

STUDY GUIDE

POSITIVE AGEING
26-27 S1

Organised by

Polytechnic Institute of Viseu (IPV)
Universidade Federal de Viçosa (UFV)

1. IDENTIFYING DATA.		
· Course Name.	Positive Ageing 26-27 S1	
· Coordinating University.	Polytechnic Institute of Viseu (IPV) - Portugal	
· Partner Universities Involved.	Universidade Federal de Viçosa (UFV) - Brasil	
· Course Field(s).	Psychology, Gerontology, Health, Sociology	
· Related Study Programme.	Social Education Degree	
· ISCED Code.	0031, 0188, 0921, 0988	
· SDG.	3, 5, 10, 11	
· Study Level.	B, M, D	
· EUNICE Key Competencies	<ul style="list-style-type: none"> • Green – strongly • Orange - moderately • Red – partially • Blank cell - not at all 	
	Problem solving	Orange
	Teamworking	Red
	Communication	Green
	Self-management	Green
	Cognitive flexibility	Orange
	Digital competence	Orange
	Technical competence	Orange
	Global intercultural competence	Orange

· Number of ECTS credits allocated.	4
· Mode of Delivery.	Online live and Online self-study

· Language of Instruction.	English
· Course Dates.	First (fall) semester of the academic year 2026/2027
· Precise Schedule of the Lectures.	<p>Total hours: 108h Contact hours: 36h</p> <p><u>Asynchronous</u> (24h): Between 09 October and 21 January</p> <p><u>Synchronous</u> (12h): 09 October 23 October 6 November 20 November 4 December 18 December 8 January 22 January (2.30 – 4pm CET)</p>
· Key Words.	Longevity, Population aging, Ageism, Age-friendly environments, Health promotion, Social participation, Cognitive stimulation, Well-being, Integrated care, Assistive Technologies
· Catchy Phrase.	“We added years to life, now it's time to add life to those years” said Freedman, quoting John F. Kennedy.

· Prerequisites and co-requisites.	B2 English Level; EUNICE Students.
· Number of EUNICE students that can attend the Course.	Until 30
Number of EUNICE students that can attend the course per institution	2 to 3 representatives of each of the universities.
· Course inscription procedure(s).	Eunice Application Portal

2. CONTACT DETAILS.

· Department.	Department of Psychology and Educational Sciences of the School of Education
---------------	--

· Name of Lecturer.	Lia Araújo
· E-mail.	liajaraújo@esev.ipv.pt
· Other Lecturers.	Simone Martins - Universidade Federal de Viçosa (UFV)

3. COURSE CONTENT.

The population of the European region is aging at unprecedented rates. Preparing for an aged society it is imperative at individual level, so we can make the most of advanced life with good conditions in terms of health and autonomy; but also, at social and macro levels, to reduce the overall socio-economic impacts caused by changes in the demographic structure. This preparation requires a coordinated, whole-of-government and whole-of-society effort, with professionals of different areas, such as health, education, social sciences, business, services, engineering, and ICTs. This course will equip participants with important knowledge and skills in the area of aging, enabling them to lead with the challenges and take advantage of the opportunities resulting from the longevity revolution. Topics include an introduction about population aging and the associated challenges and opportunities for different areas and professionals. Models and Agendas, such as the ones of World Health Organization and United Nations will be approached. Individual and social responses to aging, focused on health and wellbeing promotion and age-friendly communities, will be proposed within group works.

4. LEARNING OUTCOMES.

There is a need to develop a global perspective of the challenges and opportunities that are arising from the phenomena of population aging. By the end of this course, participants should have an increased awareness of the governmental, institutional, and individual roles and resources to promote a positive aging. More specifically students will be able to: analyze demographic trends (Cognitive flexibility); identify challenges/opportunities (Problem solving); compare models/agendas (Global intercultural competence); propose ethical interventions (Self-management/Communication); use technologies for autonomy (Digital/Technical competence); collaborate on projects (Teamworking).

5. OBJECTIVES.

To empower for positive aging at individual/social/macro levels, reframing ageism, integrating empirical evidence and global agendas. Specifically:

- To be aware of the demographic dividend;
- To learn the international agendas about aging issues;
- To know strategies to promote positive aging and age-friendly communities;
- To be able to re-frame how to think about challenges and opportunities for aging populations.

6. COURSE ORGANISATION.

UNITS	
1.	Population aging and demographic dividend
2.	Challenges and opportunities of an aging society
3.	Models and Agendas for positive aging
4.	Defining our response to aging
LEARNING RESOURCES AND TOOLS.	
All resources, tools, and other materials (articles, reports, videos, data) will be accessible in a timely manner from the virtual learning environment where the training takes place, associated with the respective themes.	
PLANNED LEARNING ACTIVITIES AND TEACHING METHODS.	
The curricular unit encompasses the implementation of e-activities, which will be presented weekly and by themes. Synchronous and asynchronous classes will be alternated weekly. The teaching and learning methodologies combine presentation of theoretical information with active and collaborative learning strategies. The contact hours are dedicated to present key concepts, frameworks, and empirical findings related to the syllabus and to develop individual or group work (e.g., discussion forums or small applied tasks linked to real-life contexts) to foster the critical understanding of the topics addressed. Throughout the curricular unit, students are encouraged to participate actively in discussions and collaborative tasks. The professors assume the role of content expert and learning facilitator, providing guidance, structure, and feedback.	

7. ASSESSMENT METHODS, CRITERIA AND PERIOD.
The assessment of learning will be graded and summative and considers the carrying out e-activities, which will be evaluated based on the criteria related with relevance of participations, deepening the topics under discussion, presents the desired information and is based on rigorous and scientifically valid information. The classification will be expressed on a scoring scale of 0-20 and completing the course requires a classification equal to or greater than 10 points. Each topic will be given weight in the total grade. More specifically: Topic 1 - 20% (4 points); Topic 2 - 20% (4 points); Topic 3 - 20% (4 points); Topic 4 - 40% (8 points). An examination or special examination period is available for students who do not achieve a positive classification.
OBSERVATIONS.
Although not listed in the topics, associated themes will be addressed during the development of the activities, such as digital and ethical inclusion, consent for sensitive data, selection bias (cultural diversity), empathy on ageism topics.

8. BIBLIOGRAPHY AND TEACHING MATERIALS.

The professors will provide texts throughout the semester. Some recommended references:
Araújo, L., Teixeira, L., Ribeiro, O., & Paul, C. (2021). Social Participation, Occupational Activities and Quality of Life in Older Europeans: A Focus on the Oldest Old. In F. Rojo-Pérez & G. Fernández-Mayoralas (eds.), *Handbook of Active Aging and Quality of Life. From Concepts to Applications* (pp. 537-547). Springer.

Bezerra, J., Nunes, D., & Moura, R. (2023). O envelhecimento em diferentes contextos socioculturais: uma revisão crítica. *Revista Kairós-Gerontologia*, 26(1), 33-52.

Levu, B., & Ayalon, L. (2018). Combatting ageism. *The Gerontologist*, 58(2), 318–326.

Monreal, M., Monreal-Bosch, P., Turró-Garriga, O., Comas, G., Girao, R., Fàbrega, A., & Plaja-Roman, P. (2025). Envejecer con sentido. Un estudio multicultural. *Revista Española de Geriatria y Gerontología*, 60, 101573.

Ribeiro, P. & Araújo, L. (2025). An inclusive society prepared for ageing. In B. Casais (Eds.), *Integrated Science to achieve Sustainable Development Goals*. Springer.

United Nations. (2023). *Leaving No One Behind In An Ageing World*. ISBN 978-92-1-130458-9

Urtamo, A., Jyväkorpä, S. K., & Strandberg, T. E. (2019). Definitions of successful ageing: A brief review of a multidimensional concept. *Acta Biomed*, 90(2), 359-363. doi: 10.23750/abm.v90i2.8376.

World Health Organization and United Nations. (2021). *Decade of Healthy Aging*.
<https://www.who.int/initiatives/decade-of-healthy-ageing>

World Health Organization. (2021). *Ageism a Global Challenge*. ISBN: 978 92 4 001686 6

World Health Organization. (2007). *Global age-friendly cities: A guide*.
<https://www.who.int/publications/i/item/9789241547307>

World Health Organization. (2024). *Making older persons visible in the sustainable development goals' monitoring framework and indicators*.
<https://www.who.int/publications/i/item/9789240090248>