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WROCLAW UNIVERSITY  
OF ENVIRONMENTAL  
AND LIFE SCIENCES

# Blended Intensive Programme Artificial Intelligence in Health and Sport



## UNIVERSITÀ DI PARMA

### BIP STUDENT HANDBOOK



[www.unipr.it](http://www.unipr.it)

Università degli Studi di Parma | via Università, 12 - 43121 Parma

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Dear student,

Congratulations for having been selected as exchange student for the participation in the ERASMUS+ Blended Intensive Program (BIP) in Artificial Intelligence in Health and Sport. As you already know, BIPs are modern and challenging programs carried out in close collaboration between three or more Higher Education Institutions (HEIs), mixing virtual and physical courses. The BIP in Artificial Intelligence in Health and Sport is run in close collaboration among Università di Parma (Italy), Universidade de Évora (Portugal), Universidad de Extremadura (Spain), Atlantic Technological University (Ireland), and Otto-von-Guericke Universität Magdeburg (Germany).

The physical period of the blended program is planned for the period 15<sup>th</sup> – 19<sup>th</sup> June 2026 at the Universidade de Évora (Portugal), while the virtual courses will take place from 22<sup>nd</sup> June to 3<sup>rd</sup> July 2026. Focusing now on the physical part of the program, we are looking forward to having you in Évora as Exchange Student!

The aim of this guide is to provide you with guidance for the duration of the entire exchange period, starting with the Application procedures up to the Recognition of activities that you will carry out during your mobility at the Universidade de Évora, including some tips to manage your stay in Évora.

Here are some initial pointers:

- The staff operating at the University International Relations Division is in charge for help you to plan your stay in Évora. The relevant staff may be contacted at one of the following e-mail addresses:
  - [mobility@uevora.pt](mailto:mobility@uevora.pt) and [mobilidade@uevora.pt](mailto:mobilidade@uevora.pt) for administrative questions;
- Involved academics are responsible for planning and organizing your study plan. Each participating University identified a coordinator whose identity and e-mail address:
  - Università di Parma (Italy) (Coordinator) [Prof. Giancarlo Condello](mailto:Prof. Giancarlo Condello)
  - Universidade de Évora (Portugal) (Hosting institution) [Prof. Jorge Bravo](mailto:Prof. Jorge Bravo)
  - Universidad de Extremadura (Spain) [Prof. Santos Villafaina Domínguez](mailto:Prof. Santos Villafaina Domínguez)
  - Atlantic Technological University [Prof. Lisa Ryan](mailto:Prof. Lisa Ryan)
  - Otto-von-Guericke Universität Magdeburg [Prof. Christiane Desaive](mailto:Prof. Christiane Desaive)

For a better organization of your stay in Évora and interaction, we kindly ask you:

- you to fill in this [short survey](#) regarding your planned arrival and departure dates and times. The **deadline** to fill in the survey is **Friday, 22<sup>nd</sup> May at 12:00 AM**.

- to join a **WhatsApp group**: [here's the link to join us](#).

Enjoy your exchange period at the Universidade de Évora!

The Incoming Mobility Staff



## PLAN YOUR ARRIVAL AND YOUR STAY IN ÉVORA

### How to get to Évora

From any of the airports (Lisbon, Porto, or Faro) there are buses (Rede de Expressos: <https://rede-expressos.pt/pt>, and FlixBus: <https://global.flixbus.com>) to Évora with some regularity. The closest airport is Lisbon airport (~1h:20min), the others are much further away and the journeys can take several hours (~3h from Faro and ~6h from Porto).

### Hostel accommodation

The University of Évora has already reserved shared rooms for the entire duration of the physical part of the program at the Student's Hostel (D'Iberica Hostel: Burgos Guesthouse, Rua de Burgos, 2 - Évora). Rooms are available for check-in starting Sunday, June 14th by 4.00 PM, with check-out on June 20th by 12.00 AM.

The University of Évora will cover the expenses of the accommodation for those students who confirm their accommodation at the Student's Hostel.

The rate per person, per night is 27 €.

The price includes bed linen, access to Wi-Fi, luggage storage, and car parking is 5min walking outside the city walls. Each room has a private bathroom (personal towel is included). The accommodation does not have breakfast service, but there is a common area with a microwave, mini-fridge, coffee maker, and kettle with some teas available.

### How to get to the D'Iberica Hostel

The Hostel is located within the city walls, a 10-minute walk from the bus station (#2 in the map of the Main venues) and a 15-minute walk from the train station (#1 in the map of the Main venues). It is a 5-minute walk from the University of Évora building where classes are held (#3 in the map of the Main venues) and just 20 meters from the city's main square, Praça do Giraldo.

### Meals

Lunches between the 15<sup>th</sup> and 19<sup>th</sup> are provided by the organization in the University of Évora canteen, with dishes consisting of a first course (usually soup or cream of vegetables), a main course (with conventional, vegetarian and other options), and dessert (sweet or fruit, subject to availability).

Dinners are at your own expense, with the option of dining in the University canteen at relatively affordable prices (maximum 5 euros) and several other options nearby, including local restaurants and restaurants with international cuisine, including pizzerias and hamburger restaurants.



## REGISTRATION TO UNIVERSIDADE DE ÉVORA

### Mobility and Non-Mobility students

The ERASMUS+ BIP in Artificial Intelligence in Health and Sport is hosted by Universidade de Évora; there are 2 categories of students:

- Non-mobility students: regularly enrolled in the Institution that hosts the physical part of the BIP.
- Mobility: students regularly enrolled in partner Universities; they are enrolled in the hosting University as exchange students; they receive a mobility grant paid by Home Universities.

Mobility students will be enrolled as exchange students to the Universidade de Évora.

Online platforms and university services will be offered by Universidade de Évora.

The Incoming staff registers you to the Universidade de Évora and will send you an e-mail with:

- a username
- a password

### Physical part

The Physical part of the programme starts on June 15<sup>th</sup> and ends on June 19<sup>th</sup> 2026. Courses take place at Colégio Luís Verney, R. Romão Ramalho 59, 7002-554 Évora.

### Virtual part

The Virtual part of the programme starts on June 22<sup>nd</sup> and ends on July 3<sup>rd</sup> 2026.

### Learning Agreement

Before the beginning of the course, as per any student mobility carried out in the framework of the Erasmus+ Programme, you must have your Learning Agreement (Section “Before the Mobility”) approved.

You can use the [OLA platform](#) to edit your Learning Agreement (also available through the Erasmus app – available for both IOS and Android).

Once filled in and signed, the document must be approved by the three parties:

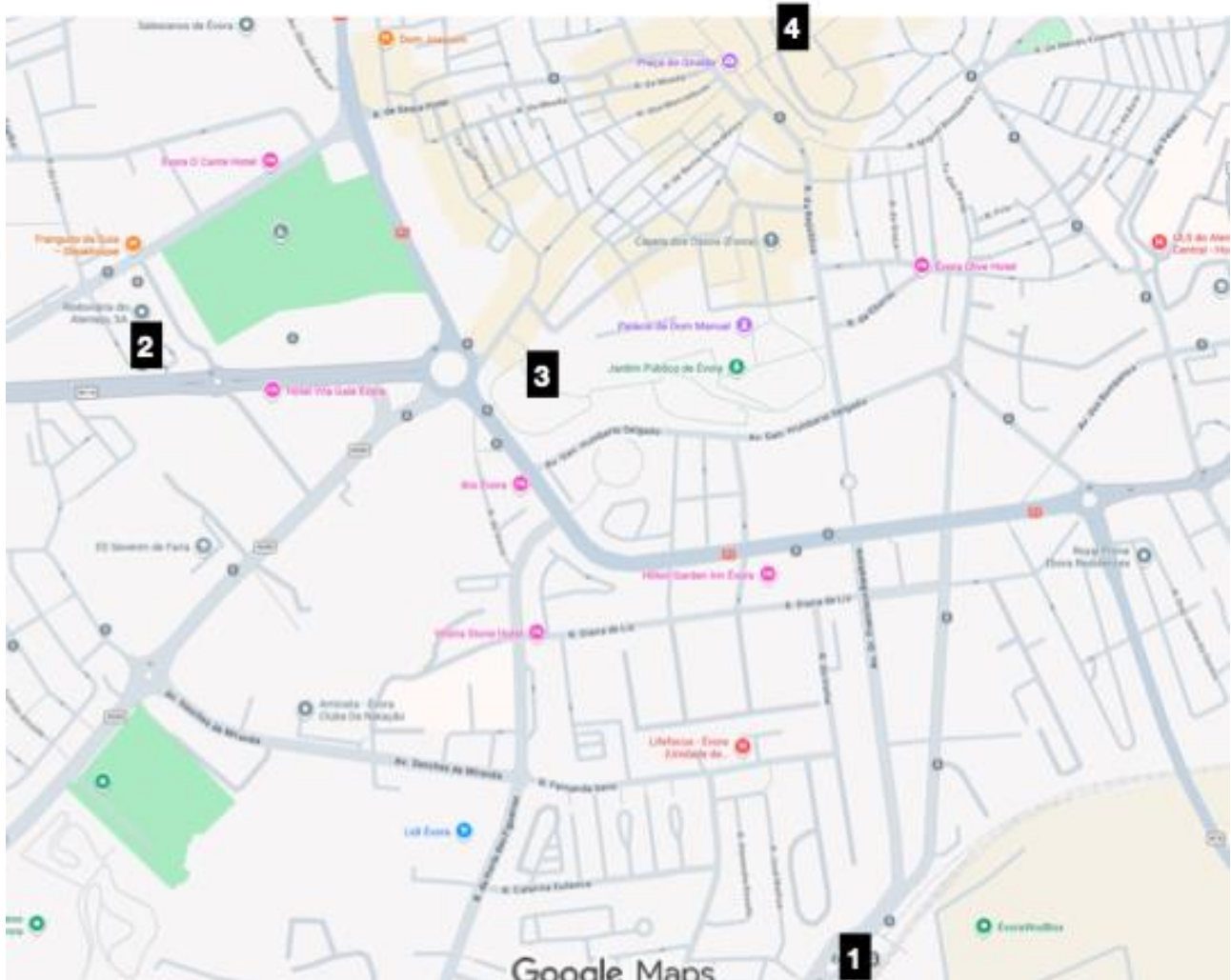
- student
- sending institution: home university international officer
- receiving institution: Universidade de Évora. Refer to Luís Maduro, [mobility@uevora.pt](mailto:mobility@uevora.pt)



## Main venues

You may click on the place you want to reach to open the map on your device and easily reach the chosen destination.

### BIP Artificial Intelligence in Health and Sport 2026



1 - Train station (<https://maps.app.goo.gl/7wChBfXcaxk7yCZF7>)

2 - Bus station (<https://maps.app.goo.gl/DCGidfkUnBVtSgQw7>)

3 - Colégio Luís Verney - where the classes take place (<https://maps.app.goo.gl/EE2pJtxNVtJYcWpf9>)

4 - Burgos Guesthouse - where the students will sleep (<https://maps.app.goo.gl/d8dfW1B3HrVfn1gSA>)



## Emergency locations and numbers:

Emergency Room (Email: [mobilidade@uevora.pt](mailto:mobilidade@uevora.pt); Phone: (+351) 266 760 220; Local: <https://maps.app.goo.gl/VQTyhGfN6aD4Ysbq7>)

Pharmacy 24/7 (<https://www.farmaciasdeservico.net/localidade/evora/evora>)

Taxi (<https://www.izzymove.pt/taxis-em-evora/>)



## The Erasmus Student Network – ESN

ESN Évora is part of the International Exchange Erasmus Student Network (ESN), the largest non-profit student association in Europe whose main purpose is to provide information to mobility students and help them adapt and be integrated in the country and community in which they live. More information at the *Mobility Support Office* ([mobilidade@uevora.pt](mailto:mobilidade@uevora.pt)) and on the webpage (<https://www.uevora.pt/en/study/Mobility/Mobility-In/Student-Mobility/Before-you-go-on-Mobility>).

## AT THE END OF YOUR MOBILITY

### Transcript of Records

After the end of the Blended Intensive Programme you will receive the Transcript of Records, a document that states the activity that you have performed. This document allows you to receive credits from your Home Institution.

We invite you to contact the Coordinator of the BIP at the home University in order to know the procedures for the recognition of learning outcomes.

### Survey

Students are requested to fill in a survey on organisation and education issues: we would like to know your opinion. The final evaluation survey will be available starting from July 6<sup>th</sup> to July 17<sup>th</sup>, 2026, at 12:00 AM.

Thank you for your cooperation.

### Contact us

Mobility Support Office

Divisão de Internacionalização e Mobilidade,

Serviços da Reitoria, Universidade de Évora, 7000-810 Évora

EMAIL: [mobilidade@uevora.pt](mailto:mobilidade@uevora.pt)

Phone: +351 266 760 220



## Course calendar

### Course calendar for In-presence activities

Date	Time	Presentation	Speaker
<b>Sunday 14<sup>th</sup> June</b>	<b>Arrival</b>		
<b>Monday 15<sup>th</sup> June</b>	9:00 – 11:00	Opening ceremony Introduction of the programme Introduction to Artificial Intelligence	<b>UE Delegates</b> <b>Prof. Giancarlo Condello</b> Università di Parma
	11:00 – 13:00	How Can Artificial Intelligence and Principal Component Analysis (PCA) help in Performance Analysis?	<b>Prof. Orlando Fernandes</b> Universidade de Évora
	15:00 – 17:00	Peddy-paper	<b>Prof. Jorge Bravo</b> Universidade de Évora
<b>Tuesday 16<sup>th</sup> June</b>	9:00 – 11:00	Emerging applications of artificial intelligence in adapted physical activity prescription	<b>Prof. Valentina Presta</b> Università di Parma
	11:00 – 13:00	AI for biomechanics in sport and health - theory and practice	<b>Prof. Luke Conroy</b> Atlantic Technological University
	15:00 – 17:00	AI-based exercise prescription	<b>Prof. Rafael Timón Andrada</b> Universidad de Extremadura
<b>Wednesday 17<sup>th</sup> June</b>	9:00 – 11:00	From Evidence to Performance: AI in Health and Sports	<b>Prof. Soraia Ferreira</b> Universidade de Évora
	11:00 – 13:00	AI for Health and Sports: Ethics, Risks and Opportunities	<b>Prof. José Moreira</b> Universidade de Évora
	15:00 – 20:00	CULTURAL ACTIVITY	
<b>Thursday 18<sup>th</sup> June</b>	9:00 – 13:00	Inertial Sensors and Artificial Intelligence in the Control of Human Movement	<b>Prof. Jesus Muñoz, Prof. Orlando Fernandes and Prof. José Parraça</b> Universidade de Évora
	15:00 – 17:00	When Machine Learning goes Wrong: Avoiding common pitfalls	<b>Prof. Luís Rato</b> Universidade de Évora
<b>Friday 19<sup>th</sup> June</b>	9:00 – 11:00	Machine learning algorithms in team sport performance	<b>Prof. Bruno Gonçalves</b> Universidade de Évora
	11:00 – 13:00	Human-and-AI Decision-Making for Personalized Exercise Therapy in Non-Communicable Disease	<b>Prof. Jorge Bravo</b> Universidade de Évora
<b>Saturday 20<sup>th</sup> June</b>	<b>Departure</b>		



## Course calendar for virtual activities

Date	Time	Presentation	Speaker
<b>Monday</b> 22 <sup>nd</sup> June	11:00 – 13:00	AI and Sport, Opportunities and Challenges	<b>Prof. Denise Martin</b> Atlantic Technological University
<b>Wednesday</b> 24 <sup>th</sup> June	14:00 – 16:00	Artificial Intelligence in the research and practice of Sport for Health	<b>Prof. Narcis Gusi</b> Universidad de Extremadura
<b>Thursday</b> 25 <sup>th</sup> June	11.00 – 13.00	Evolutionary Algorithms - Lightweight Design of Risers in Archery”	<b>Prof. Jürgen Edelmann-Nusser</b> Otto-von-Guericke Universität Magdeburg
<b>Monday</b> 29 <sup>th</sup> June	10:00 – 12:00	Wearable sensors: Can artificial intelligence be a tool for human activity recognition?	<b>Prof. Valentina Bianchi</b> Università di Parma
<b>Tuesday</b> 30 <sup>th</sup> June	14:00 – 16:00	Precision medicine and Imaging: Optimizing processes with convolution neural network	<b>Prof. Chiara Martini</b> Università di Parma
<b>Friday</b> 3 <sup>rd</sup> July	11:00 – 13:00	Final discussion - Students Presentation	<b>Professors from CORE GROUP Partners</b>

