

Sustainable Business Strategies in a Digital and Globalized World (5 ECTS credits)
Responsible: Luís Pires; E-mail: luica@ipb.pt
Location: Bragança Campus
Partners: Bragança Polytechnic University (Portugal), Novia University of Applied Sciences (Finland) Universitat de Lleida (Spain)
Calendar: Virtual component starting 02/11/2026, ending 04/12/2026. Physical component starting 07/12/2026, ending 11/12/2026.
Level and field of studies: Bachelor and Master students in Management Studies
Contents: Students are empowered through the LOOPA-method by working iteratively with real-world tourism challenges. Through analysis, co-creation, testing, and reflection, they develop sustainable business strategies that integrate circular thinking, digital tools, and stakeholder perspectives. The approach strengthens students' ability to take initiative, make informed sustainability-driven decisions, and collaboratively design viable solutions for the tourism industry.

Heritage in Video Games (6 ECTS credits)
Responsible: Bárbara Barroso; Rita Costa; E-mail: bbarroso@ipb.pt , rita.costa@ipb.pt
Location: Mirandela Campus
Partners: Bragança Polytechnic University (Portugal), University West (Sweden), Université Marie & Louis Pasteur (France), Kajaani University of Applied Sciences (Finland), Universidad Europea Miguel de Cervantes (Spain)
Calendar: Virtual component starting 09/10/2026, ending 27/11/2026. Physical component starting 16/11/2026, ending 20/11/2026
Level and field of studies: Bachelor's and Master's students from Game Design, Game Development, Computing, Design, Arts, Heritage, Education, Communication, Media, and other related disciplines. The programme welcomes students from diverse academic backgrounds who are interested in exploring heritage through creative and interactive digital experiences.
Contents: Unlock the world of cultural heritage preservation through video games! Join our program to delve into UNESCO's definition of cultural heritage, embracing both tangible and intangible treasures of societies worldwide and our own specific local context. Discover how video games serve as powerful tools to document, celebrate, and protect diverse cultural legacies, engaging audiences and promoting intercultural understanding. Throughout the program, you'll learn to craft immersive experiences that showcase local heritage, from design and development to prototyping and iteration. Embark on a journey to build a holistic vision of preserving cultural heritage in the digital age!

Emotional Education (6 ECTS credits)
Responsible: Maria Augusta Romão da Veiga Branco; Bárbara Barroso; Paula Monte; E-mail: aubra@ipb.pt
Location: Bragança Campus
Partners: Bragança Polytechnic University (Portugal), University "Aleksandër Moisiu" Durrës (Albania), Silesian University in Opava (Czech Republic), Universidad de Almería (Spain), Universidad La Laguna (Spain), Tallinn University, (Estonia).
Calendar: Virtual component starting 21/10/2026, ending 16/12/2026. Physical component starting 07/12/2026, ending 11/12/2026.
Level and field of studies: Bachelor and Master and PhD students in any area: Emotional Education is training that cuts across all scientific areas. The selection of students considers preferably: Human Resources working in Health Therapies, Educational Sciences, Health Sciences, Social Sciences, Political Sciences or International Studies, Economics and Management, Engineering, IT, Mathematics, Astronomy, Marketing, Arts and Design, Digital Game Design, Public Management and Administration, Information and Communication Technology, Journalism and Communication, Marketing, Multimedia, Legal Services, Tourism.
Contents: 1. Functional and metabolic concepts from the perspective of Neuroscience: Central Nervous System, Periphery Nervous System and Neuro-vegetative Nervous System - physiologic interactions and neuronal activities. 1.1. Feeling and Emotion - neuro-differentiation and neurochemical differences: potential energy and grammars on the face and body expressions. 1.2. The 7 Sensorial senses perception (interoception - internal signals - and proprioception or body awareness). 1.3. Functions and Effects of Cognitive and Behavioural Processes, and in Learning skills and results. 1.3.1. Social Pain as an emotional state of the body. 1.4. Neurotransmitter's essential interactions. 2. The Microbiota-Gut-Brain Axis; Gut feelings: associations of emotions and emotion regulation with the gut microbiome. 3. Concepts, definitions and neuro-differentiation: Emotional Competence (EC), Emotional Education (EE), Emotional Intelligence (IE). The 5 Dimensions of E.C. 3.1. The mirror

neurons in the 4 dimensions of empathy paradigm (Hoffman) 3.2. Health Promotion/EC Dimensions. 3.3. Management of emotional states of the body vs Emotional Regulation. 3.4. Managing Emotions through the body 3.4.1. EE Laboratories I, II: Immersive Emotion Management Strategies: Emotional management through body expression: dance/music therapy, sociocultural guided physical activity and interaction in art reflections. 3.4.2. Virtual Lab: Immersive experiences in virtual reality under technical and scientific guidance. 4. Be emotionally competent as Educator, Manager, Entrepreneur. 5. Research in Emotional Competence (EC), Emotional Education (EE), Emotional Intelligence (IE): From the theoretic rationale, through the methodologic rationale to the scientific results. 5.1. The ECVS: a data collection instrument for the study of the CE profile, application in different scientific areas samples.