

## BLENDING INTENSIVE PROGRAMME IN GERIATRICS

3rd edition

11<sup>th</sup> June – 18<sup>th</sup> July 2025

Online course from the 11<sup>th</sup> June – 11<sup>th</sup> July 2025

Presential week: 14<sup>th</sup> July - 18<sup>th</sup> July 2025

At the Faculty of Medicine of the University of Porto, Portugal

### More information

- **Funding:**

This is a *Blended Intensive Programme/BIP*, a short intensive course funded by Erasmus+.

**Funding comes from the participant applying for the Erasmus+ BIP mobility grant at home institution:** 70 Euros per day for the face-to-face five days in Porto (from the 14<sup>th</sup> to the 18<sup>th</sup> of July 2025) - 350 Euros.

There will be four hours of seminars per day at the Faculty of Medicine of the University of Porto on those five presential days.

- **Participation:**

**Free Course**

The course's structure – **Program** – consists of 3 weeks of online seminars, 2 weeks of online mentoring, and 1 week of face-to-face seminars.

Evaluation with short written works prepared by the participants and presented at the face-to-face week.

4,5 ECTS

The participants will pay the cost of the certificate of completion. The fee for a Certificate of completion is 5 Euros, according to the Faculty of Medicine of the University of Porto/FMUP fee table in February 2025.

There is no fixed number of online seminars to attend, yet the student participant is expected to attend all the seminars.

- **Flight tickets:**

The participants will pay their flight ticket costs.

Remember to fly one day ahead, if possible.

- **Eating:**

Lunch and dinner, possible, in the University of Porto canteens (there is one canteen in the FMUP)

Around 5 euros (IVA included) (according to the Social Action Services of the University of Porto fee table)

Several other (private) bars exist on the Faculty of Medicine premises.

The participants will bear lunch and dinner costs.

The organization will provide coffee breaks.

- **Accommodation:**

Aware of the high touristic prices in Porto by the time of the face-to-face week, the organization has provisionally arranged a hotel near the faculty.

The course's participants only have to take a bus (16 minutes) or walk (around 18 minutes).

#### UPDATED INFORMATION on another document, available when enrollment happens

**The room price includes** breakfast, free Wi-Fi in all the hotel areas, and legal fees within the accommodation.

The participants will pay the accommodation cost.

**Only after the accepted application and upon enrollment are the participants allowed to book accommodation since this price and contract are guaranteed by the organization that negotiated it.**

**Participants may choose other accommodation solutions.**

**Our suggestion** (prices for the 24<sup>th</sup> February 2025):

Only through our contact, [joana.paulo.martins@gmail.com](mailto:joana.paulo.martins@gmail.com)

#### HOTEL

**Axis Porto Business 4\*** (600 meters from the hospital)

5 nights from 13<sup>th</sup> to 18<sup>th</sup> July

Bed and breakfast

Price per person:

In triple room: 260€

In a double room: 265€

In a single room: 530€

#### Rules:

Booking is subject to availability at the time

Cancellations are allowed until the 4<sup>th</sup> of July

Payments until 30<sup>th</sup> June

# Blended Intensive Programme in Geriatrics (BIP)

## Full Schedule 2025

<b>June</b>	9	Monday				
	10	Tuesday				
	11	Wednesday	18h00 - 19h00 CET	Presentation of the Course Organization and Evaluation	Francisco Cruz (Coord.)	
	12	Thursday	17h00 - 19h30 CET	Geriatric pharmacology	Martin C. Michel	
	13	Friday	17h00 - 19h30 CET	Geriatric Depression	Lia Fernandes	
	14	Saturday				
	15	Sunday				
	16	Monday	17h00 - 19h30 CET	Dementia in elderly people	Manuel Franco-Martin	
	17	Tuesday				
	18	Wednesday	17h00 - 19h30 CET	Cognitive function and balance: strategies for maintaining stability and mental sharpness	Edouard Pierre Baudouin	
	19	Thursday				
	20	Friday	17h00 - 19h30 CET	Major geriatric syndromes	Pedro von Hafe	
	21	Saturday				
	22	Sunday				
	23	Monday				
	24	Tuesday				
	25	Wednesday	17h00 - 19h30 CET	Pain in elderly people	Margarida Barbosa	
	26	Thursday	17h00 - 19h30 CET	Major geriatric urinary tract diseases	Francisco Cruz	
	27	Friday	17h00 - 19h30 CET	Musculoskeletal ageing	Carlos Vaz	
	28	Saturday				
	29	Sunday				
	30	Monday				
	<b>July</b>	1	Tuesday			
		2	Wednesday		Mentoring	
		3	Thursday			
		4	Friday			
		5	Saturday			
		6	Sunday			
		7	Monday			
		8	Tuesday			
9		Wednesday		Mentoring		
10		Thursday				
11		Friday				
12		Saturday				
13		Sunday				
14		Monday	09h30 - 13h30 GMT 13h45 GMT	Face-to-face sessions Lunch		
15		Tuesday	09h30 - 13h30 GMT 13h45 GMT	Face-to-face sessions Lunch		
16		Wednesday	09h30 - 13h30 GMT 13h45 GMT	Face-to-face sessions Lunch		
17		Thursday	09h30 - 13h30 GMT 13h45 GMT	Face-to-face sessions Lunch		
18		Friday	09h30 - 13h30 GMT 13h45 GMT	Face-to-face sessions Lunch		
19		Saturday				

CET/Central European Time | GMT/Greenwich Mean Time

**Mentoring:** 30 minutes per session. Students must choose a seminar area to develop the final written work for assessment. If requesting support from the professor in the chosen area of the final work, they must first register to ask for a mentoring time to be booked throughout the 1<sup>st</sup>-11<sup>th</sup> of July of 2025. | **Face-to-face sessions:** presentation of each student's final work and discussion/evaluation.

2024/2025  
3<sup>rd</sup> Edition

Call for submission  
of the applications

Opening: 2025-02-25  
Deadline: 2025-03-25

Register [here](#)

# Blended Intensive Programme in Geriatrics (BIP)

## 11<sup>th</sup> Jun – 18<sup>th</sup> Jul · 2025

### Goals

The course aims to provide a multidisciplinary approach to the knowledge and skills necessary for good Geriatrics practice, taught by professionals from various areas of health. This course aims to raise awareness of preventing the most frequent diseases in this age group, their screening or early recognition and appropriate treatment.

4,5 ECTS

### Fees

Free Course (The fee for a Certificate of Completion is 5 Euros)



### Consortium

Faculty of Medicine of  
the University of Porto  
PORTO, PORTUGAL  
– Coordinator

Paris-Saclay University  
PARIS, FRANCE  
– Partner

Salamanca University  
SALAMANCA, SPAIN  
– Partner

### Collaboration

Johannes Gutenberg  
University  
MAINZ, GERMANY

### Team and area of teaching

#### Coordination

Team from the Faculty of Medicine  
of the University of Porto  
PORTUGAL

Francisco Cruz | COORDINATOR

Lia Fernandes | GERIATRIC DEPRESSION

Pedro von Hafe | MAJOR GERIATRIC SYNDROMES

Francisco Cruz | MAJOR GERIATRIC URINARY TRACT DISEASES

Carlos Vaz | MUSCULOSKELETAL AGEING

Margarida Barbosa | PAIN IN THE ELDERLY PEOPLE

#### Paris-Saclay University, FRANCE

Edouard Pierre Baudouin | COGNITIVE FUNCTION AND BALANCE:  
STRATEGIES FOR MAINTAINING STABILITY AND MENTAL SHARPNESS

#### Salamanca University, SPAIN

Manuel A. Franco-Martin | DEMENTIA IN ELDERLY PEOPLE

#### Johannes Gutenberg University, GERMANY

Martin C. Michel | GERIATRIC PHARMACOLOGY

### Calendar

11<sup>th</sup> of June to  
the 18<sup>th</sup> of July 2025  
6 weeks

### Format

Erasmus + Blended Intensive  
Programme (BIP)

3 weeks of online seminars  
2 weeks of online mentoring  
1 week face-to-face in  
the Faculty of Medicine  
of the University of Porto

### Participants

Final years medical students  
(5<sup>th</sup> and 6<sup>th</sup> years)  
Recent Graduates in Medicine  
Maximum of 25 participants

