



# Universidade de Évora

## Open call rules

Applications for Admission: Curso de formação em Integração da espiritualidade e da esperança nos cuidados de saúde (Integration of spirituality and hope in healthcare)  
Academic Year 2024/2025

### 1. The program is promoted by

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

### 2. Coordenador(a)

Mónica Sofia do Couto Antunes (monica.antunes@uevora.pt)

### 3. Program description

This intensive course is designed for nursing professionals who seek to deepen their knowledge in the areas of spirituality and hope, to integrate these vital concepts into holistic patient care. Focusing on the significant impact that hope and spirituality have on health, the program provides nurses with tools to promote the comprehensive well-being of patients, considering their physical, emotional, and spiritual dimensions. Participants will be equipped to apply health coaching principles to enhance patient quality of life while developing a more empathetic and human-centred clinical practice. This course allows professionals to expand their skills in understanding and incorporating spirituality and hope as pillars of more compassionate and effective healthcare.

### 4. Objectives

At the end of the course, it is intended that the student has developed the skills that allow him to:

1. Understand the impact of hope and spirituality on the health and well-being of patients and nursing professionals, promoting a holistic approach to care.
2. Explore and apply health coaching principles in nursing, enabling professionals to guide patients in building healthy habits, self-awareness, and personal development.
3. Develop skills to integrate spirituality and life purpose into clinical practice, respecting patients' individuality and cultural diversity.
4. Reflect on the nurse's role as a facilitator of overall well-being, promoting humanised care and encouraging the connection between mind, body, and spirit.

## 5. General conditions of access and admission

### i General conditions

Be over 18 years old and resident permit. If you do not have Portuguese nationality, you must have a residence permit and tax payer number .

### ii Specific admission conditions

Nursing Graduation

### iii Required academic qualifications Higher Education - Degree 1st Cycle (Bologna) or Equivalent

### iv Necessary documentation

- a) identification document;
- b) document(s) proving the qualifications required in the Announcement for access to the course;
- c) document proving the IBAN of the bank account held by the candidate, in which the name of the holder is mentioned;
- d) proof of residence permit, in the case of foreign students;
- e) document with tax identification number, in the case of foreign students;
- f) if applicable, proof of unemployment;

## 6. Selection Process

Date of application submission.

## 7. Maximum number of admissions

- Maximum number of admissions: 30

## 8. Minimum number of students

Minimum number of students: 10

## 9. Tuition fee

- Tuition fee: 150,00 €

This course is covered by the PRR's Adult Impulse. Students can receive two prizes: the participation prize, equal in value to the course fee, and the completion prize ([according to Regulation](#)), to be paid into a bank account held by the student.

## 10. ECTS

- Number of ECTS of the program: 3

## 11. Horas de Contacto

- Total de horas de contacto: 26

## 12. Learning Type

b-Learning

## 13. Schedule type

Mixed

## 14. Classes location

Évora University. Escola Superior de Enfermagem São João de Deus, Évora.

## 15. Classes schedule (week days and schedule)

Monday (17h-21h) (online)  
Wednesday (17h-21h) (online)  
Saturday (9h-18h) (on-site)

## 16. Program Dates

- Program Start Date: September 8, 2025
- Program End Date: September 13, 2025

## 17. Application Dates

- Applications Start Date: April 4, 2025
- Applications End Date: July 14, 2025
- Announcement of Results (until): July 24, 2025
- Enrollments Start Date: July 24, 2025
- Enrollments End Date: July 27, 2025

April 4, 2025

The Rector

Hermínia Vasconcelos Vilar