

SHORT  
ADVANCED  
PROGRAMME

RUN REGIONAL  
UNIVERSITY  
NETWORK

EUROPEAN UNIVERSITY

# INNOVATIVE METHODS IN MENTAL WELLBEING

**21.NOV.2024-20.FEB.2025**

Face-to-Face Week: Howest Bruges, Belgium 10-14 February

The SAP 'innovative methodologies in the field of mental wellbeing' offers an extensive exploration of many recent, innovative methodologies in the domain of mental wellbeing that try to provide an answer to the 'new' mental complaints, taking into account the limitations of but also making use of the opportunities of the 'new', global society.

Active learning, learner-centred teaching, collaborative methods. Activities: project work; problem solving tasks; discussions; presentations; peer teaching/learning. Live sessions (whole class/group work), independent (group) work + mentor support, site visits in Bruges.

**3 ECTS Credits**

**Eligible participants:**

All RUN-EU degree students and staff members

**Deadline for applications:**

10 October 2024

**COORDINATION:**

Howest University of Applied Sciences  
Technological University of the Shannon



Fill in the application form  
(QR or website)

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



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