



**ΠΑΝΕΠΙΣΤΗΜΙΟ
ΠΕΛΟΠΟΝΝΗΣΟΥ**
University of the Peloponnese



Department of International Relations
Address: Erythrou Stavrou 28 & Karyotaki,
221 31 Tripoli, Greece
Website: <https://www.uop.gr/the-international-relations-team>
Info: Paraskevi Haida, Acting Head
Tel: 0030 2710 230008
Email: iro@go.uop.gr

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Press Release: Participation of students from the Department of Nutrition and Dietetics of the University of the Peloponnese in two Blended Intensive Programmes (BIPs) organized by the Faculty of Sport of the University of Porto (FADEUP)

The two Blended Intensive Programmes (BIPs), organized by the Faculty of Sport of the University of Porto (FADEUP) within the framework of the Erasmus+ programme, were successfully completed. Students from the **Department of Nutrition and Dietetics of the University of the Peloponnese** participated in these programmes.

The physical mobility component of the programmes took place at the Faculty of Sport of the University of Porto, where students from nine countries, including the University of Peloponnese, explored the role of physical activity in health promotion. During the programmes, participants had the opportunity to acquire practical skills in using physical fitness assessment tools, interpreting data, and developing exercise programmes based on scientific evidence, under the guidance of an international team of instructors.

The teaching team included professors from the **FADEUP Faculty of Sport in Portugal**, the **Faculty of Sport of the University of Ljubljana in Slovenia**, and the **Faculty of Sports Sciences of the University of Castilla-La Mancha in Spain**.

The participation of the **University of the Peloponnese** in an increasing number of successful BIPs highlights the importance of cooperation among higher education institutions and strengthens its international presence. Through these mobility actions, the University offers its students unique opportunities for networking and specialization in critical fields. It is also worth noting that this participation was an initiative of the Department of International Relations, under the supervision of the **Vice Rector for Administrative Affairs, International Relations and Extroversion, Professor Efthalia Chatzigianni**. This action is part of the University's extroversion strategy, strengthening international collaborations and offering high-level experiences to both students and staff.

All members of the academic community of the University of the Peloponnese are invited to regularly follow the announcements of the Erasmus+ Office (<https://erasmus.uop.gr/>) to take advantage of the opportunities offered by the short-term Erasmus+ BIPs mobility programmes.

We would like to extend our warm thanks to the **Greek State Scholarships Foundation (IKY)** for enabling our university to participate in such programmes, as the significant increase in the number of our mobilities over the last three years has been a decisive factor in the increase of the Foundation's funding from IKY.

We would also like to express our special thanks to **Mr. Hugo Pinto da Silva** from the Office of External Relations and International Office of the Faculty of Sport of the **University of Porto (FADEUP)** for the excellent cooperation.



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The attached photos are from the FADEUP Faculty's information bulletin.



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