



Universidade de Évora

Open call rules

Applications for Admission: Curso de formação em A Arte de Envelhecer Bem:
Ciência, Saúde e Bem-Estar Facial (The Art of Aging Well: Science, Health, and
Facial Well-Being)
Academic Year 2025/2026

1. The program is promoted by

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

2. Coordenador(a)

Maria Margarida Palma Goes (mgoes@uevora.pt)

3. Program description

Facial aging is a natural manifestation of the human aging process, resulting from the interaction of genetic, hormonal, environmental, and behavioral factors. These changes affect the skin, underlying tissues, and facial expression, influencing self-esteem, self-image, and perceived well-being. This course is grounded in Nursing and Health Sciences, addressing the fundamentals of facial anatomy and physiology, the biological mechanisms of aging, and the lifestyle factors that modulate it. Also integrates principles of nutrition, cosmetic science, and self-care education, within a scientific, ethical, and educational perspective. It enables health professionals—particularly nurses—to understand facial aging processes, design educational interventions, and promote self-care and well-being practices, reinforcing Nursing's role in fostering healthy aging, health literacy, and quality of life throughout the lifespan.

4. Objectives

1. Understand the physiological, anatomical, and psychosocial mechanisms involved in facial aging.
2. Identify the main facial and cervical structures associated with skin and muscular changes related to aging.
3. Analyze the influence of lifestyle, environmental, and emotional factors on facial health and well-being.
4. Develop skills to design and implement educational self-care interventions that promote healthy aging.

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

Applicants must hold a degree in Nursing or Medicine.

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: 20

8. Minimum number of students

Minimum number of students: 8

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: 1

11. Horas de Contacto

- Total de horas de contacto: 10

12. Learning Type

e-Learning

13. Schedule type

After-work

14. Classes location

University of Évora

15. Classes schedule (week days and schedule)

1st Phase (1st Intake)

- 23 March, from 6:00 p.m. to 8:00 p.m. (online)
- 25, 26 and 27 March, from 6:00 p.m. to 8:00 p.m. (online)

16. Program Dates

- Program Start Date: March 23, 2026
- Program End Date: March 27, 2026

17. Application Dates

- Applications Start Date: March 13, 2026
- Applications End Date: March 17, 2026
- Announcement of Results (until): March 20, 2026
- Enrollments Start Date: March 20, 2026
- Enrollments End Date: March 23, 2026

March 25, 2026

The Rector

Hermínia Vasconcelos Vilar