



Estonian University
of Life Sciences



ERASMUS + BLENDED
INTENSIVE PROGRAMME

Health, agroecology, and society

VALLADOLID, SPAIN, 3 – 9 MAY 2026



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Funded by
the European Union

1. Online component

Starting on April 1th until April 30th.

		Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat							
April	Day					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2
	Duration (Hours)																																				
May	Day		3	4	5	6	7	8	9																												
	Duration (Hours)																																				

Online component asynchronous
 Online component synchronous
 Face to face component (Valladolid, Spain)

Students need to **attend the synchronous sessions** (at least 3 sessions until the face to face component and the final session on 8th May) and **realize a minimum of 6 asynchronous modules and complete the respective tasks.**

The **presentation online session** will occur April 6, 2026, at 5:30 p.m. (Madrid time), on the videoconference room <https://teams.microsoft.com/meet/38813259757642?p=PGL0hgXIGiqSnf9QaR>

The **synchronous sessions** will take place each Tuesday at 17:30 (Madrid time), on the video conference room (the access link will be provided during the presentation online session).

The **asynchronous modules** will be available on the Moodle platform. Students may choose freely between the lessons (a minimum of 6 modules). The themes included in the program are (a detailed program will be presented during the presentation online session):

Topics to be addressed in relation to the Sustainable Development Goals of this program include the main components and approaches of each goal. These topics are as follows:

- SDG 3 – Good Health and Well-being.** Ensure healthy lives and promote well-being for all at all ages (water and Health; mental health promotion; natural products and healthy bioactive compounds; promotion of healthy longevity; pain management).
- SDG 4: Quality education.** Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all (participatory methodologies and popular education in health and agroecology; food sovereignty and sustainable food systems; setting up and monitoring compost piles).
- SDG 10 – Reduced inequalities.** Reduce inequality within and among countries (burnout and workplace violence; access to natural products; preventive health strategies; mental health promotion; soft social skills).
- SDG 12 – Responsible consumption and production.** Ensure sustainable consumption and production patterns (home composting of organic waste; natural substance bio suppressors; food competition and sustainable food; vermicomposting).
- SDG 13 – Climate action.** Take urgent action to combat climate change and its impacts (home composting; reduction of greenhouse gas emissions; sustainable agricultural production; agroecology and protection of the climate and ecosystems).
- SDG 15 – Life on land.** Protect, restore, and promote the sustainable use of terrestrial ecosystems and halt biodiversity loss (bees, human health, and ecosystem balance; water and health; composting and vermicomposting).

1. Face to face component

The face to face component will include **several participative and collaborative sessions to discuss the topics that are on the next table, field visits, cultural events.**

Face to face program (a detailed and final program will be presented during the presentation online session). Currently see provisional planning in Appendix 1.

For the face to face, students must:

- a. Bring some traditional food from their country/region, that is necessary for the activity
“Sharing flavors, sharing cultures”
- b. **Discovering other disciplines through experience.** Students will share and discuss knowledge, approaches, and functions from other disciplines that they have discovered during the BIP and that, prior to this training, they were completely unaware of or did not imagine could be applied in this way. These lessons will be linked to the actual tasks, methodologies, responsibilities, and contributions that these disciplines perform in the contexts of health, agroecology, and society, and which have been put into practice in the environment experienced during the face-to-face part.
- c. Outdoor activities will take place. To ensure that the activities are comfortable and enjoyable, we recommend wearing comfortable clothing, applying sunscreen and wearing a cap or hat, as well as bringing light, easy-to-remove warm garment.
- d. **See, share, and learn.** Throughout the program, there will be ongoing photography activities to accompany academic, cultural and social experiences, using photography as a tool for observation, reflection and communication. Students will use images to document significant moments of coexistence, highlighting cultural diversity, collaborative work, and shared well-being as the basis for collective learning.

2. Final assessment and evaluation

To receive the final certification, students need to:

- a. Attend at least 3 of the 5 synchronous sessions that will occur each Tuesday.
- b. Assist and complete at least 6 modules that are available on the platform
- c. Assist at least 80% of the face to face component
- d. Participate in the activities proposed during the face to face component
- e. Deliver and present the final assessment (to will be agreed during the face to face week) on May 8th.

The final grade will be presented as approved with merit (for students that have fulfilled a., c., d., and e. and more that 75% of the synchronous modules), approved (for students that have fulfilled a., c., d., and e. and less than 75% of the synchronous modules), and failed for students that have failed the items referred above.

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Anex 1

BIP PRESENTIAL WEEK PROGRAM							
	Sun May 3	Mon May 4	Tue May 5	Wed May 6	Thu May 7	Fri May 8	Sat May 9
10:00		Welcome! Hall University of Valladolid (Avenida de Ramón y Cajal, 7, 47005, Valladolid)	Hall University of Valladolid				
10:15		Organization of the week (Amphitheater López Prieto)	Transfer to the Higher Technical School of Agricultural Engineering		Valladolid College of Nursing	The location is yet to be decided	
10:30				Valladolid College of Nursing			
10:45		Countries and Universities presentation (Amphitheater López Prieto)	How to set up a home compost bin and how to know when the compost is ready to use in your garden Prof. Mari Cruz García	Social skills workshop Prof. Rafael Martín (Valladolid College of Nursing)	Basic Life Support Workshop Prof. Mónica García (Valladolid College of Nursing or Faculty of Nursing)	BIP final coursework exhibition	
11:00							
11:15							
11:30							Breakfast and farewell (The location is yet to be decided)
11:45		Coffee break					
12:00							
12:15							
12:30		City tour					

Anex 1

13:00					Visit to Valladolid Clinical Hospital (this activity is compulsory for nursing students)	
13:30						
14:00						
14:30			Vermicomposting for waste recycling Prof. Laura Buzón	Lunch (free)		
15:00						
15:30						
16:00		Lunch (free)	Picnic in the gardens of the Technical School of Agricultural Engineering		Lunch (free)	
16:30		Seeing, Sharing, and Learning: Social Photography as a Path to Collective Well-Being Prof. Cristina Amaro Valladolid College of Nursing (C/ Alcalleres, 5, 1º. 47001 Valladolid)	Visit to the vineyards Prof. Mari Cruz García and Beatriz Molinuevo	Personal development activity Prof. María José de Dios (Faculty of Nursing, University of Valladolid)	Art and body expression workshop	Afternoon free of activities
17:00						
17:30						
18:00						
18:30	Main square of Valladolid (portico of Valladolid City Hall)		Mindfulness and relaxation workshop Prof. Aida Pardal			
19:00		Welcome cocktail (The location is yet to be decided)		"Sharing flavors, sharing cultures"		
19:30						
20:00						
20:30						