

Sustainability Report 2025

Corresponding to the 2024/25 Academic Year

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Introduction

In recent years, Lusófona University, its Faculties and Schools have developed a wide range of activities both on and off campus, with the aim of raising awareness, alerting people and promoting concrete changes in environmental behavior.

Since 2022, the institution has made the 17 Sustainable Development Goals (SDGs) a strategic priority. In 2025, this commitment has significantly intensified, with the organization of multiple initiatives, such as events, webinars, lectures, seminars, technical visits, workshops, and research projects focused on the SDGs and sustainability values.

The main objective is to complement the academic knowledge of students, faculty, and staff, strengthening ties with the community and promoting good practices that contribute to reducing the institution's ecological footprint.

Lusófona University remains committed to informing and educating its entire academic community, including students, faculty, researchers, and staff, as well as the general public, on topics such as climate change, health, volunteering, and active citizenship. The aim is to reinforce individual and collective responsibility in protecting the planet, communities, and life.

Greener and More Sustainable Campus

Transforming the campus into a greener and more sustainable space remains a priority. In 2025, the University reinforced its commitment to environmentally responsible practices, such as creating recycling points, installing a production unit for self-consumption, and promoting awareness-raising initiatives aimed at changing attitudes and behaviors.

The [Sustainability Journeys](#), held in May 2025, involved the entire academic community and featured a wide range of activities dedicated to climate action, the circular economy, urban biodiversity, and social justice. These conferences have established themselves as an annual space for reflection and commitment to sustainable development.

Eco-Schools and Lusófona Verde

Since 2021, the Faculty of Engineering of Lusófona University, Lisbon University Center, has been part of the [Eco-Schools Program](#), coordinated by Professors Joana Lage and Elisabete

Maurício. In 2025, the University renewed its Eco-Schools Green Flag award for the fifth consecutive year, symbolizing its ongoing commitment to sustainability.

The Eco Schools Council, expanded in recent years, is now part of the Sustainability Advisory Board, which brings together representatives from all faculties, departments, and services, as well as students and faculty, including the International Relations Office, aligning with the objectives defined for this year.

Among the initiatives developed, projects in the areas of energy, water and waste management, air quality, biodiversity and the requalification of outdoor spaces stand out.

Since 2024, and continuing into 2025, the following departments are part of the Eco Schools and Sustainability Advisory Board:

- Marketing and Communications Department: Eugênia Vicente
 - Health and Wellness Service: Inês Santa
 - Legal Services: Graça Serrano and Elisabete Cipriano
 - Quality Management Department: Cristina Matos
 - Infrastructure Secretary: Filipe Marto
 - Employment and Internship Department: Verônica Almeida
 - Talent Management: Paula Cipriano
 - Eco-Schools Council: Students and teachers of the Faculty of Engineering
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Strategic Plan 2025-2030

In 2025, the University approved its new [Strategic Plan 2025-2030](#) , which places sustainability as a structuring axis of its mission, integrating it with the pillars of innovation, inclusion, and digitalization. This plan guides the University toward a more integrated, resilient approach, committed to the 2030 Agenda for Sustainable Development.

Sustainable Development Goals (SDGs)

Lusófona University has strengthened its actions and commitments to several SDGs, including:

- **SDG 1 – No Poverty:**

On May 11, 2025, a [Solidarity Walk was organized](#) along the Marginal between Perafita and Leça, bringing together 290 participants. The event, which marked the 30th anniversary of the Porto Food Bank, had as its main objectives to collect food, recognize the work of partners, and strengthen the community spirit.

- **SDG 2 – No Hunger:**

Participation in the [UglyFruitsNOT! Project](#), which promotes conscious consumption and reduction of food waste, aligned with community actions for healthy and sustainable eating.

- **SDG 3 - Quality Health:**

Creation of a European Research Area focused on Human and Animal Health and Welfare. In partnership with health organizations, [Sports and Wellbeing Plans](#) for the entire educational community and families. In 2024, the [SPIC – Psychology, Innovation and Knowledge Service](#), which promotes psychological health, well-being and skills in the educational community and in the network of social and organizational partners.

- **SDG 4 - Quality Education:**

Promotion of “Education for All ” through [Educational Benefits \(Scholarships and Social Action\)](#) for students , staff, teachers and families; Scholarships , Excellence , Merit and for students from CPLP countries – Community of Portuguese Speaking Countries; [Public and Private Protocols and Partnerships](#). Development of new undergraduate courses in emerging areas, professional master's degrees, distance learning, and certified modular training funded by the PRR and Portugal 2020. Promotion of the [Lusófona X Platform](#) and a diverse offering of curricular units.

- **SDG 5 - Gender Equality:**

Creation of the [Gender and Diversity Plan 2021/2027](#), which addresses topics such as work-life balance, diversity in leadership, equality in recruitment and progression, integration of the gender/diversity dimension in research, and measures against prejudice and harassment .

- **SDG 6 - Drinking Water and Sanitation:**

Installation of a water reservoir that uses rainwater for sanitary purposes.

- **SDG 7 - Renewable and Affordable Energy:**

Installation of a [Self-Consumption Production Unit \(UPAC\)](#) which ensures the production of almost all electricity through photovoltaic panels.

- **SDG 8 - Decent Work and Economic Growth :**

Talent attraction, funding and research management, budget optimization, and implementation of effective academic and administrative processes. Research and innovation are promoted through [ILIND – the Lusophone Institute for Research and Development](#). Highlights include leadership in projects approved by the FCT, a large number of Erasmus Mundus courses, and participation in innovative European projects such as [FILMEU](#). Creation of quality and talent management services, improvement of spaces and equipment, mentoring programs and support for academic success.

- **SDG 9 – Industry, Innovation and Infrastructure:**

In 2025, Lusófona University defined [guidelines for the responsible use of Generative Artificial Intelligence \(IAGen\)](#), promoting ethics, transparency and academic rigor in the adoption of emerging technologies.

- **SDG 10 - Reducing Inequalities:**

Promoting integration into professional life, [internships](#), volunteering, involving students, teachers and staff in partnership with external organizations. Strengthening the [Play – Creative and Technological Incubator](#), with greater support for start-ups and projects by former students.

- **SDG 11 - Sustainable Cities and Communities:**

The campus is part of Lisbon's electric and environmental mobility project, with a bicycle park and two fast-charging stations for electric vehicles.

- **SDG 12 – Responsible Consumption and Production:**

Implementation of projects and actions that [promote change in attitudes and behaviors](#), encouraging the use of digital platforms, [dematerialization of services](#) and [energy savings](#).

- **SDG 13 - Climatic Action:**

Creation of [recycling points](#), training in waste [management and separation](#), encouraging the use of reusable bottles and promoting the consumption of public water with [community](#) involvement.

- **SDG 14 – Life Below Water**

Lusófona University participates in the [European Free LitterAT Project](#), coordinated by Interreg Atlantic, which investigates the presence of macro and microplastics in Atlantic coastal areas and develops mitigation strategies.

- **SDG 15 – Protecting Life on Land :**

In 2025, Lusófona University – Porto University Center organized the [International Blended Intensive Program](#) on rural fire prevention, promoting the sustainable use of technology in the protection of ecosystems.

- **SDG 16 - Peace, Justice and Effective Institutions :**

Implementation of a [Code of Ethics that guides the behavior and social well-being](#) of the academic community, [Internal Complaints Channel](#) to guarantee institutional integrity and a [Student Ombudsman to](#) resolve [educational and](#) administrative issues.

- **SDG 17 - Partnerships for the Implementation of the Goals:**

Promoting the link between teaching, innovation and research, with the transformation of organizational units into teaching, research and community service units, aligned with the European agenda focused on health, inclusive education, culture, innovation and [open science](#).

Strategic Objectives 2026

For the next year, Lusófona University has defined the following main goals:

- Integration of professors from all faculties, schools and the International Relations Service.
- Creation of a common activity plan.
- Adjustment and inclusion of the SDGs in cultural activities, events, projects, lifelong learning courses and degree programs.

In 2025, Lusófona University reaffirms its role as a higher education institution committed to social and environmental transformation. The consolidation of sustainable practices, active community participation, and the integration of sustainability into the

educational plan demonstrate our commitment to a university that is increasingly green, supportive, and prepared for the challenges of the future.

Sustainability Events

Total Number of Events Related to Sustainability and the Environment:

20 23: 112
2024: 109
2025: 275 (January to July)

Sustainability-related events	2023	2024	2025
Sustainability Events	43	60	275
Campus Activities	32	15	21
Community Sustainability Services	13	15	16
Training Actions and Workshops	9	10	98
Participation in International Projects	15	9	38
Total	112	109	448
Evidence	https://www.ulusofona.pt/en/green-lusofona/activities/2023	https://www.ulusofona.pt/en/green-lusofona/activities/2024	https://www.ulusofona.pt/en/green-lusofona/activities/2025

Over the past two and a half years, the total annual average has been **150 events** , including:

- Winds of Sustainability
- Campus Activities
- Community Services Sustainability
- Training Actions and Workshops
- Participation in International Projects

Campus Activities

Lusófona University has been consolidating its commitment to sustainability, inclusion, and innovation through various activities on its campus. These initiatives reflect an integrated approach that combines environmental awareness, active engagement of the academic community, and the promotion of diverse educational and cultural practices.

From environmental monitoring and waste recovery projects to sporting, cultural, and scientific events, campus activities promote participation, knowledge, and social responsibility, aligning with the Sustainable Development Goals. Thus, Lusófona University remains at the forefront of developing conscious, creative citizens committed to contemporary challenges.

Category	Year	Event / Content	Description	SDGs	Evidence
Sustainability Events	2022	Contributions to mitigate socio-educational inequalities	Colloquium with researchers on socio-educational (in)justice, discussing concrete solutions for Portugal.	SDG4; SDG17	https://www.ulusofona.pt/en/event/contributos-mitigar-desigualdade-socioeducativas
Sustainability Events	2022	The work of social workers with homeless people	Open class on Social Service and the role of the social worker with homeless people.	SDG3; SDG4; SDG10; SDG17	https://www.ulusofona.pt/en/event/assistente-social-sem-abrigo
Sustainability Events	2022	Success vs. Mental Health	Summary of the event with the participation of Dr. Mafalda Mascarenhas, PhD student in Social Psychology.	SDG3; SDG4; SDG10; SDG17	https://www.ulusofona.pt/en/news/successo-vs-saude-mental
Sustainability Events	2022	Effects of prenatal intimate partner violence on mothers and children	PhD in Clinical Psychology, event on intimate violence and its prenatal impacts.	SDG3; SDG4; SDG17	https://www.ulusofona.pt/en/event/efeitos-violencia-pre-natal-maes-filhos
Sustainability Events	2022	Research on how to facilitate successful treatment processes for abusers	Master's in Justice Psychology event on processes for treating aggressors.	SDG3; SDG17	https://www.ulusofona.pt/en/event/research-treatment-perpetrator-programs

Sustainability Events	2022	Study visit: European Monitoring Centre for Drugs and Drug Addiction	Visit to understand drug and addiction policies and monitoring.	SDG3; SDG10; SDG17	https://www.ulusofona.pt/en/event/visita-de-estudo-observatorio-europeu-droga-toxicodependencia
Sustainability Events	2022	A Path to Adapting Bridges to Climate Change - Report	Understand the impact of climate change on bridges.	SDG9; SDG13	https://www.ulusofona.pt/en/news/report-adaptation-bridges-climate-change
Sustainability Events	2022	How to Succeed at College Without Giving Up Your Life	Event about how to balance personal and university life in a healthy way.	SDG3; SDG17	https://www.ulusofona.pt/en/event/successo-universidade-sem-deixar-vida
Sustainability Events	2022	Seminar: A Path to Adapting Bridges to Climate Change	Seminar with engineering experts and climatologists discussing climate change and bridges.	SDG9; SDG13	https://www.ulusofona.pt/en/event/a-path-to-adapting-bridges-to-climate-change
Sustainability Events	2022	Research - Gender and Diversity Plan	Cross-reference to European values of equal opportunities in higher education.	SDG4; SDG5; SDG10	https://www.ulusofona.pt/en/news/inquerito-plano-genero-diversidade
Sustainability Events	2022	World Food Safety Day 2022	Raise awareness among students and the community about the importance of Food Security.	SDG3; SDG4; SDG13; SDG17	
Sustainability Events	2022	Bio-Green-Circular Economy	Presentation of the application of the circular economy in various areas of Engineering.	SDG4; SDG9; SDG11; SDG12; SDG13; SDG17	https://www.ulusofona.pt/en/event/bio-green-circular-economy

Sustainability Events	2022	Stalking: From recognition to strategies for working with victims	Promote knowledge about the dynamics of stalking violence.	SDG3; SDG4; SDG10; SDG16	https://www.ulusofona.pt/en/event/stalking-reconhecimento-estrategias-atuacao
Sustainability Events	2022	Social Intervention - Think or Act	Multifaceted concept and practical case of social intervention.	SDG4; SDG10	https://www.ulusofona.pt/en/event/intervencao-social-pensar-o-agir
Sustainability Events	2022	II PIN Symposium on Anxiety	Anxiety syndrome, addressing topics such as the role of attachment in anxiety disorders.	SDG3; SDG4; SDG17	https://www.ulusofona.pt/en/event/ii-simposio-ansiedade-pin
Sustainability Events	2022	LusófonAtiva - Results Presentation	Presentation of the project and the results of the LusófonAtiva survey.	SDG3; SDG4; SDG17	https://www.ulusofona.pt/en/event/lusofonativa-apresentacao-resultados
Sustainability Events	2022	VII Exercise and Health Conference	Dialogue with national and international researchers on exercise and health.	SDG3; SDG4; SDG17	https://www.ulusofona.pt/en/event/vii-jornadas-exercicio-saude
Sustainability Events	2022	ECO-Webinars: Environment and Sustainability 2nd Edition	Webinars on Environment and Sustainability, with guest experts on different topics.	SDG3; SDG12; SDG13; SDG16	https://www.ulusofona.pt/en/event/eco-webinars-ii-edicao
Sustainability Events	2022	Community Participation in the Local Development Process	Reflect on methodologies to promote community participation.	SDG4; SDG10; SDG17	https://www.ulusofona.pt/en/event/participacao-comunitaria-desenvolvimento-local
Sustainability Events	2022	Perspectives and Good Practices in Diversity	Share good intercultural practices in different contexts of social intervention.	SDG4; SDG5; SDG10	https://www.ulusofona.pt/en/event/olhares-boas-praticas-diversidade

Sustainability Events	2022	Mental Health in the Veterinary Profession	Promote psychological and professional well-being in the veterinary profession.	SDG3; SDG4; SDG15; SDG17	https://www.ulusofona.pt/en/event/mental-health-veterinary-profession
Sustainability Events	2022	The prevalence of coronavirus and the global level	Work published in an international journal by Professor Ricardo Faustino (Biomedical Engineering).	SDG3; SDG4; SDG15; SDG17	https://www.ulusofona.pt/en/news/the-prevalence-of-coronavirus-and-the-world-level
Sustainability Events	2022	Strategies to promote self-care and well-being	When was the last time you thought about your self-care needs?	SDG3	https://www.ulusofona.pt/en/event/estrategias-autocuidado-promocao-bem-estar
Sustainability Events	2022	The Practice of Mindfulness and the Promotion of Well-Being	Introduction to the fundamental principles and practices of mindfulness.	SDG3	https://www.ulusofona.pt/en/event/pratica-mindfulness-promocao-bem-estar
Sustainability Events	2022	Celebration of World Day of Sport for Peace	Sport and interreligious dialogue in promoting peace.	SDG4; SDG16; SDG17	https://www.ulusofona.pt/en/event/dia-mundial-desporto-servico-paz
Sustainability Events	2022	Celebration of World Physical Activity Day	Conference on recommendations of the 24-hour Movement with national and international experts.	SDG3; SDG4; SDG17	https://www.ulusofona.pt/en/event/dia-mundial-atividade-fisica
Sustainability Events	2022	Energy Transition Paradigms and Impacts on Exploration	Seminar on energy transition and impacts on resource exploration.	SDG4; SDG7; SDG9; SDG11; SDG12; SDG17	https://www.ulusofona.pt/en/event/paradigmas-transicao-energetica
Sustainability Events	2022	Cultural and Religious Diversity: Challenges and Opportunities	Event held within the scope of the Degree in Social Work on cultural and religious diversity.	SDG4; SDG10	https://www.ulusofona.pt/en/event/diversidade-cultural-religiosa

Sustainability Events	2022	Mental Health Promotion and Prevention in University Students	"Mental health is the foundation of overall well-being."	SDG3; SDG4; SDG17	https://www.ulusofona.pt/en/event/sau-de-mental-estudantes-universitarios
Sustainability Events	2022	FL_Talks: Fashion and Sustainability	Debates on various topics related to the fashion industry.	SDG9; SDG12; SDG17	https://www.ulusofona.pt/en/event/fl-talk-modasustentabilidade
Sustainability Events	2022	The Key to Global Life, Digital Change of Nature	ERASMUS project meeting on digital change and global nature.	SDG13; SDG17	https://www.ulusofona.pt/en/event/the-key-global-life
Sustainability Events	2022	When interaction with digital technologies empowers patients and humanizes healthcare	Interaction with digital technologies improves quality of life and access to healthcare.	SDG3; SDG17	https://www.ulusofona.pt/en/event/tecnologias-digitais-empodera-doentes
Sustainability Events	2022	Prevention of psychosocial risks and promotion of healthy workplaces	Good practices of social and assistance organizations.	SDG3; SDG5; SDG8; SDG10; SDG11	
Sustainability Events	2022	Emotional Intelligence and Emotion Management	Training for class delegates and mentors of the Social Service course.	SDG3; SDG4	https://www.ulusofona.pt/en/event/inteligencia-emocional-gestao-emocoes
Sustainability Events	2022	Groundwater: a strategic reserve to protect	Case studies in Portugal, Angola and Guinea-Bissau on groundwater.	SDG4; SDG6; SDG13; SDG14	https://www.ulusofona.pt/en/event/aguas-subterraneas
Sustainability Events	2022	Water Quality Monitoring in Reservoirs	With the participation of the director of the environmental area of EDP-LABELEC.	SDG4; SDG6; SDG13; SDG17	https://www.ulusofona.pt/en/event/monitorizacao-qualidade-agua

Sustainability Events	2022	Ceratonia Siliqua	Participation in the project to evaluate the bioactive potential of carob-based products.	SDG2; SDG3; SDG12	
Sustainability Events	2022	Potential of National Propolis	Project in collaboration with FCT/UNL and the company Beecaramulo to evaluate the sustainable application of national propolis.	SDG3; SDG12; SDG17	
Sustainability Events	2022	Valorization and Reclassification of Óbidos Ginja Waste	Project in partnership with the Óbidos City Council for the requalification of sour cherry waste.	SDG2; SDG11; SDG12; SDG13; SDG14; SDG15; SDG16; SDG17	
Sustainability Events	2022	Mobilization of the EU Technical Assistance Fund - Seychelles	Support to the Government of Seychelles in developing a Nationally Determined Contribution (NDC).	SDG2; SDG7; SDG9	
Sustainability Events	2022	Development of EDM (Electricity of Mozambique)	Development of the Renewable Energy Strategy 2020-2025 in Mozambique.	SDG7	
Sustainability Events	2022	Preparation of the EU Support Programme for Tunisia	Development of the EU Support Programme for Tunisia and preparation of the Terms of Reference.	SDG2; SDG4; SDG8	
Sustainability Events	2022	I toned it down, and you toned it down today?	Creation and production of a digital audiovisual application on 'Climate Change'.	SDG13	
Sustainability Events	2022	Cost and efficiency of water distribution systems	Organization of the Seminar/Debate on Cost and Efficiency of Water Distribution Systems.	SDG6; SDG14	

Sustainability on Campus	2022	Beginning of the Composting Process at Lusófona University	Beginning of the composting and replanting process of the organic garden by the Eco-Schools team.	SDG4; SDG9; SDG10; SDG11; SDG13; SDG16	https://www.ulusofona.pt/en/news/beginning-of-the-composting-process-at-ulusofona-university
Sustainability on Campus	2022	Tree Planting by the Eco-Schools Team of Lusófona University	Planting of five trees of the Cercis siliquastrum species on the University campus.	SDG4; SDG13; SDG15	https://www.ulusofona.pt/en/news/tree-planting-by-the-ulusofona-ecoschools-team
Sustainability Events	2022	Lusófona receives training 'Wherever you are, always recycle'	Awareness campaign promoted by Sociedade Ponto Verde as part of the Eco-Schools program.	SDG4; SDG11; SDG12	https://www.ulusofona.pt/en/news/ulusofona-receives-wherever-you-are-always-recycle-training
Sustainability Events	2022	Development of EDM (Electricity of Mozambique)	Development of the Renewable Energy Strategy 2020-2025, in Mozambique.	SDG7	
Sustainability Events	2022	Preparation of the EU Support Programme for Tunisia	Development of the EU Support Programme for Tunisia and preparation of the Terms of Reference for Technical Assistance.	SDG2; SDG4; SDG8	
Sustainability Events	2022	I toned it down, and you toned it down today?	Creation and production of a digital audiovisual application on the theme 'Climate Change'.	SDG13	
Sustainability Events	2022	Environmental Cinema	10 Environmental Cinema sessions with reflection and debate in São Tomé and Príncipe.	SDG4; SDG12; SDG13; SDG17	

Sustainability Events	2022	Entertainment	15 interactive shows about climate change.	SDG4; SDG12; SDG13; SDG17	
Sustainability Events	2022	Prevention of psychosocial risks and promotion of healthy workplaces	Good Practices of Social and Social Assistance Organizations.	SDG3; SDG5; SDG8; SDG10; SDG11	
Sustainability Events	2022	Emotional Intelligence and Emotion Management	Training for class delegates and mentors of Social Service students.	SDG3; SDG4	https://www.ulusofona.pt/en/event/inteligencia-emocional-gestao-emocoes
Sustainability Events	2022	The Practice of Mindfulness and the Promotion of Well-Being	Introduction to the core principles and essential practices of Mindfulness.	SDG3	https://www.ulusofona.pt/en/event/pratica-mindfulness-promocao-bem-estar
Sustainability Events	2022	Celebration of World Day of Sport for Peace	Sport and interreligious dialogue in promoting peace.	SDG4; SDG16; SDG17	https://www.ulusofona.pt/en/event/dia-mundial-desporto-servico-paz
Sustainability Events	2022	Effects of prenatal intimate partner violence on mothers and children	Ongoing as part of the Doctorate in Clinical Psychology, Cognitive-Behavioral Orientation.	SDG3; SDG4; SDG17	https://www.ulusofona.pt/en/event/efeitos-violencia-pre-natal-maes-filhos
Sustainability Events	2022	Research on how to facilitate successful treatment processes for abusers	Event organized by the Master's in Psychology of Justice.	SDG3; SDG17	https://www.ulusofona.pt/en/event/research-treatment-perpetrator-programs
Sustainability Events	2022	Study visit: European Monitoring Centre for Drugs and Drug Addiction	Understand the support and monitoring policy and the situation analysis, responses, and trends.	SDG3; SDG10; SDG17	https://www.ulusofona.pt/en/event/visita-de-estudo-observatorio-europeu-droga-toxicodependencia

Sustainability Events	2022	A Path to Adapting Bridges to Climate Change - Report	Bridge engineering and climate adaptation report.	SDG9; SDG13	https://www.ulusofona.pt/en/news/rep-road-adaptation-bridges-climate-change
Sustainability Events	2022	Entertainment	15 interactive shows about climate change.	SDG4; SDG12; SDG13; SDG17	
Sustainability Events	2022	Climate change training for journalists and media	Train journalists and media on the issue of climate change (20 hours).	SDG4; SDG12; SDG13; SDG17	
Sustainability Events	2022	Mental Health Promotion and Prevention in University Students	Mental health is the foundation of overall well-being.	SDG3; SDG4; SDG17	https://www.ulusofona.pt/en/event/saude-mental-estudantes-universitarios
Sustainability Events	2022	FL_Talks: Fashion and Sustainability	Discuss various topics related to the fashion industry.	SDG9; SDG12; SDG17	https://www.ulusofona.pt/en/event/fl-talk-moda-sustentabilidade
Sustainability Events	2022	Contributions to mitigate socio-educational inequalities	Colloquium with researchers on socio-educational (in)justice, discussing concrete solutions for Portugal.	SDG4; SDG17	https://www.ulusofona.pt/en/event/contributos-mitigar-desigualdade-socioeducativas
Sustainability Events	2022	The work of social workers with homeless people	Open class on Social Service and the role of the social worker with homeless people.	SDG3; SDG4; SDG10; SDG17	https://www.ulusofona.pt/en/event/assistente-social-sem-abrigo
Sustainability Events	2022	Success vs. Mental Health	Summary of the event with the participation of Dr. Mafalda Mascarenhas, PhD student in Social Psychology.	SDG3; SDG4; SDG10; SDG17	https://www.ulusofona.pt/en/news/success-vs-saude-mental

Sustainability Events	2022	Effects of prenatal intimate partner violence on mothers and children	PhD in Clinical Psychology, event on intimate violence and its prenatal impacts.	SDG3; SDG4; SDG17	https://www.ulusofona.pt/en/event/efeitos-violencia-pre-natal-maes-filhos
Sustainability Events	2023	Meat: The Unsustainable Footprint	Special Screening 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 habits of the global population.	SDG2; SDG17	https://www.ulusofona.pt/en/news/documentary-debates-food-change
Sustainability Events	2023	Replacing Fluorescent Lamps with LEDs	Continuation of the energy efficiency strategy by replacing fluorescent lamps with LEDs in a new campus building. The relamping initiative aims to reduce energy consumption while maintaining the original fixtures.	SDG7; SDG11; SDG12	https://www.ulusofona.pt/en/news/ulusofona-replaces-fluorescent-lamps-with-leds-in-new-building
Sustainability Events	2023	Geological Exploration by Students	Practical activity on campus with Civil Engineering and Environmental Engineering students, as part of the General and Applied Geology course. The students surveyed the geological materials present on campus, exploring their applications and impacts.	SDG4; SDG9; SDG12	https://www.ulusofona.pt/en/news/students-explore-geological-resources-at-ulusofona-campus
Sustainability Events	2023	Organic Garden Cleaning Action Identifies Invasive Plant	During a cleanup operation in the campus's Biological Garden, an invasive plant was identified: pampas grass (Cortaderia selloana), also known as "plumes." Although visually appealing, this species poses a risk to the local ecological balance.	SDG12; SDG15	https://www.ulusofona.pt/en/news/organic-garden-cleanup-identifies-invasive-plant
Sustainability Events	2023	Tree Planting during Environment Week	In June, to mark Environment Week, students from the Eco-Schools Council planted six Cercis siliquastrum (Olaia) trees on campus. The initiative aimed to raise community awareness about the value of native species and the importance of green spaces in promoting a healthy environment.	SDG12; SDG15	https://www.ulusofona.pt/en/news/ulusofona-students-plant-trees-to-mark-environment-week

Sustainability Events	2023	Eco-Code Creation by Students of the Faculty of Engineering	The Faculty of Engineering held a competition among its students to create an Eco-Code—a declaration of environmental principles and best practices. The initiative aimed to engage students in building an institutional culture of sustainability.	SDG12; SDG15	https://www.ulusofona.pt/en/news/faculty-of-engineering-students-create-eco-code-in-competition
Sustainability Events	2023	Continuity of the Composting Project on Campus	Lusófona University has strengthened its Composting Project, developed by the Eco-Schools Team of the Faculty of Engineering. The initiative utilizes organic waste from cafeterias, transforming it into compost for use in organic vegetable gardens, promoting a circular economy and environmental education.	SDG2; SDG11; SDG12; SDG15	https://www.ulusofona.pt/en/news/lusofona-university-promotes-composting-to-fertilise-organic-vegetable-garden
Sustainability Events	2023	ULusófona Organic Garden: New Species and Environmental Awareness	Since the 2020/2021 school year, the Organic Garden has established itself as a space for learning and sustainable practices. In 2023, it was restored and expanded, now featuring three new flowerbeds filled with diverse plant species, promoting biodiversity and environmental education.	SDG12; SDG15	https://www.ulusofona.pt/en/news/ulusofona-organic-garden-new-species-and-environmental-awareness
Sustainability Events	2023	Installation of New Ecopoints on Campus	On May 25th, Lusófona University installed five new eco-islands in Building D, with containers for recycling glass, packaging, and cardboard. This measure aims to encourage proper waste separation and reinforce the institution's commitment to sustainable environmental management practices.	SDG11; SDG12; SDG16	https://www.ulusofona.pt/en/news/ulusofona-reinforces-sustainability-commitment-with-new-ecopoints-on-campus
Sustainability Events	2023	Kennels in an Aquatic Environment	An event held on May 5th brought together experts from various fields to discuss the role of canines, such as wolves and dogs, in aquatic environments and their interactions with ecosystems, reinforcing the importance of conserving water resources and marine life.	SDG6; SDG14	https://www.ulusofona.pt/en/news/kennels-in-aquatic-environment

Sustainability Events	2023	Well-being and Health in the Workplace	Event promoted in partnership with the Brazilian Laboratory of Healthy Work Environments, including debates and panels on lifestyles, occupational health, productivity and policies to promote well-being in professional environments.	SDG3; SDG8; SDG11; SDG16	https://www.ulusofona.pt/en/news/well-being-and-health-in-workplaces-under-discussion
Sustainability Events	2023	Ugly Fruits and Vegetables... NO!	Through the ERASMUS Project "Ugly Fruits and Vegetables... NO!", the university promotes the direct purchase of agricultural products, including fruits and vegetables that are "substandard in appearance", encouraging the reduction of food waste and supporting local production.	SDG2; SDG11	https://www.ulusofona.pt/en/news/ugly-fruits-and-veggies-not
Sustainability Events	2023	ULusófona Students Investigate Biodiversity on the University Campus	As part of their Spatial Planning course and the Eco-Schools program, Environmental Engineering students conducted a field study focusing on the campus's tree biodiversity. The research was supervised by Professor Anabela Cruces, with technical support from Engineer Hélder Dias of Lisbon City Council.	SDG15	https://www.ulusofona.pt/en/news/ulusofona-students-investigate-biodiversity-on-the-university-campus
Sustainability Events	2023	Volunteer Space	Voluntary associations were present in the main campus corridor (CUP), presenting their projects, mission, and objectives. In addition to institutional outreach, they held token sales, with proceeds going toward their social activities.	SDG1; SDG10; SDG17	https://www.ulusofona.pt/en/news/volunteer-space
Sustainability Events	2023	Lusophone Green #ZeroWaste	An institutional project focused on sustainable practices on campus, promoting values such as reducing, recycling, respect, and environmental responsibility. Lusófona Verde embodies the vision of an increasingly eco-friendly and conscious campus.	SDG2; SDG6; SDG11; SDG12; SDG13	https://www.ulusofona.pt/en/noisi/green-lusofona-zerowaste
Sustainability Events	2024	Research Project in the Organic Garden of the Lusófona University	Between March and June 2024, a scientific project was launched at the Jardim Biológico focusing on soil and microbial community analysis. The research aims to isolate microorganisms with	SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/research-project-at-the-lusofona-university-organic-garden

			antimicrobial potential, contributing to environmental and pharmaceutical science.		
Sustainability Events	2024	Air Quality Assessment by Faculty of Engineering Students	Practical project developed within the scope of the Air Quality Management UC, in the Master's in Environmental Engineering, focusing on measuring air quality and energy efficiency, applying sustainable methodologies to urban reality.	SDG7; SDG12	https://www.ulusofona.pt/en/news/environmental-engineering-students-analyse-air-quality-in-portugal
Sustainability Events	2024	ULusófona celebrates World Tree Day with Planting and Awareness Campaign	On April 21, ULusófona organized a community tree planting action, within the scope of Lusófona Verde, involving students and teachers in the appreciation of green spaces and environmental awareness.	SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/ulusofona-celebrates-world-tree-day-with-planting-and-awareness-raising-action
Sustainability Events	2024	Renovation of the Lusófona University Organic Garden	The campus' organic garden has been significantly renovated with the collaboration of CEE students and faculty. It now has five beds and continues to be a community gathering place. The initiative is overseen by Professor Elisabete Maurício, as part of the Eco-Schools program.	SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/renovation-of-lusofona-universitys-organic-vegetable-garden
Sustainability Events	2024	ULusófona Launches Innovative Project to Recycle Canteen Waste	Pioneering research project transforms fruit and vegetable peel waste into extracts with high bioactive value, with antioxidant and antimicrobial properties.	SDG1; SDG2; SDG9; SDG10; SDG12	https://www.ulusofona.pt/en/news/ulusofona-launches-innovative-canteen-waste-valorisation-project
Sustainability Events	2024	New Ecopoints from Sociedade Ponto Verde Installed on the ULusófona Campus	Progressive installation of indoor recycling bins, in partnership with Sociedade Ponto Verde, promoting waste separation and increased recycling among the academic community.	SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/new-green-dot-society-ecopoints-installed-on-ulusofona-campus

Sustainability Events	2024	Presentation of Digital Resources to Combat Food Waste	A multiplier event for the ERASMUS project Ugly Fruits NOT! presented digital and interactive tools aimed at educating and raising awareness about reducing food waste through an educational platform with innovative content.	SDG1; SDG2; SDG9; SDG10; SDG12	https://www.ulusofona.pt/en/news/presentation-of-digital-resources-to-combat-food-waste
Sustainability Events	2024	New Sustainable Measures Implemented at ULusófona	The University has introduced sustainable measures in its cafeterias and laboratories, focusing on reducing plastic use and preserving water resources. The campaign aims to raise awareness about efficient water use and the elimination of disposable materials.	SDG1; SDG2; SDG9; SDG10; SDG12	https://www.ulusofona.pt/en/news/new-sustainable-measures-implemented-at-ulusofona
Sustainability Events	2024	Collection and Analysis Confirm Water Quality on the ULusófona Campus	Monitoring water quality at various points on campus with the participation of Eco-Council faculty and students.	SDG3; SDG6; SDG14	https://www.ulusofona.pt/en/news/collection-and-analysis-confirm-water-quality-at-ulusofona-campus
Sustainability Events	2024	Lusófona University Opens New Horizons in Health Education	Introduction of Anatomage Virtual Dissection Platforms for innovative teaching of human anatomy and physiology.	SDG3; SDG4; SDG12	https://www.ulusofona.pt/en/news/lusofona-university-opens-new-horizons-in-health-education
Sustainability Events	2024	Georoute on the Lusófona University Campus	Study and identification of geological resources on campus by Civil and Environmental Engineering students, within the scope of the Geology discipline.	SDG4; SDG15	https://www.ulusofona.pt/en/news/geopath-on-the-campus-of-lusofona-university-studies-geological-resources

Sustainability Events	2024	The Search for Equality in Sport Target for Reflection	Symposium with multiple stakeholders addressing gender equality in sport from different perspectives.	SDG2; SDG3; SDG4; SDG5; SDG8; SDG11; SDG12	https://www.ulusofona.pt/en/news/the-search-for-equality-in-sport-was-the-subject-of-reflection-
Sustainability Events	2024	Paimogo Fort Exhibition	Historical and heritage research on Paimogo Fort, including memories of the local population and analysis of construction materials.	SDG4; SDG8; SDG16	https://www.ulusofona.pt/en/event/paimogo-fort-exhibition
Sustainability Events	2024	Eco-Code 2024	Presentation of the Faculty of Engineering's Eco-Code 2024, with actions to promote sustainable practices and environmental responsibility.	SDG3; SDG6; SDG7; SDG11; SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/eco-code-2024
Sustainability Events	2024	ULusófona Composting Project Advances with Innovative Initiatives	Continuation of the composting project to transform organic waste into nutritious compost for the university's organic garden.	SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/composting-project-at-ulusofona-advances-with-innovative-initiatives
Sustainability Events	2025	Welcome Session for Erasmus Mundus Students	Welcome event for Erasmus Mundus Master's students in Artificial Intelligence for Sustainable Societies, with a presentation of the university and its resources.	SDG 4; SDG 17	https://www.ulusofona.pt/en/event/welcome-session-for-erasmus-mundus-students
Sustainability Events	2025	Integration Session for New Teachers and Researchers	Welcome session for new faculty and researchers at the Lisbon and Porto campuses, promoting integration and understanding of the institutional culture.	SDG 4; SDG 8; SDG 16	https://www.ulusofona.pt/en/event/welcome-and-integration-session-for-new-teachersresearchers

Sustainability Events	2025	Erasmus Welcome Session 2024/2025	Integration session for second-semester Erasmus students, promoting academic and social adaptation.	SDG 4; SDG 17	https://www.usofona.pt/en/event/welcome-session-erasmus-2024-2025
Sustainability Events	2025	BuildingAdapt Project	Research project on climate adaptation of infrastructures, focusing on energy efficiency, digital models and environmental monitoring.	SDG 9; SDG 11; SDG 13	https://www.usofona.pt/en/conversations-about/buildingadapt-project-innovates-in-the-infrastructures-climate-adaptation
Sustainability Events	2025	Physical Education and Sports Week – Game On 2025	Multidisciplinary event with tournaments, demonstrations of adapted sports, and awareness-raising activities on health and inclusion.	SDG 3; SDG 4; SDG 10	https://www.usofona.pt/en/event/physical-education-and-sports-week-game-on-2025
Sustainability Events	2025	XIX Children's Judo Tournament 2025 - Centenary of Master Kiyoshi Kobayashi	A children's judo tournament with activities for the whole family, aimed at promoting sports, well-being, and community engagement. The event also included a special tribute to Master Kiyoshi Kobayashi, a key figure in the development of judo in Portugal.	SDG 3; SDG 4; SDG 10; SDG 11	https://www.usofona.pt/en/event/xix-childrens-judo-tournament-2025-centenary-of-master-kiyoshi-kobayashi
Sustainability Events	2025	Lusófona Volleyball – Summer 2025 Summer Camp	Summer camp organized by Lusófona University that offers sports activities and specialized training for young athletes between the ages of 8 and 15, focusing on volleyball and promoting physical and social development.	SDG 3; SDG 4; SDG 11	https://www.usofona.pt/en/event/lusofona-volleyball-summer-camp-2025

Sustainability Events	2025	Spring Window Display Competition: Creativity and Design in the Alvalade Neighborhood	Competition organized by the Communication and Design course at ULusófona, where final year students created proposals for local store windows, promoting connections between the university and local businesses.	SDG 4; SDG 11	https://www.ulusofona.pt/en/news/creativity-in-bloom-spring-window-displays-bring-alvalade-to-life
Sustainability Events	2025	Lusophone Volleyball 20th Anniversary Gala	Commemorative event that brought together students, athletes and coaching staff to celebrate 20 years of volleyball in Lusófona, with tributes and celebrations.	SDG 3; SDG 4; SDG 17	https://www.ulusofona.pt/en/news/lusofona-volleyball-20th-anniversary-gala
Sustainability Events	2025	WHO Recommendations – Physical Activity and Sedentary Behavior	Dissemination of WHO recommendations on regular physical activity and reducing sedentary lifestyles, promoting physical and mental health in the university community.	SDG 3; SDG 4; SDG 11	https://www.ulusofona.pt/en/news/oms-recommendations-physical-activity-and-sedentary-behaviour
Sustainability Events	2025	Screening of the film "Banzo" by Margarida Cardoso	Screening of the film "Banzo" followed by a discussion with the director, exploring historical and social themes, promoting critical reflection within universities.	SDG 4; SDG 9; SDG 10; SDG 16	https://www.ulusofona.pt/en/event/banzo-film-session-by-margarida-cardoso
Sustainability Events	2025	Digital Animation Students Create Films about Astronomy	Students of the Digital Animation Undergraduate Program created animated films in collaboration with the Institute of Astrophysics, promoting scientific communication and creativity.	SDG 4; SDG 9; SDG 17	https://www.ulusofona.pt/en/news/digital-animation-students-create-films-about-astronomy

Sustainability Events	2025	University Day (ULusófona - CUP)	Formal ceremony with awards for students and staff, highlighting academic excellence and the institution's future vision.	SDG 4	https://www.ulusofona.pt/en/news/ulusofona-cup-celebrated-university-day-with-a-solemn-ceremony
Sustainability Events	2025	University Day (ULusófona - CUL)	Formal ceremony with awards for students and staff, highlighting academic excellence and the institution's future vision.	SDG 4	https://www.ulusofona.pt/en/news/university-day-celebrates-excellence-and-outlines-a-vision-for-the-future
Sustainability Events	2025	FilmEU Cineclube – Screening of "Cooking History"	Screening of the documentary "Cooking History" followed by a debate, promoting intercultural and historical reflection through cinema.	SDG 4; SDG 16	https://www.ulusofona.pt/en/event/filmeu-cineclub-film-screening-of-cooking-history-by-peter-kerekes
Sustainability Events	2025	Open Day – Faculty of Law	An event for high school students to learn about Law, Criminology, and Homeland Security courses, featuring themed sessions, interaction with faculty, and question-answering.	SDG 4	https://www.ulusofona.pt/en/event/law-school-open-day
Sustainability Events	2025	Volunteer Fair	Volunteer fair on the Lusófona University Campus, connecting students with organizations to promote civic engagement, social justice, and inclusion.	SDG 1; SDG 10; SDG 16	https://www.ulusofona.pt/en/event/volunteer-fair-engage-to-transform

Sustainability Events	2025	Advanced Training: Discover Lusófona's Master's Degrees	A week of themed online sessions on Lusófona's master's programs, with faculty and alumni participating to answer questions and share experiences.	SDG 4	https://www.ulusofona.pt/en/event/advanced-education-discover-ulusofonas-masters-programmes
Sustainability Events	2025	Screening of the film "SAAL Operations"	Screening of the documentary followed by a debate with experts on architecture, housing and politics in the post-25th of April period, focusing on social and urban sustainability.	SDG 4; SDG 10; SDG 11	https://www.ulusofona.pt/en/event/saal-operations-film-screening
Sustainability Events	2025	Open Days 2025 (ULusófona - CUP)	A series of open days at the Lusófona University Campus – Porto University Center, with welcome sessions, service presentations, and activities to promote the educational offering.	SDG 4; SDG 8; SDG 9	https://www.ulusofona.pt/en/event/open-days-2025-ulusofona-cup
Sustainability Events	2025	Open Days 2025 (ULusófona - CUL)	A series of open days at the Lusófona University Campus – Lisbon University Center, with welcome sessions, service presentations, and activities to promote the educational offering.	SDG 4; SDG 8; SDG 9	https://www.ulusofona.pt/en/event/open-day-2025-ulusofona-cul
Sustainability Events	2025	Dance Show "Inside Out" – Dancing with Emotion	Artistic presentation by 3rd year students of the Bachelor's Degree in Physical Education and Sport, with original choreography and guests, promoting cultural and social expression.	SDG 3; SDG 4;	https://www.ulusofona.pt/en/event/inside-out-dance-show-dancing-with-emotion

Sustainability Events	2025	Great Artist on Campus	A series of monthly conferences organized by the Department of Cinema and Media Arts (DCAM), at Lusófona University, featuring key artists in Portuguese contemporary art.	SDG 4; SDG 10; SDG 11; SDG 16; SDG 17	https://www.ulusofona.pt/en/event/great-artists-on-campus-3rd-edition
Sustainability Events	2025	Conversation with Dr. Maria Caiado: Inspiration and Advice on Wildlife Medicine	Event with Dr. Maria Caiado, focused on sustainable practices in wildlife medicine and biodiversity conservation, sharing field experiences and professional guidance with students.	SDG 15	https://www.ulusofona.pt/evento/conversa-com-dr-maria-caiado-inspiracao-e-dicas-na-medicina-de-vida-selvagem
Sustainability Events	2025	Premiere of the film "Banzo" directed by a professor at Lusófona University	Screening of the film "Banzo," directed by Lusófona University professor Margarida Cardoso. The film explores the psychological and social consequences of colonialism in Africa in the early 20th century.	SDG 3, SDG 4, SDG 5, SDG 10, SDG 16, SDG 17	https://www.ulusofona.pt/noticias/estrela-do-filme-banzo-com-realizacao-de-docente-da-ulusofona
Sustainability Events	2025	Determinants of the Privatization of Water and Sanitation Services	An event that discusses the factors influencing the privatization of water and sanitation services, including legal, economic, and social implications. The event examines the impact on access to essential services and the role of public policies.	SDG 6, SDG 10, SDG 16	https://www.ulusofona.pt/evento/determinantes-da-privatizacao-dos-servicos-de-agua-e-saneamento
Sustainability Events	2025	InnovDelivery'25: Innovation in delivery systems for health and well-being	Lusófona University hosted InnovDelivery'25, highlighting advances in nanotechnology, sustainability, and new strategies for health and wellness service delivery systems.	SDG 3, SDG 9, SDG 12, SDG 15	https://www.ulusofona.pt/evento/innovdelivery25-ii-encontro-lusofono-sobre-sistemas-de-veiculacao-inovadores

Sustainability Events	2025	Civil Engineering Days 2025	The first edition of the Civil Engineering Conference at Lusófona University featured conferences, workshops and networking opportunities, focusing on sustainable practices and innovations in civil engineering.	SDG 9, SDG 11, SDG 13	https://www.ulusofona.pt/noticias/jornadas-da-engenharia-civil-2025-sucesso-na-1-edicao-na-ulusofona
Sustainability Events	2025	Great Artist on Campus: Screening of "alheava_filme" by Manuel Santos Maia	As part of the Great Artists on Campus series, Lusófona University hosted a screening of "alheava_filme" (2006, 35') by director Manuel Santos Maia. The film explores themes of memory, identity, and war in Mozambique, offering an intimate perspective on the post-colonial period.	SDG 4, SDG 10, SDG 16, SDG 17	https://www.ulusofona.pt/noticias/manuel-santos-maia-no-great-artist-on-campus-com-o-filme-alheavafilme
Sustainability Events	2025	The Silencing of Women in the Early Church	This event explored the historical context and implications of women's roles in the early Christian church, shedding light on gender dynamics and social structures.	SDG 5, SDG 10	https://www.ulusofona.pt/evento/o-silenciament-o-das-mulheres-na-igreja-primitiva
Sustainability Events	2025	Arctic Unrest in the 21st Century	This event focused on the geopolitical and environmental challenges facing the Arctic region in the current century.	SDG 13, SDG 16	https://www.ulusofona.pt/evento/o-desassossego-no-artico-no-seculo-xxi
Sustainability Events	2025	The Time Traveler – Cinematic Immersion in Colonial History	A film screening at the Fernando Lopes Cinema at Lusófona University - Lisbon University Center that encourages critical reflection on Portugal's colonial past through a powerful visual narrative.	SDG 4, SDG 10	https://www.ulusofona.pt/noticias/o-viajante-do-tempo-imersao-cinematografica-na-historia-colonial

Sustainability Events	2025	Erasmus Welcome Session 2024/25	An event organized by Lusófona University to welcome second-semester Erasmus students, providing essential information on academic services, student support, and integration into the university and the city.	4, 10, 17	https://www.ulusofona.pt/noticias/sessao-de-acolhimento-erasmus-202425-recebe-novos-estudantes-na-ulusofona-
Sustainability Events	2025	III Psychogerontology Meeting: Bringing Life to the Years	This conference brings together experts, municipalities, and companies to reflect on strategies that promote a longer life, with debate and the World Café methodology.	SDG 3, SDG 10, SDG 11, SDG 17	https://www.ulusofona.pt/evento/iii-encontro-de-psicogerontologia-dar-mais-vida-aos-anos-
Sustainability Events	2025	III Psychogerontology Meeting: Bringing Life to the Years	An event that brought together experts in gerontology, psychology, local authorities, and businesses to discuss joint solutions between academia, social organizations, and municipalities, with the aim of promoting a better quality of life for seniors.	3, 10, 11, 17	https://www.ulusofona.pt/noticias/iii-encontro-de-psicogerontologia-discute-solucoes-para-um-envelhecimento-ativo
Sustainability Events	2025	Celebration of World Social Work Day	A conference organized by the Institute of Social Service to commemorate World Social Service Day, with experts, professionals and students discussing the role of Social Service in promoting intergenerational solidarity and inclusive societies.	SDG 1, SDG 3, SDG 10	https://www.ulusofona.pt/noticias/solidariedade-entre-geracoes-marcou-celebracao-do-servico-social
Sustainability Events	2025	Conversation with Uriel Orlow: Art, Memory, and Political Ecologies	lecture by multidisciplinary artist Uriel Orlow, who explores the legacies of colonialism, social and ecological justice, and plants as political actors through installation, film, photography, and sound. The event includes a presentation followed by a Q&A session.	SDG 1, SDG 10, SDG 15, SDG 16	https://www.ulusofona.pt/evento/conversa-com-uriel-orlow-arte-memoria-e-ecologias-politicas

Sustainability Events	2025	Vulnerability and Health	A seminar organized by Lusófona University that promotes reflection and debate on the challenges faced by vulnerable populations in accessing healthcare, addressing policies and practices to reduce inequalities.	SDG 1, SDG 3, SDG 5, SDG 10, SDG 16	https://www.ulusofona.pt/evento/vulnerabilidade-e-saude
Sustainability Events	2025	World Physical Activity Day Seminar – Don't be sedentary	An event that aims to raise awareness in the academic community about the risks of sedentary behavior and the benefits of regular physical activity, with physical fitness assessments and interactive workshops led by experts.	SDG 3, SDG 4, SDG 11	https://www.ulusofona.pt/evento/nao-sejas-sedentario-dia-mundial-da-atividade-fisica
Sustainability Events	2025	In Conversation: Interreligious Dialogue	A roundtable discussion organized by the Local Center for Migrant Integration Support (CLAIM) at Lusófona University, featuring representatives from Hindu, Muslim, Christian, and Jewish faiths. The event focused on promoting mutual respect, diversity, and interfaith cooperation.	SDG 10, SDG 16	https://www.ulusofona.pt/evento/a-conversa-em-torno-do-dialogo-inter-religioso
Sustainability Events	2025	Conference on Digitalization, Business and Sustainability	conference held at Lusófona University brought together national and international experts to discuss the impact of artificial intelligence, cryptocurrencies, and sustainable business practices. The event fostered dialogue between academic research and business practices, addressing challenges and opportunities in digital transformation and sustainability.	SDG9, SDG 12, SDG 13	https://www.ulusofona.pt/noticias/jornada-destaca-triade-estrategica-digitalizacao-negocios-e-sustentabilidade

Sustainability Events	2025	Solidarity Walk with the Food Bank	A 6 km solidarity walk along the Perafita-Leça waterfront, organized in partnership with Lusófona University, marking the 30th anniversary of the Food Bank, promoting food collection, socializing, and solidarity.	SDG 1, SDG 2, SDG 3, SDG 10, SDG 11, SDG 17	https://www.ulusofona.pt/noticias/estudantes-da-ulusofona-organizam-caminhada-solidaria-com-o-banco-alimentar
Sustainability Events	2025	III International Congress on Healthy Learning and Working Environments	A conference dedicated to scientific dissemination and sharing of best practices to promote health and well-being in educational and professional settings, focusing on solutions for healthier, more sustainable, and inclusive environments.	SDG 3, SDG 4	https://www.ulusofona.pt/evento/iii-congresso-internacional-de-ambientes-de-aprendizagem-e-trabalho-saudaveis
Sustainability Events	2025	City Branding: Communication, Marketing and Innovation in Urban Development	Conference organized by Universidade Lusófona – Centro Universitário do Porto, focused on building city and territory brands, and the role of marketing and communication in urban and regional development.	SDG 11	https://www.ulusofona.pt/evento/marca-cidade-comunicacao-marketing-e-inovacao-no-desenvolvimento-urbano
Sustainability Events	2025	European Institutions and the New World Order	symposium held at Lusófona University to discuss the challenges and opportunities currently facing Europe. The event brought together researchers, students, faculty, and special guests, focusing on accountability, transparency, and the role of European institutions.	SDG 16, SDG 17	https://www.ulusofona.pt/evento/as-instituicoes-europeias-ea-nova-ordem-mundial
Sustainability Events	2025	Sustainability Days 2025	Organized by the Eco-Schools coordination of the Faculty of Engineering and the BioRG research group, this event featured oral presentations on topics such as electrical grid reliability, nature-based solutions for urban sustainability, and sustainable uses of byproducts in various sectors.	SDG 7, SDG 9, SDG 11, SDG 12, SDG 13	https://fe.ulusofona.pt/noticias/jornadas-da-sustentabilidade-2025

Sustainability Events	2025	Sustainable Construction and Environment	Lusófona University organized an Open Lecture focusing on ecological practices in building construction and renovation. Experts and partner organizations presented innovative solutions that promote energy efficiency, indoor air quality, waste management, and the use of sustainable materials. The event also included technical presentations and discussions aimed at raising awareness and sharing knowledge about sustainable construction.	SDG 3, SDG 6, SDG 7, SDG 11	https://www.ulusofona.pt/evento/const-rucao-sustentavel-e-ambiente
Sustainability Events	2025	LusoGlobe Seminar – Mapping Global Challenges: Knowledge and Action in Focus	An interdisciplinary seminar that shares research and reflections on key global challenges, promoting sustainable paths of action through discussions on politics, security, culture, and social inclusion.	SDG 4, SDG 16, SDG 17	https://www.ulusofona.pt/evento/lusoglobe-mapeando-os-desafios-globais-conhecimento-e-acao-em-destaque
Sustainability Events	2025	4th Electrical Engineering Workshop – 2EW 2025	This workshop brought together renowned experts in Electrical Engineering and Sustainable Energy Systems, both from academia and industry. The event covered key topics related to energy storage, smart grids, and the role of engineering in supporting the energy transition.	SDG 7, SDG 9, SDG 13	https://www.ulusofona.pt/evento/4-workshop-de-engenharia-eletronica-2ew-2025
Sustainability Events	2025	Lusophone Intercultural Fair World Fusion - 2nd Edition	An event organized by Tourism students that celebrates cultural diversity through music, cuisine, and art from various countries. It includes cultural performances and themed stalls, encouraging inclusion and cultural exchange between students and the academic community.	SDG 4, SDG 10, SDG 16	https://www.ulusofona.pt/evento/world-fusion-lusofona-intercultural-fair-2-edicao

Sustainability Events	2025	XI Conference on New Paradigms in Civil Protection	A conference that brings together experts, technicians, and policymakers to discuss current and future challenges in civil protection in the face of climate threats, covering real-life disaster cases, climate risks linked to territorial planning, coastal security, and the effectiveness of prevention policies.	SDG 11, SDG 13	https://www.ulusofona.pt/evento/xi-jornadas-novos-paradigmas-da-protecao-civil
Sustainability Events	2025	Museums Visit Lusófona University / Lusófona University Visits Museums	session to present and promote collaboration opportunities between Portuguese museums and Lusófona University, including the launch of the CICANT Crea-Heritage Lab, a new laboratory focused on the innovative promotion of cultural heritage. The event involves faculty and students from diverse fields, such as Arts, Cinema, Communication, Design, and Cultural Sciences, with the goal of fostering cultural projects, research, and funding opportunities.	SDG 4, SDG 11	https://www.ulusofona.pt/evento/museus-vao-a-ulusofona-vai-aos-museus
Sustainability Events	2025	Conversations on Management Practices and Intervention in High-Performance Teams	An open lecture hosted by Lusófona University in partnership with the Porto University Center, bringing together experts to discuss the challenges and practices of talent management in high-performance settings.	SDG 4, SDG 8	https://www.ulusofona.pt/evento/conversas-sobre-praticas-de-gestao-e-intervencao-em-equipas-de-alto-desempenho
Sustainability Events	2025	Bioplastics in Action: Innovation and Strategies for a Sustainable Future	A workshop that brings together national and international experts to explore innovation, product development, co-creation, and market strategies for bioplastics. The event promotes collaboration, scenario analysis, and strategic thinking to accelerate the adoption of sustainable materials.	SDG 9, SDG 12, SDG 13, SDG 17	https://www.ulusofona.pt/evento/bioplasticos-em-acao-inovacao-e-estrategias-para-o-futuro-sustentavel

Sustainability Events	2025	International Migrants Day: Analysis of the Current Migration Situation	Experts discussed the challenges faced by migrants, including language barriers, access to healthcare, housing insecurity, and cultural integration, highlighting current issues in migration dynamics.	SDG 10, SDG 16	https://www.ulusofona.pt/noticias/dia-internacional-dos-migrantes-analise-sobre-o-estado-migratorio-atual
Sustainability Events	2025	30 years of sustainable groundwater management	A seminar that brings together experts to discuss advances and challenges in sustainable groundwater management, focusing on the impacts of climate change, nature-based solutions, and continuous monitoring.	SDG 6, SDG 13, SDG 15	https://www.ulusofona.pt/noticias/30-anos-de-gestao-sustentavel-de-aguas-subterraneas
Sustainability Events	2025	Screenings of the film "Mickey 17"	Screening of the science fiction film "Mickey 17," which follows a "disposable" (Robert Pattinson), a clonable worker sent to colonize a distant planet. When one of his versions refuses to be replaced, an unexpected twist unfolds.	4, 9, 17	https://www.ulusofona.pt/evento/sexo-es-de-exibicao-do-filme-mickey-17
Sustainability Events	2025	IV Bio.Natural Conference	hybrid conference that brings together experts to discuss the latest applications of natural products in health, pharmaceuticals, cosmetics, and nutrition, with a focus on research into bioactive compounds and their therapeutic and nutritional potential.	SDG 2, SDG 3, SDG 12, SDG 15	https://www.ulusofona.pt/evento/iv-bionatural-conference
Sustainability Events	2025	ENEGI 2025 - 12th National Meeting of Industrial Engineering and Management	ENEGI 2025 is the 12th National Meeting of Industrial Engineering and Management, focusing on "The Challenges of Industry 5.0 for Industrial Engineering and Management." This annual event brings together students, professors, researchers, and professionals from across the country.	SDG 9, SDG 12, SDG 17	https://www.ulusofona.pt/evento/enegi-2025-12-encontro-nacional-de-engenharia-e-gestao-industrial

Sustainability Events	2025	International Symposium: Quo Tendis, Educatio?	The symposium brought together educators, researchers, and policymakers to reflect on the future of education. Key topics included the digital transformation of learning, inclusive education, sustainability in curricula, and the role of universities in driving social change.	SDG 4, SDG 10, SDG 16	https://www.ulusofona.pt/noticias/international-symposium-quo-tendis-educatio
Sustainability Events	2025	Global Changes: Artificial Intelligence and Sustainable Development	A scientific conference that brings together experts to discuss the impact of Artificial Intelligence on sustainable development, addressing economic, social, and environmental transformations.	SDG 4, SDG 8, SDG 9, SDG 11, SDG 13, SDG 17	https://www.ulusofona.pt/evento/mudancas-globais-inteligencia-artificial-e-desenvolvimento-sustentavel
Sustainability Events	2025	Visions of the Future: Iberian Visual Culture After Democracy 1974-1998	An event exploring the evolution of visual culture in the Iberian Peninsula after the establishment of democracy. It examines artistic expressions and cultural changes between 1974 and 1998.	SDG 4, SDG 11	https://www.ulusofona.pt/evento/visions-of-the-future-cultural-visual-iberica-depois-da-democracia-1974-1998
Sustainability Events	2025	Porto Femme – Lusófona University International Film Festival	Screening of 120 films from 35 countries, focusing on promoting inclusion, gender equality, and reducing inequalities. The event also features workshops, debates, and question-and-answer sessions, themed "Invisibilities."	SDG 4, SDG 5, SDG 10	https://www.ulusofona.pt/noticias/porto-femme-2025-da-palco-a-revolucoes-femininas-no-coracao-do-porto
Sustainability Events	2025	Conversation with Dr. Maria Caiado: Inspiration and Advice on Wildlife Medicine	Event with Dr. Maria Caiado, focused on sustainable practices in wildlife medicine and biodiversity conservation, sharing field experiences and professional guidance with students.	SDG 15	https://www.ulusofona.pt/evento/conversa-com-dr-maria-caiado-inspiracao-e-dicas-na-medicina-de-vida-selvagem

Sustainability Events	2025	Premiere of the film "Banzo" directed by a professor at Lusófona University	Screening of the film "Banzo," directed by Lusófona University professor Margarida Cardoso. The film explores the psychological and social consequences of colonialism in Africa in the early 20th century.	SDG 3, SDG 4, SDG 5, SDG 10, SDG 16, SDG 17	https://www.ulusofona.pt/noticias/estrela-do-filme-banzo-com-realizacao-de-docente-da-ulusofona
Sustainability Events	2025	Determinants of the Privatization of Water and Sanitation Services	An event that discusses the factors influencing the privatization of water and sanitation services, including legal, economic, and social implications. The event examines the impact on access to essential services and the role of public policies.	SDG 6, SDG 10, SDG 16	https://www.ulusofona.pt/evento/determinantes-da-privatizacao-dos-servicos-de-agua-e-saneamento
Sustainability Events	2025	InnovDelivery'25: Innovation in delivery systems for health and well-being	Lusófona University hosted InnovDelivery'25, highlighting advances in nanotechnology, sustainability, and new strategies for health and wellness service delivery systems.	SDG 3, SDG 9, SDG 12, SDG 15	https://www.ulusofona.pt/evento/innovdelivery25-ii-encontro-ulusofona-sobre-sistemas-de-veiculacao-inovadores
Sustainability Events	2025	Civil Engineering Days 2025	The first edition of the Civil Engineering Conference at Lusófona University featured conferences, workshops and networking opportunities, focusing on sustainable practices and innovations in civil engineering.	SDG 9, SDG 11, SDG 13	https://www.ulusofona.pt/noticias/jornadas-da-engenharia-civil-2025-sucesso-na-1-edicao-na-ulusofona
Sustainability Events	2025	Great Artist on Campus: Screening of "alheava_filme" by Manuel Santos Maia	As part of the Great Artists on Campus series, Lusófona University hosted a screening of "alheava_filme" (2006, 35') by director Manuel Santos Maia. The film explores themes of memory, identity, and war in Mozambique, offering an intimate perspective on the post-colonial period.	SDG 4, SDG 10, SDG 16, SDG 17	https://www.ulusofona.pt/noticias/manuel-santos-maia-no-great-artist-on-campus-com-o-filme-alheavafilme

Sustainability Events	2025	The Silencing of Women in the Early Church	This event explored the historical context and implications of women's roles in the early Christian church, shedding light on gender dynamics and social structures.	SDG 5, SDG 10	https://www.ulusofona.pt/evento/o-silenciament-o-das-mulheres-na-igreja-primitiva
Sustainability Events	2025	Arctic Unrest in the 21st Century	This event focused on the geopolitical and environmental challenges facing the Arctic region in the current century.	SDG 13, SDG 16	https://www.ulusofona.pt/evento/o-desassossego-no-artico-no-seculo-xxi
Sustainability Events	2025	The Time Traveler – Cinematic Immersion in Colonial History	A film screening at the Fernando Lopes Cinema at Lusófona University - Lisbon University Center that encourages critical reflection on Portugal's colonial past through a powerful visual narrative.	SDG 4, SDG 10	https://www.ulusofona.pt/noticias/o-viajante-do-tempo-imersao-cinematografica-na-historia-colonial
Sustainability Events	2025	Erasmus Welcome Session 2024/25	An event organized by Lusófona University to welcome second-semester Erasmus students, providing essential information on academic services, student support, and integration into the university and the city.	4, 10, 17	https://www.ulusofona.pt/noticias/sessao-de-acolhimento-erasmus-202425-recebe-novos-estudantes-na-ulusofona-
Sustainability Events	2025	III Psychogerontology Meeting: Bringing Life to the Years	This conference brings together experts, municipalities, and companies to reflect on strategies that promote a longer life, with debate and the World Café methodology.	SDG 3, SDG 10, SDG 11, SDG 17	https://www.ulusofona.pt/evento/iii-encontro-de-psicogerontologia-dar-mais-vida-aos-anos-

Sustainability Events	2025	III Psychogerontology Meeting: Bringing Life to the Years	An event that brought together experts in gerontology, psychology, local authorities, and businesses to discuss joint solutions between academia, social organizations, and municipalities, with the aim of promoting a better quality of life for seniors.	3, 10, 11, 17	https://www.ulusofona.pt/noticias/iii-encontro-de-psicogerontologia-discute-solucoes-para-um-envelhecimento-ativo
Sustainability Events	2025	Celebration of World Social Work Day	A conference organized by the Institute of Social Service to commemorate World Social Service Day, with experts, professionals and students discussing the role of Social Service in promoting intergenerational solidarity and inclusive societies.	SDG 1, SDG 3, SDG 10	https://www.ulusofona.pt/noticias/solidariedade-entre-geracoes-marcou-celebracao-do-servico-social
Sustainability Events	2025	Conversation with Uriel Orlow: Art, Memory, and Political Ecologies	lecture by multidisciplinary artist Uriel Orlow, who explores the legacies of colonialism, social and ecological justice, and plants as political actors through installation, film, photography, and sound. The event includes a presentation followed by a Q&A session.	SDG 1, SDG 10, SDG 15, SDG 16	https://www.ulusofona.pt/evento/conversa-com-uriel-orlow-arte-memoria-e-ecologias-politicas

Support Links and Evidence:

- [Lusófona University News](#)
- [Lusófona University Research](#)
- [Lusófona Verde – Eco-Schools](#)

Community Sustainability Services

Project Name	Number of Participants	Project Duration	SDGs	Project Area
Environmental Engineering Projects UC (3rd Year) – Development and Analysis	175	3 years, 3 days/year	SDG4; SDG6; SDG11; SDG12; SDG13; SDG14; SDG17	SI
Annual Volunteer Actions (plastic removal, collection of #StandWithUkraine goods)	210	1 day/year / 1 week	SDG2; SDG10; SDG11; SDG13; SDG14; SDG15; SDG17	SC
Ciência Viva Club Project – School and Summer Activities	250	1 to 5 days/year	SDG4; SDG13; SDG17	SC
Study and Technical Visits (LPN, Lousal Mine, Quinta das Águas)	135	1 to 3 days/year	SDG4; SDG12; SDG13; SDG14; SDG15	CE
Lectures, Seminars and Continuing Education for Teachers	155	1 to 3 days/year	SDG3	CE
European Researchers' Night and Ecology Day Celebrations	200	1 day/year	SDG4; SDG6; SDG13; SDG14; SDG15; SDG16; SDG17	CE
Eco-Schools: Flag, Application and Behavioral Research	530	1 day/year	SDG4; SDG6; SDG7; SDG9; SDG11; SDG12; SDG13; SDG14; SDG15; SDG17	SC / SI
Sustainable Fashion Projects and Collection Design	135	1 day/year	SDG11; SDG12; SDG13; SDG17	SC

Mental Health and Well-being Projects (MentHA, Psychogerontology, Campaigns)	615	Regular activities and campaigns	SDG3; SDG4; SDG11	SC / WS
Environmental Monitoring and Technological Infrastructure	111	1 day/year	SDG7; SDG8; SDG9; SDG11; SDG13	SI / CE
Renewable Energy Research with Andriy Lyubchuk	12	4 years	SDG7; SDG8; SDG9; SDG11	CE
Participation in European Projects Horizon Europe and COST	295	4 years	SDG9; SDG17	CE
Sports Activities and Health Promotion (World Physical Activity Day, Exercise Science)	387	1 day/year	SDG2; SDG3; SDG4	WS
Studies and Actions for Air Quality and Climate Impact	360	1 year, with weekly actions	SDG3; SDG9; SDG11; SDG12; SDG13; SDG15	SI / CE
Social Responsibility and Solidarity Projects	635	Annual activities and long-term projects	SDG1; SDG2; SDG3; SDG4; SDG10; SDG11; SDG16; SDG17	SC
University Nutrition Clinic at the Lusófona Campus	700	Annual continuous activity	SDG3; SDG10; SDG17	SC / WS

Area Legend:

- SI — Institutional Services
- CE — Center for Studies and Research
- SC — Community Services
- WS — Health and Well-Being

Participation in International Conferences and Activities

Lusófona University has been establishing itself on the international scene through consistent and active participation in conferences, collaborative projects, scientific networks, and high-impact academic activities. Between 2023 and 2025, the University was involved in several initiatives aligned with the Sustainable Development Goals (SDGs), demonstrating its commitment to innovation, sustainability, inclusion, and global cooperation.

These actions strengthen Lusófona University's position as an active player in the European and international sphere of higher education, science, and culture, contributing significantly to social and environmental progress through education, applied research, and civic participation.

Category	Year	Event / Content	Description	SDGs	Link
Participation in International Projects	2023	Space Adventure: Defend the Planet	Video game developed within the scope of the GBL4deaf project, presented at the GALA Conference, Dublin.	SDG4; SDG12; SDG16	
Participation in International Projects	2023	Project: Free-LitterAT	International initiative focused on biodiversity and reducing ocean pollution.	SDG14; SDG15	
Participation in International Projects	2023	Catcher Project at Gastech Singapore	Participation of researchers Andriy and Sergiy Lyubchuk to present technology from the CATCHER project.	SDG7; SDG8; SDG9; SDG11	https://www.ulusofona.pt/en/news/project-catcher-at-gatech-singapore
Participation in International Projects	2023	Eco-Schools Congress (Aveiro)	Dissemination of good environmental and educational practices.	SDG6; SDG7; SDG8; SDG9; SDG11; SDG12; SDG14; SDG15; SDG16; SDG17	https://www.ulusofona.pt/en/news/ulusofona-highlights-environmental-education-at-the-vii-international-congress
Participation in	2023	Aqua Synapse Project	Study of the effects of deuterium-poor water.	SDG3; SDG6; SDG14	https://www.ulusofona.pt/en/conve

International Projects					rsations-about/conversations-about-aqua-project
Participation in International Projects	2023	WeARTolerance Project	Artistic project on mental health supported by the La Caixa Foundation.	SDG3; SDG16	https://www.ulusofona.pt/en/news/weartolerance-project-with-the-support-of-la-caixa-foundation
Participation in International Projects	2023	EWALD Project – Kick-off	Launch meeting of the EC-funded project for satellite environmental monitoring.	SDG9; SDG11; SDG15; SDG17	https://www.ulusofona.pt/en/conversations-about/conversations-about-project-ewald
Participation in International Projects	2023	SOS Climate Waterfront Project	International co-creation event on climate change in coastal areas.	SDG8; SDG9; SDG11	https://www.ulusofona.pt/en/news/sos-climate-waterfront-project
Participation in International Projects	2023	Environmental Education Congress (Maputo)	Participation in strengthening environmental education at a Lusophone level.	SDG4; SDG11; SDG17	
Participation in International Projects	2023	CleanAtlantic - Combating Marine Litter in the Atlantic Area	Participation in the fight against marine litter, coordinated by WP6.	SDG14; SDG17	
Participation in International Projects	2023	Consulting and Environmental Analysis – AdTA and ARM	Environmental impact studies at sea (Lisbon and Madeira).	SDG14; SDG17	
Participation in International Projects	2023	IMAT NU E-Course International	Class on circular economy and biowaste.	SDG2; SDG8; SDG15	

Participation in International Projects	2024	XXI SILUBESA – Brazil	Professor at Lusófona University as a guest speaker on water reuse.	SDG6	https://silubesa.com.br/palestrantes/
Participation in International Projects	2024	Aqua Synapse Project	Continuation of research on the impacts of deuterium-poor water.	SDG6	https://www.ulusofona.pt/en/news/aqua-synapse
Participation in International Projects	2024	IX International Congress – Aveiro	Participation of FE Eco-Schools in an event on sustainability.	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 Workshop	Discussion on challenges and strategies for commercializing bioplastics.	SDG8; SDG12; SDG15; SDG16; SDG17	https://www.ulusofona.pt/en/news/workshop-addresses-challenges-and-solutions-for-bioplastics
Participation in International Projects	2024	FEE International Conference - EcoCampus	Presentation of a study on the valorization of organic waste.	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	Open Class: Social Policies and Interculturality	Reflection on social intervention in a national context.	SDG1; SDG2; SDG3; SDG4; SDG5; SDG10; SDG11	https://www.ulusofona.pt/en/news/analyse-and-reflect-social-policies-and-interculturality

Participation in International Projects	2024	ULusófona featured in research rankings	Researcher Patrícia Rijo, from CBIOS (Center for Research in Biosciences and Health Technologies), is once again included in the "World's Top 2% Scientists" list, a ranking of the most cited scientists in the world in 2023.	SDG2; SDG3; SDG4; SDG9; SDG12	
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 fundamental article in promoting/inspiring climate action within the scope of the 13th Sustainable Development Goal of the United Nations: 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 project's main objective 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, multi-scale Earth Observation data. Land degradation is the world's greatest environmental challenge, affecting the environment, agriculture, and human well-being. Exacerbated by natural disasters and desertification, land degradation can pose potential risks and socioeconomic tensions at the EU border.	SDG3; SDG9; SDG11; SDG13; SDG14; SDG15	https://www.ulusofona.pt/en/news/project-wald-early-warning-system-for-soil-degradation-of-the-eu
Participation in International Projects	2024-2026	Erasmus Project "ARLIKENPRO" - Member responsible for the implementation of a WP	Design of a Lifelong Learning Course on European Social Mediation (Distance learning with EU-supervised immersion experience)	SDG4; SDG8; SDG10; SDG16; SDG17	https://www.cree-a.eu/nos-projets/arlekin_pro/

Participation in International Projects	2024-2027	Erasmus Consortium "Citizenship, Interculturality and Mediation" - Coordinating Member	Deepening of theoretical, methodological, ethical and professional skills – within the scope 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" - Coordinating Member	To deepen theoretical, methodological, ethical and professional knowledge and skills on sustainable urban education for the 21st century	SDG4; SDG5; SDG10; SDG11; SDG12; SDG16; SDG17	http://direito.acidade.ulusofona.pt/en/
Participation in International Projects	2022-2024	Erasmus Project "UPEC - European People's University" - Partner Member	Professionalization of social mediation activities through the development of case analyses and training materials	SDG4; SDG10; SDG16; SDG17	https://www.crea.eu/nos-offres/12340/
Participation in International Projects	2021-2023	Erasmus Project "CreEA.MEM" - Partner Member	Definition of a European mobility system for the training of social mediators and the development of mediation organizations	SDG4; SDG5; SDG10; SDG11; SDG16; SDG17	
Participation in International Projects	2023-2025	School Mediation Education Project - Responsible Member	Develop skills, create positive habits, affirm values, and enhance 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-509ea63ac73/content
Participation in International Projects	2021-2023	"Ser-Livre" Project - Evaluating Member	Create a specialized support office for victims of domestic and sexual violence and raise awareness among vulnerable groups	SDG3; SDG5; SDG10; SDG16; SDG17	https://www.adice.pt/ser-livre.html

Participation in International Projects	2024	Study Reveals Limitations in Research Methodologies Conducted During the Pandemic	Research led by members of CeiED and CIE analyzed educational studies conducted remotely during the pandemic, highlighting ethical and methodological limitations, such as difficulties in ensuring participant confidentiality and obtaining informed consent in virtual environments.	SDG 4; SDG 10	https://research.ulusofona.pt/en/clippings/estudo-revela-limitacoes-nas-metodologias-de-investigacao-3a-realiza
Participation in International Projects	2024	Groundbreaking Study Shows Lifelong Learning Protects the Mental Health of Adults Over 55	Research by Paulo Silvestre (CeiED) demonstrated the benefits of continuous learning in promoting mental health and well-being in adults over 55, including greater social engagement, autonomy and reduced isolation.	SDG 3; SDG 4; SDG 10	https://research.ulusofona.pt/en/clippings/estudo-inovador-mostra-que-a-aprendizagem-aolongoda-vida-proteg
Participation in International Projects	2025	Permanent Member of the European CONRIS Network	Integration as a permanent member of the Cooperation Network for Risk, Safety & Security Studies (CONRIS), dedicated to security, risk and resilience, strengthening international collaboration in these areas.	SDG 16; SDG 17	https://www.ulusofona.pt/en/news/ulusofona-university-becomes-a-full-member-of-the-european-conris-network
Participation in International Projects	2025	Law School Joins the OCEAN Network	Integration into the Open Council of Europe Academic Networks (OCEAN), promoting cooperation in legal teaching and research.	SDG 4; SDG 17	https://www.ulusofona.pt/en/news/ulusofona-university-law-school-joins-the-ocean-network

Participation in International Projects	2025	Integration of the National Coordination of CoARA	Membership in the National Coordination of the Coalition for Advancing Research Assessment (CoARA), promoting responsible and impactful scientific practices.	SDG 9; SDG 16; SDG 17	https://research.ulusofona.pt/en/clippings/universidade-lus%C3%B3fona-integra-a-coordena%C3%A7%C3%A3o-nacional-do-coara
Participation in International Projects	2025	Participation in the Aalto ARTS Summer School (Finland)	Students from Lusófona University collaborated with international colleagues on innovative solutions to water-related challenges.	SDG 4; SDG 6; SDG 17	https://www.ulusofona.pt/en/news/lusofona-students-shine-at-aalto-arts-summer-school-in-finland
Participation in International Projects	2025	FilmEU Summit 2025 (Bulgaria)	Participation of teachers and students in the FilmEU event, with debates on the future of artistic education.	SDG 4; SDG 17	https://www.ulusofona.pt/en/news/filmeu-summit-2025-bulgaria
Participation in International Projects	2025	FilmEU Recognized by the European Commission	The European Commission highlights FilmEU as a model for an innovative European university.	SDG 4; SDG 9; SDG 17	https://www.ulusofona.pt/en/news/european-commission-highlights-filmeu-as-an-innovative-european-university-model
Participation in International Projects	2025	II International SOMUS Conference	Reflection on social museology and human rights, with a review of the ICOM Code of Ethics.	SDG 10; SDG 16; SDG 17	https://www.ulusofona.pt/en/event/ii-somus-international-conference-perspectives-of-social-museology

Participation in International Projects	2025	SUNRISE Project (Cape Verde)	Research on sustainable development in island contexts.	SDG 13; SDG 17	https://www.ulusofona.pt/en/news/ulusofona-joins-research-team-in-cape-verde-sunrise-study
Participation in International Projects	2025	EWALD Project (Morocco)	Workshop on soil degradation and sustainable agricultural practices.	SDG 15; SDG 17	https://www.ulusofona.pt/en/news/ewald-project-workshop-on-monitoring-soil-degradation-in-morocco
Participation in International Projects	2025	European Degree Support (Coimbra Group)	Publication of a statement in defense of the European Degree as a tool for academic integration.	SDG 4; SDG 17	https://www.ulusofona.pt/en/news/coimbra-group-publishes-statement-in-support-of-the-european-degree
Participation in International Projects	2025	DETMED Project – Interim Meeting	Meeting within the scope of the DETMED project, focused on gamma probes for surgical removal of tumors.	SDG 3; SDG 9; SDG 17	https://www.ulusofona.pt/en/news/mid-term-meeting-of-detmed-drives-innovation-in-cancer-diagnosis-and-treatment
Participation in International Projects	2025	Integration into the Cultural and Creative Industries Cluster (CICC)	Participation in the cluster to promote sustainability, knowledge sharing and innovation.	SDG 4; SDG 8; SDG 9; SDG 12; SDG 13; SDG 17	https://www.ulusofona.pt/en/news/ulusofona-joins-the-newly-approved-cultural-

					and-creative-industries-cluster
Participation in International Projects	2025	Reflections on the Peace Process in Colombia	International event on gender, security and environmental sustainability in the context of Colombian peace.	SDG 5; SDG 13; SDG 16; SDG 17	https://www.ulusofona.pt/en/news/reflections-on-the-peace-process-in-colombia
Participation in International Projects	2025	Governing Council – United States of America Partnerships	Joining the global council to strengthen cooperation with North American universities.	SDG 4; SDG 17	https://www.ulusofona.pt/en/news/ulusofona-joins-us-university-partnership-governance-council
Participation in International Projects	2025	YouNDigital Project - Final Conference	Presentation of results on youth and digital citizenship.	SDG 4; SDG 5; SDG 10; SDG 16; SDG 17	https://www.ulusofona.pt/en/news/final-conference-youndigital-project
Participation in International Projects	2025	Fram2 Mission – SpaceXposome	Participation in the Fram2 space mission to study stress in astronauts.	SDG 4; SDG 9; SDG 17	https://www.ulusofona.pt/en/news/ulusofona-reached-space-in-the-early-hours-of-31-march
Participation in International Projects	2025	FEMglocal Project - Final Conference	Debate and screening of a documentary on feminist movements in Portugal.	SDG 5; SDG 10; SDG 16; SDG 17	https://www.ulusofona.pt/en/news/femglocal-conference-highlights-feminist-struggles-and-points-the-way-to-future

Participation in International Projects	2025	Pathfinder – International Bachelor's Degree in Cinema	QQI validation of the Pathfinder cinema program, promoting mobility and cooperation.	SDG 4; SDG 17	https://www.ulusofona.pt/en/news/pathfinder-validated-by-the-quality-and-qualification-s-ireland
Participation in International Projects	2025	Future World Film Festival	Member of the international festival that promotes innovation, technology, and sustainability in cinema, with workshops, screenings, and panels on audiovisual trends.	SDG 4, SDG 9, SDG 12	https://www.ulusofona.pt/en/news/ulusofona-university-is-a-partner-of-the-future-world-film-festival
Participation in International Projects	2025	FilmEU Annual Challenge – Production Week & Workshop BIP Film	Production of short films on water themes and workshop on analog techniques.	SDG 4, SDG 17	https://www.ulusofona.pt/en/news/behind-the-scenes-of-the-filmeu-annual-challenge-production-week
Participation in International Projects	2025	- Curie Doctoral Network (DECADOCS)	Integration into DECADOCS for interdisciplinary doctoral training on cultural and environmental decay.	SDG 4, SDG 9, SDG 17	https://www.ulusofona.pt/en/news/ulusofona-university-in-a-marie-skodowska-curie-actions-doctoral-network
Participation in International Projects	2025	Infamous Shipwrecks Project - Reunion	Planning a pilot project on ocean literacy with immersive technologies.	SDG 14, SDG 17	https://www.ulusofona.pt/en/news/infamous-shipwrecks-project-team-meets-in-portugal-from-20-to-22-march

Participation in International Projects	2025	Illumina Training: Artistic Research Methods – Archive, Memory, and Filmmaking	Workshop on artistic research methodologies, including video art and dance cinema practices.	SDG 4; SDG 9; SDG 17	https://www.ulusofona.pt/en/event/illumina-training-artistic-research-methods-archive-memory-and-filmmaking
Participation in International Projects	2025	Adaptation of Doctoral Education in Portugal	Research on interdisciplinarity and collaboration in Portuguese doctoral programs.	SDG 4; SDG 17	https://www.ulusofona.pt/en/news/study-reveals-adaptation-of-doctoral-education-to-new-dynamics-in-portugal
Participation in International Projects	2025	DOCTUS II – Paths of Contemporary Research (Bratislava)	Workshop for doctoral students on archival cinema, collective memory and historiography.	SDG 4; SDG 11; SDG 17	https://www.ulusofona.pt/en/news/doctus-ii-pathways-of-contemporary-research-call
Participation in International Projects	2025	Student Selected for Taekwondo FISU 2025	Patrícia Gomes Poeiras Fróis will represent Portugal at the World University Taekwondo Games.	SDG 3, SDG 4, SDG 5, SDG 17	https://www.ulusofona.pt/en/news/university-student-invited-to-represent-portugal
Participation in International Projects	2025	Aqua Project - Synapse (Lisbon) - 2nd Workshop	Debate on the health effects of low-deuterium water and plans for the next phases.	SDG 3; SDG 9; SDG 17	https://www.ulusofona.pt/en/news/2nd-aqua-synapse-project-workshop-at-the-gimm-foundation-in-lisbon

Participation in International Projects	2025	6th International Teaching and Research Week	Event with 22 professors from 19 international universities to promote pedagogical innovation.	SDG 4, SDG 17	https://www.ulusofona.pt/en/event/6th-international-teaching-and-research-week
Participation in International Projects	2025	European Innovation Network EIT Manufacturing	Joining the network to promote innovation and industrial sustainability in collaboration with researchers and companies.	SDG 4, SDG 17	https://www.ulusofona.pt/en/news/ulusofona-university-joins-european-innovation-network-eit-manufacturing
Participation in International Projects	2025	Future of European Universities - Meeting in Paris	Participation in a strategic debate with 65 universities on transnational alliances such as FilmEU.	SDG 4; SDG 9; SDG 17	https://www.ulusofona.pt/en/news/ulusofona-university-makes-its-mark-in-paris
Participation in International Projects	2025	International Congress of Volleyball Coaches (Daniele Santarelli)	Accredited training and debate on women's volleyball in Portugal with an internationally renowned coach.	SDG 3; SDG 4; SDG 17	https://www.ulusofona.pt/en/news/call-for-staff-mobilities-filmeu-collegium
Participation in International Projects	2025	Call for Mobilities – FilmEU Collegium	FilmEU initiative for staff mobility between universities to promote the exchange of experience and professional development.	SDG 4; SDG 8; SDG 17	https://www.ulusofona.pt/en/event/play-your-idea-2025-final-pitch
Participation in International Projects	2025	Play Your Idea 2025	Annual entrepreneurship competition supporting sustainable ideas in the creative and technology sectors, in partnership with FilmEU.	SDG 3; SDG 4; SDG 8; SDG 9; SDG 17	https://www.ulusofona.pt/en/event/erasmus-bip-military-tourism-reenactment-and-immersive-experiences

Participation in International Projects	2025	International Week Erasmus BIP – Military Tourism and Immersive Experiences	International event (Portugal, Belgium, Greece) on European military heritage with visits, lectures and creative workshops.	SDG 4; SDG 11; SDG 17	https://www.ulusofona.pt/en/event/renewing-the-social-contract-for-education-navigating-possible-futures
Participation in International Projects	2025	Renewing the Social Contract for Education	International multidisciplinary symposium on social justice, sustainability and pedagogical innovation.	SDG 4; SDG 10; SDG 16; SDG 17	https://www.ulusofona.pt/en/event/renewing-the-social-contract-for-education-navigating-possible-futures
Participation in International Projects	2025	TiSSA 2025 - Reimagining Social Work and Social Justice	International conference on social justice, social work and academic and professional networking.	SDG 3; SDG 4; SDG 5; SDG 8; SDG 10; SDG 16; SDG 17	https://www.ulusofona.pt/en/event/call-for-abstracts-tissa-2025-re-imagining-social-work-and-social-justice
Participation in International Projects	2025	YouNDigital Project – Youth, News and Digital Citizenship	Study on information consumption and digital citizenship among young Portuguese people, with expansion of international partnerships.	SDG4; SDG10; SDG16; SDG17	https://www.ulusofona.pt/en/conversations-about/young-digital-project-young-people-news-and-digital-citizenship
Participation in International Projects	2025	RUN Project – Sustainable Solutions for Urban Rivers	International initiative to revitalize urban rivers with 15 Ibero-American partners, funded by the CITET Program.	SDG6; SDG11; SDG13; SDG15; SDG17	https://www.ulusofona.pt/en/conversations-about/run-project-naturalised-urban-rivers

Cultural Activities

Lusófona University's cultural activities play a fundamental role in fostering creativity, engaging the academic community, and valuing artistic and cultural diversity. In 2025, several initiatives stood out, reinforcing the University's role as a space for cultural production, enjoyment, and reflection.

Museums Go to ULusófona / ULusófona Goes to Museums

"Museums Go to ULusófona" / "ULusófona Goes to Museums" initiative promoted collaboration opportunities between Portuguese museums and Lusófona University. The session, specifically aimed at professors and students in the fields of Cinema, Animation, Video Games, Sound Sciences and Technologies, Communication Sciences, Fashion Design, Visual Arts Education, Communication in Organizations, and Media Arts, aimed to foster strategic partnerships.

During the event, museum institutions presented proposals focused on developing joint projects, creating content for permanent and temporary exhibitions, defining research themes, and identifying collaborative funding opportunities.

The session also marked the official launch of the [CICANT Crea-Heritage Lab](#), a new laboratory dedicated to the innovative promotion of Cultural Heritage.

Over & Out 2025

Over & Out is an annual event of celebration, socializing, and sharing talents, which is renewed with each edition to provide unique experiences for students, faculty, and the academic community.

The 2025 edition, held between **July 7th and 10th**, included a wide range of activities spread across various spaces on campus, promoting the exhibition of academic and artistic work developed throughout the year.

The event highlighted the creativity and dedication of students and faculty, reaffirming the University's commitment to pedagogical excellence, the appreciation of artistic expression, and the strengthening of community spirit.

[Fernando Lopes Cinema](#)

The **Fernando Lopes Cinema Room** , located on the Campo Grande Campus, is a dedicated film screening facility integrated into the **Department of Cinema and Media Arts (DCAM) activities**. Equipped with DCP digital projection technology and 7.1 sound, the room reinforces the educational component in the fields of cinema and multimedia arts.

A partnership with Leopardo Filmes allows for festivals, retrospectives, and themed sessions open to the public, fostering a dynamic connection between the University and society.

[FilmEU Film Club](#)

The **FilmEU Film Club** is a joint initiative between Lusófona University, **IADT (Ireland)** , **LUCA School of Arts (Belgium)**, and **Tallinn University (Estonia)**. This regular program offers students international film screenings followed by informal discussions with guests and participants of various nationalities.

The sessions promote contact with cinematographies from different cultures, encouraging sharing between partner institutions of the **FilmEU network** .

[Great Artists on Campus 3](#)

The third edition of the **Great Artists on Campus cycle** , organized by **DCAM** , brought to the University some of the most relevant names in contemporary art, both national and international.

The monthly conferences provided opportunities for direct contact between the academic community and artists, curators, and thinkers in the fields of visual arts, cinema, music, and urban culture, reinforcing the connection between artistic practice and critical thinking.

Support Links and Evidence :

- [Lusófona University News](#)
- [Lusófona University Research](#)
- [Event at Lusófona University](#)

Health and Wellness Activities

At a time when promoting mental, physical, and relational health has become a priority across society, Lusófona University reinforces its commitment to the well-being of its academic community. Through the regular organization of various activities and initiatives aimed at students, faculty, researchers, staff, and the general public, moments of balance, sharing, and personal development have been promoted, with a focus on prevention and holistic health.

Through [SPIC – Psychology, Innovation and Knowledge Service](#), the University offers specialized psychological care, reinforcing its commitment to comprehensive well-being.

These initiatives are aligned with the UN Sustainable Development Goals, in particular SDG 3 – Good Health.

Activities 2025:

Example of Structure to be followed:

BACHATA CLASS WITH SOFIA FRANCO

Dance opens the way for creativity, improvisation, musicality, and body expression, eliminating monotony. It relieves stress and develops motor coordination, promoting well-being and self-esteem.

June 25, 2025

CLEANSING AND SKINCARE SESSION WITH MARIA PALMA

Skin care is increasingly necessary in our daily lives due to sun exposure and harsh environments. Skin cleansing promotes cell regeneration, hydration, prevents premature aging, and promotes blood circulation. We'll learn how to do it correctly using the hygiene products we already use.

June 24, 2025

LUNCH WITH SISTER CIPRIANO & LUÍS WITH ELISABETE, PAULA CIPRIANO, AND RITA LUÍS

Skin care is increasingly necessary in our daily lives due to sun exposure and harsh environments. Skin cleansing promotes cell regeneration, hydration, prevents premature aging, and promotes blood circulation. Let's learn how to do it correctly using the hygiene products we already use.

June 18, 2025

CLEANSING AND SKINCARE SESSION WITH MARIA PALMA

Skin care is increasingly necessary in our daily lives due to sun exposure and harsh environments. Skin cleansing promotes cell regeneration, hydration, prevents premature aging, and promotes blood circulation. Let's learn how to do it correctly using the hygiene products we already use.

June 6, 2025

WATERCOLOR WORKSHOP - 6TH SCHOOL WITH MARGARIDA PRIETO

Watercolor painting is a form of active meditation that helps relieve anxiety and stress. It allows you to concentrate and focus on the present moment, forgetting all of life's worries. Are you not good at drawing, but would like to try watercolor painting? Then this workshop is for you! There's no beauty or ugly here, just the act of experimenting!

June 3, 2025

PHYSICAL EXERCISE SESSION WITH SOFIA FRANCO

Do you lead a sedentary lifestyle? Do you spend a lot of time sitting at the computer? Let's learn some physical exercises you can do at home. Regular exercise is a must, given its benefits. It reduces the risk of disease, improves cardiovascular health, strengthens muscles and bones, and contributes to better sleep and self-esteem. It also helps relieve stress and anxiety for a better quality of life.

May 27, 2025

BLA, BLA, BLA... 30 MINUTES IN ENGLISH! [7TH ED.] WITH RODOLFO ALVES

Learning basic English in theory may be easy, but speaking English isn't always! Do you freeze up every time someone speaks to you in English? Do you ever get a blank whenever someone asks you to answer in English? If so, then these sessions are tailor-made for you. Informal sessions where only English will be spoken... and based on your English level (even if it's very basic). We'll loosen up, talk, talk, talk, and practice! There will be bla, bla, bla without judgment, without fear, without shame! We challenge you to come try it. Exclusively for employees.

May 23, 2025

WATERCOLOR WORKSHOP - 5TH BUILDING WITH MARGARIDA PRIETO

Watercolor painting is a form of active meditation that helps relieve anxiety and stress. It allows you to concentrate and focus on the present moment, forgetting all of life's worries. You're not good at drawing, but would like to try watercolor painting? Then this workshop is for you! There's no beauty or ugly here, just the act of experimenting! May 20, 2025

LUNCH WITH... THE JINDUNGO TEAM WITH ISABEL LLORENTE

The Jindungo Team is back with another surprise! We promise good food, socializing, and lots of fun.

May 13, 2025

BLAH, BHAH, BHAH... 30 MINUTES IN ENGLISH! [7TH ED.] WITH INÊS SANTA

Learning basic English in theory may be easy, but speaking English isn't always easy! Do you freeze every time someone speaks to you in English? Do you go blank whenever someone asks you to respond in English? If so, then these sessions are tailored for you. Informal sessions where only English will be spoken... and based on your English level (even if it's very basic). We'll let our tongues fly, talk, talk, talk, and practice! It'll be blah, blah, blah without judgment, without fear, without shame! We challenge you to come try it. Exclusive to employees.

09.05.2025

RAPILHO SESSION - 3RD EDITION WITH ELISABETE VIEIRA

From stitch to stitch, making mistakes and repeating until we get it right are aspects we experience throughout our lives. The same is true with crochet. Using a thread (the rag) and a needle, through trial and error, we build something unique, handmade, and created by us.

06.05.2025

LUNCH WITH... THE BACALHAU TEAM! - 2ND EDITION WITH SUSANA MARQUES / SUSANA CORDEIRO

The Bacalhau Team is back with another new surprise! We promise good food, fellowship, and lots of fun.

04.16.2025

BLA, BLA, BLA... 30 MINUTES IN ENGLISH! [6th Edition] With INÊS SANTA, PAULA CIPRIANO, AND RODOLFO ALVES

Learning basic English in theory may be easy, but speaking English isn't always easy! You freeze up every time someone addresses you the word in English? Do you go blank every time someone asks you to answer in English? If so, then these sessions are tailor-made for you. Informal sessions where only English will be spoken... and it will be based on your English level (even if it's very basic). We'll loosen up, talk, talk, talk, and practice! There will be blah, blah, blah without judgment, without fear, without shame! We challenge you to come try it. Exclusive to employees.

April 11, 2025

WATERCOLOR WORKSHOP - 4TH BUILDING WITH MARGARIDA PRIETO

Watercolor painting is a form of active meditation that helps relieve anxiety and stress. It allows you to concentrate and focus on the present moment, forgetting all of life's worries. Are you not good at drawing, but would like to try watercolor painting? Then this workshop is for you! There's no beauty or ugly here, just the act of experimenting!

April 9, 2025

BLAH, BHAH, BHAH... 30 MINUTES IN ENGLISH! [6TH ED.] WITH INÊS SANTA, PAULA CIPRIANO, AND RODOLFO ALVES

Learning basic English in theory may be easy, but speaking English isn't always! Do you freeze every time someone speaks to you in English? Do you go blank whenever someone asks you to respond in English? If so, then these sessions are tailored for you. Informal sessions where only English will be spoken... and based on your English level (even if it's very basic). We'll let our tongues flow, talk, talk, talk, and practice! It'll be blah, blah, blah without judgment, without fear, without shame! We challenge you to come try it. Exclusively for employees. April 4, 2025

KNITTING SESSION - 6TH EDITION WITH ELISABETE VIEIRA

The goal of these sessions is to make several blankets together to donate. Each person knits a small square (10 cm x 10 cm). The idea is to join all these squares into a single piece. Focusing on a repetitive and enjoyable manual action is relaxing and increases dopamine and serotonin levels, hormones of well-being and pleasure. The necessary concentration also helps you forget problems and difficulties, feeling satisfied and motivated with your new creation.

March 25, 2025

BLA, BLA, BLA... 30 MINUTES IN ENGLISH! [6TH EDITION] WITH INÊS SANTA, PAULA CIPRIANO, AND RODOLFO ALVES

Learning basic English in theory may be easy, but speaking English isn't always! Do you freeze up every time someone speaks to you in English? Do you ever get a blank whenever someone asks you to respond in English? If so, then these sessions are tailor-made for you. Informal sessions where only English will be spoken... and based on your English level (even if it's very basic). We'll let your tongues flow, talk, talk, talk, and practice! It'll be blabbering, blabbering, blabbering without judgment, fear, or shame! We challenge you to come try it. Exclusively for employees.

March 21, 2025

FLASHMOB - REHEARSALS WITH HELENA JALLES

Dance opens the way for creativity, improvisation, musicality, and body expression, eliminating monotony. It relieves stress and improves motor coordination, promoting well-being and self-esteem. Come celebrate the International Day of Happiness on March 20th at 1 pm in front of Xiribi, participating in a Flashmob.

March 20, 2025

FLASHMOB - REHEARSALS WITH HELENA JALLES

Dance paves the way for creativity, improvisation, musicality, and body expression, eliminating monotony. It relieves stress and improves motor coordination, promoting well-being and self-esteem. Come celebrate the International Day of Happiness on March 20th at 1:00 pm in front of Xiribi, participating in a Flashmob.

March 19, 2025

KNITTING SESSION - 5TH EDITION WITH ELISABETE VIEIRA

The goal of these sessions is to make several blankets together to donate. Each person knits a small square (10 cm x 10 cm). The idea is to join all these squares into a single piece. Focusing on a repetitive and enjoyable manual action is relaxing and increases dopamine and serotonin levels, hormones of well-being and pleasure. The necessary concentration also helps you forget about problems and difficulties, feeling satisfied and motivated with your new creation.

March 18, 2025

BLAH, BHAH, BHAH... 30 MINUTES IN ENGLISH! [5TH ED.] W/ INÊS SANTA, PAULA CIPRIANO, AND RODOLFO ALVES

Learning basic English in theory may be easy, but speaking English isn't always! Do you freeze every time someone speaks to you in English? Do you go blank whenever someone asks you to respond in English? If so, then these sessions are tailored for you. Informal sessions where only English will be spoken... and will be based on your English level (even if it's very basic). We'll let your tongue flow, talk, talk, talk, and practice! It'll be blah, blah, blah without judgment, without fear, without shame! We challenge you to come try it out. Exclusively for employees. March 14, 2025

FLASHMOB - REHEARSALS WITH HELENA JALLES

Dance paves the way for creativity, improvisation, musicality, and body expression, eliminating monotony. It relieves stress and improves motor coordination, promoting well-being and self-esteem. Come celebrate the International Day of Happiness at March 20th at 1:00 pm in front of Xiribi, participating in a Flashmob.

March 12, 2025

KNITTING SESSION - 4TH EDITION WITH ELISABETE VIEIRA

The goal of these sessions is to make several blankets together to donate. Each person knits a small square (10 cm x 10 cm). The idea is to join all these squares into a single piece. Focusing on a repetitive and enjoyable manual action is relaxing and increases levels of dopamine and serotonin, hormones of well-being and pleasure. The necessary concentration also helps you forget about problems and difficulties, feeling satisfied and motivated with your new creation.

March 11, 2025

BLA, BLA, BLA... 30 MINUTES IN ENGLISH! [4th Edition] With INÊS SANTA, PAULA CIPRIANO, AND RODOLFO ALVES

Learning basic English in theory may be easy, but speaking English isn't always easy! Do you freeze every time someone speaks to you in English? Do you go blank whenever someone asks you to respond in English? If so, then these sessions are tailored for you. Informal sessions where only English will be spoken... and based on your English level (even if it's very basic). We'll loosen up, talk, talk, talk, and practice! It'll be blabbering, blabbering, blabbering without judgment, fear, or shame! We challenge you to come try it. Exclusively for employees.

07.03.2025

FLASHMOB - REHEARSALS

Dance opens the way for creativity, improvisation, musicality, and body expression, eliminating monotony. It relieves stress and works on motor coordination, promoting well-being and self-esteem. Come celebrate the International Day of Happiness on March 20th at 1 p.m. in front of Xiribi, participating in a Flashmob.

05.03.2025

BLA, BLA, BLA... 30 MINUTES IN ENGLISH! [3RD ED.] W/ INÊS SANTA, PAULA CIPRIANO, AND RODOLFO ALVES

Learning basic English in theory may be easy, but speaking English isn't always! Do you freeze every time someone speaks to you in English? Do you go blank whenever someone asks you to respond in English? If so, then these sessions are tailored for you. Informal sessions where only English will be spoken... and will be based on your English level (even if it's very basic). We'll let our tongues flow, talk, talk, talk, and practice! It'll be blah, blah, blah without judgment, without fear, without shame! We challenge you to come try it. Exclusively for employees. February 28, 2025

FLASHMOB - REHEARSALS WITH HELENA JALLES

Dance paves the way for creativity, improvisation, musicality, and body expression, eliminating monotony. It relieves stress and improves motor coordination, promoting well-being and self-esteem. Come celebrate the International Day of Happiness on March 20th at 1:00 pm in front of Xiribi, participating in a Flashmob.

February 26, 2025

KNITTING SESSION - 3RD EDITION WITH ELISABETE VIEIRA

In these sessions, our goal is to make a blanket together to donate. Each person knits a small square (10 cm x 10 cm). The idea is to join all these squares into a single piece. Focusing on a repetitive and enjoyable manual action is relaxing and increases dopamine and serotonin levels, hormones of well-being and pleasure. The necessary concentration also helps you forget about problems and difficulties, feeling satisfied and motivated with your new creation.

February 25, 2025

BLAH, BLAH, BLAH... 30 MINUTES IN ENGLISH! [2ND EDITION] WITH INÊS SANTA, PAULA CIPRIANO, AND RODOLFO ALVES

Learning basic English in theory may be easy, but speaking English isn't always easy! Do you freeze every time someone speaks to you in English? Do you go blank whenever someone asks you to respond in English? If so, then these sessions are tailored for you. Informal sessions where only English will be spoken... and based on your English level (even if it's very basic). We'll let your tongue loose, talk, talk, talk, and practice! It'll be blah, blah, blah without judgment, without fear, without shame! We challenge you to come try it out. Exclusively for employees.
February 21, 2025

BALLROOM AND POPULAR DANCING - 5TH EDITION WITH HELENA JALLES

Dance paves the way for creativity, improvisation, musicality, and body expression, eliminating monotony. It relieves stress and develops motor coordination, promoting well-being and self-esteem.

February 11, 2025

BLA, BLA, BLA... 30 MINUTES IN ENGLISH! [1ST ED.] WITH INÊS SANTA, PAULA CIPRIANO, AND RODOLFO ALVES

Learning basic English in theory may be easy, but speaking English isn't always easy! Do you freeze every time someone speaks to you in English? Do you go blank whenever someone asks you to respond in English? If so, then these sessions are tailored for you. Informal sessions where only English is spoken... and will be based on your English level (even if it's very basic). We'll let our tongues fly, talk, talk, talk, and practice! It'll be bla, bla, bla without judgment, without fear, without shame! We challenge you to come try it. Exclusive to employees.

07.02.2025

CINEMA SESSION - "THE FAMILY PORTRAIT" [ANIMATED SHORT FILM] WITH LEA VIDA KOVIC

Sometimes we need to break out of our routine, and since there's never enough time at the end of the day, we're proposing a short movie session to watch an animated film in our Fernando Lopes room!

February 5, 2025

CREATIVE SEWING WITH MAGDA CRUZ

Sewing nourishes the imagination and stimulates the creative and critical spirit; it exercises the brain, mathematical reasoning, and the ability to organize, execute, and plan a project; it develops focus, concentration, and discipline.

January 31, 2024

MANDALA SESSION WITH INÊS SANTA

Creating a mandala involves a creative process, which can be highly therapeutic in itself. It can help release pent-up emotions, reduce stress, and promote relaxation!

January 24, 2025

KNITTING SESSION WITH ELISABETE VIEIRA

Focusing on a repetitive and enjoyable manual action is relaxing and increases dopamine and serotonin levels, hormones of well-being and pleasure. The necessary concentration also helps you forget about problems and difficulties, feeling satisfied and motivated with your new creation.

January 17, 2025

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

Courses

Bachelor's degrees

[Bioeconomy and Circular Technology](#)

This pioneering degree program in Portugal prepares professionals with interdisciplinary training in biotechnology, the environment, and economics. It promotes the implementation of a sustainable and circular bioeconomy, aligned with European priorities. The program includes an ERASMUS+ partnership with the Hochschule Trier (Germany), promoting international mobility and the exchange of best sustainable practices.

Master's degrees

[Artificial Intelligence for Sustainable Societies \(Erasmus Mundus\)](#)

A joint international program that integrates sustainability, artificial intelligence, and citizen participation. Students acquire skills in data science, participatory design, and ethical analysis of digital technologies. The course promotes data-driven decisions and sustainable solutions with positive social impact, from a multidisciplinary and intercultural perspective.

[Smart and Sustainable Energy Systems](#)

This master's degree focuses on training professionals capable of meeting the challenges of the energy transition. It covers areas such as renewable energy, decarbonization, digitalization, energy markets, and artificial intelligence. With a strong interdisciplinary component, the program combines technological innovation and sustainability, preparing specialists to lead the transformation of the energy sector.

Postgraduate Studies

[Sustainable Management in Health](#)

This postgraduate program combines technical knowledge with an ethical and sustainable vision of healthcare management. It addresses topics such as quality, efficiency, patient well-being, and the sustainability of healthcare systems. It is designed for healthcare managers and professionals and is offered in an after-work format.

[Sustainability in Waste Management – Specialization in Biowaste](#)

This specialized course addresses the challenges posed by PERSU 2030 and the transition to more sustainable waste management systems. It trains technicians and managers in the valorization and optimization of biowaste collection and treatment, with an applied approach focused on real-world solutions.

Free Training

[Sustainable Management of Audiovisual Production – Green Consultants](#)

This training is aimed at professionals in the audiovisual sector who wish to apply sustainable practices in the pre-production, filming, and post-production phases. Inspired by the model of the University of Medien Stuttgart, it prepares consultants to lead the green transformation in the creative industries, promoting carbon neutrality and energy efficiency in film productions.

Training Actions and Workshops

Between 2023 and 2025, Lusófona University hosted a wide range of training activities, lectures, conferences, and workshops for the academic community and society at large. These initiatives demonstrate the institution's commitment to Education for Sustainable Development and address important topics such as Health, the Environment, Citizenship, Technology, Innovation, and Social Inclusion.

Category	Year	Event/Content	Description	SDGs	Link
Training Actions and Workshops	2023	Workshop on Physical Exercise with Blood Flow Restriction	Theoretical and practical sessions with researchers Eduardo Carballeira Fernández and Marta Sevilla Sánchez (University of A Coruña, Spain), focused on new training methodologies.	SDG3; SDG4	https://www.ulusofona.pt/en/news/workshop-physical-exercise-with-blood-flow-restriction
Training Actions and Workshops	2023	Online Training on Waste Separation	Action promoted by the Eco-Schools of the Faculty of Engineering, in partnership with Sociedade Ponto Verde, aimed at the academic community and collaborators.	SDG4; SDG11; SDG12; SDG16	https://www.ulusofona.pt/en/news/lusofona-university-promotes-online-training-on-waste-separation
Training Actions and Workshops	2023	Technical Visit to the Lousal Mine	Eco-Council students participated in an educational excursion, with sample collection and environmental study activities.	SDG6; SDG12	https://www.ulusofona.pt/en/news/lusofona-university-students-visit-lousal-mine-on-technical-outing
Training Actions and Workshops	2023	Lecture on Asbestos – Risks, Effects and Prevention	Session led by an ISQ specialist, addressing the issue of asbestos in various sectors.	SDG8; SDG9; SDG12; SDG15	https://www.ulusofona.pt/en/news/risks-effects-and-prevention-of-asbestos-in-lecture-at-lusofona-university
Training Actions and Workshops	2023	Energy Efficiency Awareness Campaign	Session led by Prof. Rui Neto, promoting sustainable practices on university campuses.	SDG7; SDG11; SDG12	https://www.ulusofona.pt/en/news/energy-saving-awareness-action-at-lusofona

Training Actions and Workshops	2023	Lecture on Biodiversity and Bird Identification	It included bird watching on campus and a discussion on biodiversity conservation.	SDG15	https://www.ulusofofona.pt/en/news/lecture-on-bird-biodiversity-and-identification-involves-ulusofona
Training Actions and Workshops	2023	Session on Water and Sand Quality in Coastal Areas	Activity in the field of Medical Microbiology with the participation of Dr. João Brandão (CESAM/INSA).	SDG14	https://www.ulusofofona.pt/en/news/ulusofona-a-promotes-session-on-the-quality-of-water-and-sand-in-coastal-zones
Training Actions and Workshops	2023	Articulation between Spatial Planning and Emergency Planning	Part of the CEPS course, focusing on protection and rescue strategies.	SDG3; SDG13	https://www.ulusofofona.pt/en/news/articulation-of-land-use-planning-and-emergency-planning
Training Actions and Workshops	2023	Water Quality Analysis in Natural Lakes	Field activity with parameter measurement and sample collection.	SDG14	https://www.ulusofofona.pt/en/news/ulusofona-a-students-evaluate-water-in-sancha-and-santo-andre-lagoons
Training Actions and Workshops	2024	Senior School – Learning and Wellbeing Program for Seniors	Course that promotes the active inclusion of the senior population in areas such as History, Culture, Society and Health.	SDG4; SDG10; SDG11	https://www.ulusofofona.pt/en/event/senior-school-202425
Training Actions and Workshops	2024	Short Course in Structural Monitoring (SHM)	Practical training on monitoring bridges and special civil structures.	SDG9; SDG13	https://civilresearchgroup.ulusofona.pt/courses/short-course-shm
Training Actions and Workshops	2024	Water Wise Technologies Program	Intensive postgraduate course on sustainable water management with advanced technologies.	SDG3; SDG6; SDG14	

Training Actions and Workshops	2024	Erasmus+ Course on Global Citizenship and Interculturality	Intensive course with debates, workshops and practical activities in English.	SDG4; SDG16	https://www.ulusofona.pt/en/news/erasmus-course-promotes-global-citizenship-and-interculturality
Training Actions and Workshops	2024	Workshop "Parasites in Sushi: Awareness and Prevention"	Educational action on food safety and public health.	SDG2; SDG3; SDG12	https://www.ulusofona.pt/en/event/conversations-about-parasites-in-sushi-awareness-and-prevention
Training Actions and Workshops	2024	Sustainability Days 2024	Set of workshops and lectures held on World Environment Day.	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 Air Quality and Thermal Comfort	Application of low-cost sensors in urban contexts.	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 "Simplifying Recycling"	Awareness raising action on waste separation.	SDG4; SDG12; SDG13; SDG15	https://www.ulusofona.pt/en/news/workshop-at-ulusofona-simplifies-recycling-and-promotes-environmental-awareness
Training Actions and Workshops	2024	Workshop on Bioplastics	Discussion on challenges and solutions for sustainable production of bioplastics.	SDG9; SDG12; SDG13	https://www.ulusofona.pt/en/event/bioplastics-in-a-sustainable-world
Training Actions and Workshops	2024	Digital Citizenship in Portuguese-Speaking Countries	Initiative to promote digital skills in Portuguese-speaking contexts.	SDG4; SDG9; SDG16	https://www.ulusofona.pt/en/event/digital-citizenship-in-portuguese-speaking-countries

Training Actions and Workshops	2024	10th Industrial Engineering and Management Conference	Workshop on leadership, innovation and continuous improvement in organizations.	SDG 4; SDG 8; SDG 9	https://www.ulusofona.pt/en/news/transforming-strategies-into-results-the-journey-to-excellence
Training Actions and Workshops	2024	Education and Communication for Sustainability	Training within the scope of the MUBIESUS project, focused on museums and libraries.	SDG 4; SDG 11; SDG 13; SDG 17	https://www.ulusofona.pt/en/news/education-and-communication-as-vectors-for-sustainable-development
Training Actions and Workshops	2024	4th International Conference on Artificial Intelligence Research	Debate on ethics, social impact and professional practices in a digital context.	SDG 4; SDG 9; SDG 16	https://www.ulusofona.pt/en/news/experts-debate-ethics-technological-advances-and-the-social-impact-of-ai
Training Actions and Workshops	2024	Technology in Strategic Human Resource Management	Event on digital transformation in the Human Resources sector.	SDG 4; SDG 8; SDG 9; SDG 10	https://www.ulusofona.pt/en/news/debating-technology-in-strategic-human-resource-management
Training Actions and Workshops	2024	Roundtable "YouNDigital: Young People and Journalists in Dialogue"	Discussion about the future of journalism in the digital age.	SDG 4; SDG 9; SDG 16	https://www.ulusofona.pt/en/event/youngdigital-roundtable-young-people-and-journalists-in-dialogue
Training Actions and Workshops	2024	In-depth Practices in Social Work	Open class on innovative practices and challenges in Social Work, including interactive sessions and distinguished guests.	SDG 4; SDG 10; SDG 11; SDG 17	https://www.ulusofona.pt/en/news/advanced-practices-in-social-work-in-an-open-class-at-lusofona-university

Training Actions and Workshops	2024	Sports Training with Luís Castro	Lecture with Luís Castro, soccer coach, about lessons and advice on sports training.	SDG 4; SDG 10;	https://www.ulusofona.pt/en/news/luis-castro-shares-lessons-on-football-leadership-with-masters-students
Training Actions and Workshops	2025	Artificial Intelligence for Sustainable Societies	Collaborative training to explore sustainable solutions through Artificial Intelligence.	SDG 4; SDG 9; SDG 11; SDG 13	https://www.ulusofona.pt/en/news/students-explore-ai-for-sustainable-societies
Training Actions and Workshops	2025	Pedagogical Training Days	Training cycle for teachers and researchers on innovative pedagogical practices.	SDG 4; SDG 8; SDG 17	https://www.ulusofona.pt/en/event/lusofona-education-pedagogical-training-days
Training Actions and Workshops	2025	IT/IS Compliance: ISO/IEC 5230 and 18974	Sessions on technological risks and responsible innovation in digital environments.	SDG 4; SDG 9; SDG 16	https://www.ulusofona.pt/en/event/itis-compliance-managing-risks-and-unlocking-innovation-isoiec-5230-e-18974
Training Actions and Workshops	2025	Intervention in Palliative Care	Lecture open to the public on interventions that improve quality of life in palliative care.	SDG3; SDG4;	https://www.ulusofona.pt/en/event/lecture-intervention-in-palliative-care
Training Actions and Workshops	2025	Good Practices for Migrant Student Entrepreneurs	Workshop on resources and practices to support migrant students in entrepreneurship.	SDG8; SDG10;	https://www.ulusofona.pt/en/event/workshop-good-practices-migrant-student-entrepreneurs

Training Actions and Workshops	2025	Dating Violence and Intimate Relationships	Awareness and support workshop for preventing violence in intimate relationships.	SDG3; SDG5; SDG16; SDG17;	https://www.ulusofona.pt/en/news/workshop-on-dating-violence-and-intimate-relationships-at-ulusofona
Training Actions and Workshops	2025	Social Service in the Armed Forces	The role of social services in supporting military personnel and their families, crisis management and integration.	SDG3; SDG4; SDG16;	https://www.ulusofona.pt/en/event/social-work-in-the-armed-forces
Training Actions and Workshops	2025	Motivation in Physical Education: Challenges, Strategies and Student Involvement	Open class on methods to improve student motivation and participation in physical education.	SDG3; SDG4;	https://www.ulusofona.pt/en/news/motivation-in-physical-education-challenges-strategies-and-student-involvement
Training Actions and Workshops	2025	Current Legal Issues	Critical discussion on contemporary challenges in law.	SDG16;	https://www.ulusofona.pt/en/event/current-legal-issues-multidisciplinary-partnerships-and-tax-transparency
Training Actions and Workshops	2025	Improving Software Quality: The Role of AI in Modern Testing Practices	Seminar on how Artificial Intelligence transforms software testing and improves quality.	SDG9;	https://www.ulusofona.pt/en/event/elevating-software-quality-the-role-of-ai-in-modern-testing-practices
Training Actions and Workshops	2025	How to Survive as a Researcher and Still Have Fun	Techniques for balancing personal and professional life in a research career.	SDG3; SDG4; SDG8; SDG17;	https://www.ulusofona.pt/en/event/how-to-survive-as-a-researcher-and-still-have-some-fun
Training Actions and Workshops	2025	Congress Debates Domestic Violence and the Istanbul Convention	Strategies to prevent domestic violence and implementation of the Istanbul Convention.	SDG5; SDG16;	https://www.ulusofona.pt/en/news/congress-debates-domestic-violence-and-the-istanbul-convention

Training Actions and Workshops	2025	Job Fair 2025 (ULusófona - CUL)	Event with national and international companies to connect students to the job market.	SDG4; SDG8; SDG17;	https://www.ulusofona.pt/en/news/job-fair-brings-ulusofona-students-closer-to-the-labour-market
Training Actions and Workshops	2025	Job Fair 2025 (ULusófona - CUP)	Event with national and international companies to connect students to the job market.	SDG4; SDG8; SDG17;	https://www.ulusofona.pt/en/news/job-fair-2025-connects-students-with-the-job-market
Training Actions and Workshops	2025	Good Practices in the Management and Organization of Walking and Running Events	Masterclass on planning, logistics and execution of sporting events.	SDG3; SDG4; SDG17;	https://www.ulusofona.pt/en/news/ulusofona-a-students-organise-solidarity-walk-with-food-bank
Training Actions and Workshops	2025	Technical Consulting and Residential Care	Good practices and challenges in technical support and residential care for people in vulnerable situations.	SDG1; SDG3; SDG10; SDG16;	https://www.ulusofona.pt/en/event/technical-assistance-and-residential-care
Training Actions and Workshops	2025	Datacenters, Energy and Portugal's Potential – LES Digital	Webinar on green energy, innovation, and regulation in the digital sector, highlighting Portugal's strategic role.	SDG7; SDG9;	https://www.ulusofona.pt/en/event/webinar-data-centres-energy-and-the-potential-of-portugal-les-digital
Training Actions and Workshops	2025	Psychopathology in Deviant Behavior and Violence	Open class on the relationship between psychopathology, deviant behavior and violence, for critical reflection.	SDG3; SDG16;	https://www.ulusofona.pt/en/event/psychopathology-in-deviant-behavior-and-violences

Training Actions and Workshops	2025	TecWeb 2025 – The Future is Now	Annual hybrid event on technological innovation, workshops and connections between academia and the technology sector.	SDG4; SDG8; SDG9; SDG17;	https://www.usofona.pt/en/news/a-week-of-innovation-and-sharing-between-the-usofona-and-technology-industry
Training Actions and Workshops	2025	Social Service Week 2025: Intergenerational Solidarity	Week with debates, exhibitions and lectures on the role of Social Services and solidarity between generations.	SDG1; SDG3; SDG10; SDG16;	https://www.usofona.pt/en/news/social-work-week-celebrated-solidarity-and-intergenerational-dialogue
Training Actions and Workshops	2025	12th Week of Communication, Arts and Technologies	Conferences and workshops on Journalism, Marketing, Arts and Digital Media, promoting debate and development.	SDG4; SDG17;	https://www.usofona.pt/en/event/12th-communication-arts-and-technology-week
Training Actions and Workshops	2025	Is ICMS an Unfair Tax?	Public debate on tax justice and the progressive ICMS model in Portugal.	SDG8; SDG10;	https://www.usofona.pt/en/news/conference-debated-the-fairness-of-vat-in-the-portuguese-tax-system
Training Actions and Workshops	2025	Change Management in Remote Work Environments	Online session on communication and leadership for the transition to remote work.	SDG9;	https://www.usofona.pt/en/event/change-management-in-remote-working-environments
Training Actions and Workshops	2025	Great Artists on Campus: Joshua Decker	Conference on art as a social and cultural phenomenon, critical curation and socially engaged art.	SDG4; SDG9; SDG11;	https://www.usofona.pt/en/event/joshua-decker-art-as-contradiction

Training Actions and Workshops	2025	FilmEU Talks - Experts on Air with Wouter Jansen	Conference on strategies for promoting independent films and short films at international festivals.	SDG9; SDG17	https://www.ulsofona.pt/en/event/filmeu-talks-experts-on-air-com-wouter-jansen
Training Actions and Workshops	2025	Critical Thinking Day 2025	Event with lectures and activities to develop critical thinking and innovation skills.	SDG4; SDG9; SDG16;	https://www.ulsofona.pt/en/news/lusofona-university-critical-thinking-day-2025
Training Actions and Workshops	2025	Another Delli Week – PaperWork	Week with lectures and workshops on the creative and sustainable use of paper in communication design.	SDG4; SDG9; SDG11; SDG12;	https://www.ulsofona.pt/en/news/other-delli-week-invites-future-designers-to-reinvent-their-bond-with-paper
Training Actions and Workshops	2025	Social Service: Paths and Importance of Research	Workshop on the role of research for innovation and professional development in Social Work.	SDG4; SDG16;	https://www.ulsofona.pt/en/news/social-work-the-paths-and-importance-of-research
Training Actions and Workshops	2025	Great Artists on Campus: Francisca Carvalho	Artistic conference on symbolism in the visual arts using collage, drawing and textiles.	SDG3; SDG4; SDG5; SDG9;	https://www.ulsofona.pt/en/event/a-chat-with-artist-francisca-carvalho
Training Actions and Workshops	2025	Europe and Latin America – A Necessary Convergence for the Future	Presentation and debate on transatlantic partnerships in democracy, human rights and climate.	SDG16;	https://www.ulsofona.pt/en/event/europe-and-latin-america-a-necessary-convergence-for-the-future

Training Actions and Workshops	2025	LinkedIn: Content Marketing is King – How to Convert Leads into Customers?	Online session on digital marketing strategies focused on lead conversion via LinkedIn.	SDG8; SDG9;	https://www.ulusofona.pt/en/event/educational-science-days-social-education
Training Actions and Workshops	2025	1st Educational Sciences Conference – Social Education	Event on internships in the training of social educators.	SDG 4; SDG 10; SDG 17	https://www.ulusofona.pt/en/event/educational-science-days-social-education
Training Actions and Workshops	2025	5th Seminar on Juvenile Delinquency – Education in Juvenile Justice	Hybrid seminar on juvenile justice and social reintegration.	SDG 10; SDG 16	https://www.ulusofona.pt/en/news/educational-and-juvenile-justice-at-the-5th-seminar-on-juvenile-delinquency
Training Actions and Workshops	2025	Advanced Personalization Techniques	Practical workshop on sustainable skateboard customization.	SDG 4; SDG 12; SDG 17	https://www.ulusofona.pt/en/news/technical-workshops-and-use-of-posca-materials-for-creation-and-self-expression
Training Actions and Workshops	2025	Explore the European Citizens' Action Service	Collaborative conference on European citizens' initiative and participatory democracy.	SDG 4; SDG 10; SDG 16	https://www.ulusofona.pt/en/news/students-discuss-participatory-democracy-in-the-european-union
Training Actions and Workshops	2025	Pedagogical Innovation: Approaches, Practices and Challenges	Online colloquium on pedagogical innovation, diversity and inclusion.	SDG 4; SDG 5; SDG 10	https://www.ulusofona.pt/en/event/pedagogical-innovation-approaches-practices-and-challenges

Training Actions and Workshops	2025	Digital Transformation and Innovation: Unlocking the Value of Data	Seminar on the strategic use of data for sustainable innovation.	SDG 9; SDG 12	https://www.ulusofona.pt/en/event/data-analytics-making-data-actionable
Training Actions and Workshops	2025	Trajectories in Social Service: Experiences of Former Students	Open class with former Social Service students about professional trajectories.		https://www.ulusofona.pt/en/event/trajectories-in-social-work-the-experience-of-former-students
Training Actions and Workshops	2025	Ethics, Power and Technology in Social Work	Debate on ethics and technology in social intervention.	SDG 1; SDG 3; SDG 4; SDG 5; SDG 10; SDG 16	https://www.ulusofona.pt/en/news/ethics-power-and-technology-debated-in-social-work-intervention-challenges
Training Actions and Workshops	2025	Foster Care: Children's Right to a Family	Lecture on foster care as an alternative to institutionalization.	SDG 1; SDG 3; SDG 16	https://www.ulusofona.pt/en/event/foster-care-the-right-of-children-to-a-family
Training Actions and Workshops	2025	Post-Colonial Relations between Portugal and Angola (1975-76)	Lecture on post-colonial relations between Portugal and Angola.	SDG 4; SDG 10; SDG 16	https://www.ulusofona.pt/en/event/post-colonial-relations-between-portugal-and-angola-1975-76
Training Actions and Workshops	2025	Competitive Intelligence in the Business Market – LES Digital Breakfast	Webinar on strategic analysis and competitive business intelligence	SDG 8; SDG 9	https://www.ulusofona.pt/en/event/competitive-intelligence-in-the-business-market-les-digital-breakfast

Training Actions and Workshops	2025	3rd Luso-Brazilian Conference – A Constitutional Right to Religion?	Conference on religious freedom and constitutional law.	SDG 10; SDG 16	https://www.ulusofona.pt/en/event/3rd-luso-brazilian-conference-a-constitutional-right-to-religion
Training Actions and Workshops	2025	Community Participation in Practice: Mobilizing and Generating Change	Open class on community participation and social intervention.	SDG 1; SDG 10; SDG 11; SDG 17	https://www.ulusofona.pt/en/event/community-participation-in-practice-mobilising-and-generating-change
Training Actions and Workshops	2025	Psychology Conferences	Conferences on innovative topics in Psychology, connecting academia and professional practice.	SDG 3; SDG 4; SDG 5; SDG 8; SDG 10; SDG 17	https://www.ulusofona.pt/en/news/psychology-days-debate-emerging-challenges-and-link-academia-to-the-market
Training Actions and Workshops	2025	European Pillar of Social Rights	Interactive exhibition on social rights in the EU, with guided tours and discussions.	SDG 1; SDG 2; SDG 3; SDG 4; SDG 5; SDG 8; SDG 10; SDG 11; SDG 16	https://www.ulusofona.pt/en/news/european-pillar-of-social-rights-exhibition
Training Actions and Workshops	2025	Sexuality and Behaviors in Affective Relationships	Workshop on mental health, sexuality and healthy emotional relationships.	SDG 3; SDG 4; SDG 5; SDG 10	https://www.ulusofona.pt/en/news/workshop-sparked-debate-on-sexuality-and-affective-relationships-
Training Actions and Workshops	2025	Altavilla – A Century Later	Seminar on judicial psychology and criminology, highlighting historical contributions.	SDG 4; SDG 16	https://www.ulusofona.pt/en/news/altavilla-seminar-a-century-of-contributions-to-judicial-psychology

Training Actions and Workshops	2025	Education, Gender and Migration – Perspectives from Classical Sociological Theory	Open class on current challenges of female migration, social inequalities and the role of education in equality.	SDG4; SDG5; SDG10; SDG11;	https://www.ulusofona.pt/en/event/education-gender-and-migration-perspectives-from-classical-sociological-theory
Training Actions and Workshops	2025	Winter School 2025 – Practical Training in Cybersecurity	Intensive week of practical cybersecurity training, with labs and a hackathon to develop skills.	SDG4; SDG9;	https://www.ulusofona.pt/en/news/winter-school-2025-a-practical-immersion-in-cybersecurity
Training Actions and Workshops	2025	Illumina Training: Artistic Research Methods – Archive, Memory and Cinema	Workshop for emerging researchers in film and the arts, exploring innovative artistic methodologies.	SDG4; SDG9; SDG17;	https://www.ulusofona.pt/en/event/illumina-training-artistic-research-methods-archive-memory-and-filmmaking
Training Actions and Workshops	2025	The Normalization of the Radical Right	Webinar on the book that analyzes the rise of the far right and challenges for democracy in the 21st century.	SDG4; SDG10; SDG16;	https://www.ulusofona.pt/en/event/the-normalisation-of-the-radical-right
Training Actions and Workshops	2025	Civil Engineering Week 2025	Academic event with technical visits, lectures and practical activities for Civil Engineering students.	SDG4; SDG10;	https://www.ulusofona.pt/en/news/civil-engineering-week-2025-theory-and-practice-in-three-days-of-activities
Training Actions and Workshops	2025	How to Adapt My CV to Work in Portugal? (ULusófona - CUP)	Workshop for migrants on adapting their CV to the Portuguese job market, with sessions in Portuguese and English.	SDG8; SDG10; SDG11;	https://www.ulusofona.pt/en/news/workshop-teaches-how-to-adapt-your-cv-to-the-portuguese-labour-market
Training Actions and Workshops	2025	How to Adapt My CV to Work in Portugal? (ULusófona - CUL)	Workshop for migrants on adapting their CV to the Portuguese job market, with sessions in Portuguese and English.	SDG8; SDG10; SDG11;	https://www.ulusofona.pt/en/news/workshop-facilitates-migrants-integration-into-the

					portuguese-job-market
Training Actions and Workshops	2025	What's Next – Electoral Communication	Event with professionals sharing strategies and narratives of electoral campaigns in Portugal.	SDG4; SDG16;	https://www.ulusofona.pt/en/news/political-communication-experts-discuss-electoral-strategies
Training Actions and Workshops	2025	2025 Legislative Elections	Series of political debates with young candidates to promote active citizenship and reflection on national elections.	SDG16;	https://www.ulusofona.pt/en/news/legislative-debate-series-at-ulusofona-cup-encourages-political-reflection
Training Actions and Workshops	2025	II Psychology Conference: Practices and Applications	Conferences and workshops on Clinical Psychology, Neuropsychology and Justice Psychology for students and professionals.	SDG3; SDG4; SDG8;	https://www.ulusofona.pt/en/news/ulusofona-psychology-days-highlight-emerging-issues-in-the-field
Training Actions and Workshops	2025	Human Resource Management 2025 – Preparing for the Unlikely	Conference on human resource management in uncertain contexts, innovation and adaptive leadership.	SDG4; SDG8; SDG9; SDG10;	https://www.ulusofona.pt/en/event/preparing-for-the-unlikely
Training Actions and Workshops	2025	Blended Intensive Programme: Rural Fire Management and Prevention	Intensive program on strategies, technologies and legislation for fire prevention in rural areas.	SDG11; SDG13; SDG15;	https://www.ulusofona.pt/en/event/blended-intensive-programme-wildfire-management-and-prevention
Training Actions and Workshops	2025	d/AI 2025 – Artificial Intelligence, Knowledge and University	Workshop on the application of Artificial Intelligence in teaching, research and academic management, aimed at the entire university community.	SDG4; SDG9; SDG17;	https://www.ulusofona.pt/en/event/artificial-intelligence-knowledge-and-the-university-ii

Training Actions and Workshops	2025	Accounting: New Times, New Challenges	Panels and debates on digital transformation, ethics and professional integration in accounting.	SDG4; SDG8;	https://www.ulusofona.pt/en/event/accounting-conference-new-times-new-challenges
Training Actions and Workshops	2025	Europe's Tomorrow: Challenges and Projections	Event on the geopolitical challenges of the European Union with debates and a practical workshop on policymaking.	SDG4; SDG16;	https://www.ulusofona.pt/en/event/europes-future-challenges-and-projections
Training Actions and Workshops	2025	Young Summit	Workshop on Artificial Intelligence, innovation and sustainability.	SDG 8; SDG 9; SDG 12; SDG 13	https://www.ulusofona.pt/en/news/young-summit-ai-and-entrepreneurs-hip-debated-at-ulusofona-cup
Training Actions and Workshops	2025	Sound Week 2025	Activities on sound in art, society and technology.	SDG 4; SDG 11; SDG 16	https://www.ulusofona.pt/en/event/sound-week-25
Training Actions and Workshops	2025	Current Challenges in the Management of Water Treatment Plants and Wastewater Treatment Plants	Open class on sustainability in water treatment.	SDG 6; SDG 11; SDG 12; SDG 13	https://www.ulusofona.pt/en/event/current-challenges-in-water-treatment-and-sewage-treatment-management
Training Actions and Workshops	2025	Resource Activation in Psychotherapy	Session on therapeutic strategies based on personal resources.	SDG 3; SDG 4	https://www.ulusofona.pt/en/news/activating-resources-in-psychotherapy-strategies-and-reflections
Training Actions and Workshops	2025	The Practice of Architecture and Urbanism in Angola	Lecture on urban planning and architecture in Angola.	SDG 4; SDG 11; SDG 17	https://www.ulusofona.pt/en/event/president-of-the-angolan-order-of-architects

Training Actions and Workshops	2025	MKTD Talks #1 - Digital Marketing and Business Strategy	Debate on digital marketing and business strategy.	SDG 4; SDG 8; SDG 9	https://www.ulusofona.pt/en/event/mktd-talks-1-digital-marketing-and-business-strategy
Training Actions and Workshops	2025	Innovation and Legacy in the World of Video Games	Masterclass with Robert J. Mical on innovation in video games and artificial intelligence.	SDG 4; SDG 9	https://www.ulusofona.pt/en/news/robert-j-mical-innovation-and-legacy-in-the-video-game-universe
Training Actions and Workshops	2025	The Future of Payments – LES Digital Breakfast	Webinar on new payment technologies.	SDG 4; SDG 9; SDG 17	https://www.ulusofona.pt/en/event/the-future-of-payments-cards-phones-or-telepathy
Training Actions and Workshops	2025	World Day for Cultural Diversity	Workshop on inclusion and intercultural dialogue.	SDG 16; SDG 17	https://www.ulusofona.pt/en/event/celebration-of-the-world-day-for-cultural-diversity
Training Actions and Workshops	2025	Social Policies and Social Service	Lecture series on social policies and intervention.	SDG 3; SDG 10; SDG 16	https://www.ulusofona.pt/en/event/social-policies-and-the-role-of-social-work
Training Actions and Workshops	2025	Democratic Participation in Society	Meeting on citizenship, diversity and civic participation.	SDG 4; SDG 10; SDG 16	https://www.ulusofona.pt/en/event/democratic-participation-in-everyday-society
Training Actions and Workshops	2025	Brain, Mind and Education	Webinar on neuroscience and learning processes.	SDG 4	https://www.ulusofona.pt/en/event/brain-mind-and-education

Training Actions and Workshops	2025	Sleep Habits – Raising Awareness to Improve	Awareness raising campaign on sleep hygiene.	SDG 3; SDG 4	https://www.ulusofona.pt/en/event/sleep-habits-raising-awareness-for-improvement
Training Actions and Workshops	2025	Science in the 20th Century and the Second Vatican Council	Open class on science, values and human development.	SDG 4; SDG 16	https://www.ulusofona.pt/en/event/science-in-the-20th-century-and-the-second-vatican-council
Training Actions and Workshops	2025	Subsea Communications Strategy - LES Digital Breakfast	Webinar on submarine cables and Portugal's role.	SDG 9; SDG 14; SDG 17	https://www.ulusofona.pt/en/event/submarine-communications-strategy-portugal-at-the-heart-of-the-global-network
Training Actions and Workshops	2025	Building Bridges – Biochemistry	Workshop on connections between academia and industry in biochemistry.	SDG 4; SDG 9; SDG 17	https://www.ulusofona.pt/en/event/building-bridges-academia-industry-opportunities-in-biochemistry
Training Actions and Workshops	2025	The Futures of Education	Interview and webinar on the challenges and opportunities of the school of the future.	SDG 4	https://www.ulusofona.pt/en/event/the-future-of-education
Training Actions and Workshops	2025	The Challenges of Social Work in Contemporary Society	Hybrid seminar on practices, challenges and social responses.	SDG 3; SDG 10; SDG 16	https://www.ulusofona.pt/en/event/the-challenges-of-social-work-in-contemporary-society
Training Actions and Workshops	2025	Vitrification and Devitrification – Vitrolife	Theoretical-practical workshop on vitrification protocols.	SDG 3	https://www.ulusofona.pt/en/event/vitrification-on-and-devitrification-vitrolife-hands-on-workshop

Training Actions and Workshops	2025	The History and Memory of March 11, 1975	Academic debate on the Portuguese Revolution, including a documentary screening and a panel with historians, military personnel and journalists.	SDG 4; SDG 16	https://www.ulsofona.pt/en/event/the-history-and-memory-of-11-march-1975
Training Actions and Workshops	2025	Big Artist on Campus: Sam The Kid	Conference on the evolution and cultural importance of Portuguese hip hop.	SDG 8; SDG 10; SDG 11	https://www.ulsofona.pt/en/news/sam-the-kid-talks-about-his-career-hip-hop-and-music-creation
Training Actions and Workshops	2025	From My Language You See the World – Público's 35th Anniversary	Conference on the importance of the Portuguese language for inclusion and social transformation.	SDG 4; SDG 10	https://www.ulsofona.pt/en/news/future-social-educators-take-part-in-publicos-anniversary-conference
Training Actions and Workshops	2025	2nd Meeting – Journey through the Memory of April 25th	Guided tour to celebrate the Carnation Revolution.	SDG 4; SDG 10	https://www.ulsofona.pt/en/event/2nd-meeting-25-april-memory-walk
Training Actions and Workshops	2025	2025 Legislative Elections: Scenarios, Strategies and Communication	Conference on the political landscape and communication strategies for the legislative elections.	ODS 4; SDG 16	https://www.ulsofona.pt/en/event/legislative-elections-2025-scenarios-strategies-and-communication
Training Actions and Workshops	2025	Great Artists on Campus: Dayana Lucas	Conference on critical reflection and the connection between contemporary art and academia.	SDG 4; SDG 11	https://www.ulsofona.pt/en/event/great-artists-on-campus-dayana-lucas-brings-iluminada-perdicao

Production , namely Book Publishing

PURE - Central Scientific Management Platform of Lusófona University

Lusófona University has implemented PURE, a Current Research Information System (CRIS), which stands out for its ability to organize and promote the scientific production of its researchers and research teams. PURE is an innovative tool that allows the creation and management of curricula, covering 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 centralizes all information related to Lusófona University's scientific output. Researchers can independently create and update their profiles, providing an integrated view of their contributions and interactions with other content. Furthermore, the system organizes information hierarchically, offering reports and management tools at both the individual and institutional levels.

Features and Benefits

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

Furthermore, PURE is fully compatible with ORCID, allowing data to be exported between the two platforms and facilitating the management of researchers' CVs. Integration with Ciência Vitae, the national CV management system, further enhances this interconnection by automating profile updates and data sharing between the platforms.

Coordination and Participation in National and International Research and Development Projects

[ILIND - Lusophone Institute for Research and Development](#)

Scientific research is one of the fundamental pillars of the activities carried out by COFAC's educational institutions. To coordinate research with teaching, **ILIND—the Lusophone Institute for Research and Development** —was created as a research-focused unit.

Main Objectives:

- Promote Research and Development (R&D) initiatives and disseminate knowledge in various scientific areas;
- Coordinate and systematize the activities of the R&D units of the aforementioned educational institutions, ensuring the process of preparation, submission and management of projects, as well as support to individual researchers;
- Coordinate R&D and advanced training processes, particularly in terms of doctoral programs, based on common scientific areas;
- Promote scientific exchange with institutions and researchers, both national and international;
- Ensure adequate logistical and financial resources for the execution of R&D activities;
- Promote the submission of interdisciplinary projects involving different research units;
- Create scientific, cultural and community service extension networks.

Research and Development Projects

(Organized in alphabetical order)

[Innovative Teaching/Learning Approaches](#)

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

[ALERRT - Autism on the Line!](#)

Ref.: 2020-1-ES01-KA202- 082056

[Aqua-Synapse](#)

Ref.: 101086453

[ARTDICO - Art, Digitality and Corona: Digital Narratives for People with Low Digital Literacy](#)

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

[ÁGORA – Encounters between the City and the Arts: Exploring New Urbanities](#)

[Collective Evaluation of Design- Oriented Doctoral Training](#)

Ref.: 2019-1-SI01-KA203-060565

[Good Practices in Health and Policies during the Pandemic and Refugee Integration](#)

Ref.: 2021-2-TR01-KA220-VOCÊ-000050184

[C3PLACES – Information and Communication Technologies in the Co-creation of Inclusive Public Spaces](#)

[CATCHER - Moisture to Electricity Conversion](#)

Ref.: 101046307

[CEAR – Community Involvement in Radicalization Prevention](#)

Ref.: ISFP 871078

[CriThink – Critical Thinking Academy for Active Seniors](#)

Ref.: 2019-CZ01-KA204-061149

[Cyanotypes](#)

Ref.: 101056314

[CyberSecPro – Professional Training in Cybersecurity](#)

Ref.: 101083594

[CYBER - Joint Master's Degree in Cyberspace , Behavior and e - Therapy](#)

Ref.: 101048710

[From Tradition to Innovation in Teacher Training Institutions](#)

[Debaqi- Factors Promoting Dialogue and Healthy Behaviors in Digital School Communities](#)

Ref.: DSAIPA/DS/0102/2019

[Development of a Digital Internship Model and its Higher Education Support System](#)

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

[Development and Sharing of the \(E\) Skills of Language Teachers for Adults](#)

Ref.: 2020-1-EE01-KA104- 077624

[DIGIMI - Digital Narratives for Migrant Integration](#)

Ref.: AMIF 957777

[DING - Group Dynamics: A Future for Young People](#)

Ref.: 2020-3-ES02-KA105-016067

[DIS-COTECH – Digital Inclusion and Technological Literacy for Adults](#)

Ref.: TR01-KA210-ADU-000050226

[DOCNOMADS – European Master's Degree in Documentary Filmmaking](#)

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

[DOE - GREEN IT for Professional Education and Training Providers](#)

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

[DREAM – Distance Learning and Remote Education to Reach More People](#)

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

[ECOHERITAGE - Ecomuseums as a Collaborative Approach to the Recognition , Management , and Protection of Cultural and Natural Heritage](#)

Ref.: 2020-1-ES01-KA204- 082769

[Accessible Education](#)

[Burnout Education, Standards and Digital Tools for European Higher Education Institutions](#)

Ref.: 2020-1-RO01-KA203-080261

[EMF ² - European Masters in Football](#)

Ref.: 101050896

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

Ref.: 101059460

[EQUIPMENT PERFORMANCE](#)

Ref.: PTDC/CVT-CVT/32613/2017

[Open Science School with Family Involvement](#)

Ref.: 2019-1-FI01-KA201-060724

[Online School Guidance Services](#)

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

[Falsifying the System : Tools of the European Union Against Disinformation](#)

Ref.: 2020-3-IT03-KA205-019960

[Digital Mentoring Tool to Combat School Dropout](#)

Ref.: 2020-1-RO01-KA201- 080088

[FILMEU_RIT - Research | Innovation | Transformation - European University of Film and Media Arts](#)

Ref.: 101035820

[Distance Learning Training for High School Teachers: Visual Thinking as a Tool for Teaching Digital Skills to Students with Autism Spectrum Disorders \(ASD\)](#)

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

["Ugly" Fruits and Vegetables...NO! – Food Waste Awareness](#)

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

[GBL4deaf – Game - Based Learning for Students Deaf](#)

Ref: LISBOA-01-0145-FEDER-032022

[HULK - Functional Chloroplasts in Animal Cells: Solution to a Biological Puzzle](#)

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

[Professional English Skills for Employability in the European Union](#)

Ref.: 2020-1-UK01-KA202- 079035

[HYGIEIA - Promotion Health and Well - being Throughout Life](#)

Ref.: 101049786

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

Ref.: 2019-1-PL01-KA204-065601

[Innovative Platform for Teaching Languages to Adults](#)

Ref.: 2018-1-PL01-KA204-050784

[ID GAMES - Co-Creation of Assistive Games for People with Intellectual Disabilities with a View to Their Social Inclusion](#)

Ref.: 2019-1-EL01-KA204-062517

[iDEAL - Immersive Virtual Reality to Support People with Autism in Change Management](#)

Ref.: 2020-1-DK01-KA204- 075052

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

[INTRO - Introduction to Digital Learning](#)

Ref.: 2020-1-FR01-KA202- 079814

[ISAAC - International Student Action for Adapting Cross - Cultural Activities](#)

Ref.: 2020-1-PL01-KA203-082267

[Kino Eyes - The Masters of European Cinema](#)

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

[School Leadership Toolkit](#)

[Lingo+ - Alliance for Multilingual and Multicultural Competence for Teachers](#)

Ref.: 2020-1-UK01-KA201-079026

[Montessori Method in Second Language Teaching for Adults – Training Module](#)

Ref.: 2019-1-TR01-KA204-074258

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

Ref.: LC-00865164

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

[Integration of Digital Learning Skills into the Educational Curriculum](#)

Ref.: 2020-1-CZ01-KA201-078315

[MOVE4FUN – Promoting Physical Exercise Through Gamification](#)

Ref.: 101050871

[Slow Food Movement - The Way How We Do It Matters](#)

[MuSEAum - Sea Museums in Portugal](#)

Ref.: LISBOA-01-0145-FEDER-029755

[Change and STEM Education in the Classroom](#)

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

[NOTÁVEL – Training for Excellence in Education and Culture](#)

Ref.: 101086387

[New Steps , Safe Future – Project for Social and Professional Integration of Young People](#)

Ref.: 2022-1-PT02-KA220-VOCÊ-000087351

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

[The Place of Intangible Cultural Heritage in Educational Processes](#)

[The Myth of Innocence - A Mixed Approach to Understanding Sexual Violence Perpetrated by Women](#)

[Organization of European Mobility for the Training of Social Mediators](#)

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

[PhytoAPP - Innovative Water-Soluble Phytomolecular Inhibitors for the Treatment of Alzheimer's and Parkinson's Disease](#)

[baseRiU Platform – Urban Rivers as Blue-Green Knowledge Infrastructures](#)

[Preventing School Bullying Through the Creation of an Early Prevention Program](#)

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

[EWALD Project](#)

Ref.: 101086250

[FOODSENSE Project – Sensory Education and Nutrition for Children](#)

[M-SMART Project – Mobile Solutions for Smart Education](#)

[S SHARE Project - Self-Sufficient Humidity System for Electricity Generation with Radiant Adsorption for Zero Net Energy Buildings](#)

Ref.: H2020-MSCA-RISE-2019

[Designing the Future - Educational Strategies for the Development of Transversal Skills](#)

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

[Sustainable Protection of Indoor Air Quality in Public and School Buildings](#)

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

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

[European Network of Craftsmen – Valorization and Cooperation in Traditional Crafts](#)

Ref.: 2020-1-IT02-KA204-079128

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

Ref.: ISFP 812576

[RestART Europe - Mentoring for Second Chance Women Entrepreneurs in the Creative and Artistic Sector](#)

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

[No Barriers to Employment – Inclusion of Adults in Vulnerable Situations](#)

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

[Assessment Tools for e-Inclusion in Higher Education](#)

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

[INTEGRATIVE CONSTRUCTION SYSTEMS - iCONt](#)

[SOS Clima Beira-Mar – Climate Change Mitigation Strategies in Coastal Areas](#)

Ref.: 823901

[STEAMing - Increasing Sustainability Through the Sustainable Development Goals](#)

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

Contemporary Teaching and Learning Techniques for Distance Education

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

Film Term – Teaching Film and Education for Visual Literacy

Ref.: 2018-1-EE01-KA203-047130

Psychosocial Skills Training for Young People at Risk

Ref.: 2020-3-PL01-KA105- 094764

EU4EU – Mobility for Higher Education in the European Area

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

See Me, Hear Me – Promoting Artistic and Intercultural Expression among Young People

Ref: 2022-1-PT02-KA220-VOCÊ-000087351

In the Media

Direct Without Coffee (Podcast)

Direta Sem Café is a podcast promoted by Lusófona University that offers a space for informal, dynamic, and engaging conversations. In an accessible and inclusive format, it explores everyday topics that have a direct impact on society, sustainability, and individual and collective well-being.

Throughout the episodes, students, faculty, researchers, and external guests share stories, experiences, and reflections on topics such as culture, citizenship, mental health, inclusion, the environment, innovation, and technology. These conversations bring the University closer to the community, stimulate critical thinking, and promote engagement with contemporary social and environmental challenges.

Through diverse voices and real experiences, Direta Sem Café establishes itself as an accessible knowledge platform, aligned with Universidade Lusófona's values of sustainability, transformative education, and social responsibility.

Featured Episodes:

[EP2 – Making a Difference, People and Promotion Well-being with Hélia Bracons](#)

Experience as director of the Undergraduate Program in Social Work.

[EP3 - Educational Video Games, Teamwork and Internship with Catarina Matias](#)

Creating accessible video games for children and people with disabilities.

[EP4 - Human Being, Professional Experience and Helping the Community with Maria Morais](#)

The value of vocational training and community work.

[EP8 - Impact of War, Empathy and Collaboration with Sabrina Medeiros](#)

Student experiences in times of conflict and the role of empathy.

[EP9 - Physical Activity, Health and Well-Being with Marlene Silva](#)

Strategies for a healthy and active lifestyle.

[EP14 - Choosing a Biochemistry Course, Coming from Angola and Changing Teaching Methods with André Tamako](#)

From his native Angola to his academic journey at ULusófona.

[EP15 - Self-Care, Barriers and Improving Habits with Isabel Santos and Ana Beato](#)

Challenges of self-care and creating healthy habits.

[EP16 - Burnout, Prevention and Seeking Help with Tânia Gaspar and Ana Loureiro](#)

Identification of warning signs and prevention strategies.

[EP17 - Distress, Sexual Pleasure, Well-Being, Sexology and Multidisciplinarity with Patrícia Pascoal](#)

Sexology as a promoter of emotional and sexual health.

[EP18 - Youth Mental Health, Uncertainty and Stigmas with Tânia Gaspar and Teresa Mendes](#)

What do we know about the psychological well-being of youth?

[EP19 - Traumas, Changes in Brain Structure and Symptoms with Bruno Faustino](#)

Complex emotional impacts on brain function.

[EP20 - Climate Change, Impacts and Importance of Raising Awareness with Cândida Rocha](#)

The human impact on the planet and the urgency of action.

[EP21 - Resource Management, Water Consumption and the Agricultural Sector with Carina Almeida and Hilda de Pablo](#)

Solutions for efficient water use.

[EP22 - Extreme Phenomena, Civil Engineering and Vulnerable Structures with Elói Figueiredo](#)

Impact of human action on infrastructure and the environment.

[EP23 - Europe Day, History, Advantages and Institutions Involved with Jorge Botelho Moniz](#)

The historical and political importance of the date.

[EP25 - Clothing Production and Environmental Concerns with Alexandra Cruchinho and Luíz Sanchez](#)

Fast fashion and the environmental challenges of hyperconsumption.

[EP28 - Technology in Teaching, Artificial Intelligence and Digital Tools from ULusófona with Diogo Mateus](#)

The integration of Artificial Intelligence in Higher Education.

[EP32 – AI Regulation, UN Statement, Autonomous Weapons with Luís Campani](#)

The first statement by a Lusófona University student at the United Nations.

[EP35 - Sensors in Health, AI and Innovative Projects with Tiago Reis](#)

Technological applications in the health sector.

[EP38 - Ocean Pollution, Marine Life Protection, Sustainability with Gonçalo Calado](#)

Threats to biodiversity and marine sustainability.

[EP39 - Human and Animal Well-being, the Owner-Animal Relationship with Rute Teixeira](#)

The relationship between humans and their companion animals.

[EP49 - Risk Analysis, Science and Societal Challenges with Rui Gaspar](#)

The contribution of science to contemporary society.

[EP53 - Advances, Operation SAAL and the 25th of April Bridge with Elói Figueiredo](#)

The legacy of engineering in post-April 25th Portugal.

[EP54 - Disability, Social and Educational Inclusion with Maria Odete Emygdio](#)

Education as the key to an inclusive society.

[EP57 - Paths, Places and Moments of the Revolution with Marco Noivo](#)

The importance of tourism in preserving historical memory.

[EP71 – Green Economy, Climate Change and Social Challenges with Renato Santiago](#)

The ecological transition and its social implications.

[EP72 – Diets, Restrictions, Balance and Well-Being with Antônio Palmeira](#)

Myths and truths about nutrition and healthy lifestyles.

[EP73 - Eating Disorders: Physical, Mental and Social Health with Isabel Santos](#)

Prevention and warning signs of eating disorders.

[EP74 - Nutrition: Habits, Disease Prevention and Aging with Cíntia Pego](#)

Food as a promoter of health and longevity.

[EP75 - Nutrition, Sports Performance and Supplementation with Mônica Sousa](#)

Balanced diet and impact on physical and mental performance.

[EP76 - Eating Disorders: Treatment and External Support with Ana Isabel Vieira](#)

Therapeutic approaches and the importance of the support network.

[EP77 - Success x Determination, Balancing Studies and Football with Pedro Seguro](#)

Balancing professional football and studies at Lusófona University.

[EP81 - Tourism, Sustainability and Innovation with Artur Araújo](#)

Good practices and international agreements.

[EP82 - Tourism, Education and the Future with Isabel Marques](#)

The contribution of education to the transformation of the tourism sector.

Let's SPIC About (Podcast)

Let's SPIC About... is an initiative launched at the end of 2024 by Universidade Lusófona, driven by [SPIC – Psychology, Innovation and Knowledge Service](#).

The podcast brings together researchers, faculty, and students to discuss key topics in well-being, mental health, and human development, connecting them with the Sustainable Development Goals (SDGs) and active citizenship. In an informal and accessible format, they share real-life experiences and practical tools that promote emotional balance and community engagement.

Episodes:

[EP 1 - Let's SPIC About... Physical Exercise with Susana Cordeiro and Ricardo Rodrigues](#)

Discussion on the transformative impact of physical activity on personal and professional well-being.

[EP 2 - Let's SPIC About... Mentoring w/ Paula Paulino and Helia Bracons](#)

The importance of tutoring in academic trajectory and personal development, highlighting active listening and empathy.

[EP 3 - Let's SPIC About... Nutrition: Body and Mind in Balance](#)

Discussion about healthy eating and its impact on physical and psychological health, with the participation of experts and students.

[EP 4 - Let's SPIC About... Exercise and Research with Antonio Palmeira](#)

Leadership strategies in sports and creating healthy and motivating academic environments.

[EP 5 - Let's SPIC About... Human Relations with Rui Marques and Ana Beato](#)

The role of interpersonal relationships in mental health and well-being, with a focus on empathy and self-awareness.

Interviews

The Lusófona University campus is filled with faces that mark the academic and personal journeys of students, professors, researchers, and professionals.

Thematic interviews give a voice to the Portuguese-speaking community and special guests, revealing unique perspectives on topics relevant to society, education, sustainability, and global well-being. These conversations delve deeper into experiences, visions, and inspiring journeys, fostering critical thinking and active citizenship.

Featured Episodes:

[Peter Katzmarzyk and José Maia: Advances in Exercise Science, Health, and Obesity Prevention](#)

An interview with experts Peter Katzmarzyk and José Maia about the ISCOLE and RUSH projects, which research physical activity, combating sedentary lifestyles, and promoting public health among children and young people.

[Jorge Botelho Moniz: The Importance of Youth Participation in the European Elections](#)

A reflection on the vital role of youth in Europe's political future and the need for civic engagement in the decisions that shape the world.

[Mark Williams: Psychology and High Performance Sport](#)

Professor of Clinical Psychology at the University of Oxford, he explores the relationship between psychology, training and performance optimization in athletes and health.

[Alexandra Vilela: Impacts of the New European Directive on Violence and Crime](#)

She holds a PhD in Law and is a professor at Lusófona University. She analyzes the legal and social changes introduced by the new European directive, focusing on combating gender-based violence and protecting victims.

[Rudi Roose: Reflections on the Future of Social Work](#)

A professor at Ghent University shared the main challenges and transformations in the market at Lusófona University, outlining paths for future Social Service professionals.

[Maria Caiado: Wildlife Veterinary Medicine](#)

An inspiring insight into the role of veterinarians in wildlife conservation and in educating generations to be mindful of protecting biodiversity.

[Margarida Cardoso: Reflections on History, Cinema and Social Justice](#)

Award-winning filmmaker and professor at Lusófona University discusses colonial memories and the role of cinema in recovering forgotten narratives, promoting dialogue between history, art, and social justice.

[Swami Jyothirmayah: Benefits of Meditation on Mental Health and Overall Well-Being](#)

Meditation as an essential tool for reducing stress, promoting emotional balance, and strengthening a full and harmonious life.

[Sandro Maximiliano: Lusófona University Surf Club](#)

A representative of the Lusófona University Surf Club highlights the initiative's role in training athletes and coaches. Through structured programs, workshops, and partnerships, the club promotes technical development, inclusion, and innovation in the sport.

[Marta Paço: Adapted Surfing Portuguese](#)

World champion in adapted surfing, Marta shares her journey as a visually impaired athlete, the importance of resilience and the impact of institutional support, as well as discussing inclusion in universities and her goals for the Paralympic Games.

[Artemisa Rocha: Benefits and Harms of New Technologies in Digital Health](#)

A neuroscience researcher, she warns about the risks of digital dependence, highlighting the urgent need for balanced and informed regulation in the field of digital health.

Conversations About ... Research and Projects

In **Conversations About...**, we give voice to the research and science produced at Lusófona University. In each episode, we share innovative projects and study results developed by researchers who actively contribute to the advancement of knowledge in areas such as health, technology, education, the environment, sustainability, and social inclusion.

These conversations highlight the real impact of science on people's lives, revealing how applied research and interdisciplinary collaboration can build a more just, informed, and sustainable future.

Featured Episodes:

[GAENEE Office: Support for Students with Special Educational Needs](#)

Learn about the support services provided by Lusófona University for students with special needs and the projects that promote inclusion in higher education.

[Catcher Project: Transforming Air Humidity into Renewable Energy](#)

Pioneering research exploring the potential of atmospheric humidity in generating clean energy.

[HEI-Lab Project: A New Model for Studying Empathy](#)

An innovative approach that studies empathy through the relationship between body and brain, at the intersection of neuroscience and psychology.

[Aqua Synapse Project: Deuterium-Poor Water and Its Health Benefits](#)

Research into the possible effects of this special water on preventing disease and improving well-being.

[ALERTES Project: Preventing Desertification at the Borders of the European Union](#)

European early warning system for soil degradation, led by researchers from Lusófona University.

[BIOMATNANO4AD Project: Nanotechnology for Atopic Dermatitis](#)

Development of innovative and sustainable therapeutic solutions for skin diseases.

[APTA Project: Post-Covid-19 Physical Fitness](#)

Assessment of the impact of the pandemic on physical health and promotion of healthy habits.

[Anti-Mask Project: Dialogues Against Racism and Inequality](#)

Award-winning project that promotes inclusive practices and combats prejudice in educational and community contexts.

["The Panorama of Congo" Project: Immersive Cultural Heritage Exhibition](#)

Immersive media project that digitally reconstructs Congolese culture by exploring colonial archives.

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

Study of digital proficiency in different age groups and social and educational implications.

[Debaqi Project: Healthy Dialogues in Schools](#)

Partnership with the School Library Network to promote citizenship, ethics and critical thinking.

[PISA Project: International Student Assessment](#)

Reflections on the results of the PISA program and the implications for education in Portugal.

[Dissertation on Sexual Harassment in Higher Education](#)

Study by a student at Lusófona University that gained media attention for its impact and social relevance.

[Digital Influencers Project: Advertising Practices on Social Media](#)

Analysis of transparency in commercial partnerships of digital influencers in Portugal.

[VDCrime Project: Support for Families of Victims of Domestic Violence](#)

Development of complementary solutions to the judicial system, focusing on family protection and support.

[Visual Cosmologies Project: Design, Archive and Heritage](#)

Collaborative research with the Gulbenkian Foundation that proposes new interpretations of historical archives through design.

[PURE Platform : Scientific Production Management](#)

Digital tool that centralizes the scientific production of Lusófona University and promotes open access to knowledge.

[AGRRIN Project: Racial Justice and Decolonial Education](#)

research on inclusive and decolonial practices in educational and museum spaces.

[Borba Tex Project: Sustainable Fashion from Winemaking Waste](#)

Creation of an innovative biopaste with grape by-products for the sustainable design industry.

[Free LitterAT Project: Combating Marine Plastic Pollution](#)

European initiative that monitors micro and macroplastics in Portuguese coastal areas.

[YoPA Project: Youth Health with Active Participation](#)

International project where adolescents lead community health interventions in four global cities.

[Campanhã in Tune Project: Creative Education with the Community](#)

Social inclusion initiative that focuses on artistic expression as a tool for community transformation.

[Project Remind: Inclusive Design for Dementia](#)

Creating practical and empathetic solutions to improve the quality of life of people with dementia.

[BuildingAdapt Project: Climate Adaptation of Infrastructures](#)

Assessment of the resilience of building A of Lusófona University and proposal of sustainable solutions.

[Bergolis Project: Virtual Reality in the Treatment of Phobias](#)

Use of immersive technologies for psychological therapies of specific phobias.

[YouNDigital Project: Youth, News and Media Literacy](#)

Study on the information consumption habits of Portuguese youth and the challenges of digital citizenship.

[iLOX Project: New Inhibitors for Breast Cancer](#)

Identification of innovative compounds with therapeutic potential for aggressive forms of the disease.

[RUN Project: Sustainable Solutions for Urban Rivers](#)

Revitalization of forgotten rivers in an urban context with direct community involvement.

Webinars on Science and Education

The **Science and Education Webinars** are a space for innovation, debate, and sharing of scientific knowledge, hosted by Lusófona University. In this series of online meetings, faculty and researchers are invited to delve deeper into current and relevant topics in their fields of expertise, contributing to the dissemination of knowledge among the academic community and the general public.

The webinar series, which began in 2025, reinforces the University's commitment to open science, critical thinking, and the connection between research and society.

Episodes:

[Unlocking the Potential of Biomaterials in Skin Care](#)

Research into the use of natural ingredients and innovative biomaterials in the development of dermatological and cosmetic care products.

[AI in Healthcare: Medical Diagnosis in Transformation](#)

Exploration of the applications of Artificial Intelligence in medicine, highlighting its transformative potential in clinical practice and healthcare decision-making.

[Feminism on Social Media](#)

Analysis of the impact of social media on feminist activism and the challenges faced by activists in the digital space.

[Religion and Politics: Between Separation and Cooperation](#)

Discussion on the role of religion in contemporary politics, focusing on institutional cooperation between the State and religious communities in Portugal.

Nóisi

Demystify concepts, explore topics of common interest, and understand phenomena that intrigue our daily lives.

In each episode of Nóisi, fragments of knowledge are shared with you in an accessible and informative way. From health to well-being, including study habits, academic life, and cultural curiosities, the series seeks to foster curiosity and critical thinking within the student community.

Featured Episodes:

[International Education Day](#)

Education as a tool to reduce inequalities, promote peace and build a more inclusive and sustainable future.

[Teas that Help Manage Stress](#)

Benefits of natural teas in reducing stress and promoting well-being, especially during periods of greater academic demand.

[International Women's Day 2025](#)

Reflection on gender equality, female visibility in Higher Education and celebration of women's achievements.

[Benefits of Sports for Studies](#)

The relationship between physical activity, mental health, and improved academic performance—important factors for student well-being.

[The Experience of Living Alone at University](#)

Autonomy, time management, nutrition, and emotional balance are fundamental aspects of health and well-being in the university context.

[History of the Lusófona University Campus](#)

Historical framework of the University space, reflecting on its transformation and social impact.

[Planet Earth Day 2025](#)

Celebration of Planet Earth Day, raising awareness of environmental protection and sustainability.

[Museums and Tourist Attractions in Porto](#)

Promoting access to culture and heritage, encouraging sustainable and inclusive tourism.

[Is Drinking Water During Meals Bad for You?](#)

Demystification of popular beliefs about health, based on scientific evidence.

Lusófona in the Media

Lusófona University's presence in the media has steadily established itself as an important vehicle for the dissemination of knowledge, critical reflection, and public engagement. Between 2023 and 2025, the University's faculty, researchers, projects, and events were featured in print media, radio, television, and digital platforms, contributing to national and international debate in various fields of knowledge.

This media coverage reflects the institution's commitment to open science, critical thinking, and social responsibility, bringing key issues such as mental health, education, environmental sustainability, gender equality, technological innovation, and public policy to the public.

Category	Year	Event / Content	Description	SDGs	Link
In the Media	2023	And when we feel like a fraud? Listen here to How to Deal with Imposter Syndrome	In this episode of How to Cope, psychologist Tânia Gaspar gives us strategies for dealing with imposter syndrome.	SDG3; SDG4	https://www.publico.pt/2023/11/28/p3/noticia/sentimos-fraude-ouve-aqui-lidar-sindrome-do-impostor-2071797
In the Media	2023	What happens when we feel like a fraud? How to deal with imposter 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 imposter syndrome. This syndrome is related to how we evaluate ourselves and often leads us to believe that at any moment someone will discover we're not that good at what we do. But there are ways to deal with it.	SDG3; SDG4	https://www.youtube.com/watch?v=yQqF355yNs
In the Media	2023	Diabetes and behavioral change – to prevent and control 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-gestionar-a-diabetes-e-preciso-saber-

					como-mudar-e-manter-a-mudanca
In the Media	2023	Diabetes and behavioral change – to prevent and control 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 an individual's behavior, lifestyle, and environment. 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 toward work. The job market is changing, and new generations view it differently than previous generations. Beyond salary considerations, young people value work-life balance, job flexibility, and the pursuit of 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 old, a satisfied and active person (vs. sad and sedentary) will have been that way 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 stressors: a different environment, different routines, more responsibilities, 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 self-harm? 12 questions to understand these behaviors	Deep discomfort and difficulty managing emotions can lead young people and adolescents to intentionally harm themselves. Questions and answers to help understand self-harm behaviors.	SDG3; SDG4; SDG16	https://observador.pt/explicadores/porque-e-que-os-jovens-se-magoam-a-si-proprios-12-perguntas-para-entender-estes-comportamentos/
In the Media	2023	It was an accident: The scientists who turned humid air into renewable energy	This is exactly what another team, led by Prof. Svitlana Lyubchik and her twin sons, Profs. Andriy and Sergiy Lyubchik, are trying to do. Lyubchik and Andriy are part of the Lisbon-based Catcher project, which aims to "transform atmospheric moisture into renewable energy."	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 for companies to have sexual education about harassment and not this idea that it's only for children, only in school"	Patrícia Pascoal, psychotherapist and coordinator of the Master's in Sexology program at Lusófona University, 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	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-na-escola-33418b47

			to the conversation here.		
In the Media	2023	"There's a hypersexualization of people. They're expected to be very sexual and perform all kinds of sexual practices in all kinds of ways."	Mental health affects sexuality and vice versa, but the relationship between these two areas is still unclear to everyone. "Hypersexualization," "pressure for sexual performance," and "punitive and punitive discourses" regarding certain preferences, fantasies, orientations, and gender identities all 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-maneyras-baac9a90
In the Media	2023	Modtissimo celebrates another successful edition	The most recent edition of the event, 60+2, held at Exponor, presented a positive result thanks to the strong presence of visitors: 5,089 Portuguese buyers 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" discusses Education, Mental Health, Poverty and Work	The Southern Regional Delegation of the Portuguese Order of Psychologists (OPP) will hold the 4th Southern Psychologists Meeting next Friday, September 22, at the Lisbon Forum. The meeting 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 at risk when it comes to burnout	Stressed managers increase the risk of burnout in teams. Prevention involves empowering leaders, psychologists say.	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 largest edition ever	This is the largest iTechStyle Green Circle exhibition ever, featuring 52 coordinated ensembles developed with products from nearly fifty Portuguese companies. This year's forum, which has a strong focus on bio-based, natural materials and processes, is being presented for the first time—to the great curiosity 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 the way things were, and people aren't willing to do that."	Interview with the coordinator of the Brazilian 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	The dream of producing electricity from thin 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 an energy source. Svitlana Lyubchyk, a materials scientist at Lusófona University in Lisbon, is co-leading the project and is the co-founder of a company called CascataChuva.	SDG7; SDG8; SDG10; SDG11; SDG12; SDG13; SDG17	https://www.bbc.com/portuguese/articles/cne0wnvx2vz_o
In the Media	2023	Employment is not the most important thing for young people	The courses with the highest number of unemployed people	SDG4; SDG8; SDG9; SDG16	https://www.cmjornal.pt/sociedade/detalhe/emprego-nao-eo-mais-

		when choosing a course	had all their places filled last year.		importante-para-os-jovens-na-hora-de-escolher-um-curso
In the Media	2023	Occupational Health and Safety. Commission to Create Green Paper of the Future	The government 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	The government appoints a commission to produce the Green Paper on the Future of Occupational Health and Safety. 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 "do not wash." This might suggest that followers of this movement will never wash their clothes again. 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 Workplaces: What Are Companies' Priorities?	A study by the Brazilian Laboratory of Healthy Workplaces concluded that interventions in mental health and burnout prevention are priorities for companies, and, in	SDG3; SDG8; SDG16; SDG17	https://hrportugal.sapo.pt/ambientes-de-trabalho-saudaveis-quais-as-prioridades-das-empresas/

			addition to developing conflict management strategies, leadership should be addressed.		
In the Media	2023	Female leadership in promoting healthy work environments	A healthy work environment is defined as an environment in which professionals and company leaders, 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://liderancano.feminino.org/a-lideranca-feminina-na-promocao-de-ambientes-de-trabalho-saudaveis/
In the Media	2024	Hidden cameras in accommodations: a privacy alert in Portugal	ULusófona expert highlights the seriousness of non-consensual recordings in hotels and residential centers and how to protect yourself	SDG16	https://tvi.iol.pt/noticias/camaras-ocultas/airbnb/nao-e-so-no-airbnb-ha-casos-de-camaras-ocultas-em-hoteis-e-residenciais-e-comum-Acontece-no-nosso-pais-lamento-dizer/20240711/6690033dd34e049892230bbc
In the Media	2024	Putin and the Strategy of Destruction: A Global Power Game	José Filipe Pinto, professor at ULusófona, analyzes Putin's intentions regarding the NATO summit and the search for visibility through force	SDG16; SDG17	https://observador.pt/programas/gabinete-de-guerra/putin-destro-i-para-continuar-a-ter-visibility/
In the Media	2024	The risk of mental health problems and burnout is higher in healthcare.	The coordinator of this work, Tânia Gaspar, who heads LABPATS, recalls that the situation worsened after the pandemic, then stabilized, but has not yet managed to recover to pre-COVID-19 levels.	SDG3; SDG8; SDG10	https://www.newsforma.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 professionals	The study analyzed more than 2,100 health professionals, including nurses, doctors and operational assistants, and concluded that the numbers “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 course with Ireland, Belgium and Denmark	Innovative initiative in European Higher Education creates transnational courses, promoting student mobility and international competitiveness	SDG4; SDG8; SDG17	https://eco.sapo.pt/entrevista/cursos-europeus-sao-movimento-mais-disruptivo-do-ensino-superior-desde-bolonha/
In the Media	2024	Women who count. 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 theater and investing in something that is fundamental to her: the clinical side, which, she says, structures her life.	SDG3; SDG4; SDG5; SDG10	https://www.rtp.pt/noticias/cultura/mulheres-que-contam-marta-crawford_v1578583
In the Media	2024	MentHA DIGITAL had the participation of the Nursing Education Area of ESS CVP Lisbon	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 Lusófona University dedicated to improving the well-being and quality of life of adults with chronic mental illness and their formal and informal caregivers. This project is aligned with national policies and the World Health Organization and European Union	SDG3; SDG4; SDG10; SDG11; SDG12; SDG13	https://www.esscvp.eu/mentha-digital-contou-com-a-participacao-da-area-de-enfermagem-da-ess-cvp-lisboa/

			guidelines for the mental health of older adults.		
In the Media	2024	INOVA presented a biowaste project in Lisbon	The biowaste management project in Cantanhede was presented at the XIV National Waste Management Meeting, which took place at Lusófona University, in Lisbon, under the theme “Waste Management: Challenges, Solutions and Experiences”.	SDG11; SDG12; SDG13; SDG17	https://www.diario.coimbra.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	Universidade Lusófona, 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.publitis.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 Putin's proposed peace plan is an attempt to demand the impossible. The political scientist says the international community has little	SDG16; SDG17	https://www.youtube.com/watch?v=dZ59ElqVA6c

			capacity to act in the Middle East.		
In the Media	2024	Discover the Program for the XIV National Waste Management Meeting	Presenting the challenges, solutions, and experiences of the urban waste sector is the aim of the 14th National Waste Management Meeting, organized by APEMETA in partnership with ESGRA – Waste Management Association and Lusófona University. The event will host the Secretary of State for the Environment on June 20th. Emídio Sousa will set the tone for 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	It is unlikely that we will have peace in Gaza any time soon.	José Filipe Pinto discusses efforts to reach an agreement between Hamas and Israel, but emphasizes that the goal is to annihilate the enemy. He explains that, even with international pressure, peace will be difficult to achieve.	SDG16; SDG17	https://www.youtube.com/watch?v=qoTI_vTQ1yo
In the Media	2024	Younger generations feel less engaged at work	Younger generations of workers are the least engaged at work, and those aged 44 to 59 are at greatest 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 “Uma Saúde”, which begins 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	Researcher calls for more literacy on workplace harassment	The coordinator of the Portuguese Laboratory for Healthy Work Environments (LABPATS) today defended the need for greater literacy regarding harassment in the workplace, noting that it is a problem that affects almost one in five workers.	SDG3; SDG5; SDG8; SDG10	https://www.saude.mais.tv/noticia/50480-pesquisadora-pede-mais-letramento-em-relacao-ao-assedio-no-trabalho
In the Media	2024	One in five professionals is the target of harassment at work	Workers aged 39 to 64 are at greatest risk in terms of mental health, according to a study conducted by the Portuguese Laboratory for Healthy Work Environments and released this Thursday. Symptoms of burnout threaten nearly 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 on workplace harassment	The coordinator of the Portuguese Laboratory for Healthy Work Environments (LABPATS) today defended the need for greater literacy regarding harassment in the workplace, noting 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	Nearly 19% of respondents in the study felt threats or other forms of abuse at work	Nearly 19% of those surveyed in the study felt threats or other forms of abuse at work. The study found that 48% of workers surveyed exhibited the three symptoms associated with burnout: exhaustion, irritability, and sadness. These numbers are lower than 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 engaged at work	Younger workers are the least engaged at work, and those aged 44 to 59 are at greatest risk for mental health problems, according to a study to be released 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 engaged at work	Younger workers are the least engaged at work, and those aged 44 to 59 are at greatest risk for mental health issues, 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 subterranean biodiversity, responsible for purifying 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 "global hotspot of underground biodiversity"	Research awarded second place in the 2023 Belmiro de Azevedo Foundation Award, focused on the conservation of the Gruta do Vale Telheiro, in the Barrocal Algarvio, recognized 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 24th to 26th, Green Savers, with the help of experts, discussed the evolution of some environmental sectors in the 50th anniversary of April 25th. Professor Adelino Silva Soares, from Lusófona University, highlighted that "the improper use and occupation of floodplains caused significant damage that could have been minimized with rational use of the land."	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 47 and discovered a completely new world"	Portuguese coach says that 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	Mônica Jorge advocates for academic training with teaching adapted to the characteristics of women	Mónica Jorge understands that there are men capable of leading a team of women and women without that profile, and vice versa, and women can 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 Lisbon establishes partnership with 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 project – Mental Health and Aging.	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 gender quotas weren't necessary, why would the legislature have mandated them? If we want 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	Do lemon juice, ginger, honey, and cloves help you lose weight?	Is it true that drinking lemon juice, ginger, honey and cloves helps you lose weight?	SDG2; SDG3; SDG12	https://viral.sapo.pt/factos/sumo-de-lima-gengibre-cravo-da-india-emagrece/
In the Media	2024	The municipality of Lourinhã welcomes university students for a visit to Fort Paimogo	On March 21, the municipality of Lourinhã welcomed undergraduate and master's students in Civil Engineering and Environmental Engineering from Lusófona University for a visit to Fort Paimogo.	SDG4; SDG8; SDG9; SDG11	https://www.rc199fm.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 14th National Meeting on Waste Management: Challenges, Solutions and Experiences took place, organized by APEMETA – Portuguese Association of Environmental Technology Companies, in partnership with ESGRA – Waste Management Association and Lusófona University. The event took place in the Auditorium of 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 from the Perspective of Wetlands	Based on field research in wetlands and rivers in Portugal, Margarida Mendes's talk proposes a space to consider the relationships between communities, materials, and the distribution flows that	SDG6; SDG11; SDG13; SDG14; SDG15	https://www.teatro municipaldoporto.pt/pt/programa/margarida-mendes-na-perspectiva-das-zonas-humidas/

			are established through them.		
In the Media	2024	The impact of digital media on sexuality: a descriptive and qualitative study	Beliefs about the impact of Digital Information and Communication Media (DM) on sexuality by people in the community are an essential field for understanding people's sexual behaviors and their responses to the sexuality of others.	SDG3; SDG4; SDG5; SDG10	https://www.nature.com/articles/s41443-024-00865-y
In the Media	2024	Institute of Social Sciences discusses changes that April brought to women	The Institute of Social Sciences at the University of Minho invited three women today to discuss the topic "Women and Revolution." Ana Cristina Pereira, a journalist for Público, Carla Cerqueira, a professor at Lusófona University, and Bárbara Barros, a researcher at UMinho, spoke about what it was like to be a woman before the 25th of April Revolution, what it is like to be a woman today, and what still needs to be done for women to 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	UFMG promotes this Friday the debate "Women and Revolution"	The Institute of Social Sciences (ICS) at the University of Minho organized the debate "Women and Revolution" on Friday, March 8, at 2 p.m., in the auditorium of the School of Engineering (building 16) on the Gualtar campus in Braga. The meeting,	SDG5; SDG10	https://oamarense.pt/uminho-promove-esta-sexta-feira-o-debate-mulheres-e-revolucao/

			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).		
In the Media	2024	Increasingly digital healthcare is leaving women, the elderly and the chronically ill behind	A study on literacy in aging concludes that the digital transition in healthcare is leaving older adults behind and suggests steps for organizations to integrate older adults into this shift.	SDG3; SDG4; SDG10	People with 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	College students admit to being targets of sexual harassment that has become 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 suffered by higher education students, and the data is overwhelming: 98.2% of respondents have experienced 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 pose to leadership and people management? The answer was given in this discussion.	On February 21st, Lusófona University held the first debate organized by the postgraduate program in Talent Management 4.0 with the theme "From traditional to digital: the evolution of project management", led by Elsa Dinis, senior manager of HR Governance & Efficiency.	SDG4; SDG8; SDG9	https://hrportugal.sapo.pt/que-desafios-impoe-a-era-digital-a-lideranca-e-gestao-de-pessoas-a-resposta-foi-dada-nesta-tertulial/

In the Media	2024	Study warns that digital transition in healthcare is leaving seniors behind	A study on literacy in aging concludes that the digital transition in healthcare is leaving older adults behind and suggests steps for organizations to integrate older adults into this shift.	SDG3; SDG10; SDG11	https://www.newsforma.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%A1s.html
In the Media	2024	Digital Transition in Healthcare. Doctors Request Physical Counters to Avoid Discrimination Against the Elderly	Gustavo Tato-Borges argues that installing dedicated physical counters in all SNS units would help overcome 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	The digital transition in healthcare is leaving seniors behind	A study on literacy in aging concludes that the digital transition in healthcare is leaving older adults behind and suggests steps for organizations to integrate older adults into this shift.	SDG3; SDG4; SDG10; SDG11	https://www.in.pt/7678676871/transicao-digital-na-saude-esta-a-deixar-idosos-para-tras/
In the Media	2024	The first day of the XVI International Congress on Human Rights debates global issues related to ethics, data protection, migration issues and neoliberal rationality.	The debates on advances in artificial intelligence in judicial decisions, the protection of personal data, the migration issue in the global north, the historical context of slavery, debates on the Brazilian penal system and the challenges facing the Brazilian judiciary were topics addressed at the opening of the program of the XVI International Congress on Human Rights, which took place 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.ius.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 Paimogo Fort	The second edition of the Annual Entrepreneurship Forum: Paimogo Entrepreneurship Challenge took place last Friday. Similar to the first edition, this event, promoted by the Municipality of Lourinhã, aimed to discuss business proposals and ideas surrounding the rehabilitation of Paimogo Fort.	SDG8; SDG9; SDG11; SDG17	https://www.rci99f.m.pt/forum-reune-empreededores-em-torno-do-forte-de-paimogo/
In the Media	2024	The Annual Entrepreneurship Forum is back	This initiative, open to the community, aimed to bring together proposals from participants with diverse interests and knowledge levels to develop new business ideas that would consolidate the Paimogo Fort's assets as a factor in the region's competitiveness. This second edition included a new opportunity for participants to present their ideas for the space in 5 minutes.	SDG4; SDG8; SDG9; SDG11	https://www.rci99f.m.pt/forum-anual-do-empreededorismo-esta-de-volta/
In the Media	2024	Conference on Mental Health at Briosos Senior University in Alvalade	On January 18th, Briosos Senior University in Alvalade held an information session on Mental Health. Held from 3:00 PM to 5:00 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.jf-alvalade.pt/conferencia-sobre-saude-mental/

In the Media	2024	Lusófona University promotes Symposium on “Equality in and for Sport”	Towards an integrated and inclusive vision of sports practice” on January 24th .	SDG5; SDG10	https://www.jogadadomes.pt/?p=32821
In the Media	2024	In the Middle East there is an idea that US pressure on Israel is enough to end the conflict, and it is not	Antony Blinken's mission will 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-orientado-ideia-de-que-a-pressao-dos-eua-sobre-israel-e-suficiente-para-que-o-conflito-termina-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 in-person event will be held in the Agostinho da Silva Auditorium and will bring together HR professionals.	SDG3; SDG4; SDG8; SDG9	https://hrportugal.sapo.pt/lusofona-promove-debate-sobre-desafios-do-talento-4-0-na-era-digital/
In the Media	2025	Reflections on Christmas and the Impact of Jesus Christ on Human History	Jorge Bruno Ventura, professor at Lusófona University, reflects on the birth of Jesus Christ and his lasting influence on the world	SDG4; SDG16	https://sol.sapo.pt/2025/01/07/oculpado-disto-tudo/
In the Media	2025	Management Government: Legal Implications and Challenges in Madeira	Nuno Magalhães, professor at ULusófona, analyzes the management skills of governments and the impact of the absence of a budget in Madeira until 2026	SDG16;	https://jornaleconomico.sapo.pt/noticias/politica-madeirense-correo-risco-de-ficar-no-pantano-ate-julho-de-2026/

In the Media	2025	DORA: A New Paradigm for Banking Governance	The New Era of Banking Governance and the Contribution of a Lusófona University Professor to Digital Resilience	SDG9; SDG16; SDG17	https://jornalpt50.pt/noticia/dora-um-novo-paradigma-para-a-governacao-bancaria/
In the Media	2025	Education: A Pillar for Portugal's Sustainable Future	Investing in education is crucial to reducing inequalities, strengthening the economy and preparing new generations for the challenges of the future.	SDG4; SDG8; SDG10; SDG17	https://observador.pt/opinio/educacao-o-nosso-pais-tem-futuro/
In the Media	2025	Migrations and Education: The Role of the Lusophone Fraternity in the 21st Century	Reflection by Paulo Pinto on migratory flows and the impact of education on creating new opportunities in the Portuguese-speaking world	SDG16	https://www.academia.edu/127183359/Migra%C3%A7%C3%B5es_e_educac%C3%A7%C3%A3o_para_uma_fraternidade_lus%C3%B3fona
In the Media	2025	The Misconceptions of Tourism Employment	Lusófona University Professor Discusses the Tourism Paradox: Economic Growth Versus Lack of Youth Intake in the Sector's Professions	SDG4; SDG8; SDG12;	https://tnews.pt/os-equivocos-do-emprego-no-turismo/
In the Media	2025	The Role of Women in the 21st Century Labor Market: Challenges and Advances	Tânia Gaspar, professor at ULusófona, talks about the evolution of female leadership and gender disparities in the professional environment	SDG5	https://rhmagazine.pt/artigo-tecnico-as-mulheres-do-seculo-xxi-eo-trabalho-por-tania-gaspar-u-lusofona/
In the Media	2025	The New Trump Administration in Television Analysis by a ULusófona Professor	ECATI professor analyzes the impact of the first weeks of the new US presidency on the War and Peace program	SDG4; SDG16	https://www.nowcanal.pt/programas/guerra-e-paz/detalhe/guerra-e-paz-19-sara-pina
In the Media	2025	Mercosur - Let's Go Forward!	The blindness of a colonialist legacy or an arrogant vision cannot obscure the opposite direction, which is the opening of the European market.	SDG8; SDG9; SDG10; SDG12; SDG17	https://sol.sapo.pt/2025/02/11/mercosul-vamos-em-frente/

In the Media	2025	ULusófona Promotes Entrepreneurship and Innovation with the Play Your Idea 2025 Contest	PLAY Initiative – ULusófona's Creative and Technological Incubator returns, challenging entrepreneurs to transform ideas into successful businesses	SDG4; SDG8; SDG9; SDG11; SDG17	https://jornaleconomico.sapo.pt/noticias/je-edicao-diaria-incubadora-da-lusofona-lanca-concurso-de-emprededorismo-e-inovacao-com-apoio-da-cgd/
In the Media	2025	Lusófona University Professor Advocates Political Reform in Madeira	Teresa Ruel warns of institutional blockage and the need for new government solutions	SDG10; SDG11; SDG16	https://www.dnoticias.pt/2025/2/15/438248-e-tempo-de-ensaiair-outras-solucoes-governativas-na-madeira-diz-politologa/
In the Media	2025	Industry Appreciates Open Source, But With Challenges	FOSSAware experts, invited by Lusófona University, discuss the evolution and challenges of open source	SDG8; SDG9; SDG16	https://jornaleconomico.sapo.pt/noticias/industria-ja-ve-open-source-com-bons-olhos-mas-nem-sempre-foi-solucao/
In the Media	2025	Strategic Challenges in Times of Geopolitical and Technological Uncertainty	Teresa Candeias, professor at ULusófona, analyzes the impacts of geopolitical and technological volatility and the importance of innovation in competitiveness	SDG8; SDG9; SDG16;	https://sol.sapo.pt/2025/02/18/desafios-estrategicos/
In the Media	2025	Play Your Idea 2025: A Unique Opportunity for Innovative Entrepreneurs	Registration Open for Play Your Idea 2025 – Turn Your Idea into a Successful Business	SDG4; SDG8; SDG9; SDG17	https://www.e-konomista.pt/play-your-idea-2025/
In the Media	2025	Portugal: The Digital Future Could Be Here	The Importance of Innovation and Infrastructure for Global Transformation	SDG8; SDG9; SDG11; SDG16; SDG17	https://www.jornaldaeconomiadomar.com/portugal-o-futuro-digital-pode-passar-por-aqui/
In the Media	2025	Lusófona University Promotes Debate on Media Literacy	The Role of Media Literacy in the Formation of Informed and Critical Citizens	SDG4; SDG16	https://www.rtp.pt/play/p14282/e831965/sociedade-civil

In the Media	2025	Flat Rate VAT: A Measure to Support Low-Income Families	The importance of fiscal policies in reducing inequalities and strengthening the economy	SDG1; SDG8; SDG10	https://www.jornaldenegocios.pt/economia/impostos/iva/detalhe/iva-a-taxa-unica-e-receita-para-apoio-a-familias-de-baixo-rendimento
In the Media	2025	Borba Tex Project: Textile Innovation and Sustainability in the Fashion Industry	The impact of textile innovation on local economic development and the promotion of more sustainable fashion	SDG8; SDG9; SDG12	https://radioelvas.com/2025/03/12/projeto-borba-tex-da-cartas-na-industria-da-moda-e-na-inovacao-textil-pretende-desenvolver-a-economia-local/
In the Media	2025	The American Dream: Expansionism and International Law	Trump's Expansionism and Claims of Global Sovereignty	SDG10; SDG16; SDG17	https://observador.pt/opinio/o-sonho-americano-expansionismo-e-direito-internacional/
In the Media	2025	ULusófona Conducts First External Evaluation of Digital Textbooks in the Azores	COFAC is leading the study, which involves teachers, students, schools and families, with preliminary results expected by the end of the year.	SDG4; SDG9; SDG17	https://acores.rtp.pt/local/esta-adjudicada-primeira-avaliacao-externa-para-uso-de-manuais-digitais/
In the Media	2025	Ghost Dance: Virtual Dance Partner	Lusófona University project explores human connection and digital innovation in dance	SDG3; SDG4; SDG9; SDG17	https://www.movella.com/resources/blog/ghost-dance-building-a-virtual-dance-partner-with-inertial-motion-capture
In the Media	2025	Young Portuguese and News Consumption: Trends and Challenges in the Digital Age	A study by the YouNDigital Project, developed by Lusófona University, reveals young people's perceptions and habits regarding journalistic information.	SDG4; SDG9; SDG10; SDG16; SDG17	https://observador.pt/2025/03/26/jovens-em-portugal-consideram-noticias-tendenciosas-e-aborrecidas/
In the Media	2025	Mariana Bento Wins Iberian Title in Short Track Pentathlon	Lusófona University student scores 4,291 points and prepares to compete in Italy	SDG3; SDG4; SDG5; SDG17	https://omirante.pt/desporto/2025-03-26-mariana-bento-conquista-titulo-iberico-no-pentatlo-em-pista-curta-com-recorde-pessoal-cbaaa8b5

In the Media	2025	Bio-IDEaS Project Stands Out in V+TV Broadcast	ULusófona students present sustainable creations on the Bom Dia Alegria program, demonstrating the application of biomaterials in accessory design	SDG4	https://tviplayer.iol.pt/programa/bom-dia-alegria/66aa40ced34e94b82903b0dd/video/67e3eeb50cf20ac1d5f2f66d
In the Media	2025	Creativity or Childishness in Politics?	ULusófona professor analyzes the creativity of political discourses, questioning the ethics and effectiveness of strategies that shape the political landscape	SDG4; SDG16	https://sol.sapo.pt/2025/03/27/e-tudo-criatividade/