



Section 3 | Global policy, professional horizons, and developments in Psychomotricity

Student's Academy Portugal 2025 – A report from a student's perspective

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The Student's Academy Portugal 2025, held from April 3rd to 6th at the Faculty of Human Kinetics, University of Lisbon, brought together students and professionals in psychomotricity from across Europe for an enriching exchange of knowledge, practice, and perspectives. The event featured academic lectures, institutional visits, practical workshops, and cross-cultural networking, emphasizing the diversity and relevance of the field. Key discussions focused on the professional identity of psychomotricity and its interdisciplinary applications, from education to mental health and social inclusion. Through immersive experiences and collaborative reflection, the academy fostered meaningful connections and highlighted the importance of international cooperation in advancing the theoretical and practical dimensions of psychomotricity.

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From April 3rd to 6th, 2025, the Faculty of Human Kinetics at the University of Lisbon (FMH-UL) hosted this year's Student's Academy Portugal. The event brought together mainly students and some professionals in the field of psychomotricity from across Europe, providing a rich platform for the exchange of knowledge, practice, and professional perspectives.



After the registration, the academy began with a formal opening ceremony featuring contributions from academic leaders, representatives of professional associations, and local authorities. The following lecture by Prof. Dr. Rui Martins (founder of APP, ex-President and Vice-President of APP and EFP, full teacher at FMH-UL) addressed key conceptual and methodological challenges related to the professionalization of psychomotricity, raising the fundamental question of a coherent professional identity – an issue of growing relevance in ongoing international discussions about the field. Right after the opening ceremony, the first connections were made with other psychomotricity students from across Europe, which deepened over the following days. Together, we were taken to the hotel in Paço de Arcos, where we spent the first evening together.

On the second day, the participants took part in small-group visits to specialized institutions across Lisbon, Sintra, and Oeiras. These included child and adolescent psychiatry units, a special education school, a therapeutic riding center, and organizations supporting the social and vocational inclusion of individuals with developmental challenges. The diversity of these institutions highlighted the broad spectrum of psychomotor applications, from early intervention and inclusive education to mental health care and community-based rehabilitation. After the various visits, all students came together for a shared lunch at the

Canteen of the Municipality of Oeiras. In the afternoon, the Municipality of Oeiras offered a visit to the Gardens and Palace of the Marquis of Pombal. Afterwards, there was time for sightseeing and personal exchange.

Saturday provided hands-on engagement through thematic workshops exploring current approaches such as psychomotor intervention in executive functions, graphomotor skills (reconnecting the body with writing), and trauma-related psychomotor therapy. The afternoon was dedicated to networking: students from each country presented the structure and status of psychomotricity training and professional recognition in their respective contexts. This exchange was complemented by an academic lecture on psychomotricity and neuroscience and a practice of the narrative in motion. The day ended with a sunset party, supported by the Student's Association of FMH-UL, who did a great job organizing the entire stay. It was a moment to share experiences and impressions from the Student's Academy 2025. Several members of the European Forum of Psychomotricity also took part. Conversations went beyond the student perspective and included deeper discussions about psychomotricity. Additionally, the evening offered diverse insights into the different European countries.

The final day featured a closing lecture by Prof. Vítor da Fonseca (author, researcher, founder and associate number 1 of APP, Professor Emeritus of the FMH-UL) on the role of embodied processes in neurocognitive development.



The closing ceremony followed, providing a space for shared reflection on the insights gained and the added value of international collaboration within the field. During these four days, meaningful connections and even friendships were formed, which made saying goodbye all the more difficult.

The Student's Academy Portugal 2025 clearly demonstrated the value of international cooperation in advancing both theoretical and practical dimensions of psychomotricity. By integrating academic discourse, real-world practice, and intercultural dialogue, the academy contributed meaningfully to the professionalization and visibility of psychomotricity across Europe.