



Universidade de Évora

Edital

Applications for Admission to the Continuing Education in
Relaxation
Academic Year 2023/2024

1. The program is promoted by

Universidade de Évora - Escola Superior de Enfermagem S. João de Deus

2. Coordenador(a)

Maria de Fátima Santos Rosado Marques (mfm@uevora.pt)

3. Program description

The challenges and demands of everyday life generate situations of internal tension, which sometimes jeopardize the physical and psychological well-being of the individual, and it is essential to develop strategies that allow the harmonious management of these tensions. Relaxation is a technique with several approaches, which facilitates the training of the individual to face tense situations, promoting a state of calm and serenity.

4. Objectives

5. General conditions of access and admission

i Specific admission conditions

Nurses and Social Service Technicians who work preferably with the elderly;
1st, 2nd and 3rd cycle Teachers

ii Necessary documentation

- a) Curriculum Vitae;
- b) document proving the date of birth;
- c) documents proving the qualifications;
- d) document proving the residence permit issued by SEF, in the case of international student;
- e) document with fiscal number, in case of international student;
- f) if it is applicable, a document proving the unemployment situation;

6. Selection Process

First priority: Be over 23 years old when the course starts

Second priority: Date of application

For the course to take place, 75% of the candidates admitted must be over the age of 23

7. Maximum number of admissions

- Maximum number of admissions: 20

8. Minimum number of students

Minimum number of students: 10

9. Tuition fee

- Tuition fee: 50,00 €

Students benefiting from PRR Adult Support will have 10 working days, after the date of receipt of the incentive, to pay the tuition fee.

10. Organization / Duration

- a. **Duration of the program:** 5 weeks
- b. **Number of ECTS to obtain the post-graduate program:** 2

11. Learning Type

Presencial

12. Schedule type

After-work

13. Classes schedule (week days and schedule)

Wednesday from 5 pm to 9 pm

14. Program Dates

- Program Start Date: November 8, 2023
- Program End Date: December 6, 2023

15. Application Dates

- Applications Start Date: September 25, 2023
- Applications End Date: October 17, 2023
- Announcement of Results (until): October 26, 2023
- Enrollments Start Date: October 26, 2023
- Enrollments End Date: October 31, 2023

September 21, 2023
The Rector

Hermínia Vasconcelos Vilar