Universidad Pontificia de Salamanca
Movilidad y Cooperación Internacional

Cofinanciado por la Unión Europea

# Convocatoria para participar en un programa intensivo combinado (BIP) dentro del programa Erasmus+ en Leiria, Portugal

Es un programa de corta duración titulado **"Community participation in mental health"** organizada por la **Universidad Leiria y Oeste en Portugal** que combina una estancia de 5 días en Leiria con enseñanza virtual. La estancia en Portugal tendrá lugar **del 19 al 23 de abril de 2027** y los participantes seleccionados recibirán una beca Erasmus+. Al aprobar el programa, la universidad de destino concede **3 ECTS** a los participantes (especificación del reconocimiento abajo).

**Participantes admisibles:**

- Alumnos actualmente matriculados en el 2º, 3º y 4º curso del Grado en Enfermería
- Alumnos actualmente matriculados en el 2º, 3º y 4º curso del Grado en Logopedia
- Alumnos actualmente matriculados en el 2º, 3º y 4º curso del Grado en Fisioterapia
- Alumnos actualmente matriculados en el 2º, 3º y 4º curso del Grado en Nutrición Humana y Dietética
- Alumnos actualmente matriculados en el 2º, 3º y 4º curso del Grado en Psicología

**Criterios de adjudicación:**

Se da preferencia a los solicitantes que anteriormente no hayan realizado una estancia de movilidad.

Criterios de selección:

- Nota media del expediente académico;
- Se requiere un nivel mínimo de inglés de B2 (se da preferencia a los solicitantes que aporten un certificado oficial de inglés reconocido por ACLES)*.

**Los solicitantes que no aporten un certificado oficial serán convocados a una entrevista para comprobar el nivel de inglés.*

**Organización del programa:**

El componente presencial del programa "Community participation in mental health" tendrá lugar del 19 al 23 de abril de 2027 en Leiria, Portugal y se combina con una parte de docencia virtual de 3 sesiones el 9 de marzo, el 23 de marzo y el 6 de abril de 2027 (16:00 – 18:00 horario de Portugal cada sesión).

La participación en todo el programa es obligatoria.

El programa se impartirá en **inglés** y los participantes trabajarán en equipos internacionales junto a otros estudiantes de universidades europeos de diferentes países.

Puedes encontrar más información sobre el programa en el anexo.

**Reconocimiento:**

Al aprobar el programa "Community participation in mental health" los participantes recibirán 3 ECTS de la Universidad Leiria y Oeste que pueden ser reconocidos por una optativa según la Normativa de reconocimiento de créditos por realización de actividades universitarias culturales, deportivas, de representación estudiantil, solidarias y de cooperación (ver Normativa de Reconocimiento de Créditos). En caso de que no se pueda convalidar ninguna optativa, los ECTS recibidos se pueden mencionar en el Suplemento Europeo al Título (SET).

**Es responsabilidad del alumno de consultar, antes de confirmar la movilidad, la Normativa de Reconocimiento de Créditos por realización de actividades universitarias culturales, deportivas, de representación estudiantil, solidarias y de cooperación y por lo tanto saber si se puede convalidar una optativa o no según su situación académica personal.**

**Financiación Erasmus+:**

Los estudiantes seleccionados para participar en el programa "Community participation in mental health" recibirán un apoyo económico para la movilidad física de **79 EUR al día** y se financia un **total de 5 días** para la movilidad física del programa.

Todos los estudiantes seleccionados reciben además un **apoyo para gastos de viaje de 211 EUR**.

Los estudiantes que pueden acreditar con un certificado oficial la siguiente situación reciben una ayuda adicional única de 100 EUR: discapacidad igual o mayor del 33%, haber obtenido la beca general del ministerio o del País Vasco en el curso 26/27, ser víctima de terrorismo, ser víctima de violencia de género, pertenecer a familia numerosa (el certificado tiene que estar en vigor durante toda la movilidad).

Viaje ecológico

Si realizas un viaje ecológico recibes **285 EUR** para gastos de viaje en lugar de 211 EUR. Para justificar que el viaje sea ecológico tienes que entregar una declaración jurada, los billetes de tren o bus y en caso de coche compartido el justificante de la aplicación (BlaBlacar, Uber, ...) o si viajas en coche propio (compartido) pago de gasolina, peajes, ... al finalizar la movilidad Erasmus. El justificante sólo es válido si has realizado **la mayor parte del trayecto** como viaje ecológico.

**Coste del programa:**

La participación en el programa "Community participation in mental health" no tiene ningún coste de matrícula. Los participantes son responsables de organizar por su cuenta el transporte y el alojamiento, así como de hacerse cargo de sus gastos de manutención.

**Número de plazas disponibles:**

La Oficina de Movilidad y Cooperación Internacional concede un máximo de **5 becas Erasmus+** para la participación en el programa "Community participation in mental health". La decisión final sobre la participación depende de la Universidad de Leiria y Oeste.

**Solicitud:**

La solicitud para la participación en el programa "Community participation in mental health" se realiza a través del siguiente enlace: https://forms.gle/wC8a3yw9GVtD1bhj8

El plazo de solicitud termina el **20 de noviembre de 2026.**

**Resolución:**

La selección de los participantes se comunicará en la semana del 23 de noviembre.

**Contacto:**

Para cualquier consulta contacta con el servicio de Movilidad y Cooperación Internacional (Dña. Anneke Schröder) international.programs@upsa.es; Telf. 923 277 100 (Ext. 7291)

**ANEXO:**

Programa BIP "Community participation in mental health"

Universidade Leiria • Oeste
Escola Superior de Saúde

# Community participation in mental health

**BLENDED MOBILITY PROGRAM (ERASMUS+)**
**2026/2027**

Face to Face Week in Leiria:
19-23/04/2027

# About the program

Community participation is widely recognised as a central element of contemporary approaches to public health and mental health, and is linked to improved health outcomes, the promotion of equity, and the strengthening of person-centred and community-based care systems. In the field of mental health, the active participation of communities in identifying needs, planning, implementing and evaluating interventions is a key factor in the effectiveness and sustainability of responses (WHO, 2021).

Training in community participation in mental health thus plays a strategic role in equipping health professionals, community workers and other stakeholders to develop participatory practices based on scientific evidence. These training programmes promote fundamental skills, such as facilitating collaborative processes, inclusive communication, participatory needs analysis and community empowerment, enabling interventions to be better tailored to specific socio-cultural contexts (Fancourt et al., 2022).

Training in community participation in mental health is aligned with the principles of human rights, recovery-oriented practice and community mental health, as advocated by international organisations and European public policies. These models value experiential knowledge, the co-production of care and shared responsibility among services, communities and people with lived experience, contributing to more inclusive and sustainable responses (WHO, 2022).

Thus, investing in training in community participation in mental health constitutes a key strategy for strengthening institutional capacity, promoting intersectoral approaches and responding in an integrated manner to the social determinants of mental health, moving beyond exclusively clinical and individualised models.

## Program objectives

This BIP program's primary goal is to develop skills in community-based participatory intervention, with the intention of promoting mental health of communities.

By designing this program, our vision is to enhance the ability to recognize situations that need intervention and the design of participatory interventions to address that situations: Work collectively towards the vision of a healthier community and mental health protective community by creating a participatory community, with the involvement of stakeholders to drive positive changes, advocate for policies and practices that promote dignity, respect, and wellbeing for all individuals.

This vision is achievable through collective effort—recognising challenges, empowering students as future professionals, and fostering a co-production culture that ensures mental health care for all.

For this program, the defined objectives are:

**Objective 1:** Understand structural indicators of mental health.

**Objective 2:** Development of participatory strategies for mental health promotion.

**Objective 3:** Improved critical thinking about the importance of each community element in participatory community-based mental health promotion.

**Objective 4:** Recognise the impact of participatory community-based intervention strategies on the mental health of the population.

These objectives are aligned with the program's primary goal of increasing skills in community-based participatory intervention, with the intention of promoting mental health of communities.

By achieving these objectives, the program aims to empower participants to actively address and promote participatory interventions, ultimately contributing to a healthier community.

## Program activities

The work will start with a virtual component, distributed by three synchronous sessions (2 hours each, with two-week gaps between them) and asynchronous work between sessions.

Session 1 – 09.03.2027 – 4.00pm to 6.00pm

- Presentation of the BIP and definitions

- Group dynamic for presentation

- Session about mental health in community

- Starting the group work: identification of a community problem or opportunity of intervention

Session 2 – 23.03.2027 – 4.00pm to 6.00pm

- Session about resources and stakeholders

- Session about community meetings

- Continuing the group work: preparing a community meeting

Session 3 – 06.04.2027 – 4.00pm to 6.00pm

- Session about participative strategies and interventions

- Continuing the group work: role-play of the community meeting

To ensure these objectives, we plan to deliver 5 (five) days – twenty-six hours - in a presential setting, with multiple activities:

Day 1 - Introduction & Icebreaker (19.04.2027)

Day 2 - Deep Dive & Group work (20.04.2027)

Day 3 - Experiential Learning (21.04.2027)

Day 4 - Interactive Activities & Reflection / Cultural program with dinner (22.04.2027)

Day 5 – Certificate Delivery & Farewell (23.04.2027)

## Recognitions

The total workload for students is 32 hours, divided into 6 hours of online sessions and 26 hours during a face-to-face phase. Asynchronous autonomous work will be asked.

Throughout the programme, emphasis will be placed on experiential learning, using innovative teaching approaches that place students at the centre of learning activities. To achieve the programme's objectives, a combination of face-to-face and online learning methods will be used. E-learning platforms will be used to deliver theoretical information, including selected readings and educational films, and to create discussion and group work forums, with the aim of promoting student engagement.

During face-to-face sessions, a series of activities will be carried out, such as seminars, evidence analysis, mapping exercises and group debates, enabling students to apply the knowledge acquired in community settings identified as areas of need and for participatory intervention. The focus will be on strengthening skills in communication, intergroup work and evidence-based participatory interventions. Guiding pedagogical strategies will be used, enabling students to identify community problems or situations requiring improvement in the promotion of mental health among populations, thereby facilitating the development of participatory community responses and interventions aimed at addressing the community's mental health needs. By grounding complex concepts in real-world examples, the identified problems become more accessible and help students understand the participatory intervention process and the application of knowledge to various scenarios.

Furthermore, the programme will incorporate opportunities for discussion and reflection on mental health content, co-production and participatory strategies, which should be integrated into the responses and solutions presented. By encouraging students to identify solutions and anticipate consequences, this approach promotes critical thinking and problem-solving skills, whilst fostering empathy towards the complexities faced by patients and communities.

Throughout the programme, priority will be given to a student-centred approach, emphasising experiential learning and new pedagogical approaches.

To improve accessibility and engagement, short videos will be used in the formats mentioned above (case studies, scenarios, narratives) or a combination thereof. An online platform will facilitate group interaction and discussion of relevant topics of interest. Mind maps will be used to organise information, aiding the understanding and retention of complex ideas, whilst facilitating brainstorming and the exploration of various perspectives on the topic.

The students who complete the program will receive 3 ECTS.

## Program Support

The program awards 20 students maximum, which allows each partner institution to bring 5 students awarded.

If any institution proposes an inferior number of students, the remaining seats can be reallocated to others.