

CULTURAL PROGRAMME

VI OPORTO BIOMEDICAL SUMMIT



ATTENTION

This document is **not yet complete** and it is still being updated!

Cultural programme selection will take place after congress registration, it is **only available for Full Ticket holders** and each session has a **limited number of spots!**



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Seven Bridges Cruise

Sail through the heart of the Douro Valley and marvel at its iconic bridges. This scenic cruise offers breathtaking views, cultural stories, and a relaxing journey along one of Portugal's most picturesque rivers.

Crochet Atelier

Unwind, create, and connect through the timeless art of crochet. In this hands-on session, participants will learn foundational techniques while exploring creativity, mindfulness, and cultural expression—one stitch at a time.

Materials Recycling Workshop

Discover the art of transformation as everyday waste becomes meaningful creation. This interactive session invites participants to rethink sustainability, turning recycled materials into innovative pieces that inspire environmental awareness and creative responsibility.

Typography Workshop

Explore the art and personality of letters in this immersive typography workshop. Participants will experiment with forms, styles, and composition, discovering how type can communicate emotion, culture, and identity beyond words.

Ceramics Atelier

Shape, mold, and bring your ideas to life through the timeless craft of ceramics. In this hands-on atelier, participants will explore texture, form, and tradition—transforming clay into expressive pieces that reflect creativity and cultural heritage.

Cooking Class

Savor the flavors of tradition and creativity in this engaging culinary experience. Participants will explore techniques, ingredients, and cultural stories behind each dish—transforming cooking into a celebration of taste, heritage, and shared moments.

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Biodanza

Experience movement as a language of connection and vitality. Through music and guided expression, this workshop invites participants to awaken creativity, strengthen community bonds, and rediscover joy through the rhythm of life.

Neonia

Step into a vibrant universe of light, sound, and sensation. Neonia invites participants to explore an interactive world where art and technology merge, creating a multisensory journey that sparks imagination and collective wonder.

Hot Pod Yoga

Step into a cocoon of warmth and calm with this immersive yoga experience. Guided through dynamic flows in a heated, ambient pod, participants will enhance flexibility, detoxify the body, and reconnect mind and breath in a uniquely restorative setting.

"New Life for Materials" - FOCA

Discover how creativity can transform the overlooked into the extraordinary. Led by FOCA, this hands-on workshop invites participants to reimagine discarded materials, giving them new purpose while promoting sustainability, innovation, and conscious design.

Self-Defense Workshop

Build confidence, awareness, and strength in this dynamic self-defense workshop. Participants will learn practical techniques to protect themselves while developing focus, agility, and a sense of personal empowerment.

Virtual Reality

Step beyond the ordinary and into immersive digital worlds. This workshop lets participants explore cutting-edge virtual experiences, blending technology, creativity, and interaction for a journey that challenges perception and sparks imagination.

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Flower Arranging Workshop

Unleash your creativity and craft stunning floral arrangements in this hands-on workshop. Participants will learn design techniques, color harmony, and the art of expressing emotion through beautiful, personalized bouquets.

Candle-Making Workshop

Illuminate your creativity by crafting your own artisanal candles. In this hands-on workshop, participants will explore scents, colors, and shapes—transforming simple wax into beautiful, personalized creations that warm both space and spirit.

Astrology Workshop

Explore the stars and uncover the stories they tell about you. This workshop guides participants through the fundamentals of astrology, helping them understand celestial influences, personal traits, and the cosmic rhythms that shape our lives.

Make-up and Skincare Workshop

Glow from the inside out in this hands-on beauty session. Participants will learn expert tips on skincare routines and makeup techniques, discovering how to enhance natural features while embracing self-care and confidence.

Photography Workshop

Discover the artistic potential of your own smartphone. In this workshop, participants will explore composition, lighting, and storytelling, turning everyday moments into creative and striking photographs.

Drink and Draw

Unleash your creativity in a relaxed, social atmosphere. Sip your favorite drink while exploring sketching and drawing techniques, blending art, fun, and self-expression in a lively, inspiring session.