura/mulheres-que-contam-marta-crawford_v1578583

			to her: the clinical side, which structures her life, she says.		
In the Media	2024	MentHA DIGITAL had the participation of the Nursing Education Area of ESS CVP Lisboa	The Portuguese Red Cross School of Health (ESS CVP Lisboa) has once again collaborated on the MentHA – Mental Health and Aging project, a collaborative and innovative initiative promoted by the Lusófona University dedicated to improving the well-being and quality of life of adults with chronic mental illness and their caregivers, both formal and informal. This project is aligned with national policies and the guidelines of the World Health Organization and the European Union aimed at the mental health of the elderly.	SDG3; SDG4; SDG10; SDG11; SDG12; SDG13	https://www.esscvp.eu/mentha-digital-contou-com-a-participacao-da-area-de-enfermagem-da-ess-cvp-lisboa/
In the Media	2024	INOVA showcased biowaste project in Lisbon	The bio-waste management project in Cantanhede was presented at the 14th National Waste Management Meeting, which took place at the Lusófona University, in Lisbon, under the theme “Waste Management: Challenges, Solutions and Experiences”.	SDG11; SDG12; SDG13; SDG17	https://www.diariocoimbra.pt/noticia/136940
In the Media	2024	Lusófona participates in the FUTOURWORK Project to promote well-being and better working conditions in Tourism and Hospitality	The Lusófona University, represented by researchers Tânia Gaspar from Hei-LAB: digital Human Environment Interaction Lab, and Mafalda Patuleia from Intrepid Lab CETRAD, participates in the FUTOURWORK project – Improving Tourism and Hospitality Worker Well-Being Through Social Dialogue, within the scope of the Horizon CL2 Program, formed by a consortium of several European countries.	SDG3; SDG4; SDG10; SDG11; SDG12; SDG13	https://www.publituris.pt/2024/07/24/lusofona-participa-no-projeto-futourwork-para-promover-bem-estar-e-melhores-condicoes-de-trabalho-no-turismo-e-hospitalidade

In the Media	2024	“We are not willing to pay one more euro for waste”		SDG11; SDG12	https://www.ambientemagazine.com/nao-estamos-dispostos-a-pagar-mais-um-euro-pelos-residuos/
In the Media	2024	This speech by Putin is yet another fallacy	José Filipe Pinto argues that the peace plan proposed by Putin is an attempt to demand the impossible. The political scientist says that the international community has little capacity to act in the Middle East.	SDG16; SDG17	https://www.youtube.com/watch?v=dZ59ElqVA6c
In the Media	2024	Learn about the Program of the XIV National Meeting on Waste Management	Presenting the challenges, solutions and experiences of the urban waste sector is the proposal of the XIV National Meeting on Waste Management, organized by APEMETA, in partnership with ESGRA – Association for Waste Management and Lusófona University, who, on June 20th, will receive the Secretary of State for the Environment. Emídio Sousa will set the tone for the beginning of the work in the Opening Session.	SDG6; SDG11; SDG12; SDG13	https://www.ambientemagazine.com/conheca-o-programa-do-xiv-encontro-nacional-de-gestao-de-residuos/
In the Media	2024	We are unlikely to have peace in the short term in Gaza	José Filipe Pinto talks about the efforts to reach an agreement between Hamas and Israel, but stresses that the goal is to annihilate the enemy. He explains that, even with international pressure, it will be difficult to achieve peace.	SDG16; SDG17	https://www.youtube.com/watch?v=qoTI_vTQ1yo
In the Media	2024	Younger generations feel less involved at work	Younger generations of workers are the least engaged at work and those aged between 44 and 59 are at the highest risk of mental health problems, according to a study.	SDG3; SDG8	https://cnnportugal.iol.pt/jovens/trabalho/geracoes-mais-jovens-sentem-se-menos-envolvidas-no-trabalho/20240516/664597bbd34e04989220e38d

In the Media	2024	Scientific expedition aboard the Santa Maria Manuela passes through the region	The sailboat Santa Maria Manuela will host the scientific expedition "One Health", which starts on June 7th with a series of conferences on environmental sustainability at the Lusófona University - Centro Universitário Lisboa.	SDG3; SDG4; SDG12; SDG13; SDG14; SDG15	https://www.aveiromag.pt/artigo?a=5661&expedicao-cientifica-do-santa-maria-manuela-passa-pela-regiao
In the Media	2024	Investigator calls for more literacy regarding harassment at work	The coordinator of the Portuguese Laboratory for Healthy Work Environments (LABPATS) today defended the need for greater literacy in relation to harassment in the workplace, recalling that it is a problem that affects almost one in five workers.	SDG3; SDG5; SDG8; SDG10	https://www.saudemais.tv/noticia/50480-investigadora-pede-mais-literacia-em-relacao-ao-assedio-no-trabalho
In the Media	2024	One in five professionals is the target of harassment at work	Workers aged between 39 and 64 are at greatest risk in terms of mental health, according to a study carried out by the Portuguese Laboratory for Healthy Work Environments and released this Thursday. Symptoms of 'burnout' threaten almost 80% of workers.	SDG3; SDG5; SDG8; SDG10	https://expresso.pt/sociedade/2024-05-16-um-em-cada-cinco-profissionais-e-alvo-de-assedio-no-trabalho-24f48619
In the Media	2024	Researcher calls for more literacy regarding harassment at work	The coordinator of the Portuguese Laboratory for Healthy Work Environments (LABPATS) today defended the need for greater literacy in relation to harassment in the workplace, recalling that it is a problem that affects almost one in five workers.	SDG3; SDG5; SDG8; SDG10	https://www.dnoticias.pt/2024/5/16/405569-investigadora-pede-mais-literacia-em-relacao-ao-assedio-no-trabalho/

In the Media	2024	Almost 19% of respondents in the study felt threats or other forms of abuse at work	Almost 19% of respondents in the study felt threats or other forms of abuse at work Study concludes that 48% of workers surveyed present the three symptoms associated with burnout: exhaustion, irritability and sadness. The figures are lower than those of a year ago.	SDG3; SDG8	https://www.publico.pt/2024/05/16/sociedade/noticia/quase-19-inquiridos-estudo-sentiram-ameacas-forma-abuso-trabalho-2090548
In the Media	2024	Younger generations feel less involved at work	Younger generation workers are those who feel least engaged at work and those aged between 44 and 59 are at greatest risk in terms of mental health, according to a study to be released this Thursday.	SDG3; SDG8	https://cnnportugal.iol.pt/jovens/trabalho/geracoes-mais-jovens-sentem-se-menos-envolvidas-no-trabalho/20240516/664597bbd34e04989220e38d
In the Media	2024	Younger generations feel less involved at work	Younger generation workers are those who feel least engaged at work and those aged between 44 and 59 are at greatest risk in terms of mental health, according to a study to be released today.	SDG3; SDG8	https://www.rtp.pt/noticias/pais/geracoes-mais-jovens-sentem-se-menos-envolvidas-no-trabalho_n1571882
In the Media	2024	Scientists will study underground biodiversity in a cave in the Algarve barrocal	The aim was to create useful information for the protection of the cave, as well as a framework for its future ecological assessment, ensuring its sustainability.	SDG6; SDG14; SDG15	https://observador.pt/2024/05/02/cientistas-vao-estudar-biodiversidade-subterranea-em-gruta-do-barrocal-algarvio/
In the Media	2024	Scientists will study biodiversity in a cave in the Algarve barrocal	The Gruta do Vale Telheiro, in Loulé, will become a place used by scientists to study underground biodiversity, responsible for the purification of groundwater, starting next Friday, May 3rd.	SDG6; SDG14; SDG15	https://jornaldoalgarve.pt/cientistas-vao-estudar-biodiversidade-em-gruta-do-barrocal-algarvio/

In the Media	2024	Ana Sofia Reboleira, from Caldas da Rainha, coordinates a research project on relevant species in a "world hotspot of subterranean biodiversity"	Research awarded second place in the 2023 Belmiro de Azevedo Foundation Prize, focusing on the conservation of the Vale Telheiro Cave, in the Barrocal region of the Algarve, recognised as a "global hotspot of underground biodiversity".	SDG6; SDG14; SDG15	https://www.jornaldeleiria.pt/noticia/ana-sofia-reboleira-de-caldas-da-rainha-coordena-projecto-de-relevantes-species-research-in-hotspot-mundial-de-biodiversidade-subterranea
In the Media	2024	50 years of April 25th in the environmental area: What is the evolution of water resources management?	From April 24 to 26, Green Savers addressed, with the help of experts, the evolution of some sectors in the environmental area in these 50 years of April 25. Professor Adelino Silva Soares, from Lusófona University, highlighted that "the improper use and occupation of floodplains caused significant damage that could have been minimized if there had been rational use of the territory."	SDG6; SDG11; SDG13	https://greensavers.sapo.pt/50-anos-do-25-de-abril-na-area-do-ambiente-qual-a-evolucao-da-gestao-dos-recursos-hidricos/
In the Media	2024	Rui Vitória: "I left Portugal at the age of 47 and discovered a completely new world"	Portuguese coach says that his experiences in foreign football gave him twice as much knowledge.	SDG4; SDG8	https://sicnoticias.pt/desporto/2024-04-22-rui-vitoria-sai-de-portugal-aos-47-anos-e-descobri-um-mundo-completamente-novo-a49fb3e6

In the Media	2024	Mónica Jorge defends academic training teaching suited to women's characteristics	Mónica Jorge understands that there are men with the ability to lead a team of women and there are women without that profile, and vice versa, with women being able to coach men's teams.	SDG3; SDG5	https://desporto.sapo.pt/futebol/feminino/artigos/monica-jorge-defende-ensino-academico-de-treino-adequado-as-caracteristicas-da-mulher
In the Media	2024	ESS CVP Lisboa establishes partnership with the MentHA project	On April 16th and 19th, the Nursing Education Area of ESS CVP Lisboa was present at the CRINABEL institution, in Lisbon, with Professors Graça Moraes Rocha, Inês Bento and Maria Pires, together with 4th year nursing students Joana Arsénio and Maria Santos, to establish a partnership protocol with the MentHA – Mental Health and Ageing project.	SDG3; SDG9; SDG10; SDG17	https://www.esscvp.eu/ess-cvp-lisboa-estabelece-parceria-com-o-projeto-mentha/
In the Media	2024	Gender equality, the mirage of sustainable development	If it were not necessary to impose gender quotas, why would the legislator have determined this? If we want to have women in decision-making positions, this is the effective mechanism.	SDG5	https://observador.pt/opiniao/igualdade-de-genero-a-miragem-do-desenvolvimento-sustentavel/
In the Media	2024	Does lime, ginger, honey and clove juice help you lose weight?	Is it true that drinking lime, ginger, honey and clove juice helps you lose weight?	SDG2; SDG3; SDG12	https://viral.sapo.pt/factos/sumo-de-lima-gengibre-cravo-da-india-emagrece/
In the Media	2024	Municipality of Lourinhã receives university students for a visit to Forte de Paimogo	On March 21st, the municipality of Lourinhã welcomed undergraduate and master's degree students in Civil Engineering and Environmental Engineering from the Lusófona University for a visit to Forte de Paimogo.	SDG4; SDG8; SDG9; SDG11	https://www.rcl99fm.pt/municipio-da-lourinha-recebe-alunos-universitarios-para-visita-ao-forte-de-paimogo/

In the Media	2024	XIV National Meeting on Waste Management: Challenges, Solutions and Experiences	On June 20th, the XIV National Meeting on Waste Management: Challenges, Solutions and Experiences took place, organized by APEMETA – Portuguese Association of Environmental Technology Companies, in partnership with ESGRA – Association for Waste Management and with the Lusófona University. The event took place in the Auditorium of the Lusófona University, in Lisbon.	SDG6; SDG12; SDG13	https://smart-cities.pt/smn/xiv-encontro-nacional-de-gestao-de-residuos-desafios-solucoes-e-experiencias-25-03/
In the Media	2024	Margarida Mendes In the Perspective of Wetlands	Based on field research in wetlands and rivers throughout Portugal, Margarida Mendes' intervention proposes a space to think about the relationships between communities, materials and distribution flows that are established through them.	SDG6; SDG11; SDG13; SDG14; SDG15	https://www.teatromunicipalporto.pt/pt/programa/margarida-mendes-na-perspectiva-das-zonas-humidas/
In the Media	2024	The impact of digital media on sexuality: a descriptive and qualitative study	The beliefs about Digital Information and Communication Media (DM) impact on sexuality by people from the community are an essential field to understanding people's sexual behaviors and their response to others' sexuality.	SDG3; SDG4; SDG5; SDG10	https://www.nature.com/articles/s41443-024-00865-y
In the Media	2024	Institute of Social Sciences debated changes that April gave to women	The Institute of Social Sciences of the University of Minho invited three women today to debate the theme “Women and Revolution”. Ana Cristina Pereira, journalist for Público, Carla Cerqueira, professor at the Lusófona University, and Bárbara Barros, researcher at UMinho, spoke about what it was like to be a woman before the 25th of April, what it is like to be a woman today, and what still needs to be done so that women can overcome the difficulties they continue to face.	SDG5; SDG10	https://www.diariodominho.pt/noticias/braga/2024-03-08-instituto-de-ciencias-sociais-debateu-alteracoes-que-abril-deu-as-mulheres-65eb4de68df70

In the Media	2024	UMinho promotes this Friday the debate “Women and Revolution”	The Institute of Social Sciences (ICS) of the University of Minho organized, on Friday, March 8th, at 2:00 pm, the debate “Women and Revolution”, in the auditorium of the School of Engineering (building 16) of the campus from Gualtar, in Braga. The meeting, held on International Women's Day, was attended by Ana Cristina Pereira (Público), Carla Cerqueira (UMAR, Lusófona University) and Bárbara Seco de Barros (Women's Democratic Movement).	SDG5; SDG10	https://oamarense.pt/uminho-promove-esta-sexta-feira-o-debate-mulheres-e-revolucao/
In the Media	2024	Increasingly digital health is leaving women, the elderly and the chronically ill behind	A study on literacy in aging concludes that the digital transition in health is leaving older people behind and suggests measures for organizations to integrate older people into this change.	SDG3; SDG4; SDG10	https://www.ulusofona.pt/People who have higher levels of health literacy and e-literacy report a better lifestyle related to better sleep, diet, exercise and stress habits
In the Media	2024	University students admit to being targets of sexual harassment that is normalized in society	Ana Neves studied the problem of sexual harassment in public spaces, which continues to be ignored and normalized by society. Her thesis focused on sexual harassment experienced by higher education students and the data is overwhelming: 98.2% of those surveyed have been the target of sexual harassment in public spaces.	SDG5; SDG10; SDG16	https://onovo.sapo.pt/noticias/tese-sobre-assedio-quer-trazer-visibilidade-e-combater-o-problema/

In the Media	2024	What challenges does the digital age impose on leadership and people management? The answer was given in this discussion	On February 21st, Lusófona University held the first discussion organized by the postgraduate course in Talent Management 4.0 with the theme “From traditional to digital: the evolution of project management”, led by Elsa Dinis, HR Governance & Efficiency senior manager.	SDG4; SDG8; SDG9	https://hrportugal.sapo.pt/que-desafios-impo-e-a-era-digital-a-lideranca-e-gestao-de-pessoas-a-resposta-foi-dada-nesta-tertulua/
In the Media	2024	Study warns that digital transition in healthcare is leaving the elderly behind	A study on literacy in aging concludes that the digital transition in health is leaving older people behind and suggests measures for organizations to integrate older people into this change.	SDG3; SDG10; SDG11	https://www.newsfarma.pt/noticias/13908-estudo-alerta-que-transi%C3%A7%C3%A3o-digital-na-sa%C3%BAdo-est%C3%A1-a-deixar-idosos-para-tr%C3%AAs.html
In the Media	2024	Digital transition in Health. Doctors ask for physical counter to not discriminate against the elderly	Gustavo Tato-Borges argues that the installation of dedicated physical counters in all SNS units would make it possible to overcome situations of discrimination against the population without digital literacy.	SDG3; SDG10; SDG11	https://rr.sapo.pt/noticia/pais/2024/02/28/transicao-digital-na-saude-medicos-pedem-balcao-fisico-para-nao-discriminar-idosos/368661/
In the Media	2024	Digital transition in healthcare is leaving seniors behind	A study on literacy in aging concludes that the digital transition in health is leaving older people behind and suggests measures for organizations to integrate older people into this change.	SDG3; SDG4; SDG10; SDG11	https://www.jn.pt/7678676871/transicao-digital-na-saude-esta-a-deixar-idosos-para-tras/

In the Media	2024	First day of the XVI International Congress on Human Rights debates global themes related to ethics, data protection, immigration issues and neoliberal rationality	The debates on advances in artificial intelligence in judicial decisions, the protection of personal data, the immigration issue in the global north, the historical context of slavery, debates on the Brazilian penal system and the challenges of the Brazilian judiciary were topics addressed. at the opening of the program of the XVI International Congress on Human Rights, which took place on a traveling basis on February 19, 21 and 23, in the cities of Lisbon and Porto (Portugal) and Barcelona (Spain).	SDG4; SDG5; SDG8; SDG10; SDG16; SDG17	http://esmat.tito.jus.br/portal/index.php/cursos-e-eventos/eventos/6386-primeiro-dia-do-xvi-congresso-internacional-em-direitos-humanos-debate-temas-globais-ligados-a-etica-protecao-de-dados-questao-imigratoria-e-racionalidade-neoliberal
In the Media	2024	Forum brings together entrepreneurs around Forte de Paimogo	The 2nd edition of the Annual Entrepreneurship Forum took place last Friday: Entrepreneurship Challenge in Paimogo. Like its first edition, this activity promoted by the Municipality of Lourinhã, aimed to discuss business proposals and ideas around the rehabilitation of Paimogo Fort.	SDG8; SDG9; SDG11; SDG17	https://www.rcl99fm.pt/forum-reune-empreededores-em-torno-do-forte-de-paimogo/
In the Media	2024	Annual Entrepreneurship Forum is back	This initiative, open to the community, aimed to bring to the discussion proposals from participants with different interests and levels of knowledge, for the development of new business ideas that consolidate the asset of Forte de Paimogo as a factor of competitiveness of the territory. This 2nd edition had as a novelty the possibility for participants to present, in 5 minutes, their ideas for that space.	SDG4; SDG8; SDG9; SDG11	https://www.rcl99fm.pt/forum-anual-do-empreededorismo-esta-de-volta/

In the Media	2024	Conference on Mental Health at the Briosos de Alvalade Senior University	On January 18, the Briosos Senior University of Alvalade held an information session on Mental Health. Held from 3 pm to 5 pm in the auditorium of the Edmundo Pedro civic center, in Alvalade, the event addressed critical topics such as Depression, Dementia, Isolation and Loneliness, with the participation of specialist Tânia Gaspar.	SDG3; SDG10	https://www.if-alvalade.pt/conferencia-sobre-saude-mental/
In the Media	2024	Lusophone University promotes Symposium on "Equality in and For Sport"	The Lusophone Sports Training Institute of the Faculty of Physical Education and Sports of the Lusophone University is promoting, on the 24th of this month of January, the Symposium "Equality in and Through Sports. For an integrated and inclusive vision of sports practice".	SDG5; SDG10	https://www.jogadadomes.pt/?p=32821
In the Media	2024	In the Middle East there is the idea that US pressure on Israel is enough for the conflict to end, and it is not	Antony Blinken's mission is going to be very difficult, says José Filipe Pinto, regarding the US Secretary of State's trip to the Middle East. The political scientist and CNN Portugal commentator explains that Blinken explained that, "after all, he alone is not capable of putting Israel on the path to peace."	SDG16; SDG17	https://cnnportugal.iol.pt/videos/no-medio-oriente-ha-a-ideia-de-que-a-pressao-dos-eua-sobre-israel-e-suficiente-para-que-o-conflito-termine-e-nao-e/659ac2400cf200ca93656358
In the Media	2024	Lusófona promotes debate on the challenges of "Talent 4.0" in the digital age	Lusófona University announces the event Talent 4.0: Agile and mobilize in the digital age, on January 10th, from 5:45 pm to 8:30 pm. This is an in-person event, in the Agostinho da Silva Auditorium, and will bring together professionals in People Management.	SDG3; SDG4; SDG8; SDG9	https://hrportugal.sapo.pt/lusofona-promove-debate-sobre-desafios-do-talento-4-0-na-era-digital/