



14.0CT-21.NOV.2024

SAP OVERVIEW

This interdisciplinary SAP was built on a conceptual and theoretical relationship between Art, Social Sciences, Health, and Neurosciences.

Macro concepts such as Creativity, Transformative Learning and Teaching through the Arts, Art and Mental Health, and Prevention of Risk Behaviour, are related to more specific concepts such as emotional expression and emotional self-management, art as a tool for preventing risk behaviours, art as inter and intrapersonal communication tool, and neuroplasticity mechanisms linked to aesthetic enjoyment, among others.

The course is based on up-to-date scientific evidence and the presentation of international case studies and award-winning projects in a higher education context.

Through active teaching methodologies that encourage students to learn critically, participatively, and autonomously, the entire course enhances transversal insights and skills. It promotes an integrative and complementary vision of the different areas of knowledge.

LEARNING OUTCOMES

At the end of this RUN-EU SAP, you will be able to:

- Learn the link between creative abilities, well-being, and health.
- Understand art's impact on personal and social transformation, especially in vulnerable communities.
- Explore how artistic experiences boost self-esteem and empower those in high-risk environments.
- Discover how the brain adapts to artistic stimuli (neuroplasticity) for creative responses in rehabilitation, education, or work.
- Study health sector educational programmes in higher education that use multimedia and active learning to prevent sexual risk behaviours.

+INFO: www.run-eu.eu

Organised by: IPLeiria

NHL Stenden and TUS

DATE From 14 June to 21 November 2024

Face-to-Face Week: IPLeiria, Portugal 11–15 November

MODE OF DELIVERY Blended

LANGUAGE OF INSTRUCTION English

ECTS CREDITS 3

ACADEMIC RECOGNITION

Generally, most students will have this RUN-EU SAP certified in their diploma supplement, as a minimal condition.

ELIGIBLE PARTICIPANTS

RUN-EU students from any study cycle

HOW TO APPLY

Fill in the application form (QR or website)



DEADLINE FOR APPLICATIONS

1 September 2024

CONTACT DETAILS

filipa.rodrigues@ipleiria.pt























14.0CT-21.NOV.2024

SELECTION CRITERIA

Maximum number of students to be selected: 30

- Extensive motivation ('Why do you want to do this course?')
 fill-in form
- Broad representation (fields of study)
- Balanced participation of RUN-EU member institutions

LEARNING AND TEACHING STRATEGY

Immersive Learning
Active Learning
Peer Learning
Flipped classroom
Problem-based learning

COURSES LEADERS | LECTURERS

Filipa Machado Rodrigues (IPLeiria)
Paul Hartog (NHLStenden)
Geraldine Maughan (TUS)
Tracey Conroy (TUS)
Silvia Brites (IPLeiria)
Eva Menino (IPLeiria)

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PHYSICAL MOBILITY | SCHOLARSHIPS AVAILABLE

The selected students will receive travel grants based on the travel distance and the subsistence costs in the country the SAP is offered in.

Travel

Portugal - Portugal: €28 Ireland - Portugal: €309 Finland - Portugal: €580

The Netherlands - Portugal: €309

Austria - Portugal: €309 Spain - Portugal: €309 Belgium - Portugal: €309

Subsistence

The subsistence grant for Portugal is €553, except for students who already come from IPLeiria.

MEANS AND CRITERIA FOR ASSESSMENT

Active participation. Learner portfolio. Final presentation. Reflection.

CERTIFICATION

Participants who successfully complete this RUN-EU SAP will receive a Certificate of Participation and a Transcript of Records jointly issued by the organising institutions.





















WEEK 1 • 14-17.OCTOBER.2024 • ONLINE

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MONDAY 14/10															ITRO MODUI + ACTIVITY				
TUESDAY 15/10															INDEPENDE DOCUMENT				
WEDNESDAY 16/10															TRO MODUL + ACTIVITY				
THURSDAY 17/10															INDEPENDE DOCUMENT				











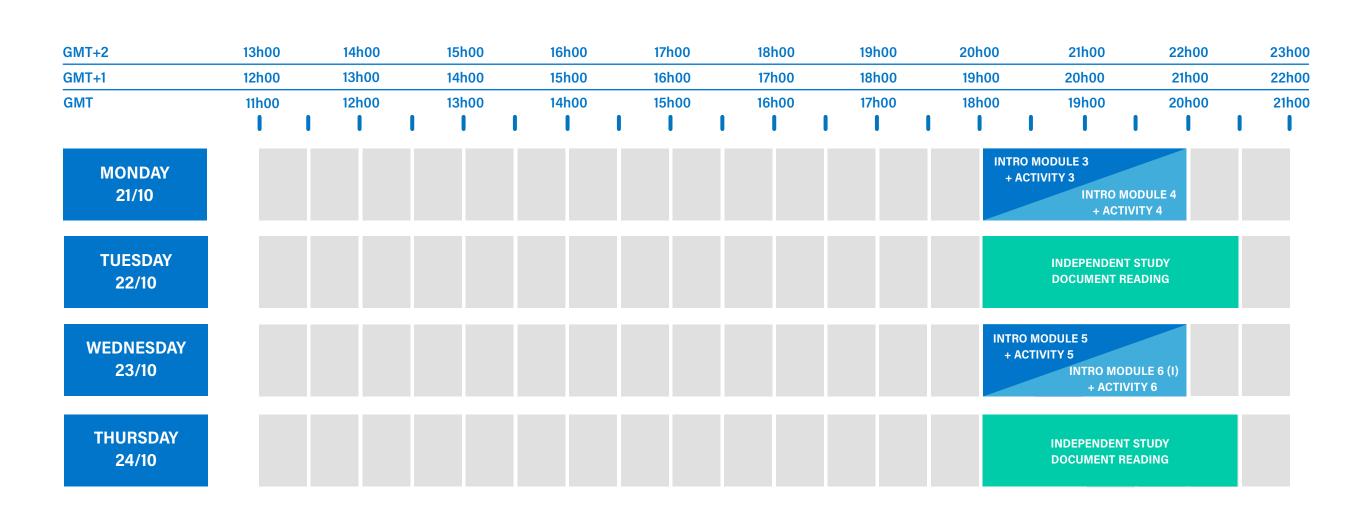








WEEK 2 • 21-24.OCTOBER.2024 • ONLINE

















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WEEK 3 • 28-31.OCTOBER.2024 • ONLINE

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MONDAY 28/10														M	ODULE	INTRO	MODUL TIVITY 7			
TUESDAY 29/10																INDEPENDE DOCUMENT				
WEDNESDAY 30/10															RO MOI + ACTIV		ULE 8 (II	1)		
THURSDAY 31/10																INDEPENDE DOCUMENT				



















WEEK 4 - 4-7.NOVEMBER.2024 - ONLINE

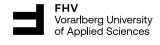
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MONDAY 4/11																	INDEPENDE DOCUMENT				
TUESDAY 5/11																	INDEPENDE DOCUMENT				
WEDNESDAY 6/11																	INDEPENDE DOCUMENT				
THURSDAY 7/11																	INDEPENDE DOCUMENT				











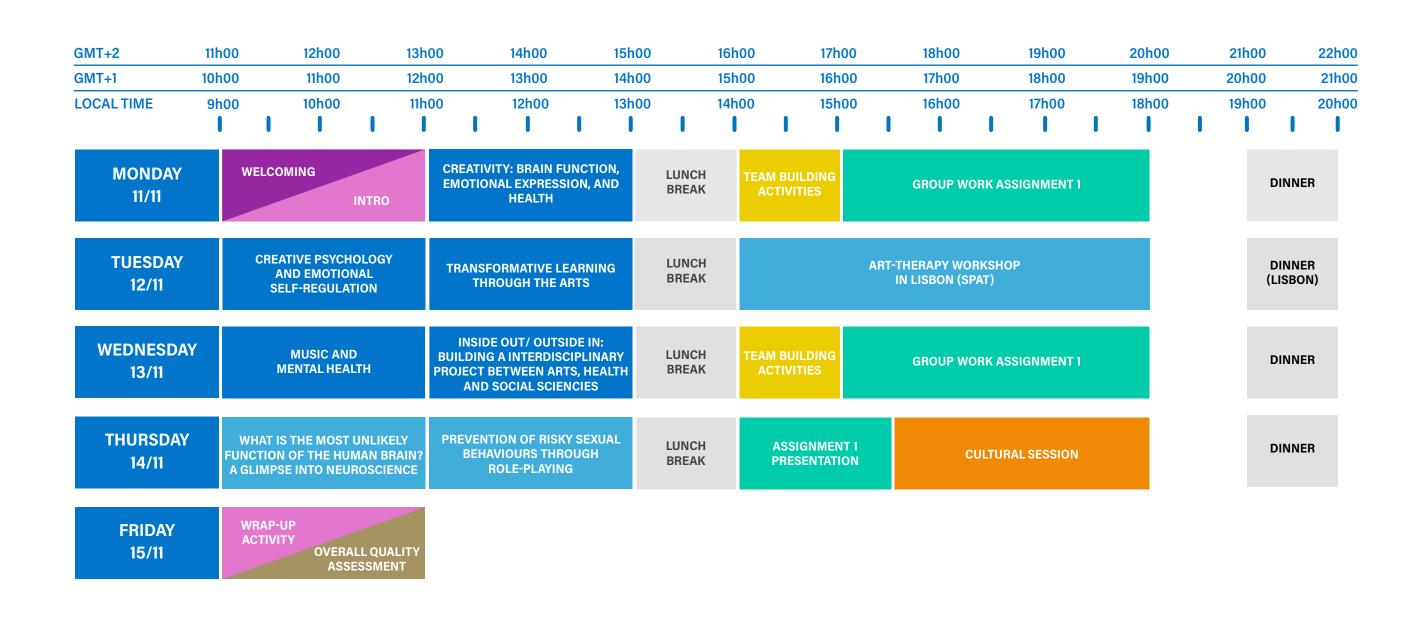








WEEK 5 • 11-14.NOVEMBER.2024 • FACE-TO-FACE WEEK • LEIRIA



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WEEK 6 • 18-21.NOVEMBER.2024 • ONLINE

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WEEK 1 +INFO: www.run-eu.eu

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GMT	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00
MONDAY 14/10									INTRO MODU + ACTIVITY		

Introduction to Module 1 + Activity 1

- (h) 18h00-20h00
- A Geraldine Maughan (TUS)
- Creativity: Brain function, Emotional Expression, and Health

WEDNESDAY
16/10

INTRO MODULE 2
+ ACTIVITY 2

Introduction to Module 2 + Activity 2

- (h) 18h00-20h00
- Silvia Brites (IPLeiria)Creative Psychology and Emotional Self-Regulation

TUE & THU
15 & 17/10

INDEPENDENT STUDY DOCUMENT READING

Independent Study - Document Reading

18h00-20h30

🕾 Individual Work









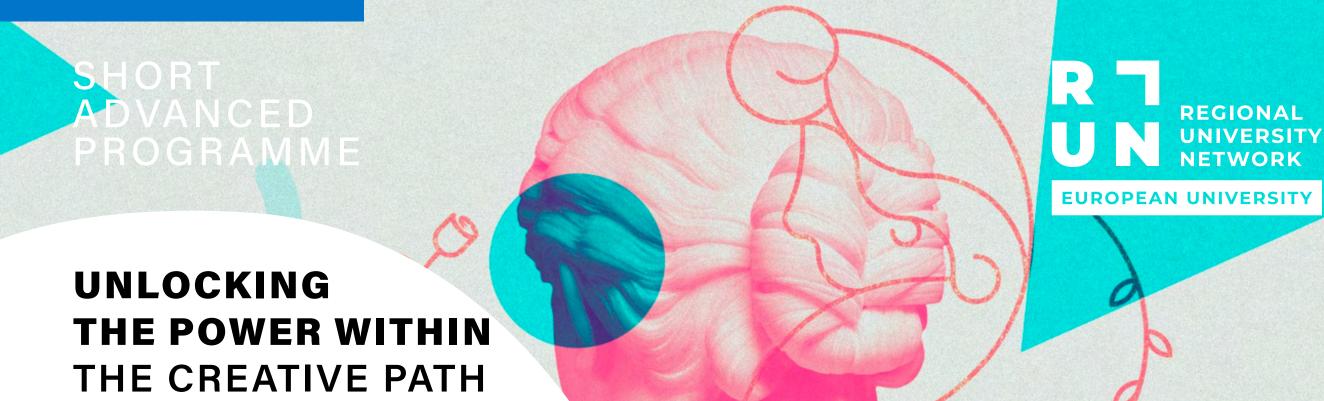












WEEK 2 +INFO: www.run-eu.eu

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MONDAY 21/10												TRO MO ⊦ ACTIVI	ITY 3 INTRO	MODU			

Introduction to Module 3 + Activity 3

- (h) 18h00-19h00
- A Tracey Conroy (TUS)
- Transformative Learning Through the Arts

TO TRANSFORMATIVE

HEALTH PRACTICES

BRAIN AND INTEGRATIVE

Introduction to Module 4 + Activity 4

- (h) 19h00-20h00
- Paul Hartog (NHL Stenden)
- Music and Mental Health

WEDNESDAY 23/10



Introduction to Module 5 + Activity 5

- (h) 18h00-19h00
- Tracey Conroy (TUS)
- Performative Teaching in the Creative and Performing Arts

Introduction to Module 6 (Part I) + Activity 6

- 19h00-20h00
- A Filipa Rodrigues (IPLeiria)
- What is the Most Unlikely Function of the Human Brain?
 A Glimpse into Neuroscience

TUE & THU 22 & 24/10 INDEPENDENT STUDY DOCUMENT READING

Independent Study - Document Reading

- 🕒 18h00-20h30
- ج Individual Work























WEEK 3 +INFO: www.run-eu.eu

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MONDAY 28/10															M	MODULE	INTRO	MODU			

Module 6 (Part I)

- (h) 18h00-19h00
- A Filipa Rodrigues (IPLeiria)
- What is the Most Unlikely Function of the Human Brain?
 A Glimpse into Neuroscience

Introduction to Module 4 + Activity 4

- (h) 19h00-20h00
- Eva Menino(IPLeiria)
- Prevention of Risky Sexual Behaviours Through Role-Playing





Introduction to Module 8 (Part I) + Activity 8

- ① 18h00-19h00
- A Filipa Rodrigues (IPLeiria)
- Inside Out/Outside In: Building an Interdisciplinary Project Between Arts, Health and Social Sciences

Introduction to Module 6 (Part I) + Activity 6

- (h) 19h00-20h00
- 🔼 🛮 Filipa Rodrigues (IPLeiria)
- Inside Out/Outside In: Building an Interdisciplinary
 Project Between Arts, Health and Social Sciences

TUE & THU 29 & 31/10

INDEPENDENT STUDY DOCUMENT READING

Independent Study - Document Reading

- 3 18h00-20h30
- Individual Work























WEEK 4 +INFO: www.run-eu.eu

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GMT	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00
MON & TUE 28 & 29/10									INDEPENDE DOCUMENT		

Independent Study - Document Reading

- (h) 18h00-20h30
- 2 Individual Work

TUE & THU 30 & 31/10 INDEPENDENT STUDY DOCUMENT READING

Independent Study - Document Reading

(18h00-20h30) Individual Work

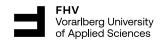






















WEEK 5 +INFO: www.run-eu.eu

11 NOVEMBER MONDAY 9h00-18h00 - LEIRIA 12h00 13h00 14h00 16h00 19h00 20h00 21h00 22h00 GMT+2 11h00 15h00 17h00 18h00 12h00 15h00 GMT+1 10h00 11h00 14h00 16h00 17h00 18h00 19h00 20h00 13h00 21h00 20h00 **LOCAL TIME** 9h00 10h00 11h00 12h00 13h00 14h00 15h00 16h00 17h00 18h00 19h00 CREATIVITY: BRAIN FUNCTION. **WELCOMING MONDAY LUNCH EMOTIONAL EXPRESSION, AND DINNER GROUP WORK ASSIGNMENT 1 BREAK** 11/11 HEALTH

Welcoming Intro

- 9h00-11h00
- Team Building
- All lecturers

Creativity: Brain function, Emotional Expression, and Health

- ① 11h00-13h00
- **™** Team Work
- A Geraldine Maughan (TUS)
- This creative module explores brain function in emotional expression and health. Through lectures, interactive activities, discussions, and practical exercises, participants will learn how emotions are processed in the brain and their impact on well-being. By the end, participants will gain skills to manage emotions, improve emotional intelligence, and enhance mental health.

Team Building Activities

(h) 14h00-15h00

Group Work Assignment 1

(1) 14h00-18h00























WEEK 5 +INFO: www.run-eu.eu

12 NOVEMBER TUESDAY 9h00-18h00 - LEIRIA 16h00 20h00 21h00 22h00 GMT+2 14h00 15h00 17h00 19h00 12h00 15h00 GMT+1 10h00 11h00 14h00 16h00 17h00 18h00 19h00 20h00 13h00 21h00 20h00 **LOCAL TIME** 9h00 10h00 11h00 12h00 13h00 14h00 15h00 16h00 17h00 18h00 19h00 **CREATIVE PSYCHOLOGY TUESDAY LUNCH** TRANSFORMATIVE LEARNING **ART-THERAPY WORKSHOP** DINNER **AND EMOTIONAL BREAK THROUGH THE ARTS** (LISBON) IN LISBON (SPAT) 12/11 **SELF-REGULATION**

Creative Psychology and Emotional Self-Regulation

- 9h00-11h00
- Silvia Brites (IPLeiria)
- Self-regulation is crucial for lifelong physical and mental health, impacting psychological, social, academic, and health domains (Murray et al., 2015). It involves managing emotions for adaptive functioning in emotionally charged situations (Ekman, 2003). Integrated expressive therapies can foster emotional self-regulation (Ferraz, 2009). 'Azáfama dos Sentimentos' is an effective resource for children from age 5, promoting emotional self-regulation through playful activities in Creative Therapy.

Transformative Learning Through the Arts

- ① 11h00-13h00
- A Tracey Conroy (TUS)
- Transformative learning involves significant shifts in perspectives and beliefs, leading to a fundamental change in thinking and life approach. Including arts and humanities in education challenges and stimulates the human spirit, promoting personal growth beyond material improvement (Greene, 1977).

Art-Therapy Workshop in Lisbon (SPAT)

(h) 14h00-18h00























WEEK 5 +INFO: www.run-eu.eu

13 NOVEMBER

WEDNESDAY 9h00-18h00 - LEIRIA

GMT+2	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00
GMT+1	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00
LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00

WEDNESDAY 13/11

MUSIC AND MENTAL HEALTH INSIDE OUT/ OUTSIDE IN:
BUILDING A INTERDISCIPLINARY
PROJECT BETWEEN ARTS, HEALTH

LUNCH BREAK TEAM BUILDING
ACTIVITIES

GROUP WORK ASSIGNMENT 1

DINNER

Music and Mental Health

- 9h00-11h00
- Paul Hartog (NHL Stenden)
- l'm passionate about small venue gigs, especially heavy and Jamaican-style music. For a decade, I volunteered as a backstage manager in a historic Dutch venue. Now, I manage a chill spot for boys aged 14-24, where they can record rap music and perform with Dutch rap artists. Music has stabilised my life and supports mental health. I will present research on music as a preventive tool for ages 14-24 and lead a workshop on applying creative and critical thinking to real-life cases.

Inside out/ Outside in: Building a Interdisciplinary Project Between Arts, Health and Social Sciencies

- ① 11h00-13h00
- A Filipa Rodrigues (IPLeiria)
- Launched in October 2023, this Portuguese project partners Leiria Polytechnic, Francisco Rodrigues Lobo Secondary School, and Leiria Prison. Mentored by Filipa Rodrigues, it exchanges 80 graphic diaries among 17-23-year-olds to foster emotional expression through art. Evaluations show increased motivation, communication, empathy, and therapeutic benefits. The project, praised as "original" and "inclusive," connects mental health, citizenship, and artistic education. We'll discuss its ethical aspects and replication steps.

Team Building Activities

(h) 14h00-15h00

Group Work - Assignment 1

① 15h00-18h00

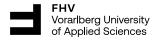






















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14 NOVEMBER THURSDAY 9h00-18h00 - LEIRIA 16h00 20h00 21h00 22h00 GMT+2 14h00 15h00 17h00 18h00 19h00 12h00 15h00 GMT+1 10h00 11h00 14h00 16h00 17h00 18h00 19h00 20h00 13h00 21h00 **LOCAL TIME** 9h00 10h00 11h00 12h00 13h00 14h00 15h00 16h00 17h00 18h00 19h00 20h00 **THURSDAY** PREVENTION OF RISKY SEXUAL WHAT IS THE MOST UNLIKELY LUNCH **ASSIGNMENT 1 DINNER CULTURAL SESSION** FUNCTION OF THE HUMAN BRAIN? **BEHAVIOURS THROUGH BREAK PRESENTATION** 14/11 **ROLE-PLAYING** A GLIMPSE INTO NEUROSCIENCE

What is the Most Unlikely Function of the Human Brain? A Glimpse Into Neuroscience

- (1) 9h00-11h00
- A Filipa Rodrigues (IPLeiria)
- Neuroscience studies the brain and nervous system, focusing on creativity's role in problem-solving, innovation, and artistic expression. Different brain regions collaborate to generate new ideas, relying on efficient neural communication. Strengthening these connections through creative practices enhances creativity. The brain's plasticity allows for new neural connections throughout life, aiding creative thinking. We will explore these topics through active learning, interactive activities, and practical challenges during the face-to-face week.

Prevention of Risky Sexual Behaviours Through Role-Playing

- (1) 11h00-13h00
- Eva Menino (IPLeiria)
- STIs are a major global issue, especially for young people. The WHO reports over one million daily curable STIs in those aged 15-49. Effective health education, including role-playing and simulation, is key to promoting healthy behaviors and skills. This topic covers health education theories and practical activities for sexual health promotion and risk prevention.

Assignment 1 Presentation

14h30-15h30

Cultural session

① 15h30-18h00

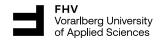






















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15 NOVEMBER FRIDAY 9h00-11h00 - LEIRIA 16h00 GMT+2 11h00 12h00 13h00 14h00 15h00 17h00 18h00 19h00 20h00 21h00 22h00 GMT+1 10h00 11h00 12h00 15h00 16h00 17h00 18h00 19h00 20h00 13h00 14h00 21h00 **LOCAL TIME** 11h00 14h00 15h00 17h00 20h00 9h00 10h00 12h00 13h00 16h00 18h00 19h00



Wrap-up Activity Overall Quality Assessment

- 9h00-11h00
- Group Work
- Filipa Machado Rodrigues (IPLeiria)
 Paul Hartog (NHLStenden)
 Geraldine Maughan (TUS)
 Tracey Conroy (TUS)
 Sílvia Brites (IPLeiria)
 Eva Menino (IPLeiria)
- Group Learning Reflection (all)
 - Individual Learning Reflection Report
 - + Mobility Assessment (students)
 - SAP Self-reflection Report (SAP coordinators)
 - LearnWell























WEEK 6 +INFO: www.run-eu.eu

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MON, TUE & WED 18-20/11											ASS	IGNMEN	Т 2		

Group Work Assignment 2

(b) 18h00-21h00

A Group Work

THURSDAY 21/11

ASSIGNMENT 2
PRESENTATION

Online Session Assignment 2 Presentation

(h) 18h00-21h00











