



Universidade de Évora

Open call rules

Applications for Admission: Curso de formação em Aromaterapia Aplicada ao Ciclo Gravídico-Puerperal (Aromatherapy Applied to the Pregnancy and Postpartum Cycle)
Academic Year 2025/2026

1. The program is promoted by

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

2. Coordenador(a)

Ana Cristina Canhoto Ferrão (ana.ferrao@uevora.pt)

3. Program description

Pregnancy, labor, and the postpartum period bring about physical, emotional, and psychosocial changes in a woman's life. Promoting well-being during these stages is recognized as an essential element for the health of women, newborns, and families. In this context, there has been growing interest in safe, evidence-based complementary approaches that can support healthcare professionals in providing more humanized, woman-centered care, valuing women's needs throughout the pregnancy and postpartum cycle. Among these complementary therapies scientifically recognized by the World Health Organization, aromatherapy stands out, applied through the use of essential oils for therapeutic purposes. When used in an informed and safe manner, it can help alleviate discomforts associated with pregnancy, promote relaxation and comfort during labor, and support the management of postpartum anxiety. Training healthcare professionals in this area is essential to ensure that women and their families have access to accurate information and personalized guidance for the proper use of this therapeutic approach. In this regard, this course aims to provide the acquisition of theoretical knowledge and the development of practical skills related to the safe application of aromatherapy during pregnancy and the postpartum period. This course incorporates innovative teaching methodologies, utilizing digital environments and technology platforms designed for learning, thereby promoting a flexible and accessible educational experience that is aligned with current educational contexts and ongoing professional development.

4. Objectives

- (1) Understand the fundamentals of aromatherapy and the safety guidelines for the use of essential oils during pregnancy and the postpartum period;
- (2) Apply aromatherapy in an ethical, safe, and complementary manner, as part of woman-centered care.

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

Graduates in Nursing, Medicine, Physical Therapy, or Psychology.

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: 25

Micro-grant under the “Impulso Mais Digital” initiative of the PRR-MedTech NEXT Project - Medicine, Technology, and the Future, subject to an incentive program in accordance with its own regulations.

8. Minimum number of students

Minimum number of students: 15

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

Presential

13. Schedule type

Labor

14. Classes location

São João de Deus School of Nursing - University of Évora

15. Classes schedule (week days and schedule)

May 18 – 9:00 AM–5:00 PM (in-person)

16. Program Dates

- Program Start Date: May 18, 2026
- Program End Date: May 18, 2026

17. Application Dates

- Applications Start Date: April 30, 2026
- Applications End Date: May 8, 2026
- Announcement of Results (until): May 11, 2026
- Enrollments Start Date: May 12, 2026
- Enrollments End Date: May 14, 2026

April 28, 2026

The Rector

Hermínia Vasconcelos Vilar