



Convocatoria para participar en un programa intensivo combinado dentro del programa Erasmus+ en Escola Superior de Saúde Atlântica (Portugal)

Es un programa de corta duración titulado **“Advancing Beyond Basics in Vestibular Physiotherapy: An Introductory Course”** y organizado por la en Escola Superior de Saúde Atlântica, que combina una estancia de 5 días en Barcarena con enseñanza virtual. La estancia en Portugal tendrá lugar **del 4 al 8 de mayo de 2026**. Al aprobar el programa, se otorgarán 4 ECTS al participante (especificación del reconocimiento abajo).

Participantes admisibles:

- Alumnos actualmente matriculados en el 2º, 3º y 4º curso del Grado de Fisioterapia (Salus Infirmorum)

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 **“Advancing Beyond Basics in Vestibular Physiotherapy: An Introductory Course”** tendrá lugar **del 4 al 8 de mayo de 2026** en Escola Superior de Saúde Atlântica, Portugal y se combina con una parte de docencia virtual anterior. La parte virtual se dará en las siguientes **2 sesiones** y la participación es obligatoria:

Online: 16 y 28 de abril de 2026 16.00-18.00 CET (2 horas cada uno)

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



Reconocimiento:

Al aprobar el programa **“Advancing Beyond Basics in Vestibular Physiotherapy: An Introductory Course”**, los participantes recibirán 4 ECTS de Escola Superior de Saúde Atlântica que pueden ser reconocidos en el Suplemento Europeo al Título (SET).

Coste del programa:

La participación en el programa no tiene ningún coste de matrícula.

Los participantes son responsables de organizar su propio transporte y alojamiento (la universidad de acogida proporcionará recomendaciones para encontrar alojamiento en Barcarena).

Financiación Erasmus+:

Debido a fondos limitados, la participación en el BIP se desarrollará en el marco de una movilidad con subvención cero. Es decir que los participantes en la movilidad **no reciben una subvención Erasmus+ para gastos de viaje y estancia.**

Número de plazas disponibles:

Escola Superior de Saúde Atlântica acepta un **máximo de 5 alumnos** para la participación en el programa **“Advancing Beyond Basics in Vestibular Physiotherapy: An Introductory Course”**.

La aceptación final depende de la universidad de destino.

Solicitud:

La solicitud para la participación en el programa **“Advancing Beyond Basics in Vestibular Physiotherapy: An Introductory Course”**, se realiza a través del siguiente enlace:
<https://forms.gle/pzS4wDQSuBL1fmhXA>

El plazo de solicitud termina el **1 de febrero de 2026.**

Resolución:

La selección de los participantes se comunicará en la semana del 2 de febrero.

Contacto:

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

Anexo: el folleto de información del BIP.



Co-funded by
the European Union



Western Norway
University of
Applied Sciences



SECOND FACULTY OF MEDICINE
CHARLES UNIVERSITY

Advancing physiotherapy through vestibular competence

Join our **Blended Intensive Programme (BIP)** on Vestibular Assessment and Rehabilitation in Physiotherapy (4 ECTS)

Dizziness and balance disorders affect a large part of the population, yet few physiotherapists receive systematic training in this area.

BUILD UNIQUE COMPETENCE, LEARN WITH INTERNATIONAL PEERS, AND BECOME THE THERAPIST PATIENTS NEED.

- **On-site in Portugal:**
4–8 May 2026
- **Online modules:** prior to the on-site meeting



Cláudia Maria Lima Costa
Escola Superior de Saúde Atlântica



Mari Kalland Knapstad
Western Norway University of Applied Sciences



Klára Kučerová
2nd Faculty of Medicine Charles University

And other faculty



JOIN NOW

FOR MORE INFORMATION, CONTACT:
vestibular.erasmus@uatla.pt

Blended Intensive Program

Advancing Beyond Basics in Vestibular Physiotherapy: An Introductory Course (4 ECTs)

Dates:

Online: 16th and 28th April 2026 16.00-18.00 CET (2 hours each)

On-site: 4th– 8th of May 2026 of February 2026 (35 hours)

Description:

Although vestibular rehabilitation plays a key role in the management of balance and dizziness-related disorders, it is not systematically addressed in entry-level physiotherapy education. This creates a need for dedicated training initiatives that strengthen students' knowledge and practical competencies in this field.

This Blended Intensive Programme (BIP) is aimed at physiotherapy students and brings together participants from several partner institutions, creating an international learning setting that encourages interaction, shared learning, and the exchange of perspectives on vestibular physiotherapy practice.

The programme starts with an online component, providing students with access to structured learning materials focused on contemporary evidence, clinical concepts, and decision-making processes. Core themes include vestibular system structure and function, mechanisms underlying vestibular disorders, and principles of evidence-informed assessment and rehabilitation, supporting the development of a strong theoretical foundation.

The in-person phase consists of an intensive week of practical workshops with a clear emphasis on experiential learning. Students will take part in guided skill-development sessions addressing vestibular assessment and intervention strategies, including techniques such as the Dix–Hallpike manoeuvre and balance-oriented rehabilitation. These activities are designed to support the translation of theory into practice and to build students' confidence in clinical application.

Overall, the programme aims to enhance students' knowledge, clinical skills, and confidence in applying vestibular physiotherapy principles in clinical practice.

Intended Audience:

Physiotherapy students (and teachers who want to accompany them).

Objectives:

1. To develop students' understanding of the anatomy, physiology, and pathophysiology of the vestibular system.
2. To enhance knowledge of vestibular disorders and their underlying mechanisms, based on contemporary scientific evidence.
3. To strengthen students' ability to apply evidence-informed clinical reasoning in vestibular assessment and rehabilitation.
4. To develop hands-on skills in vestibular assessment techniques and in balance-oriented and vestibular rehabilitation interventions.
5. To promote the integration of theoretical knowledge into clinical practice through experiential and skills-based learning activities.
6. To encourage international collaboration, peer learning, and the exchange of perspectives on vestibular physiotherapy practice among students from partner institutions.
7. To increase students' confidence in applying vestibular physiotherapy principles in clinical settings.

Schedule:

Session	Format	Activities Description
16 th April 2026 16:00 – 18:00 CET	Pre-course On-line session	Course presentation and basic vestibular anatomy and physiology
28 th April 2026 18:00 – 20:00 CET	Pre-course On-line session	Vestibular pathophysiology
Day 1 4 th May 2026	In-person	Exploring vestibular anatomy, physiology and the person with dizziness and/or imbalance
Day 2 5 th May 2026	In-person	Vestibular pathophysiology and vestibular physiotherapy basic principles
Day 3 6 th May 2026	In-person	Hands-on workshops on vestibular assessment and treatment (including BPPV management)
Session 7 7 th May 2026	In-person	Case-base-learning activities – peripheral, central vestibular disorders, and BPPV.
Session 8 8 th May 2026	In-person	Final session
Until 8 th June 2026	Post-course On-line session	Post course assessment

Methods and outcomes:

The online component includes pre-course lectures on vestibular anatomy, physiology, and pathophysiology. The in-person component offers lectures and hands-on workshops on vestibular assessment and treatment (including BPPV), interactive case-based learning, and networking, together with cultural activities highlighting Portugal's heritage. All activities aim to strengthen students' knowledge, practical skills, and confidence in vestibular physiotherapy while fostering intercultural learning in line with ERASMUS+ principles.

Academic coordinators and Lecturers:

Escola Superior de Saúde Atlântica (Host) Coordinator and Lecturer	Professor Cláudia Maria Costa, PT, MSc, PhD stud Specialist in Vestibular and Neurorehabilitation
Western Norway University of Applied Sciences Coordinator and Lecturer	Professor Mari Kalland Knapstad, PT, MSc, PhD Specialist in Vestibular Rehabilitation
2nd Faculty of Medicine Charles University Coordinator and Lecturer	Professor Klára Kučerová, PT, MSc, PhD Specialist in Vestibular Rehabilitation
University of Pittsburgh Invited Lecturer	Professor Susan Louise Whitney, PT, MSc, PhD Specialist in Vestibular Rehabilitation

Venue – Course Location - Escola Superior de Saúde Atlântica (ESSATLA)

About the Host Institution



The Atlantic Superior School of Health (ESSATLA) was established in 2001 as a health school of polytechnic level, originally part of the Atlântica – Instituto Universitário. Since 2017, ESSATLA has operated as an autonomous institution focused on high-quality health education, combining theoretical learning with strong clinical and professional practice. The institution offers a range of undergraduate and postgraduate programmes in health sciences, including Physiotherapy, Nursing, Osteopathy, and specialised postgraduate training, emphasising practical training and employability. It is located at the Barcarena Gunpowder Factory, in beautiful, bucolic surroundings.

Address & How to Get There

Address: Fábrica da Pólvora de Barcarena — Rua dos Paióis 2730-036 Barcarena, Oeiras, Portugal

Transportation:

- ⇒ By Plane:
 - Arrive at Lisbon Airport (Aeroporto Humberto Delgado)
- ⇒ By Train:
 - From Lisbon city centre, take the Sintra Line to Barcarena-Massamá Station (about 10 min walk) or to Monte Abraão and then bus 117 to the campus.
 - Alternatively, use the Cascais Line to Caxias Station and take bus 117 to the school.
- ⇒ By Bus:
 - Bus 117 (Lisboa Transportes) connects train stations to the campus.
- ⇒ By Car:
 - Via IC19 (Exit Tercena/Barcarena/Massamá)
 - Via CREL (Exit towards Sintra/Cacém/Amadora then IC19)
 - Via A5 (Exit Oeiras towards Porto Salvo)

How to Apply:

- Contact the **Erasmus Office/International Relations Office** at your home university to initiate an Erasmus+ application and nomination process, showing this information.
- Follow the mobility procedures as guided by your institution.
- Contact us at vestibular.erasmus@uatla.pt to formalize your registration and complete the remaining procedures, or if you have any further questions.