

Handi-Capabilities Research & Development

(Building a New Paradigm)

International Congress SANITUS - 21 - nov - 2026

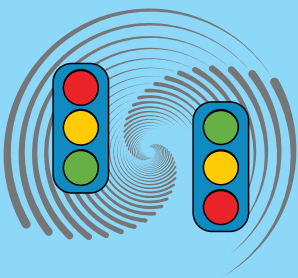
UNIVERSIDADE CATÓLICA PORTUGUESA
(Centro Regional do Porto)

Launched by the SANITUS Foundation in 2022, the project gained international recognition when it was presented at UNESCO House on September 9, 2024, during the “*Handi-Capabilities, Sport & Work*” following the Paralympic Games — two landmark moments that reaffirmed a bold and innovative vision for disability inclusion.

THE EVENT WILL TAKE PLACE AT THE
CARVALHO GUERRA AUDITORIUM
9:00 AM TO 7:00 PM

Ahead of Disability Awareness Day (December 3rd), a new vision of valuing capabilities beyond disability...! To engage society in a new paradigm...

The inclusive VITABalance-Med Project is a new visual proposal for schools, workplaces and elderly, based in a poster, pyramid manual, book-game, family game and... !



III INTERNATIONAL CONGRESS ON

HANDI-CAPABILITIES: RESEARCH AND DEVELOPMENT

Theme: “Shape the Future of Inclusive Health and Education”

WELCOME MESSAGE

Dr. António Rui Marcelino Leal, MD, PhD

*President, SANITUS Foundation
Chair, Organising Committee*



Dear Colleagues, Partners and Friends

It is a great pleasure, on behalf of the **SANITUS Foundation** and the Organising Committee, to welcome you to Porto for the III International Congress “**HANDI-CAPABILITIES: Research & Development**”, on **21 November 2026**.

At a time of profound demographic, technological and social change, we believe that health, education, inclusion and work can no longer be addressed separately. The HANDI-CAPABILITIES concept invites us to look beyond disability and limitations, focusing instead on abilities, participation, dignity and the potential of every person.

This Congress aims to connect research with practice, bringing together healthcare professionals, researchers, educators, universities, institutions and associations to exchange evidence, experiences and innovative approaches. In Porto, participants can expect multidisciplinary debate, international perspectives, new research and educational tools, and the development of partnerships around Global and Inclusive Health, including the VITABalance-Med Inclusive (iVBM) network.

More than a scientific meeting, we hope this Congress will be a place for dialogue, cooperation and the creation of new ideas and projects around these innovative initiatives.

I warmly invite all researchers, healthcare professionals, educators, institutions and associations to participate actively, share their experience and help us build a healthier, more inclusive and capable society.

Welcome to the III HANDI-CAPABILITIES Congress - Porto, 2026.

Dr. António Rui Marcelino Leal, MD, PhD
President, SANITUS Foundation
Chair, Organising Committee

CHAIRS



Dr. António Rui Marcelino Leal, MD, PhD

*President, SANITUS Foundation
Chair, Organising Committee*

BIOGRAPHY

ANITUS Foundation President.

- Occupational Medicine and PMR Specialist.
- PhD in Cardiovascular Prevention, Master in Sports.
- Medical experiences in Portugal, France, USA and Romania.



Dr. Álvaro Ribeiro

Instituto de Educação da UMinho, Portugal

BIOGRAPHY

Alvaro holds a Master's degree and a PhD in Sciences of Education (School Organisation and Administration) from the University of Minho, Portugal. He holds education and training in Social Economics from Católica Porto Business School. He completed an Economics of Education for Policy Makers course from the World Bank Institute and Project Management training from the Organisation of Ibero-American States for Education, Science and Culture. Alvaro served as a Higher Education lecturer at the University of Minho - Institute of Education, and as a researcher at the European Observatory of Service-Learning in Higher Education. He has developed different policymaking projects at the European level. He is an expert in observational studies, cross-sectional studies, prospective cohort studies, and case-control studies. His expertise includes multidisciplinary questionnaire design, sample design, fieldwork, data management, database design, and statistical modelling.

SCIENTIFIC PROGRAM

08:00 – 09:00:	Registration and Welcome of Participants
09:00 – 09:30	Opening Ceremony
	 SANITUS Foundation
	 Universidade Católica Portuguesa
	 Panathlon International
	 Amis du Plateau
	 Municipality of Créteil
	 Rector of Univ Tecnica de Manabi
09:30 – 10:00	 Keynote Lecture I: The New National Program for School Health
	Moderator: António Rui Leal (SANITUS Foundation)
	Speaker: Gisela Leiras, MD, (Head of Division of Literacy, Health and Well-being; Coordinator of the National Health in Schools Directorate-General of Health)
	10:00- Break Out Session 2 Nursing Research-Focus on Education
10:00 – 11:30	 Round Table I: The VITABalance-Med Project: Developments and Research
	Moderator: Miguel Freitas (SANITUS)
	Speakers:
	 Teresa Adão, PhD (<i>Edições Esgotadas</i>), Portugal
	 David Moreira, MD (<i>Local Health Unit of Barcelos-Esposende</i>)
	 João Amado, PhD (<i>Institute of Health Sciences, Univ. Católica Portuguesa</i>)
	 Rosália Páscoa, PhD (<i>Faculty of Medicine, University of Porto</i>)
	 Paula Santos, PhD (<i>Faculty of Sport, University of Porto</i>)
	 Cristina Vaz de Almeida, PhD (<i>Portuguese Society for Health Literacy</i>)
11:30 – 12:00	Coffee Break
12:00 – 12:30	 Keynote Lecture II: HANDI-Capabilities: a Socio-Medical formula for a juste calculation?
	Moderator: Rosalie Morgado (SANITUS Foundation)
	 Speaker: António Rui Leal, MD, PhD (<i>President, SANITUSFoundation</i>)
12:30 – 13:30	Networking Lunch
13:30 – 14:00	 Keynote Lecture III: How to make a model inclusive university
	Moderator: Nelson Campos (<i>SIPRERECA</i>)
	 Speaker: Dr Santiago Quiroz Fernandez (<i>Rector of UTM</i>)
14:00 – 15:30	 Round Table II: Work & HANDI-Capabilities: New Ideas and Emerging Challenges

	Moderator: David Moreira MD (ULS-B/E)
	Speakers:
	🎤 Elena Toader, RN (AMET)
	🎤 Joaquim Brites (APN – Portuguese Assoc. Neuromuscular Diseases)
	🎤 Nelson Campos, MD, PhD (SIPRERECA)
	🎤 Mihaela Suceavanu, MD, PhD (Heart Friends AW)
	🎤 Sylvia Cameira (M. de Bourdin- France)
	🎤 Rui Cernadas, MD (ANaMeT)?
15:30 – 16:00	📺 Keynote Lecture IV: Value-Based Medicine (iVBM and HANDI-Capabilities): Towards a New Global Model?
	Moderator: Carole Fournaise (SANITUS Foundation)
	🎤 Speaker: Marc Rozenblat, MD (President, PIDFRAI)
16:00 – 16:30	Coffee Break
16:30 – 17:00	Special Sessions & Demonstrations
	🎤 EU-R-EKO Game (Teresa Adão, Portugal)
	🎤 Educational App (Benoît Foulon, France) (VD)
	🎤 Kapidanse Project (Carole / Thierry, France)
	🎤 Educational Initiatives (Profs Barcelos Schools)
	🎤 MathBiology (Francesca Aiello, PhD, Italy)
17:00 – 17:20	Patronage Sessions:
	🎤 Patroness: Silvia São Miguel (SANITUS)+ Alessandra Pentone (ICB) (VD)
	🎤 Patrons: Hugo Vilela (APN) + Thierry Boivin (France)
17:20 – 18:00	Signing Ceremony of Protocol for International Collaboration (10 entities) + Premium Satellite Symposium "New Educational Projets" (Peers Alley Media)
18:00 – 18:30	Closing Ceremony
	Representatives: SANITUS Foundation + PIDFRA + OMS? + Directorate-General for Education - Directorate-General for Social Security? - City Council of Barcelos? - City Council of Espinho? - City Council of Feira?. Ex PR - MARCELO REBELO DE SOUSA?
18:30 – 19:00	Closing Cocktail