



Universidade de Évora

Open call rules

Applications for Admission: Curso de formação em Ambientes Saudáveis (Healthy Environments)
Academic Year 2025/2026

1. The program is promoted by

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

2. Coordenador(a)

Marta Sofia Inácio Catarino (marta.catarino@uevora.pt)

3. Program description

The relationship between the environment and health is an increasingly relevant topic in clinical practice. There is growing global concern about the potential impact of climate change, microplastics, air pollution, and extreme weather conditions on human health. Nurses are being called upon to take action, implement measures to reduce environmental impacts, and protect the population, while also engaging communities in efforts to counter the negative effects of climate and environmental changes on health. This microcredential aims to equip nursing professionals with the skills to integrate healthy environment concepts into their daily practice, promote balanced lifestyles, and prevent environmental health risks.

Throughout this course, participants will explore factors contributing to environmental imbalance and their consequences, analyze strategies to reduce exposure to toxic substances, and deepen their understanding of Grounding as a tool for physical and emotional well-being. Innovative practical approaches will be discussed to mitigate environmental risks and strengthen health promotion, based on best practices and scientific evidence. This training is aimed at professionals who wish to expand their skills in the field of environmental health and actively contribute to improving the quality of life of individuals and communities.

4. Objectives

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

- Integrate concepts of healthy environments into nursing practice, promoting more balanced lifestyles;
- Identify the main environmental imbalance factors today and their consequences on quality of life;

- Implement measures to reduce environmental risk factors in patients' lives, reinforcing health prevention;
- Explore the concept of Grounding and its influence on physical and emotional balance;
- Analyze strategies to reduce exposure to toxic substances in daily life and promote a healthier environment.

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

Healthcare Professionals, graduate.

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;

6. Selection Process

Date of application submission.

7. Maximum number of admissions

- Maximum number of admissions: 50

This course, supported by the MedTech-Next Project, includes the use of advanced technological resources, namely digital environments and technology-based platforms applied to training.

8. Minimum number of students

Minimum number of students: 10

9. Tuition fee

- Tuition fee: 0,00 €

This course is covered by the PRR's Digital Plus Impulse. Students may be eligible for completion prize, in accordance with [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

15. Classes schedule (week days and schedule)

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

16. Program Dates

- Program Start Date: February 16, 2026
- Program End Date: February 21, 2026

17. Application Dates

- Applications Start Date: December 29, 2025
- Applications End Date: January 28, 2026
- Announcement of Results (until): February 4, 2026
- Enrollments Start Date: February 4, 2026
- Enrollments End Date: February 9, 2026

December 29, 2025

The Rector

Hermínia Vasconcelos Vilar