

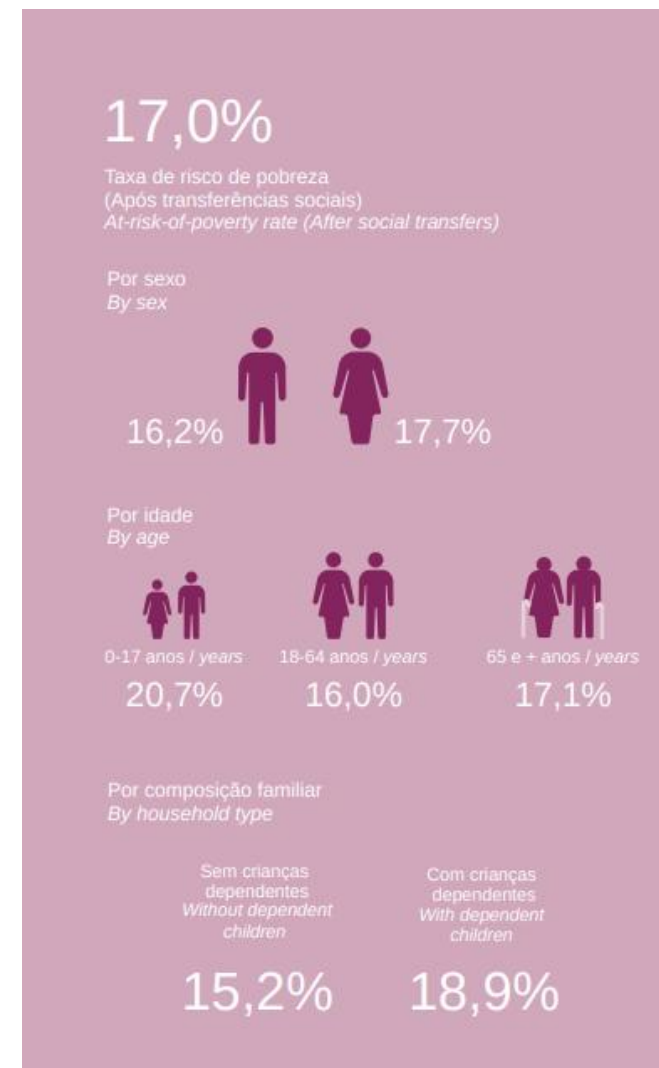
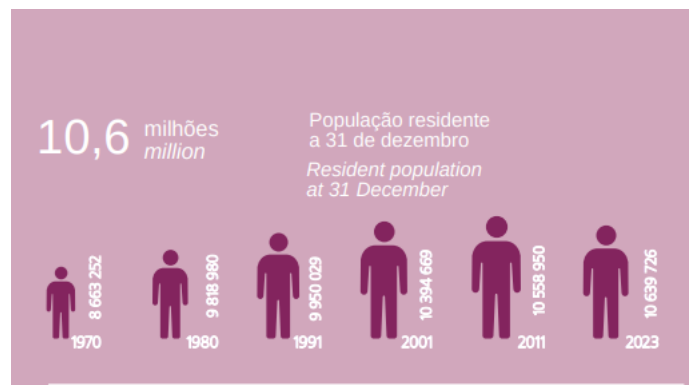
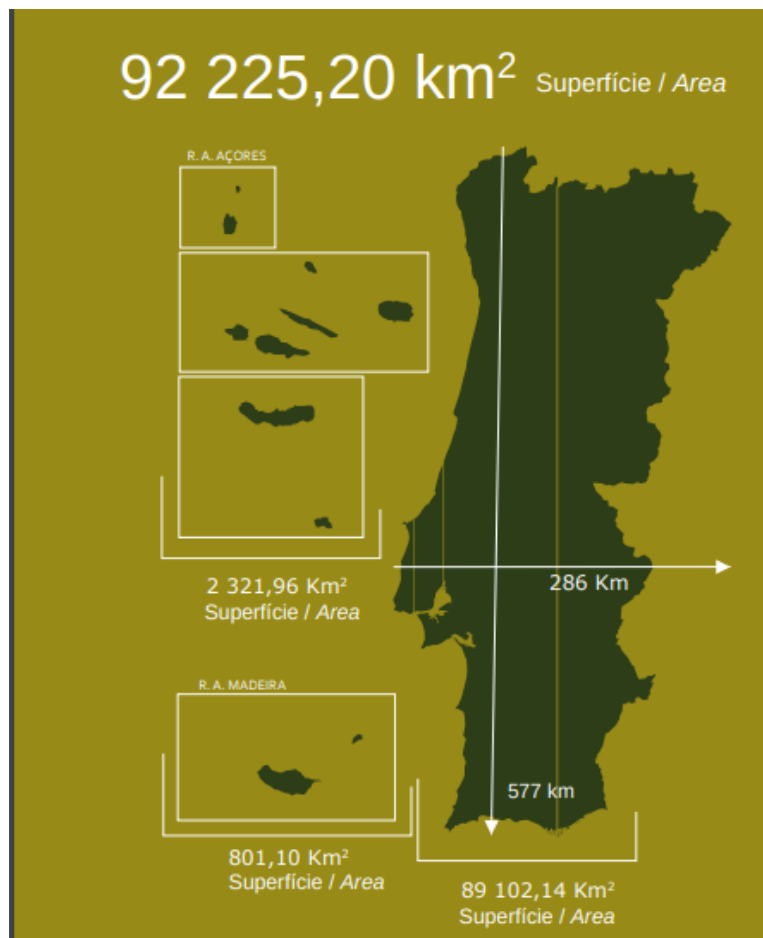


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PORTUGAL | FACTS (INE, STATISTICAL YEARBOOK, 2024)





WHERE ARE WE?





Beja - City



Beja City Park



City Center



Region of Alentejo - Vicentina Coast





Region of Alentejo – Wine Region





Region of Alentejo – Water Region / Alqueva Dam





Region of Alentejo — Unique landscapes and productions





A process of challenge-based learning within the context of internationalization (BIP)

HEROES ALLIANCE

HEROES is a transnational alliance of higher education institutions committed to strengthening the smart regional resilience of people, businesses and nature

HEROES

Higher Education for Resilience-Oriented and Empowered Societies

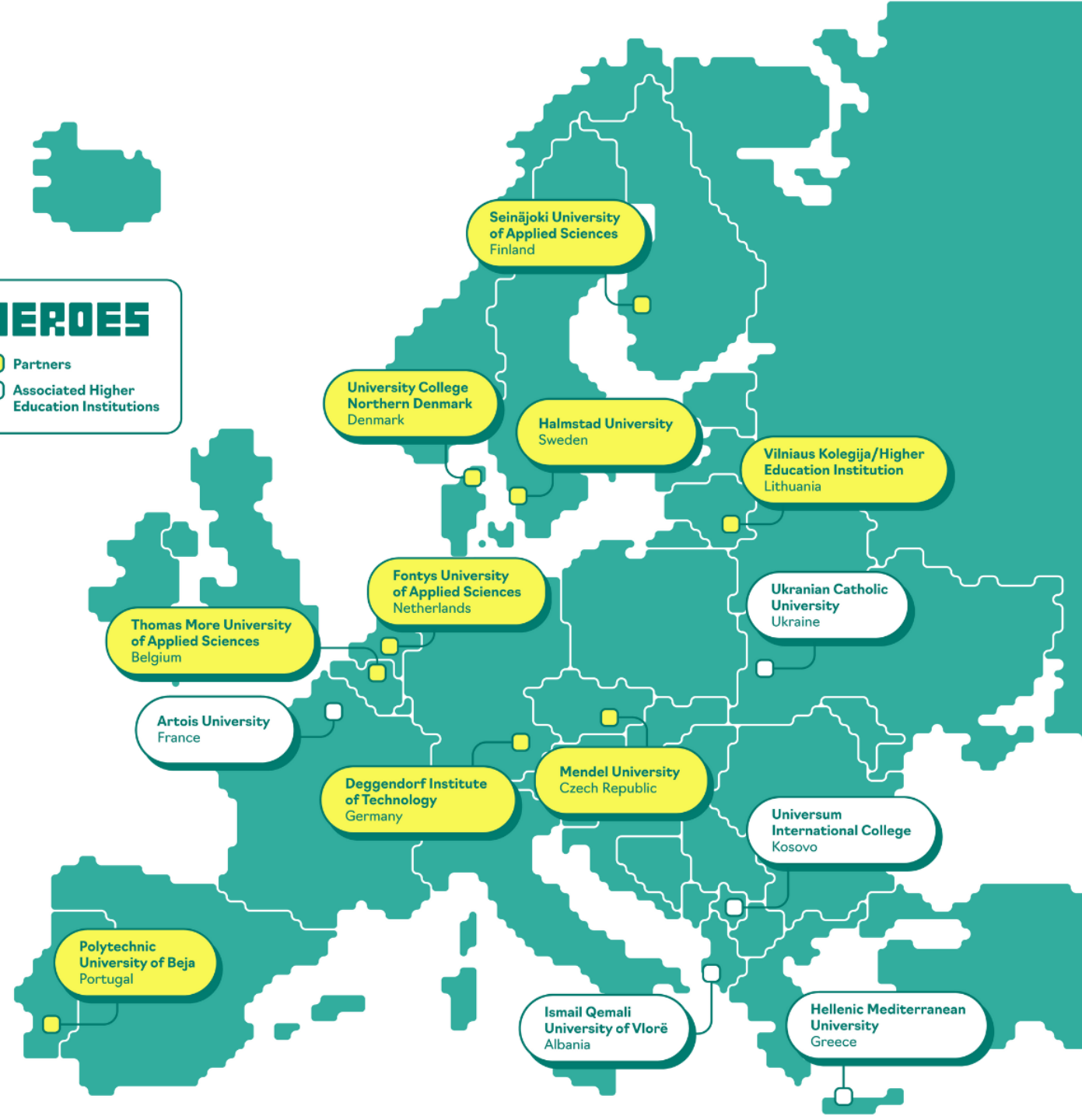


*Knowledge is power.
Resilience and innovation are superpowers.*



We are HEROES

- ▮ 9 + 5 partners
- ▮ 120,000 students
- ▮ 22 campuses
- ▮ 14,000 staff
- ▮ Alumni, local stakeholders, umbrella organisations and citizens of the HEROES partner countries
- ▮ Professional higher education community and policymakers in Europe and beyond





We need HEROES

The HEROES Alliance transforms the talents of EU citizens into superpowers that advance the **smart regional resilience** of people, businesses and nature.

HEROES leverages human-centred, nature-positive and resilience-enhancing **digital innovations** to solve complex problems.



To achieve its purpose, HEROES focuses on quality professional **education**, impactful practice-oriented scientific **research** and **collaboration** between like-minded partners.



HEROES

BIP – HOMELESS PEOPLE

1ST EDITION- 2025

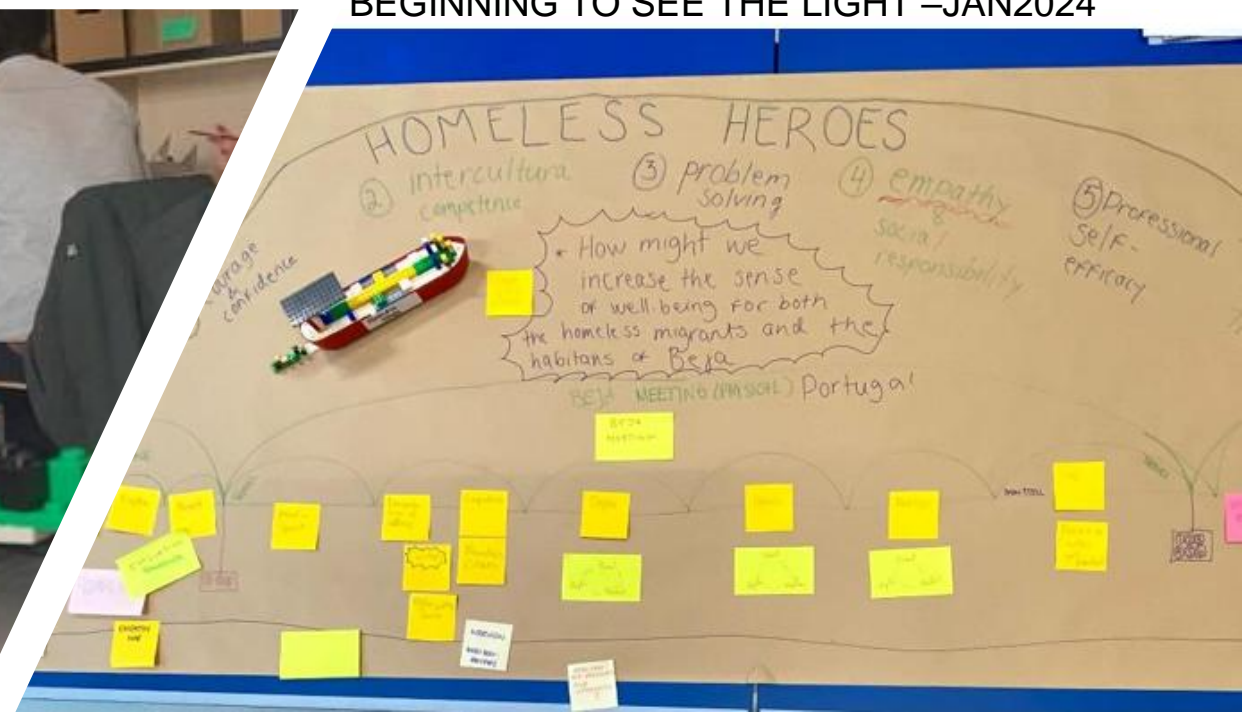
Host: IPBeja



*Knowledge is power.
Resilience and innovation are superpowers.*



BEGINNING TO SEE THE LIGHT –JAN2024





HEROES FROM:

- the Polytechnic Institute of Beja (Portugal) - HOST
- Thomas More University (Belgium)
- Fontys University of Applied Sciences (The Netherlands),
- Seinäjoki University of Applied Sciences (Finland)
- University College of Denmark (Denmark).

&

CÁRITAS DIOCESAN OF BEJA



THE GOALS OF THIS TRAINING WERE FOR THE STUDENTS TO:

- Apply and engage with all stakeholders in the project to achieve results for the assignee.
- Appreciate the importance of diversity and inclusion for future problem-solving.
- Develop awareness of the challenges of homelessness in different regional contexts.
- Create an inclusive environment and equality.
- Create a proposal for the well-being of homeless people as suggested by the NGO.
- Develop courage and self-confidence to navigate ambiguous situations.
- Understand and evaluate their individual contribution to the team's outcome.
- Continue developing their personal and professional identity through the Intercultural experience.
- Understand the differences between disciplines and cultures.



PARTICIPANTS

- **STUDENTS: 39**
 - (8/Seamk; 8/Thomas More; 14/Fontys; 9/IPBeja);
 - AGES FROM 19 years TO 47 years
 - NURSERY, SOCIAL WORK, INFORMATION TECHNOLOGY; BUSINESS AND MANAGEMENT
- **CO-ORGANIZERS PROFESSORES :11**
- **CO-ORGANIZER STAFF - INTERNATIONAL RELATIONS OFFICE IPBEJA: 4**
- **PROFESSORS PARTICIPANTS: 2 (FONTYS)**
- **STAFF PARTICIPANT : 1 (THOMAS MORE)**

SEE MORE: <https://padlet.com/scrslopes/homeless-heroes-p010r6ulgo6vbpea>



AGENDA

#1 ONLINE MEETING (FEBRUARY)

- create a first interaction between
- present the program, expected outcomes of the BIP HH
- and share the guidelines for the first task for the group of students from each institution about the following issue: ***What are the problems concerning homelessness in your home countries, and how is Caritas addressing them? Best practices.***

ONE PHYSICAL MOBILITY WEEK (17-21 MARCH)

- featuring a comprehensive schedule of academic and cultural activities

#2 ONLINE MEETING (APRIL)

- the students were divided into their challenge groups and completed the final task: **creating a manifesto for the Beja City Council concerning** .
- Discuss ideas for the next edition of the BIP
- Evaluation -discussed the survey results and identified areas for improvement to take in account in the next edition.



PROGRAM OF THE PHYSICAL MEETING

LINK FOR THE VIDEO OF THE
DANCE

| | |
|--|---|
| WORKSHOPS | <p>#WORKSHOP1: STEPS OF A CHALLENGE BASED LEARNING Sanne Holm UCN</p> <p>#WORKSHOP2: GIVE VOICE TO THOSE WHO HAVE NO VOICE - ARTISTIC PRACTICES FOR INCLUSION Cristina Taquelim (reading mediator and storyteller) Chão nosso (NGO) https://www.facebook.com/chaonossocri/?locale=pt_PT</p> <p>#WORKSHOP3: PROJECTS CONCERNING HOMELESS PEOPLE - LEIDA'S EXPERIENCE Carolina Blàvia University of Lleida</p> |
| FACILITATE MENTORING (PROFESSORS) | <p>WORK ON THE IDENTITY - CREATE CHALLENGE GROUPS – IMAGE Group avatar/image (?), members, collective expectations, powers of the group's heroes?</p> <p>WORK ON THE PROCESS - CORE OF THE CHALLENGE</p> <p>WORK ON THE PROCESS – EXPLORATION</p> <p>WORK ON THE PROCESS – ACT (GENERATION AND PRETOTYPING)</p> <p>WORK ON THE PROCESS – DISSEMINATE</p> |
| VISITS | <p>#STUDY VISIT1 - MEET1 with CÀRITAS AND THE CHALLENGE</p> <p>#STUDY VISIT2 - MEET2 with CÀRITAS AND THE CHALLENGE</p> <p>#STUDY VISIT3 : eception at Town Hall and presentation of local center for planning and intervention homeless by Social Action Councillor Drª Maria João Ganhão (Beja Municipal Chamber) and Projet managers.</p> <p>#STUDY VISIT4 - Official reception at the Town Hall by the Mayor of the Municipality</p> |
| CULTURAL AND SOCIAL SOCIAL ATMOSPHERE | <p>CAMPUS TOUR</p> <p>CITY VISIT TOUR</p> <p>TIME FOR PAUSE – A LITTLE OF CANTE AT UNESCO CENTER</p> <p>TIME FOR PAUSE – HEROES WELCOME small DINNER* dance WITH A BLESS OF SAINT PATRICK</p> <p>DANCE WORKSHOP with Marta Guerreiro PédeXumbo https://pedexumbo.com/ <i>diversity is being invited, inclusion is being asked to dance</i> (Verna Meyers)</p> <p>TIME FOR PAUSE: everyday LUNCH AT CANTEEN (everyday)</p> <p>TIME FOR PAUSE – A SMALL TASTE OF THE GREAT TYPICAL ALENTEJO FOOD – dinner at Casa 25 de abril.</p> <p>TIME FOR PAUSE – STUDENT PARTY</p> |
| RESULTS | <p>#TASK 1 – HOMELESSNESS IN OUR COUNTRY: SHARING RESULTS Sharing results of "home" assignment What are the problems concerning homelessness in your home countries, and how is Caritas addressing them? Best practices.</p> <p>#TASK 2 – PRESENT CHALLENGE (SCOPE)</p> <p>#TASK2 – CREATE CHALLENGE SOLUTIONS</p> <p>#TASK3- DISSEMINATE AND EVALUATE (MENTORING)</p> <p>#TASK4- PRESENTATION AND THE STAKEHOLDER EVALUATION</p> |



Throughout the training, students will experience different work formats:

- attending expositional sessions, workshops,... where data and results from projects developed with the homeless population will be presented;
- experiencing work contexts where they can directly observe the technicians involved with the homeless population (CÁRITAS);
- and participating in guided work moments and mentorship, with feedback on their collaborative work process







THE PROCESS | METHODOLOGY

- The working format adopted followed a sequence of phases aligned with the expected structure of a CBL process
- These included the presentation and understanding of the challenge, followed by problem exploration—which, in this case, preceded and followed the formal definition of the problem itself. The aim was for the students to explore, ideate, and act.

- EXPLORE
- IDEATE
- *EXPLORE MORE*
- PROTOTYPE
- DISSIMINATE
- ACT



CHALLENGE

EMPHATY
RESPONSABILITY
TEAM BUILDING
COLABORATIVE
WORK
INVESTIGATE
PRESSURE,
PLEASURE
FEEDBACK

**GROUP 1 - SMART BITES
GROUP**

**GROUP 2 - BREAKING
BARRIERS GROUP**

**GROUP 3 - FRUIT SALAD
GROUP**

4 - THE ROYALTIES GROUP

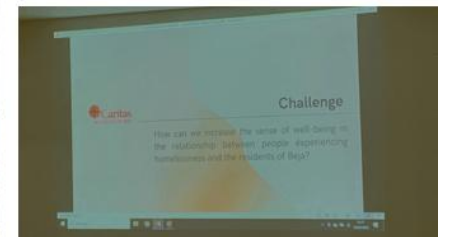
5 - THE SHORTIES GROUP

6 - NAMELESS



THE CHALLENGE

How can we increase the sense of well-being in the relationship between people experiencing homelessness and the residents of Beja?





THE SCOPE

SEE MORE:

<https://padlet.com/scrslopes/homeless-heroes-p010r6ulqo6vbpea>

- **Challenge: How do we build a bridge between homeless people and inhabitants of Beja through social steppingstones to build a community? (1)**
- **Challenge: How can educational workshops help bridge the gap between people experiencing homelessness and the residents of Beja? (2)**
- **Challenge: How can we encourage interaction between the general population and homeless people while simultaneously providing the homeless with opportunities for learning experiences? (3)**
- **Challenge: How can we improve the integration of homeless people into society? The main challenge is to build a bridge between homeless people and the residents of Beja in order to break down prejudices and promote social integration. (4)**
- **Challenge: What specific challenges do homeless individuals face in finding stable employment, and what solutions can be implemented to help them secure jobs? (5)**
- **Challenge: How can we create engaging activities that bring homeless individuals and residents closer to building connections and reducing stigma? (6)**







ACT..

THE MANIFESTO





MANIFESTO FOR THE DIGNITY AND RIGHTS OF PEOPLE EXPERIENCING HOMELESSNESS | MANIFESTO PELA DIGNIDADE E DIREITOS DAS PESSOAS EM SITUAÇÃO DE SEM ABRIGO

CONTEXT | CONTEXTO

Between March 17 and 21, 2025, a group of higher education students — from partner institutions and members of the HEROES Alliance, namely from the Polytechnic Institute of Beja, Thomas More University (Belgium), Fontys University of Applied Sciences (The Netherlands), and Seinäjoki University of Applied Sciences (Finland) — took part in the Erasmus Blended Intensive Program entitled *Homeless Heroes*. These students, enrolled in degree programs in social work, occupational therapy, nursing, computer engineering, and business sciences, were coached by professors from their respective institutions as well from the University College of Denmark (Denmark).

This intensive training, based on the challenge-based learning methodology, was built around a real-life problem proposed by the partner organization Cáritas Diocesana de Beja, formulated as follows: How can we increase the sense of well-being in the relationship between people experiencing homelessness and the residents of Beja?

The program included workshops with field professionals, study visits, and fieldwork organized by IPBeja and HEROES partners in collaboration with Cáritas Diocesana de Beja. Students also had the opportunity to learn about the work carried out by the Municipality of Beja and to interact with various organizations that run projects aimed at supporting the homeless population.



FEEDBACK FROM DE STUDENTS...



TOPS –Most Valuable Aspects







REFLECTION

.... If we did this all over again, what would we do differently?

... spend more time coaching the student groups

... make the CBL process more explicit to the students

... use the online moments to create bigger interaction (more than one moment, especially after de physical meeting) - social atmosphere...

...create more interactions between students and stakeholders if possible... Could be organize at distance (virtual meetings)

Christian

HOMELESS HEROES.

17-21. March, 2025

Abdallah S.

Joana Félix
Mariana Oliveira
Rita FARIAS

Daniela
Doreia
Alexandra Rodrigues

Miguel

Honor

Jessica
Pinto



Rachelle
Imaea

Over

Teulu

Richelle

Aguas

Antonia

~~Willy~~
Tij

Saskia

Till

Luca

Karina and Sanne

Romy

Jonne

Karen

Bella

Rodora

Martin

SAM

Aludis

Saša



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Σας ευχαριστώ πολύ
MUITO OBRIGADA
THANKS!