



Universidade de Évora

Open call rules

Applications for Admission: Curso de formação em Fundamentos da Enfermagem do Estilo de Vida: Um Novo Paradigma de Saúde (Fundamentals of Lifestyle Nursing: A New Health Paradigm)
Academic Year 2025/2026

1. The program is promoted by

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

2. Coordenador(a)

Anabela Pereira Coelho (anabela.coelho@uevora.pt)

3. Program description

The course aims to train nursing professionals in an innovative approach to health promotion. This training will highlight the importance of lifestyle as a determining factor in the prevention and management of chronic diseases, reinforcing the role of nurses in adopting evidence-based practices to improve the quality of life of individuals and communities.

Throughout the course, students will delve into the essential concepts of Lifestyle Nursing, exploring its seven fundamental pillars: healthy eating, physical exercise, mental health, healthy relationships, spirituality, sleep and minimizing harmful substances and behaviours. Intervention methodologies that promote sustainable changes in behavior will be covered, combining theory and practice through workshops, case studies and interactive teaching resources.

4. Objectives

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

1. Understanding the Fundamentals of Lifestyle Nursing: and its concepts.
2. Understanding the pillars of Lifestyle Nursing.
3. Recognize the Role of Nursing in Health Promotion:
5. Recognize the effectiveness of Nursing Interventions in Promoting Health and Lifestyle

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: 30

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 9, 2026
- Program End Date: February 14, 2026

17. Application Dates

- Applications Start Date: December 29, 2025
- Applications End Date: January 21, 2026
- Announcement of Results (until): January 28, 2026
- Enrollments Start Date: January 28, 2026
- Enrollments End Date: February 5, 2026

February 2, 2026

The Rector

Hermínia Vasconcelos Vilar