

indcoop

International Conference
Co Creation Processes in Higher Education

2025
Bragança.Portugal



in2cop

International Conference
Co Creation Processes in Higher Education

TÍTULO: In2CoP 2025 - Conferência Internacional em Processos de Cocriação no Ensino Superior: Livro de Resumos

EDITORES: Bárbara Barroso, Celeste Antão, Cláudia S. Costa, Fernando Pereira, Inês Barbedo, Juliana Almeida- de-Souza, Pedro Rodrigues, Rebeca Lachovicz, Vera Ferro-Lebres

EDIÇÃO: Instituto Politécnico de Bragança, 5300-253 Bragança, Portugal

ISBN: 978-972-745-365-8

TITLE: In2CoP 2025 - International Conference on Co-creation Processes in Higher Education: Book of Abstracts

EDITORS: Bárbara Barroso, Celeste Antão, Cláudia S. Costa, Fernando Pereira, Inês Barbedo, Juliana Almeida- de-Souza, Pedro Rodrigues, Rebeca Lachovicz, Vera Ferro-Lebres

PUBLISHED BY: Bragança Polytechnic University, 5300-253 Bragança, Portugal

ISBN: 978-972-745-365-8

Esta publicação reúne os resumos das comunicações apresentadas na Conferência Internacional em Processos de Cocriação no Ensino Superior (In2Cop) 2025 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) 2025 and the program of the Meeting.

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



Healthy food basket for healthy basketball players.....	40
<i>Arrive: How to Increase Digital Skills for Marginalized Learners and Support Their Access to Education?.....</i>	<i>42</i>
BIP IntegratedProject / BIP Projeto Integrado.....	43
“Eat Well, Grow Healthy”	44
Development of a Bioproduct Based on Tilapia Skin and Hyaluronic	45
Development of Functional Gummies Incorporating Pectin and Ergosterol with Hypocholesterolemic Activity	46
Donkey Wonderland	47
Eco-Friendly Innovation: Starch-Based Deodorant from Potato Peels	48
Estudar Graça Morais – Visão Popular de uma Artista Local.....	49
Improving Food Storage and Hygiene Practices in Educational Settings	50
Natural Avocado Peel-Based Exfoliant	53
Nutritional Education in children - “A healthy day”	54
Projeto Integrado	56
Removal of estrogens from water by adsorption using carbon-based materials.....	57
The Shades of Nature: Dye or Try	59
Tomato Skin-Based Moisturising Cream	60

Donkey Wonderland

Maria Eduarda¹; Joana Freitas¹; Purnata Khakurell¹; Wilvane Gonçalo¹; Joana da Conceição²; Fernando Pereira¹

¹ Instituto Politécnico de Bragança, Campus de Santa Apolónia, 5300-253 Bragança, Portugal

² AEPGA (Association for the Study and Protection of Donkeys)

E-mail address: Joana da Conceição aepga@aepga.pt; Fernando Pereira fpereira@ipb.pt

Introduction: The idea is to organise educational and recreational activities that contribute to combating loneliness among the elderly and to better understand these amazing animals. To reach this, AEPGA intends to organise donkey mediation activities that involve elderly people interacting with donkeys, aiming to mitigate several physical, mental and social health problems. Donkeys and the elderly, surprisingly, share a slower pace of life and a pearl of wisdom that comes with age. Donkeys are known for their calm demeanour, gentleness, sweetness, patience and resilience, which are qualities valued in old age. This interaction can emphasise the importance of care and well-being for animals, fostering a sense of purpose and connection with nature. In short, the well-being of people can be achieved alongside the well-being of animals (donkeys).

Objectives: Better wealth being, bring happiness to both donkeys and the elders.

Methodology: The WE project approach, in which a team of multidisciplinary and multicultural talents, through a simple co-creative design process, achieves the solution to the challenge proposed by the partner.

Result: Join us for a special weekend dedicated to Mirandês Donkey. Interactive and educational activities for all ages. Sponsor a donkey and support its preservation. Meet Tó, our star donkey, and follow his dedicated page on social media. Learn, connect, and help preserve this incredible part of our heritage.

Conclusions: The organisation was already carrying out various activities to bring people and donkeys together. Our solution enhances the communication of this activity and adds creativity to the work already being done.

Key words: Mediation, nature, communication, wellbeing