

# UNLOCKING THE POWER WITHIN THE CREATIVE PATH TO TRANSFORMATIVE BRAIN AND INTEGRATIVE HEALTH PRACTICES

**14.OCT-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](http://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.rodriques@ipleiria.pt](mailto:filipa.rodriques@ipleiria.pt)

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**14.OCT-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)

+INFO: [www.run-eu.eu](http://www.run-eu.eu)

## 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.

**UNLOCKING  
THE POWER WITHIN  
THE CREATIVE PATH  
TO TRANSFORMATIVE  
BRAIN AND INTEGRATIVE  
HEALTH PRACTICES**



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**PROGRAMME AT A GLANCE**

**WEEK 1 - 14-17.OCTOBER.2024 - ONLINE**

	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00	23h00
GMT+2											
GMT+1											
GMT											
<b>MONDAY 14/10</b>										<b>INTRO MODULE 1 + ACTIVITY 1</b>	
<b>TUESDAY 15/10</b>										<b>INDEPENDENT STUDY DOCUMENT READING</b>	
<b>WEDNESDAY 16/10</b>										<b>INTRO MODULE 2 + ACTIVITY 2</b>	
<b>THURSDAY 17/10</b>										<b>INDEPENDENT STUDY DOCUMENT READING</b>	

# UNLOCKING THE POWER WITHIN THE CREATIVE PATH TO TRANSFORMATIVE BRAIN AND INTEGRATIVE HEALTH PRACTICES



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## PROGRAMME AT A GLANCE

WEEK 2 - 21-24.OCTOBER.2024 - ONLINE

+INFO: [www.run-eu.eu](http://www.run-eu.eu)

	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00	23h00
GMT+2											
GMT+1											
GMT											
MONDAY 21/10									INTRO MODULE 3 + ACTIVITY 3	INTRO MODULE 4 + ACTIVITY 4	
TUESDAY 22/10									INDEPENDENT STUDY DOCUMENT READING		
WEDNESDAY 23/10									INTRO MODULE 5 + ACTIVITY 5	INTRO MODULE 6 (I) + ACTIVITY 6	
THURSDAY 24/10									INDEPENDENT STUDY DOCUMENT READING		



# UNLOCKING THE POWER WITHIN THE CREATIVE PATH TO TRANSFORMATIVE BRAIN AND INTEGRATIVE HEALTH PRACTICES

## PROGRAMME AT A GLANCE

WEEK 3 - 28-31.OCTOBER.2024 - ONLINE

	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00	23h00
GMT+2											
GMT+1											
GMT											
MONDAY 28/10										MODULE 6 (II)	
TUESDAY 29/10										INDEPENDENT STUDY DOCUMENT READING	
WEDNESDAY 30/10										INTRO MODULE 8 (I) + ACTIVITY 8	
THURSDAY 31/10										MODULE 8 (II)	
										INDEPENDENT STUDY DOCUMENT READING	

SHORT  
ADVANCED  
PROGRAMME

**RUN** REGIONAL  
UNIVERSITY  
NETWORK  
EUROPEAN UNIVERSITY

# UNLOCKING THE POWER WITHIN THE CREATIVE PATH TO TRANSFORMATIVE BRAIN AND INTEGRATIVE HEALTH PRACTICES

## PROGRAMME AT A GLANCE

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

GMT+2	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00	23h00
GMT+1	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00
GMT	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00
<b>MONDAY</b> 4/11											INDEPENDENT STUDY DOCUMENT READING
<b>TUESDAY</b> 5/11											INDEPENDENT STUDY DOCUMENT READING
<b>WEDNESDAY</b> 6/11											INDEPENDENT STUDY DOCUMENT READING
<b>THURSDAY</b> 7/11											INDEPENDENT STUDY DOCUMENT READING



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# UNLOCKING THE POWER WITHIN THE CREATIVE PATH TO TRANSFORMATIVE BRAIN AND INTEGRATIVE HEALTH PRACTICES

## PROGRAMME AT A GLANCE

### WEEK 5 - 11-14.NOVEMBER.2024 - FACE-TO-FACE WEEK - 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
<b>MONDAY</b> 11/11	WELCOMING INTRO		CREATIVITY: BRAIN FUNCTION, EMOTIONAL EXPRESSION, AND HEALTH	LUNCH BREAK	TEAM BUILDING ACTIVITIES	GROUP WORK ASSIGNMENT 1				DINNER		
<b>TUESDAY</b> 12/11	CREATIVE PSYCHOLOGY AND EMOTIONAL SELF-REGULATION		TRANSFORMATIVE LEARNING THROUGH THE ARTS	LUNCH BREAK	ART-THERAPY WORKSHOP IN LISBON (SPAT)				DINNER (LISBON)			
<b>WEDNESDAY</b> 13/11	MUSIC AND MENTAL HEALTH		INSIDE OUT/ OUTSIDE IN: BUILDING A INTERDISCIPLINARY PROJECT BETWEEN ARTS, HEALTH AND SOCIAL SCIENCES	LUNCH BREAK	TEAM BUILDING ACTIVITIES	GROUP WORK ASSIGNMENT 1				DINNER		
<b>THURSDAY</b> 14/11	WHAT IS THE MOST UNLIKELY FUNCTION OF THE HUMAN BRAIN? A GLIMPSE INTO NEUROSCIENCE		PREVENTION OF RISKY SEXUAL BEHAVIOURS THROUGH ROLE-PLAYING	LUNCH BREAK	ASSIGNMENT 1 PRESENTATION	CULTURAL SESSION				DINNER		
<b>FRIDAY</b> 15/11	WRAP-UP ACTIVITY OVERALL QUALITY ASSESSMENT											

+INFO: [www.run-eu.eu](http://www.run-eu.eu)



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## PROGRAMME AT A GLANCE

WEEK 6 - 18-21.NOVEMBER.2024 - ONLINE

GMT+2	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00	23h00
GMT+1	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00
GMT	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00
<b>MONDAY</b> 18/11											ASSIGNMENT 2
<b>TUESDAY</b> 19/11											ASSIGNMENT 2
<b>WEDNESDAY</b> 20/11											ASSIGNMENT 2
<b>THURSDAY</b> 21/11											ASSIGNMENT 2 PRESENTATION



# UNLOCKING THE POWER WITHIN THE CREATIVE PATH TO TRANSFORMATIVE BRAIN AND INTEGRATIVE HEALTH PRACTICES

## WEEK 1

+INFO: [www.run-eu.eu](http://www.run-eu.eu)

14-17 OCTOBER

18h00-20h30 GMT - ONLINE

GMT+2	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00	23h00
GMT+1	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00
GMT	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00
<b>MONDAY 14/10</b>										<b>INTRO MODULE 1 + ACTIVITY 1</b>	

### Introduction to Module 1 + Activity 1

- 🕒 18h00-20h00
- 👤 Geraldine Maughan (TUS)
- 📄 Creativity: Brain function, Emotional Expression, and Health

<b>WEDNESDAY 16/10</b>											<b>INTRO MODULE 2 + ACTIVITY 2</b>	
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### Introduction to Module 2 + Activity 2

- 🕒 18h00-20h00
- 👤 Silvia Brites (IPLeiria)
- 📄 Creative Psychology and Emotional Self-Regulation

<b>TUE &amp; THU 15 &amp; 17/10</b>											<b>INDEPENDENT STUDY DOCUMENT READING</b>	
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### Independent Study - Document Reading

- 🕒 18h00-20h30
- 👤 Individual Work

# UNLOCKING THE POWER WITHIN THE CREATIVE PATH TO TRANSFORMATIVE BRAIN AND INTEGRATIVE HEALTH PRACTICES

## WEEK 2

+INFO: [www.run-eu.eu](http://www.run-eu.eu)

21-24 OCTOBER

18h00-20h30 GMT - ONLINE

GMT+2	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00	23h00
GMT+1	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00
GMT	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00
<b>MONDAY</b> 21/10										INTRO MODULE 3 + ACTIVITY 3	INTRO MODULE 4 + ACTIVITY 4

### Introduction to Module 3 + Activity 3

- 🕒 18h00-19h00
- 👤 Tracey Conroy (TUS)
- 📄 Transformative Learning Through the Arts

### Introduction to Module 4 + Activity 4

- 🕒 19h00-20h00
- 👤 Paul Hartog (NHL Stenden)
- 📄 Music and Mental Health

**WEDNESDAY**  
23/10

INTRO MODULE 5  
+ ACTIVITY 5  
INTRO MODULE 6 (I)  
+ ACTIVITY 6

### Introduction to Module 5 + Activity 5

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

### Introduction to Module 6 (Part I) + Activity 6

- 🕒 19h00-20h00
- 👤 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
- 👤 Individual Work



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**WEEK 3**

+INFO: [www.run-eu.eu](http://www.run-eu.eu)

**28-31 OCTOBER**

**18h00-20h30 GMT - ONLINE**

GMT+2	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00	23h00
GMT+1	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00
GMT	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00

<b>MONDAY 28/10</b>												<b>MODULE 6 (II)</b>		
												<b>INTRO MODULE 7 + ACTIVITY 7</b>		

**Module 6 (Part I)**

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

**Introduction to Module 4 + Activity 4**

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

<b>WEDNESDAY 30/10</b>												<b>INTRO MODULE 8 (I) + ACTIVITY 8</b>		
												<b>MODULE 8 (II)</b>		

**Introduction to Module 8 (Part I) + Activity 8**

- 🕒 18h00-19h00
- 👤 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**

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

<b>TUE &amp; THU 29 &amp; 31/10</b>												<b>INDEPENDENT STUDY DOCUMENT READING</b>	

**Independent Study - Document Reading**

- 🕒 18h00-20h30
- 👤 Individual Work



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## WEEK 4

+INFO: [www.run-eu.eu](http://www.run-eu.eu)

4-7 NOVEMBER

18h00-20h30 GMT - ONLINE

GMT+2	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00	23h00
GMT+1	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00
GMT	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00
<b>MON &amp; TUE 28 &amp; 29/10</b>										INDEPENDENT STUDY DOCUMENT READING	

### Independent Study - Document Reading

- 🕒 18h00-20h30
- 👤 Individual Work

<b>TUE &amp; THU 30 &amp; 31/10</b>											INDEPENDENT STUDY DOCUMENT READING	
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### Independent Study - Document Reading

- 🕒 18h00-20h30
- Individual Work

# UNLOCKING THE POWER WITHIN THE CREATIVE PATH TO TRANSFORMATIVE BRAIN AND INTEGRATIVE HEALTH PRACTICES

## WEEK 5

+INFO: [www.run-eu.eu](http://www.run-eu.eu)

**11 NOVEMBER**

**MONDAY 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

<b>MONDAY</b> 11/11	<b>WELCOMING</b> INTRO	<b>CREATIVITY: BRAIN FUNCTION, EMOTIONAL EXPRESSION, AND HEALTH</b>	<b>LUNCH BREAK</b>	<b>TEAM BUILDING ACTIVITIES</b>	<b>GROUP WORK ASSIGNMENT 1</b>	<b>DINNER</b>
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### Welcoming Intro

- 🕒 9h00–11h00
- 👥 Team Building
- 👤 All lecturers

### Team Building Activities

- 🕒 14h00–15h00

### Group Work Assignment 1

- 🕒 14h00–18h00

### Creativity: Brain function, Emotional Expression, and Health

- 🕒 11h00–13h00
- 👥 Team Work
- 👤 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.

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## WEEK 5

+INFO: [www.run-eu.eu](http://www.run-eu.eu)

**12 NOVEMBER**

**TUESDAY 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

<b>TUESDAY 12/11</b>	<b>CREATIVE PSYCHOLOGY AND EMOTIONAL SELF-REGULATION</b>	<b>TRANSFORMATIVE LEARNING THROUGH THE ARTS</b>	<b>LUNCH BREAK</b>	<b>ART-THERAPY WORKSHOP IN LISBON (SPAT)</b>	<b>DINNER (LISBON)</b>
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### 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

🕒 11h00-13h00  
👤 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)

🕒 14h00-18h00

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## WEEK 5

+INFO: [www.run-eu.eu](http://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

<b>WEDNESDAY 13/11</b>	<b>MUSIC AND MENTAL HEALTH</b>	<b>INSIDE OUT/ OUTSIDE IN: BUILDING A INTERDISCIPLINARY PROJECT BETWEEN ARTS, HEALTH AND SOCIAL SCIENCES</b>	<b>LUNCH BREAK</b>	<b>TEAM BUILDING ACTIVITIES</b>	<b>GROUP WORK ASSIGNMENT 1</b>	<b>DINNER</b>
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### Music and Mental Health

🕒 9h00–11h00

👤 Paul Hartog (NHL Stenden)

📄 I'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 Sciences

🕒 11h00–13h00

👤 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

🕒 14h00–15h00

### Group Work - Assignment 1

🕒 15h00–18h00

# UNLOCKING THE POWER WITHIN THE CREATIVE PATH TO TRANSFORMATIVE BRAIN AND INTEGRATIVE HEALTH PRACTICES

## WEEK 5

+INFO: [www.run-eu.eu](http://www.run-eu.eu)

**14 NOVEMBER**

**THURSDAY 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

<b>THURSDAY 14/11</b>	WHAT IS THE MOST UNLIKELY FUNCTION OF THE HUMAN BRAIN? A GLIMPSE INTO NEUROSCIENCE	PREVENTION OF RISKY SEXUAL BEHAVIOURS THROUGH ROLE-PLAYING	LUNCH BREAK	ASSIGNMENT 1 PRESENTATION	CULTURAL SESSION	DINNER
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### What is the Most Unlikely Function of the Human Brain? A Glimpse Into Neuroscience

🕒 9h00-11h00

👤 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

🕒 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

🕒 15h30-18h00



# UNLOCKING THE POWER WITHIN THE CREATIVE PATH TO TRANSFORMATIVE BRAIN AND INTEGRATIVE HEALTH PRACTICES

## WEEK 5

+INFO: [www.run-eu.eu](http://www.run-eu.eu)

**15 NOVEMBER**

**FRIDAY 9h00-11h00 - 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

FRIDAY  
15/11

WRAP-UP  
ACTIVITY

OVERALL QUALITY  
ASSESSMENT

### 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

# UNLOCKING THE POWER WITHIN THE CREATIVE PATH TO TRANSFORMATIVE BRAIN AND INTEGRATIVE HEALTH PRACTICES

## WEEK 6

+INFO: [www.run-eu.eu](http://www.run-eu.eu)

**18-21 NOVEMBER**

**18h00-21h00 GMT - ONLINE**

GMT+2	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00	23h00
GMT+1	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00
GMT	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00

**MON, TUE & WED  
18-20/11**

ASSIGNMENT 2

### Group Work Assignment 2

- 🕒 18h00-21h00
- 👥 Group Work

**THURSDAY  
21/11**

ASSIGNMENT 2  
PRESENTATION

### Online Session Assignment 2 Presentation

- 🕒 18h00-21h00