

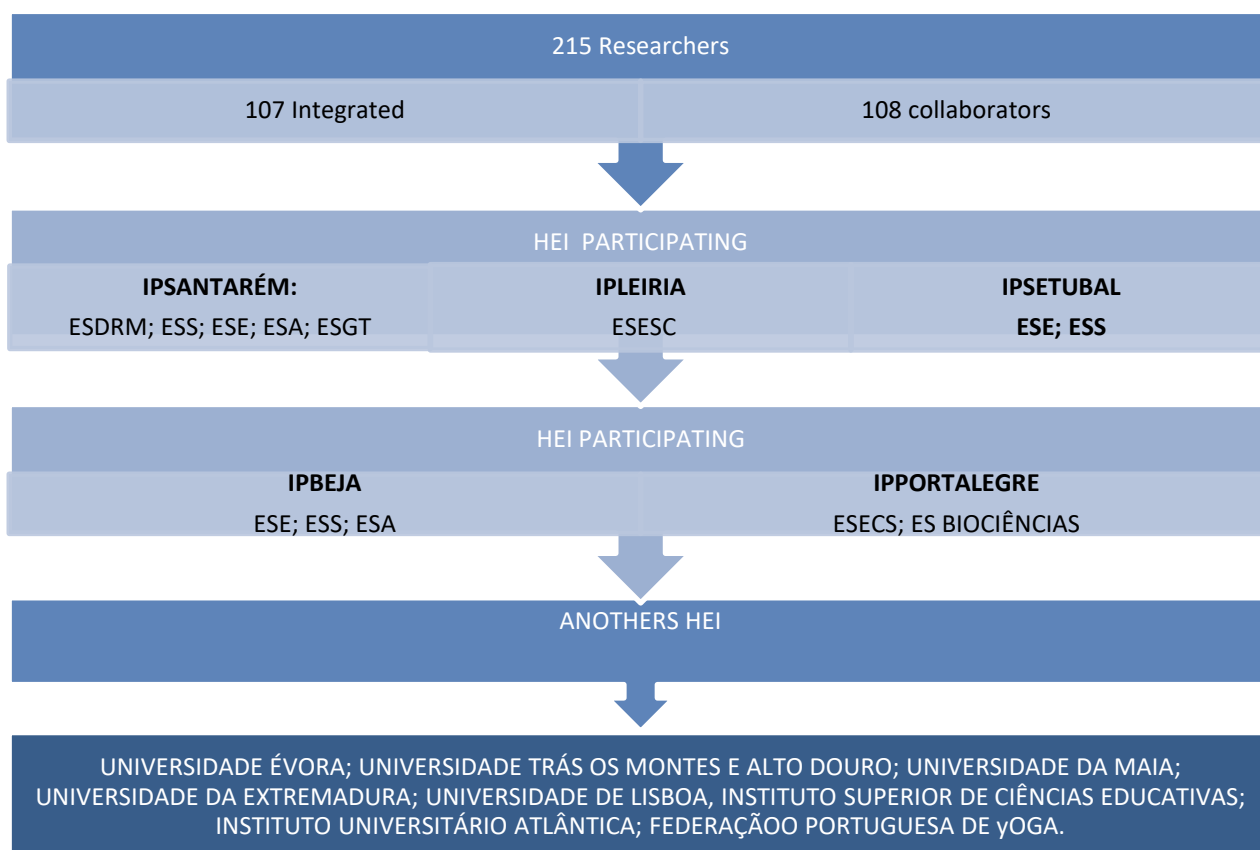


2024 ACTIVITY PLAN

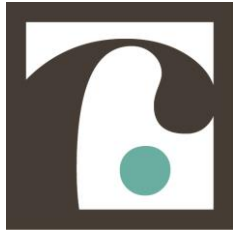
The Research Centre for Quality of Life (LQRC-CIEQV) is a multidisciplinary entity focused on Quality of Life. It currently operates as a Research & Development Unit established through a consortium of five Higher Education Institutions: the Polytechnic Institute of Santarém, the Polytechnic Institute of Leiria, the Polytechnic Institute of Setúbal, the Polytechnic Institute of Beja, and the Polytechnic Institute of Portalegre.

The LQRC-CIEQV comprises a total of 215 researchers, of whom 107 are integrated PhD researchers and 108 are collaborating researchers from the five participating institutions and others (Fig. 1). We utilise the existing infrastructure of 14 higher education schools (1 - Sports, 2 - Education and Social Sciences, 3 - Education, 3 - Health, 3 - Technology and Management, 2 - Agrarian Sciences, and 1 - Biosciences).

Fig. 1 – Researchers' Institutions



The submission process for LQRC-CIEQV's application to the funding programme of the Foundation for Science and Technology (FCT) was successfully completed on April 17th, following three distinct phases over



approximately six months: (i) registration of the Unit on January 17th, (ii) registration of the team on March 9th, and (iii) the actual submission of the application on April 17th. This process was based on the evaluation of activities carried out during the period (2018-2023) and the presentation of a strategic plan for the four-year period (2025-2029).

In the previous application to the FCT, LQRC-CIEQV received funding and was evaluated with a rating of "GOOD," demonstrating recognition of the quality of the work carried out by the Centre. The year 2024 thus marks a period of concluding activities from the previous cycle and preparing for the challenges and goals outlined in the new strategic plan.

LQRC-CIEQV was registered as a multidisciplinary centre with an emphasis on the scientific domains of "social sciences" and "medical and health sciences," with the main scientific area being "Education." The other scientific areas include "Other Social Sciences" and "Health Sciences."

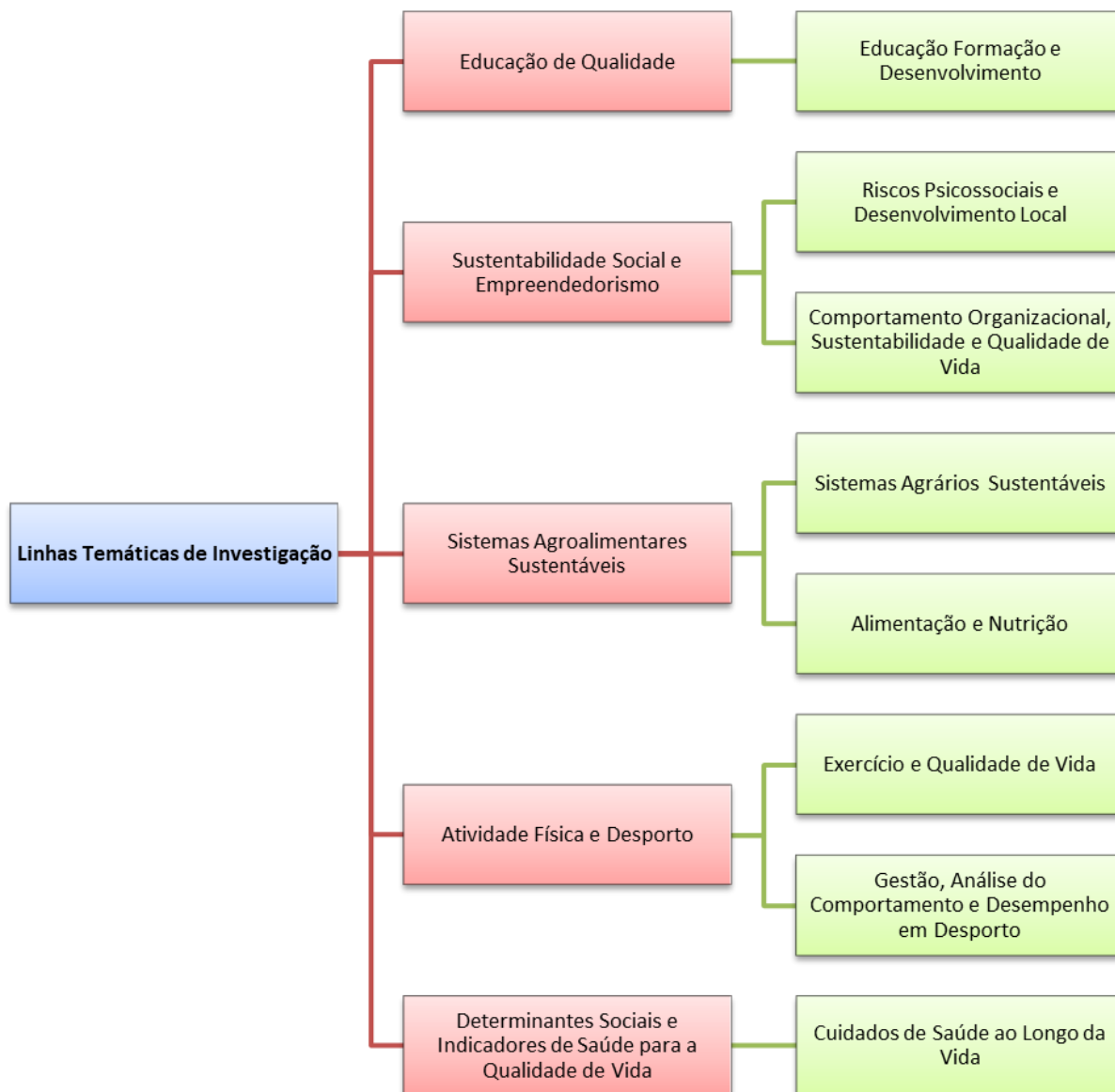
Given the multidisciplinary nature of the Centre, its composition and structure have identified five thematic research areas (Fig. 2), namely: (i) Quality Education; (ii) Social Sustainability and Entrepreneurship; (iii) Sustainable Agri-food Systems; (iv) Physical Activity and Sport; and (v) Social Determinants and Health Indicators for Quality of Life.

Within the five research areas, there are eight research groups, specifically:

- **Research Area: Quality Education**
 - **Research Group:** Education, Training, and Development
- **Research Area: Social Sustainability and Entrepreneurship**
 - **Research Group I:** Psychosocial Risks and Local Development
 - **Research Group II:** Organisational Behaviour, Sustainability, and Quality of Life
- **Research Area: Sustainable Agri-food Systems**
 - **Research Group I:** Sustainable Agricultural Systems
 - **Research Group II:** Food and Nutrition
- **Research Area: Physical Activity and Sport**
 - **Research Group I:** Physical Exercise and Quality of Life
 - **Research Group II:** Management, Behavioural Analysis, and Performance in Sport
- **Research Area: Social Determinants and Health Indicators for Quality of Life**
 - **Research Group:** Lifelong Healthcare



Fig. 2 – Research Areas



The mission of LQRC-CIEQV is to foster the creation of knowledge and innovative programmes that enhance human quality of life. LQRC-CIEQV is guided by the following values: creative freedom, intellectual honesty, responsibility, transparency, and sharing of goals and opportunities, based on ethics and professional solidarity. LQRC-CIEQV focuses on a technological, sustainable, and innovative approach and encompasses the following main **objectives**:



- **Produce knowledge and innovation that enhance human quality of life within LQRC's scientific areas, with an emphasis on interdisciplinarity/multidisciplinarity.**
- **Establish and strengthen partnerships in diverse geographical and cultural regions, focusing on addressing the development and evolution needs of communities.**
- **Promote scientific production and dissemination.**
- **Create a scientific legacy for LQRC through products, services, technologies, and patents.**
- **Foster internationalisation and collaborative networks.**
- **Develop a doctoral programme focused on Quality of Life, harnessing the interdisciplinarity inherent to LQRC's scientific areas—Education, Sustainability, and Health.**
- **Support the training and development of researchers.**
- **Promote scientific and technological culture through citizen science initiatives.**
- **Prioritise the principles of open science and data privacy.**
- **Promote gender equality and inclusion.**

In light of the above, it is crucial to develop the activity plan for the year 2024, based on the previously outlined information regarding the organisation, the Centre's structure, as well as the mission and objectives defined.

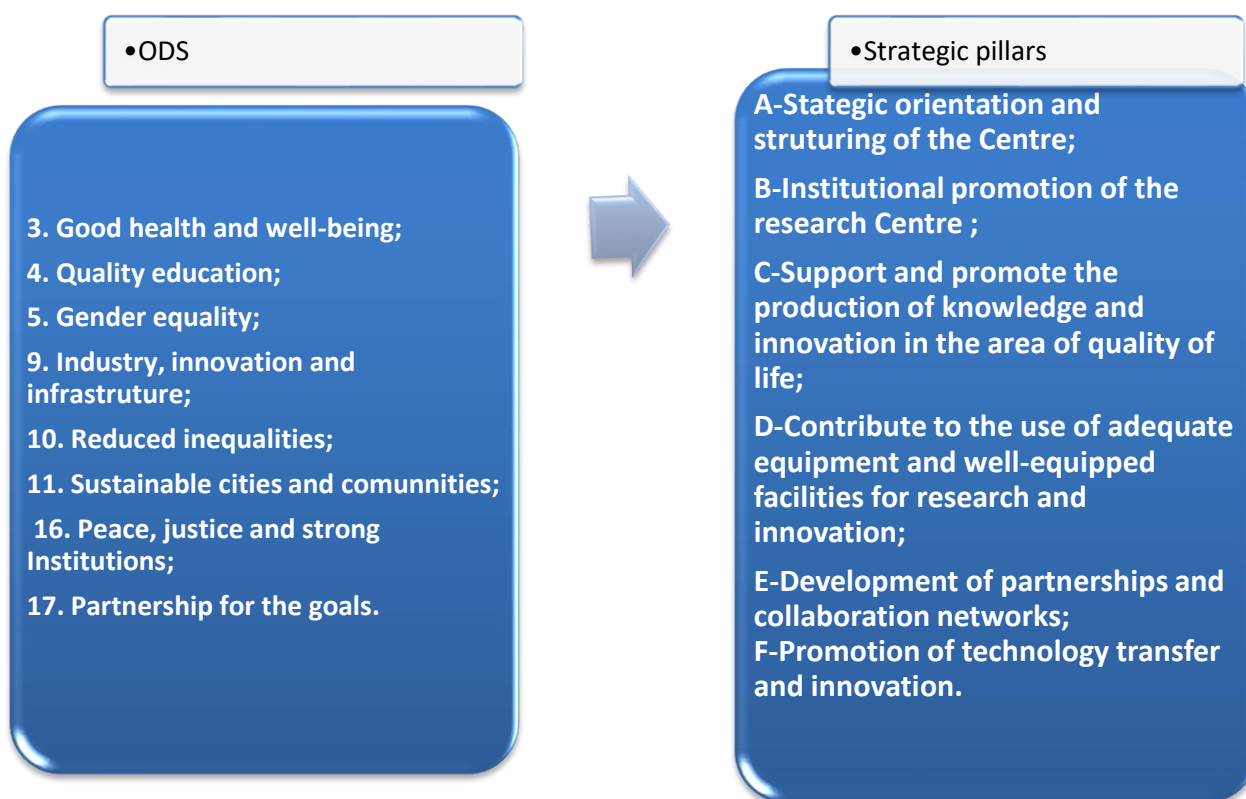
Following the preparation of the activity report for the period from 2018 to 2023 and the strategic plan for 2025 to 2029, which have already been submitted, it will still be necessary to prepare for the meeting with external evaluators, scheduled for October/November 2024.

LQRC-CIEQV implements its strategy through the coordinated action of its members within their scientific areas.

This activity plan reflects our commitment to promoting sustainable development in alignment with the United Nations' 2030 Agenda for Sustainable Development Goals (SDGs). We have defined the following strategic areas.



Fig.3- Sustainable Development Goals – Strategic Areas



Axis A – Strategic Orientation and Structuring of the Centre

Activity 1. Definition of the Centre's Scope and Strategic Orientation.

Action a. Clarify the Centre's scientific areas considering its multidisciplinary nature.

Indicator i. Produce 1 conceptual document per scientific area in the form of an article.

Action b. Enhance the strategic concept of the Centre's multidisciplinary nature.

Indicator i. Disseminate scientific production (newsletter, social media, website, etc.);

Indicator ii. Represent the Centre externally at 5 seminars and conferences, presenting communications that highlight the Centre's multidisciplinary nature.



Activity 2. Enhancement of the organisational structure with resources appropriate to the Centre's mission.

Action a. Coordination - Coordinator, Subcoordinators, and Science Manager (Regina Ferreira, Sub Coordinators, and Dina Rocha).

Indicator i. Monthly meetings.

Action b. Election of the Centre's Sub Coordinators and Scientific Area Coordinators.

Indicator i. Prepare the election calendar and regulations;

Indicator ii. Conduct the electoral process (July 2024);

Indicator iii. Appoint the scientific area coordinators.

Action c. Coordinating Committee (Coordinator, SubCoordinators, and Scientific Area Coordinators).

Indicator i. Bi-monthly meetings.

Action d. External Scientific Advisory Committee.

Indicator i. One annual meeting (December 2024).

Action e. Research Fellows – (post-doctoral – contract renewal – 1 April 2024).

Indicator i. Monthly meetings with the supervisor.

Action f. Propose 4 applications for the FCT Tenure track for assistant researchers and 8 applications for the FCT Tenure track for associate professors to be allocated to the Research Centre for Quality of Life.

Indicator i. Submit proposals to the Presidents of the Institutes.

Action g. Project Offices and Accounting Services.

Indicator i. Identify the persons responsible for services by IP;

Indicator ii. IPLeiria – Project Office (Dr. Carina Lourenço) + CIEQV Office (Dr. Elsa Matos); IPSantarem – Project Office (Dr. Maria Fátima Matos) + CIEQV Office (Dr. Cristina Aires); IP Setúbal (Support from the Division of International Research Cooperation);

Indicator iii. Identify resources at IPBeja and IP Portalegre;

Indicator iv. Bi-monthly meetings with office coordinators and service technicians, or as needed.

Action h. Review the internal regulations of CIEQV.

Indicator i. Proposal for deliberation by the Scientific Council.

Indicator ii. Proposal submitted for approval by the presidents of the institutions and publication in the official gazette.



Activity 3. Allocation of Human Resources.

Action a. 10 researchers in coordination (Coordinator, Sub Coordinators, and Scientific Area Coordinators);

Action b. 107 PhD researchers as integrated members;

Action c. 12 assistant researchers (100% FCT Tenure – subject to approval);

Action d. 1 research fellow (100% FCT Tenure) (1 post-doctoral);

Action e. PhD researchers (20-30% FCT Tenure) as collaborating members.

Indicator i. Identify the PhD researchers.

Action f. 5 technicians (1 Science Manager and Coordinators of the Project Offices);

Action g. 1 accounting technician per IP.

Axis B – Institutional Promotion of the Research Centre

Activity 4. Conducting Promotion and Dissemination Activities.

Action a. Participation in dissemination activities.

Indicator i. Production of promotional materials (posters, flyers, brochures);

Indicator ii. Participation of researchers in 40 national and international conferences;

Indicator iii. Participation in 5 science and technology fairs and events.

Action b. Representation of the Centre.

Indicator i. Participation in 10 seminars, conferences, and workshops.

Action c. Participation in management meetings.

Indicator i. Attendance at 10 meetings.

Activity 5. Digital Promotion of the Centre

Action a. Maintenance of the Centre's website.

Action b. Content production and management of the Centre's social media channels (Facebook, Twitter, LinkedIn, Instagram).

Action c. Production and distribution of the Centre's newsletter (monthly).

Action d. Production of an institutional video.

Activity 6. Promotion of the Centre's Internationalisation centre

Action a. Promote the development of international research projects.

Action b. Promote affiliation with international research networks.



Axis C – Support and promote the production of knowledge and innovation in the area of quality of life

Activity 7. Enhance the quality of scientific production and the training of the Centre's researchers.

Action a. Produce 10 research projects led by Centre researchers (with project affiliation to CIEQV) and 20 participations in projects led by other researchers.

Indicator i. Promote 20 applications to research and development calls, with 5 applications exceeding €200,000;

Indicator ii. Conduct 1 training and dissemination session on preparing grant applications;

Indicator iii. Host a webinar (November 2024) on “Artificial Intelligence as a Promoter of Human Quality of Life – A Transdisciplinary Approach.”

Action b. Publish the research conducted by members in high-impact scientific journals.

Indicator i. Publish articles in scientific journals with 150 citations attributed to Centre researchers;

Indicator ii. Conduct 1 training session on writing scientific articles;

Indicator iii. Conduct 1 training session on research methods and information retrieval;

Indicator iv. Host 1 session to promote translation and scientific writing services;

Indicator v. Conduct 1 training session on the “Open Access Policy for Scientific Publications Resulting from FCT-Funded Research”;

Indicator vi. Conduct 1 training session on “Research Data Repositories.”

Action c. Promote the scientific dissemination of Centre members' research and the transfer of knowledge to professionals and organisations in the quality-of-life sector.

Indicator i. Organise the 5th Multidisciplinary Symposium (September 2024);

Indicator ii. Plan and organise the CIEQV International Congress (February 2025);

Indicator iii. Achieve 150 participations of Centre members in national and international conferences and seminars;

Indicator iv. Conduct 4 training, dissemination, and knowledge transfer sessions for professionals and organisations in the quality-of-life sector.

Action d. Support the scientific production of non-PhD collaborating members as part of their training, with compensations outlined in the financial regulations.

Indicator i. Publication of 1 article per member and participation in Centre activities.

Activity 8. Promote Multidisciplinary, Interdisciplinary, and Transdisciplinary Research.

Action a. Organise the 5th internal competition for funding research projects in the field of quality of life, involving researchers from at least three scientific areas of the Centre.

Indicator i. Announce the regulations and call for proposals by 20 June 2024;

Indicator ii. Submission of proposals by 15 July 2024;

Indicator iii. Selection and funding of five projects with €1,000 each;

Indicator iv. Presentation of interim results by the end of 2024.



Action b. Conduct a workshop to engage researchers from various fields.

Indicator i. Host the 5th CIEQV Scientific Symposium (September 2024).

Axis D – Contribute to the use of adequate equipment and well-equipped facilities for research and innovation

Activity 9. Equipment and Software.

Action a. Establish a policy for the acquisition of equipment by scientific areas and within the funding cycle, promoting its purchase based on amortisation periods and its impact on scientific production.

Indicator i. Acquire equipment that is strictly necessary for scientific production and adequately justified by ongoing or developing research projects (form).

Action b. Develop a strategy for acquiring software licenses for research based on researchers' needs, with a reasoned opinion from the scientific area coordinator highlighting the projects involved with the software.

Indicator i. Acquire software licenses that are strictly necessary for scientific production and adequately justified by ongoing or developing research projects (form); software purchased by the institutes for educational purposes is excluded.

Activity 9. Facilities.

Action a. Install the Centre's headquarters at the central services of IPSantarem.

Indicator i. Set up the offices for the Coordinator and research fellows.

Axis E – Development of Partnerships and Collaboration Networks

Activity10. Identify potential partners and collaboration networks.

Action a. Participate in exchange programmes, workshops, and networking events; develop collaborative projects with external partners.

Indicator i. Number of new partnerships established;

Indicator ii. Number of collaborative projects;

Indicator iii. Number of participants in exchange programmes.



Axis F – Promotion of Technology Transfer and Innovation

Activity 11. Identify technologies and innovations developed at the Centre and establish strategies for protecting intellectual property.

Action a. Organise 1 workshop on intellectual property and technology transfer.

Indicator i. Number of technologies and innovations developed;

Indicator ii. Number of intellectual property applications;

Indicator iii. Number of workshops held on technology transfer

Approved by the Scientific Council, May 21, 2024