

# Table of Contents



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@unpublished{Meixedo2026ESD,  
  author      = {Meixedo, João Paulo},  
  title       = {Energy and Sustainable Development: Sustainable  
Engineering},  
  note        = {Lecture notes, Class 02, Departamento de Engenharia  
Geot{\'}cnica},  
  organization = {Instituto Superior de Engenharia do Porto (ISEP)},  
  address      = {Porto, Portugal},  
  year        = {2026}  
}  
@Article{ijerph20065118,  
  AUTHOR = {Aziz, Ghazala and Sarwar, Suleman},  
  TITLE = {Empirical Evidence of Environmental Technologies, Renewable Energy  
and Tourism to Minimize the Environmental Damages: Implication of Advanced  
Panel Analysis},  
  JOURNAL = {International Journal of Environmental Research and Public  
Health},  
  VOLUME = {20},  
  YEAR = {2023},  
  NUMBER = {6},  
  ARTICLE-NUMBER = {5118},  
  URL = {https://www.mdpi.com/1660-4601/20/6/5118},  
  PubMedID = {36982028},  
  ISSN = {1660-4601},  
  ABSTRACT = {The motivation behind this research is to investigate the  
determinants of the ecological footprint in MENA countries and find  
appropriate solutions. We updated the STIRPAT model and applied  
sophisticated panel techniques to data from 1996 to 2020. According to the  
findings, economic expansion along with urbanization and tourism is to blame  
for these countries' huge environmental footprints. In addition, when it  
comes to environmental degradation remedies, environmental innovation and  
the use of renewable energy play an important role in minimizing these  
environmental externalities. The results of post Saudi Vision 2030 analysis  
confirmed the significance of urban population and renewable energy in  
minimizing the environmental footprint. In light of the findings, it is  
advised that policymakers should revise the legislative framework to attract  
not only private sector investment, but also foreign investment to utilize  
the full potential of renewable energy generation.},  
  DOI = {10.3390/ijerph20065118}  
}  
@article{Bowman2025,  
  author = {Bowman, David M. J. S. and Balch, Jennifer and Artaxo, Paulo and  
Bond, William J. and Cochrane, Mark A. and D'Antonio, Carla M. and DeFries,  
Ruth and Johnston, Fay H. and Keeley, Jon E. and Krawchuk, Meg A. and Kull,  
Christian A. and Mack, Michelle and Moritz, Max A. and Pyne, Stephen and  
Roos, Christopher I. and Scott, Andrew C. and Sodhi, Navjot S. and Swetnam,  
Thomas W.},  
  title = {The human dimension of fire regimes on Earth},  
  journal = {Journal of Biogeography},  
  volume = {38},  
  number = {12},
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pages = {2223-2236},
keywords = {Fire and culture, fire management, fire regime, global
environmental change, landscape fire, palaeoecology, prehistoric human
impacts, pyrogeography},
doi = {https://doi.org/10.1111/j.1365-2699.2011.02595.x},
url =
{https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1365-2699.2011.02595.x},
eprint =
{https://onlinelibrary.wiley.com/doi/pdf/10.1111/j.1365-2699.2011.02595.x},
abstract = {Abstract Humans and their ancestors are unique in being a fire-
making species, but ‘natural’ (i.e. independent of humans) fires have an
ancient, geological history on Earth. Natural fires have influenced
biological evolution and global biogeochemical cycles, making fire integral
to the functioning of some biomes. Globally, debate rages about the impact
on ecosystems of prehistoric human-set fires, with views ranging from
catastrophic to negligible. Understanding of the diversity of human fire
regimes on Earth in the past, present and future remains rudimentary. It
remains uncertain how humans have caused a departure from ‘natural’
background levels that vary with climate change. Available evidence shows
that modern humans can increase or decrease background levels of natural
fire activity by clearing forests, promoting grazing, dispersing plants,
altering ignition patterns and actively suppressing fires, thereby causing
substantial ecosystem changes and loss of biodiversity. Some of these
contemporary fire regimes cause substantial economic disruptions owing to
the destruction of infrastructure, degradation of ecosystem services, loss
of life, and smoke-related health effects. These episodic disasters help
frame negative public attitudes towards landscape fires, despite the need
for burning to sustain some ecosystems. Greenhouse gas-induced warming and
changes in the hydrological cycle may increase the occurrence of large,
severe fires, with potentially significant feedbacks to the Earth system.
Improved understanding of human fire regimes demands: (1) better data on
past and current human influences on fire regimes to enable global
comparative analyses, (2) a greater understanding of different cultural
traditions of landscape burning and their positive and negative social,
economic and ecological effects, and (3) more realistic representations of
anthropogenic fire in global vegetation and climate change models. We
provide an historical framework to promote understanding of the development
and diversification of fire regimes, covering the pre-human period, human
domestication of fire, and the subsequent transition from subsistence
agriculture to industrial economies. All of these phases still occur on
Earth, providing opportunities for comparative research.},
year = {2011}
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  editor = {Frontiers in Materials Editorial},
  title = {Hydrolytic Degradation and Mechanical Stability of Biopolymers in
Public Infrastructure},
  journal = {Frontiers in Materials},
  year = {2024},
  note = {Discusses the 58°C threshold for PLA breakdown.}
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  author = {Zhao, Y. and Zhang, X. and others},  
  title = {Sustainable Process to Recover Metals from Waste Printed Circuit  
Boards (PCBs)},  
  journal = {MDPI Sustainability},  
  volume = {16},  
  number = {2},  
  year = {2024},  
  doi = {10.3390/su16020754},  
  note = {Validates heavy metal concentrations (Pb, As) and leaching risks.}  
}  
  
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  author = {Buchert, Matthias and others},  
  title = {The Potential and Limitations of Critical Raw Material Recycling:  
The Case of LED Lamps},  
  journal = {MDPI Resources},  
  volume = {10},  
  number = {11},  
  year = {2021},  
  doi = {10.3390/resources10110115},  
  note = {Confirms the sorting difficulty and loss of toxic elements in bulk  
streams.}  
}  
  
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  author = {TiRapid Materials Laboratory},  
  title = {Comparative Study of PC/ABS vs. PLA in High-Stress Public Utility  
Environments},  
  institution = {TiRapid Engineering Group},  
  year = {2025},  
  type = {Technical White Paper},  
  note = {Supports findings on mechanical creep and thermal failure at  
60°C.}  
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@techreport{brereton2008assessing,  
  author = {Brereton, D. and Moran, C. J. and McIlwain, G. and  
McIntosh, J. and Parkinson, K.},  
  title = {Assessing the cumulative impacts of mining on regional  
communities: An exploratory study of coal mining in the {M}uswellbrook area  
of {N}ew {S}outh {W}ales},  
  institution = {Centre for Social Responsibility in Mining and Centre for  
Water in the Minerals Industry},  
  year = {2008},  
  number = {ACARP Project C14047},  
  note = {Australian Coal Association Research Program},  
  address = {Brisbane, QLD}  
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@techreport{brundtland1987,  
  author = {{World Commission on Environment and Development}},
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title      = {Our Common Future},
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year       = {1987},
note       = {Report of the World Commission on Environment and
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@article{huppes2005eco,
author     = {Huppes, Gjalt and Ishikawa, Masanobu},
title      = {A Framework for Quantified Eco-efficiency Analysis},
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volume     = {9},
number     = {4},
pages      = {25--41},
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author     = {Geissdoerfer, Martin and Savaget, Paulo and Bocken, Nancy
M.P. and Hultink, Erik Jan},
title      = {The Circular Economy -- A New Sustainability Paradigm?},
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year       = {2017},
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author     = {Tsao, J.Y. and Waide, P.},
title      = {The World's Appetite for Light: Empirical Data and Trends
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year       = {2010},
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pages      = {259--281},
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author     = {Mancheri, Nabeel A. and Sprecher, Benjamin and Bailey, Gareth
and Ge, Jianping and Tukker, Arnold},
title      = {Effect of Chinese Policies on Rare Earth Supply Chain
Resilience},
journal    = {Resources, Conservation and Recycling},
year       = {2019},
volume     = {142},
pages      = {101--112},
publisher  = {Elsevier}
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@inproceedings{kinetic_particles,
author     = {Lafontaine, Mickael and Cloarec-Michaud, Julie and Riou, Kevin and
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Huang, Yujie and Dong, Kaiwen and Le Callet, Patrick},
title = {Kinetic particles : from human pose estimation to an immersive and
interactive piece of art questioning thought-movement relationships.},
year = {2023},
isbn = {9798400700286},
publisher = {Association for Computing Machinery},
address = {New York, NY, USA},
url = {https://doi.org/10.1145/3573381.3597228},
doi = {10.1145/3573381.3597228},
abstract = {Digital tools offer extensive solutions to explore novel
interactive-art paradigms, by relying on various sensors to create
installations and performances where the human activity can be captured,
analysed and used to generate visual and sound universes in real-time. Deep
learning approaches, including human detection and human pose estimation,
constitute ideal human-art interaction mediums, as they allow automatic
human gesture analysis, which can be directly used to produce the
interactive piece of art. In this context, this paper presents an
interactive work of art that explores the relationship between thought and
movement by combining dance, philosophy, numerical arts, and deep learning.
We present a novel system that combines a multi-camera setup to capture
human movement, state-of-the-art human pose estimation models to
automatically analyze this movement, and an immersive 180° projection system
that projects a dynamic textual content that intuitively responds to the
users' behaviors. The demonstration being proposed consists of two parts.
Firstly, a professional dancer will utilize the proposed setup to deliver a
conference-show. Secondly, the audience will be given the opportunity to
experiment and discover the potential of the proposed setup, which has been
transformed into an interactive installation. This allows multiple
spectators to engage simultaneously with clusters of words and letters
extracted from the conference text.}
}
@misc{jounila2019wsp,
author = {Jounila, Risto},
title = {What if public transport could alleviate loneliness?},
year = {2019},
month = {oct},
day = {22},
url = {https://www.wsp.com/en-us/insights/public-transport-loneliness},
organization = {WSP},
note = {Accessed: March 16, 2026}
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@article{Hammoud2021,
author = {Hammoud, Ryan and Tognin, Stefania and Bakolis, Ioannis and
Ivanova, Daniela and Fitzpatrick, Naomi and Burgess, Lucie and Smythe,
Michael and Gibbons, Johanna and Davidson, Neil and Mechelli, Andrea},
title = {Lonely in a crowd: investigating the association between
overcrowding and loneliness using smartphone technologies},
journal = {Scientific Reports},
year = {2021},
volume = {11},
number = {1},
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pages = {24134},
month = {dec},
doi = {10.1038/s41598-021-03398-2},
url = {https://doi.org/10.1038/s41598-021-03398-2},
issn = {2045-2322},
abstract = {Loneliness is a major public health concern with links to social and environmental factors. Previous studies have typically investigated loneliness as a stable emotional state using retrospective cross-sectional designs. Yet people experience different levels of loneliness throughout the day depending on their surrounding environment. In the present study, we investigated the associations between loneliness and social and environmental factors (i.e. overcrowding, population density, social inclusivity and contact with nature) in real-time. Ecological momentary assessment data was collected from participants using the Urban Mind smartphone application. Data from 756 participants who completed 16,602 assessments between April 2018 and March 2020 were used in order to investigate associations between momentary feeling of loneliness, the social environment (i.e. overcrowding, social inclusivity, population density) and the built environment (i.e. contact with nature) using multilevel modelling. Increased overcrowding and population density were associated with higher levels of loneliness; in contrast, social inclusivity and contact with nature were associated with lower levels of loneliness. These associations remained significant after adjusting for age, gender, ethnicity, education and occupation. The positive association between social inclusivity and lower levels of loneliness was more pronounced when participants were in contact with nature, indicating an interaction between the social and built environment on loneliness. The feeling of loneliness changes in relation to both social and environmental factors. Our findings have potential implications for public health strategies and interventions aimed at reducing the burden of loneliness on society. Specific measures, which would increase social inclusion and contact with nature while reducing overcrowding, should be implemented, especially in densely populated cities.}
}
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author="Hu, Jun
and Funk, Mathias
and Zhang, Yu
and Wang, Feng",
editor="Pisan, Yusuf
and Sgouros, Nikitas M.
and Marsh, Tim",
title="Designing Interactive Public Art Installations: New Material Therefore New Challenges",
booktitle="Entertainment Computing -- ICEC 2014",
year="2014",
publisher="Springer Berlin Heidelberg",
address="Berlin, Heidelberg",
pages="199--206",
abstract="The new materials in public art installations give the birth to interactivity and participation, which in turn, introduces new challenges,
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not only in the creative design process, but also in how to involve the participants in this process and in evaluating the targeted experience such as such as social connectedness and inclusion. Six design cases are presented, as examples for interactive and participatory forms of these installations. The design techniques and the user experience evaluation methods overlap in these cases and many of these techniques and methods have been found to be useful in our practice.",

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  author      = {Grosse-Puppendahl, Tobias and Holz, Christian and
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                Smith, Joshua R.},
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                Sensing in Human-Computer Interaction},
  booktitle   = {Proceedings of the 2017 CHI Conference on Human
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  year        = {2017},
  pages       = {3293--3303},
  doi         = {10.1145/3025453.3025808},
  publisher   = {ACM}
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  author={Maier, Alexander and Sharp, Andrew and Vagapov, Yuriy},
  booktitle={2017 Internet Technologies and Applications (ITA)},
  title={Comparative analysis and practical implementation of the ESP32
microcontroller module for the internet of things},
  year={2017},
  volume={},
  number={},
  pages={143-148},
  keywords={Microcontrollers;Wireless fidelity;Clocks;C++ languages;Internet
of Things;Bluetooth;Oscilloscopes;ESP32;Internet of Things;Wi-
Fi;oscilloscope},
  doi={10.1109/ITECHA.2017.8101926}
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Kiyoko and Abe, Jun and Tanaka, Yuri and Niida, Sumaru and Hori, Koichi},
  booktitle={2009 International Conference on Innovations in Information
Technology (IIT)},
  title={Using common devices as collaborative tools for collecting and
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  year={2009},
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  number={},
  pages={115-119},
  keywords={Collaborative tools;Joining processes;Mobile
handsets;Cameras;Conferences;Switches;Information management;Research and
development;Laboratories;Art},
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doi={10.1109/IIT.2009.5413774}
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author      = {Lopes, Luís Cardia},
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year        = {2026},
note        = {Unpublished lecture notes}
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title       = {Marketing Concept & Marketing Audit},
howpublished = {Lecture notes, Marketing & Communication, ISEP},
year        = {2026},
note        = {Unpublished lecture notes}
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author      = {Lopes, Luís Cardia},
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year        = {2026},
note        = {Unpublished lecture notes}
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howpublished = {Lecture notes, Marketing & Communication, ISEP},
year        = {2026},
note        = {Unpublished lecture notes}
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@Article{polym12122905,
AUTHOR = {Dzedzickis, Andrius and Sutinys, Ernestas and Bucinskas, Vytautas
and Samukaite-Bubniene, Urte and Jakstys, Baltramiejus and Ramanavicius,
Arunas and Morkvenaite-Vilkonciene, Inga},
TITLE = {Polyethylene-Carbon Composite (Velostat®) Based Tactile Sensor},
JOURNAL = {Polymers},
VOLUME = {12},
YEAR = {2020},
NUMBER = {12},
ARTICLE-NUMBER = {2905},
URL = {https://www.mdpi.com/2073-4360/12/12/2905},
PubMedID = {33287414},
ISSN = {2073-4360},
ABSTRACT = {The progress observed in ‘soft robotics’ brought some promising
research in flexible tactile, pressure and force sensors, which can be based
on polymeric composite materials. Therefore, in this paper, we intend to
evaluate the characteristics of a force-sensitive material–polyethylene-
carbon composite (Velostat®) by implementing this material into the design
of the flexible tactile sensor. We have explored several possibilities to
measure the electrical signal and assessed the mechanical and time-dependent
properties of this tactile sensor. The response of the sensor was evaluated
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by performing tests in static, long-term load and cyclic modes. Experimental results of loading cycle measurements revealed the hysteresis and nonlinear properties of the sensor. The transverse resolution of the sensor was defined by measuring the response of the sensor at different distances from the loaded point. Obtained dependencies of the sensor's sensitivity, hysteresis, response time, transversal resolution and deformation on applied compressive force promise a practical possibility to use the polyethylene-carbon composite as a sensitive material for sensors with a single electrode pair or its matrix. The results received from experimental research have defined the area of the possible implementation of the sensor based on a composite material–Velostat®.},

DOI = {10.3390/polym12122905}  
}

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title = {{ESP32-C3} Series Datasheet: Ultra-Low-Power {SoC} with {RISC-V} Single-Core {CPU}},

author = {{Espressif Systems}},

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author = {Bozdal, Mehmet and Samie, Mohammad and Aslam, Sohaib and Jennions, Ian},

title = {Evaluation of {CAN} Bus Security Challenges},

journal = {Sensors},

volume = {20},

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title = {{WS2812B} Intelligent Control {LED} Integrated Light Source},

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  url = {https://datahub.ren.pt/},
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  year = {2021}
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  author = {Whitehead, Tim and Simmonds, David and Preston, John},
  title = {The Value of Quality in Public Space: Property, People and Prosperity},
  institution = {CABE (Commission for Architecture and the Built Environment)},
  year = {2006},
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  isbn={9781859840511},
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  author = {Schmidt, Jon Alan},
  title = {Changing the Paradigm for Engineering Ethics},
  journal = {Science and Engineering Ethics},
  year = {2014},
  volume = {20},
  number = {4},
  pages = {985--1010},
  doi = {10.1007/s11948-013-9484-3}
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@misc{ieee2020ethics,
  author = {{Institute of Electrical and Electronics Engineers}},
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title       = {A review on poly lactic acid ({{PLA}}) as a biodegradable
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journal     = {Polymer Bulletin},
year        = {2022},
doi         = {10.1007/s00289-022-04160-y}
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title       = {The Life Cycle Assessment for Polylactic Acid (PLA) to Make It a
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author      = {Rezvani Ghomi, E. and Khosravi, F. and Saedi Ardahaei, A. and
Dai, Y. and Neisiany, R. E. and Foroughi, F. and Wu, M. and Das, O. and
Ramakrishna, S.},
journal     = {Polymers},
volume      = {13},
number      = {11},
pages       = {1854},
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publisher   = {MDPI},
doi         = {10.3390/polym13111854}
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@book{Turkle2011,  
  title = {Alone Together: Why We Expect More from Technology and Less from  
Each Other},  
  author = {Turkle, Sherry},  
  year = {2011},  
  publisher = {Basic Books},  
  address = {New York},  
  isbn = {9780465010219}  
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