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EDITORES: António Meireles, Cláudia S. Costa, Fernando Pereira, Inês Barbedo, João Paulo Almeida, Juliana Almeida de Souza, Paula Cabo, Pedro Rodrigues, Rui Ferreira, Vera Ferro-Lebres

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Esta publicação reúne os resumos das comunicações apresentadas na Conferência Internacional em Processos de Cocriação no Ensino Superior (In2Cop) 2020 e inclui ainda o programa do Encontro.

As doutrinas expressas em cada um dos resumos são da inteira responsabilidade dos autores.

This publication presents the abstracts of the communications presented at the International Conference in Co-Creation Processes in Higher Education (In2Cop) 2020 and the program of the Meeting.

The opinions expressed in each of the abstracts are the sole responsibility of the authors.

TABELA DE CONTEÚDOS | CONTENTS

Preâmbulo Preamble	2
Comissão Científica Scientific Committee	3
Comissão Organizadora Organizing Committee.....	3
Programa Program	4
Programa Resumido Summary Program.....	5
Sessão Pitch Pitch Session	6
Workshops paralelos Parallel Workshops.....	7
Resumos Abstracts	10
Artistas do Côa – Coart.....	11
Vive Côa	12
Mind expansion: Reabilitação cognitiva de pacientes com depressão.....	13
Life simulator:Reabilitação psicossocial de pacientes com esquizofrenia	14
Valorização de recursos endógenos em terras de miranda de I burro i I gueiteiro: sais de banho enriquecidos com leite de burra.....	15
Adding value to endogenous resources: spicy chestnut bits and salty chestnut crackers... Wanna a bite?	16
Eurekit em braille – Jogo inclusivo para deficientes visuais	17
A co-creation process for premium traditional Portuguese pocket knives.....	18
Co-creation Project for Industry 4.0 a Long Learning Perspective	19
Valorização de subprodutos do setor agroalimentar: sabonetes de bagaço de azeitona	20
Co-creating arts in the mountain: challenges and results of the 2019 demola global process.....	21
Mountains of art.....	22
Health promotion innovation – A co-creation art visit cycle.....	23
Innovation of learning processes – A students art-educ co-creation.....	24
A co-creation methodology in heath graduations - Perceptions of the graduating actors.....	25
Comparative study before and after innovative learning methodology – a qualitative analysis of health students' perceptions	26
Growing healthy is fun! A co-creation nutrition intervention to children aged 3-6 years	27
Comparando redes neuronais na inferência de planos de produção	29
Low-cost solution for registration and identification of rural properties – Technical and financial feasibility analysis	30
Predição de série temporal aplicada no processo produtivo	31
Borderless Campground	32
Feasibility analysis of a Portuguese startup in the Brazilian market	33
Video Stream – Sistema iterativo de visualização de ambientes de trabalho	34
Atualização NB-IoT e BLE5.....	35
Self med - Automatic pill dispensing device	36

Move Yourself	37
Smart Coach.....	38
ISO9001 - Automatização de procedimentos	39
Riskivector Enterprise Resource Planning (ERP) platform.....	40
Espaços Inteligentes: Conhecedores de utilizadores, preferências, comportamentos e hábitos numa abordagem não invasiva	41
Implementação de uma solução inteligente de controlo de estores	43
Estudo de caso da gestão de filas em uma unidade de saúde.....	44
Civil Protection for visitors protection	45
Smart cooperation forest: O uso de meios tecnológicos na manutenção de parcelas florestais de pequenos proprietários do norte de portugal.....	46
The past lost train is the new future!.....	48
Premium nutrition counselling service: A co-creation for better communication to clients	50
Multidisciplinary serious game design process	51
A co-creation process of the “game of my life”	52

HEALTH PROMOTION INNOVATION – A CO-CREATION ART VISIT CYCLE

C. Chaves¹, R. Alves¹, D. Martins¹, M. Veiga-Branco², J. Costa³, Guerra³, R. Pinto³, A. Gonçalves³

¹ Student, Instituto Politécnico, Bragança, Portugal

a43456@ipb.pt

² Professor, DSCG, ESSA, Instituto Politécnico de Bragança, Portugal

aubra@ipb.pt, antoniomeireles@ipb.pt

³ Company Representative, Centro de Arte Contemporânea Graça Morais, Bragança, Portugal

Jorge da Costa centro.arte@cm-braganca.pt

³ Company Representative, Centro Social e Paroquial Santo Condestável

stocondestavel@gmail.com

³ Company Representative, Flor de Sortes – Residencia Sénior

sortes5300@gmail.com

Abstract

Introduction - People who live an artistic event each year become 60% healthier than those who don't visit museums, theaters or concerts. Activities such as seeing pictures decrease the production of stressors and living art promotes in people the feeling of subjective well-being.

Objective - To explore the level of co-creation of health promoting activities by gerontology students, targeting institutionalized senior populations, or senior-students from universities.

Methodology – Action - research, through Project learning, developed in 2 interaction sequences: (Fig.1- Interaction in co-creation of visits cycle): The initial, emerged from successive gerontology students experiences at Museum of Arte (CACGM), in visits guided by its Director, and followed by reflective analysis, about the personal emerging feelings from these experiences. The second, was developed through the interaction of students with residential institutions for seniors: From and with CACGM, students developed a multi institutional co-creation project, using a multi-participatory methodology, putting into practice a sequence of art visits, guided by the students and CAC director, aimed at institutionalized seniors and senior university graduates.

Results - The interactions / invitation put 8 senior institutions in the field: 5 with institutionalized seniors: Flor de Sortes, Centro de Dia Rebordãos, Centro Social Paroquial Santo Condestável, Obra Padre Miguel and Fundação Betânia, mobilizing for the project “A Visit Cycle - Between Gerontology and Art” an important number of seniors living a life without enough activity. In addition to these, also the University Sénior de Vinhais, the University Sénior of Bragança, the Macedo de Cavaleiros Sénior University, they assumed themselves as partners of IPB and CACGM, with their trainees – seniors, living their experiences in their contacts with art and experiencing different feelings and emotions from the usual days.

Conclusion - Contact with the various art forms promotes health. The interactions between the different seniors, and the involvement with the students, make the successive Visits, felt as experiences of deep sense of gratification. All partners involved feel gratified



Figure1- Interaction in co-creation of visits cycle