

STARTER KIT

IMPACT BOOTCAMP

Entrepreneurship and Mental Well-Being

12th to 14th October 2022



Entre **MWB**



STARTER KIT

- ▶ Arrival and moving around Oporto
- ▶ Where to stay
- ▶ Where to eat
- ▶ Schedule
- ▶ Training team



Hello, Bootcamper!

We can't wait to meet you in person! 😊

From the 12th to the 14th of October you'll be part of an intensive 3-day programme, in Oporto, Portugal. Throughout the bootcamp you will learn how to develop an impact initiative focused on the subject of Entrepreneurship and Mental Well-Being. We will talk and learn about mental health, focusing on three specific dimensions: resilience, reflection, and how to read the signs of anxiety and stress that might disrupt our lives' balance as well as finding mechanisms to improve our overall mental well-being.

If you haven't signed up yet, please do it by clicking [here](#).

It only takes 2 minutes, and this will make your application official.

Thank you so much and see you soon!



[Sign up here](#)

Arrival at Oporto Airport and going around the city



Airport [Arrival]

Oporto airport is connected to the E metro line, and during the daytime, there are three departures per hour (every 20 minutes).

Metro's working hours: from 6am until midnight.



Transport [Moving around]

We recommend you download the *Uber*, *Bolt* and *FreeNow* apps these are great options to help you move around the city. You can also use the subway and buses. Walking from one place to the other is also an option, the city is not that big, so you'll get to know it closely, feel the Invicta vibe and... it is totally free 😊

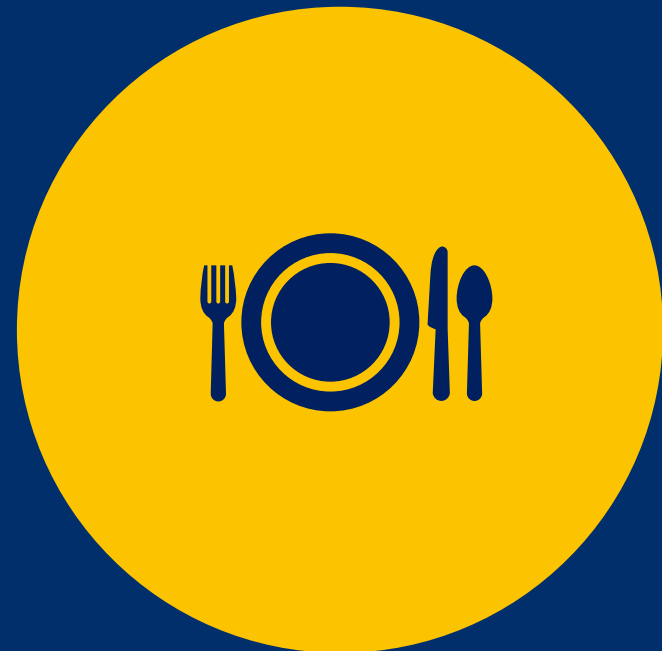
Accommodation nearby UPTEC Asprela I



- [Hotel Ibis Porto São João](#)
- [S. João Campus Porto Apartment - Airbnb](#)
- [Uporto House Residence - Airbnb](#)
- [Eurostars Oporto](#)

*These are just suggestions; you can easily find other great options through **Booking** or **Airbnb**.*

Where to eat around town



Restaurants	Observations
<u>Tasquinha dos Sabores</u> (<i>tapas</i>)	*vegetarian options
<u>Alfândega Douro</u>	*vegetarian options Oporto's Ribeira (the Riverside) is close to the restaurant
<u>Bop Café</u>	*vegetarian/vegan options
<u>Mercado do Bom Sucesso</u>	Big food market with a range of options for every taste *vegetarian/vegan options

Lunch time: we suggest you eat at UPTEC or near by during the bootcamp

The Bootcamp Schedule

The programme is split into **Cohort Moments (CM)** and **Check-points (CP)**:

CM - Moments focused on group interaction and networking between all the entrepreneurs of the Bootcamp.

CP - These are the Bootcamp's sessions. Each Check-Point includes a theoretical introduction of 15/20 min (with everyone) followed by hands-on team exercises (with the Training team support).

UPTEC Asprela I, Oporto
12th to 14th of October 2022

WEDNESDAY, 12th OCTOBER

15H00 Welcome & Group Activity
16H00 Session I: Impact Economy
17H00 Coffee-break
17H40 Session II: Problem
19H00 Wrap-up

THURSDAY, 13th OCTOBER

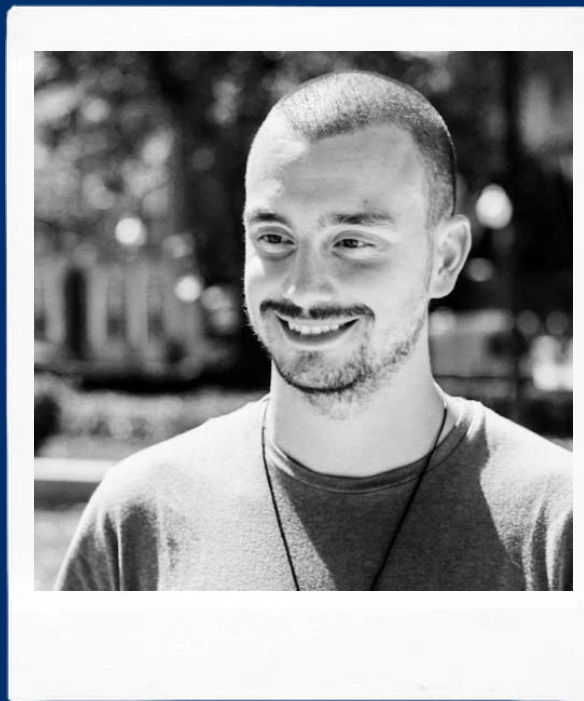
09H00 Morning Activity
09H30 Session III: Value Proposition
and Session IV: Solution Architecture
10H30 Coffee-break
11H00 Session V: Sustainability
12H00 Session VI: Impact Framework
13H00 Lunch break

14H00 Cohort moment
14H15 Session VII & VIII: Pilot and
Resource Mobilisation
15H30 Session X: Communication
16H15 Coffee-break
18H00 Pitch practice
19H00 Testimony
19H30 Wrap-up

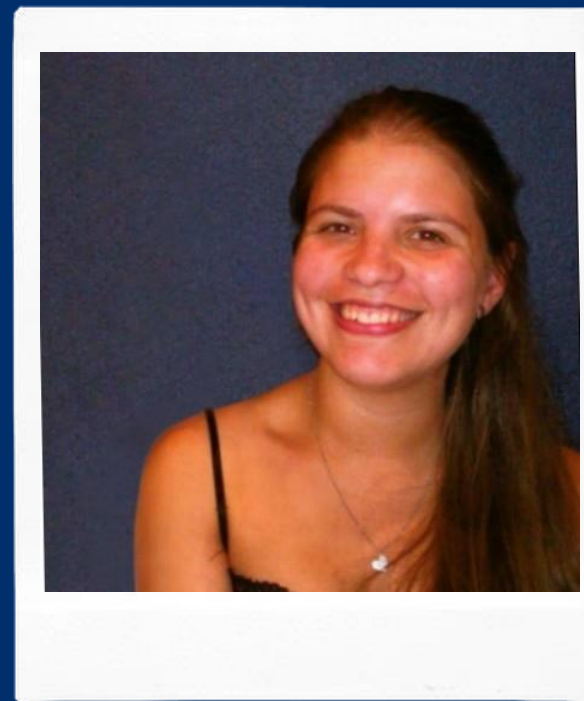
FRIDAY, 14th OCTOBER

09H00 Morning Activity
09H30 State of Play
10H00 Pitch
11H00 Coffee-break
11H30 Jury feedback
12H30 Networking
13H00 Wrap Up

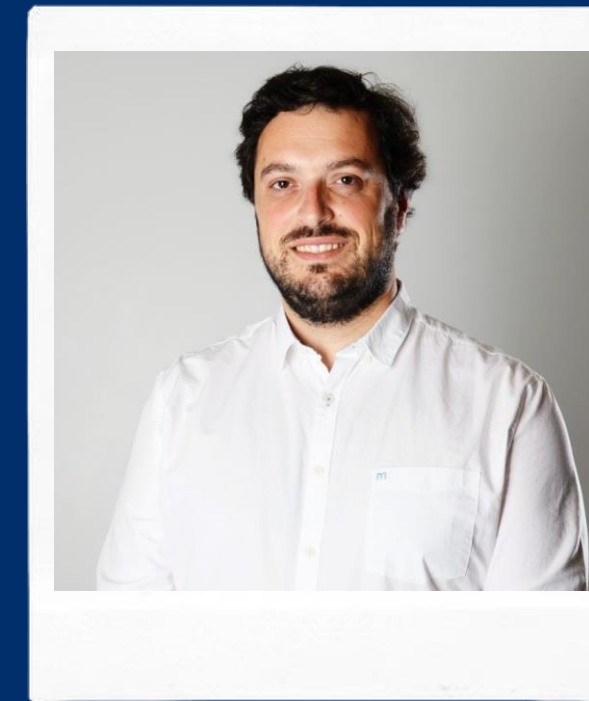
Get to know your Training Team



Diogo Cruz



Maria João Ferreira



Tiago Ferreira



What's next?

**We're so excited to meet you,
make sure you register!**

Here!

Entre **MWB**

