

# INNOVATIVE METHODS IN MENTAL WELLBEING

21.NOV.2024-20.FEB.2025

## SAP OVERVIEW

European society is very diverse and complex, and is constantly changing under the influence of economic, political, technological and social developments. The changes are drastic and rapid and present us with a number of new challenges in terms of psychological complaints, but also offer a number of opportunities in the field of support for these complaints.

The SAP 'innovative methodologies in the field of mental well-being' offers an extensive exploration of many recent, innovative methodologies in the domain of mental wellbeing that try to provide an answer to these 'new' complaints, taking into account the limitations of but also making use of the opportunities of this 'new', global society. In other words, students will gain a deep insight into new working methods or approaches to enhance well-being. They are introduced to good examples in the field of innovation and look for further challenges. Using online sessions as a springboard, students will explore innovative methodologies from their own countries, critically examine them and make suggestions for improvement. They must incorporate their results into a presentation, professional product, fact sheet, or advice. In a second part, which will take place on location in Howest Bruges, students will present their final product to their peers and an expert panel during the physical week. In addition, workshops will also be offered during this physical week in which students will be introduced to various innovative methods in a practice-oriented manner. In this way they learn from each other and from experts in different domains within mental wellbeing. They can take the knowledge they collect during this week and translate it for further dissemination in their own environment in order to strengthen the mental well-being of European

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Organised by: Howest  
TUS

## LEARNING OUTCOMES

At the end of this SAP:

- students can reflect on the challenges of contemporary European society in the field of mental well-being.
- students know the theoretical framework of methods that have been developed to innovate.
- students can apply these methods of innovation to new needs in the field of mental well-being - you can come up with innovative solutions for problems you encounter in the field.
- students will have new knowledge about many innovative methods and approaches that partners in Europe use to tackle certain socio-economic challenges regarding mental well-being.
- students have experience in building a network within which further knowledge exchange is possible.
- students know how to implement the acquired knowledge in their own context. In this way, we also try to better tackle our challenges based on this knowledge.
- students have developed a working relationship with colleagues and other stakeholders in an intercultural context and you have contributed to an atmosphere of trust.
- students have acquired knowledge about other cultures, and you use this knowledge appropriately with respect for the uniqueness of each individual person
- students understand how you are personally able to contribute positively to the social solution of international problems and you are able to act accordingly as an individual or as part of a socially involved organization.
- given the international composition of the group, you can collaborate effectively in diverse teams, manage disagreements and utilize different perspectives. This includes presentation skills, project management and

# INNOVATIVE METHODS IN MENTAL WELLBEING

21.NOV.2024-20.FEB.2025

- giving and receiving constructive feedback
- students can reflect on learning and personal growth. Through consistent check-ins, reflections and assessments throughout the course, students will develop the skill of introspection about their own learning journey, understanding their strengths, areas for improvement and the impact of this course on their professional career.
- students understand the importance of lifelong learning and innovation.

**DATE** From **21 November 2024 to 20 February 2025**  
Face-to-Face Week: Howest Bruges, Belgium 10-14 February

**MODE OF DELIVERY** Blended: Online classes and face-to-face week

**LANGUAGE OF INSTRUCTION** English

**ECTS CREDITS** 3

## ACADEMIC RECOGNITION

To be defined by each higher education institution. Generally, most students will have this SAP certified in their diploma supplement, as a minimal condition

## ELIGIBLE PARTICIPANTS

All RUN-EU degree students and staff members.

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## HOW TO APPLY

Fill in the application form  
(**QR or website**)

## DEADLINE FOR APPLICATIONS

10 October 2024



## CONTACT DETAILS

Petra De Vlieger (Howest): [Petra.de.vlieger@howest.be](mailto:Petra.de.vlieger@howest.be)  
Lisa O'Rourke Scott (TUS): [Lisa.orourkescott@tus.ie](mailto:Lisa.orourkescott@tus.ie)

## SELECTION CRITERIA

Selection will be based on requirements and submitted applications concerning motivation. The selection team will also take steps toward ensuring diversity and representativity. The total number of students/ staff to be selected is 30.

## LEARNING AND TEACHING STRATEGY

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  
Platforms: Teams, padlet, google forms

## PREREQUISITES

None.

# INNOVATIVE METHODS IN MENTAL WELLBEING

21.NOV.2024-20.FEB.2025

## COURSES LEADERS | LECTURERS

### Courses leaders

Petra De Vlieger (Howest)

Pat Vanhecke (Howest)

### Lecturers

Hannes Verdru (Howest)

Satu Vaininen (TUS)

Siska Vandemaele (Howest)

Lisa O'Rourke Scott (TUS)

Myriam Deroo (Howest)

Elke Baten (Howest)

Matthias Deleu (Howest)

Erika Calbrecht (Howest)

Ruben Decoster (backup

workshop) (Howest)

## PHYSICAL MOBILITY | SCHOLARSHIPS AVAILABLE

For students:

Maximum number of mobile students: 30 (max. 3 students per incoming institution)

Students' scholarships:

Travel:

Austria - Belgium: € 309

Finland- Belgium: € 309

Ireland - Belgium: € 309

Portugal - Belgium: € 309

Spain - Belgium: € 309

The Netherlands - Belgium: € 211

Subsistence:

The subsistence grant for Belgium is €553 (7 x €79), except for students who already come from Howest.

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For staff:

10 staff

To be managed by Home Institution.

Flows/Institution.

Applicant selection aims for wide representation of partner institutions implying a maximum of five students per university.

## MEANS AND CRITERIA FOR ASSESSMENT

The student will be observed and assessed during the group work and group discussions. Active participation and attendance will be also taken into account in the final assessment.

The evaluation of the course will be carried out through the following criteria:

- Participation in activities (30%)
- Quality of project (50%)
- Evaluation on team and Learning Strategies (20%)

## CERTIFICATION

To be defined by each home institution. Generally, most students will have this SAP certified in their diploma supplement, as a minimal requirement.

## REFERENCE READING

None.

# INNOVATIVE METHODS IN MENTAL WELLBEING



## PROGRAMME AT A GLANCE

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### WEEK 1-21.NOVEMBER.2024 ONLINE GMT+1

GMT+2	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00			
GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00			
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00			
<div style="background-color: #0070C0; color: white; padding: 5px; display: inline-block;">THURSDAY 21/11</div>											INTRO DUCTION	LECTURE	TEAMWORK	GROUP PRESEN TATIONS

### WEEK 2-28.NOVEMBER.2024 ONLINE GMT+1

GMT+2	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00			
GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00			
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00			
<div style="background-color: #0070C0; color: white; padding: 5px; display: inline-block;">THURSDAY 28/11</div>											REVIEW & RECAP	LECTURE	TEAMWORK	DISCUS SION

### WEEK 3-5.DECEMBER.2024 ONLINE GMT+1

GMT+2	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00			
GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00			
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00			
<div style="background-color: #0070C0; color: white; padding: 5px; display: inline-block;">THURSDAY 05/12</div>											INTR ODUC TION	TEAM WORK	TEAMWORK	DISCUS SION

SHORT  
ADVANCED  
PROGRAMME

**RUN** REGIONAL  
UNIVERSITY  
NETWORK  
EUROPEAN UNIVERSITY

# INNOVATIVE METHODS IN MENTAL WELLBEING



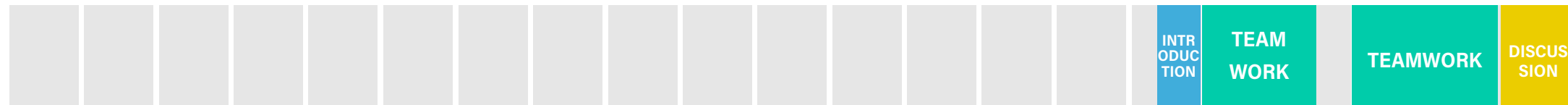
## PROGRAMME AT A GLANCE

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### WEEK 4 - 12.DECEMBER.2024 ONLINE GMT+1

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GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00

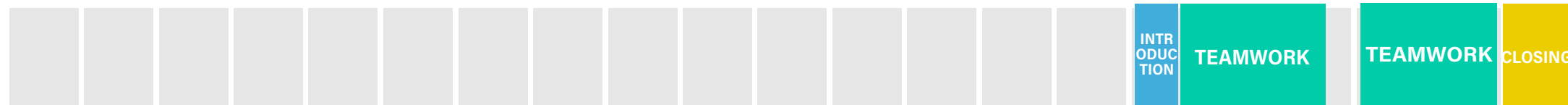
THURSDAY  
12/12



### WEEK 5 - 19.DECEMBER.2024 ONLINE GMT+1

GMT+2	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00
GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00

THURSDAY  
19/12



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## PROGRAMME AT A GLANCE

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### WEEK 6 - 10-14.FEBRUARY.2025-FACE-TO-FACE GMT+1

GMT+2	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00
GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
<b>MONDAY 10/02</b>	WELCOME	GROUP DYNAMICS			LUNCH BREAK	WORKSHOP					
<b>TUESDAY 11/02</b>	WORKSHOP				LUNCH BREAK	PRESENTATIONS			PRESENTATIONS		
<b>WEDNESDAY 12/02</b>	WORKSHOP				LUNCH BREAK	FIELD VISIT					
<b>THURSDAY 13/02</b>	WORKSHOP				LUNCH BREAK	PRESENTATIONS			TEAMWORK		CLOSING DINNER
<b>FRIDAY 14/02</b>		PRESENTATIONS		COURSE WRAP UP	LUNCH BREAK	CULTURAL VISIT					

### WEEK 7 - 20.FEBRUARY.2025 ONLINE GMT+1

GMT+2	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00		
GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00		
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00		
<b>THURSDAY 20/02</b>										INTR ODUC TION	TEAMWORK	TEAMWORK	DISCUS SION

# INNOVATIVE METHODS IN MENTAL WELLBEING

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21 NOVEMBER

THURSDAY 16H30-19H30 GMT+1 ONLINE

GMT+2	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00
GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
<b>THURSDAY 21/11</b>											
									INTRODUCTION	LECTURE	TEAMWORK
											GROUP PRESENTATIONS

## Introduction & Course Overview

- 🕒 16h30-16h45
- 👤 Individual, Lecture
- 👤 Petra De Vlieger (Howest)

📄 Trainer welcomes participants, introduces the course, its objectives, and its structure. Outline of the course's structure, outlining expectations, the grading system, and the resources available.

## Short presentations of some relevant thoughts from every group

- 🕒 18h45-19h30 + 2 hours assignment @home
- 👤 Group Work, Presentation
- 👤 Petra De Vlieger (Howest)

📄 Trainer introduces an online document that includes introductions of all the participating students, including their names, university affiliations, and what they hope to gain from the course and explains an assignment (look up a scientific article about innovation in mental well-being and share it on a paddlet - for session 3).

## Presentation on the risk and challenges in the global risk society

- 🕒 16h45-17h30
- 👤 Individual, Lecture
- 👤 Petra De Vlieger (Howest)

📄 Trainer delivers a presentation on the challenges in the global risk society, using some cases, newspaper articles and powerpoint slides. The presentation will cover a range of challenges such as individualism, globalization, digitalization, growing uncertainty, ... but also a range of opportunities such as freedom of choice, digitalization, .. and associated with it some new concerns in the field of mental well-being. The presentation will also include examples of how innovation in mental well-being can provide some answers.

## Breakout Rooms: Conceptualization of European Values and Ice-breaker Activity

- 🕒 17h40-18h45
- 👤 Group Work, Lecture
- 👤 Petra De Vlieger (Howest)

📄 Participants are divided into breakout rooms in intercultural mixed groups. They start with a 15-minute ice-breaker activity related to an newspaper article. Each group will discuss and conceptualize their article and make reflections to the situation in their own country, its challenges, risks and opportunities. At the end of the session, each group will present their findings to the larger group.

# INNOVATIVE METHODS IN MENTAL WELLBEING

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**28 NOVEMBER**

**THURSDAY 16H30-19H30 GMT+1 ONLINE**

GMT+2	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	
GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	
<b>THURSDAY 28/11</b>									REVIEW & RECAP	LECTURE	TEAMWORK	DISCUS SION

## Review & Recap from Session 1

- 🕒 16h30-16h45
- 👤 Individual, Lecture
- 👤 Petra De Vlieger (Howest)

📄 Trainer reviews the main takeaways from the previous session, summarizing group findings and discussions. Trainer explains the aim of this session and introduces 'The Social Innovation Factory'.

## Lecture 'The social innovation factory'

- 🕒 16h45-17h45
- 👤 Individual, Lecture
- 👤 Petra De Vlieger (Howest)

📄 The 'Social Innovation Factory' gives an explanation of innovation. Participants are encouraged to ask questions and engage in brief discussions during the presentation.

## Breakout Rooms : workshop on innovation

- 🕒 17h55-18h55
- 👤 Group Work, Workshop
- 👤 Petra De Vlieger (Howest)

📄 Breakout rooms again for each group. The groups apply the theoretical framework on some cases

## Discussion and conclusions

- 🕒 18h55-19h30 + 2 hours assignment @home
- 👤 Discussions
- 👤 Petra De Vlieger (Howest)

📄 Discussion and conclusions on the workshop  
Assignment : every student has to search for one good practice about an innovative method in the field of mental well-being. The student must read up on the subject matter, be able to explain the method, formulate additional questions/challenges and find an expert to formulate these questions.



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**5 DECEMBER**

**THURSDAY 16H30-19H30 GMT+1 ONLINE**

GMT+2	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00
GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
<b>THURSDAY 05/12</b>											
									INTRODUCTION	TEAM WORK	TEAMWORK
											DISCUSSION

## Introduction of this session

- 🕒 16h30-16h45
- 👥 Group Work, Lecture
- 👤 Petra De Vlieger (Howest)

📄 Trainer reviews the main takeaways from the previous and makes room for questions concerning the assignment.  
Trainer reviews the paddlet and motivates students to give their thoughts.  
Trainer explains the aim of this session and divides the group in groups per country.

## Breakout Rooms : getting to know each other per country

- 🕒 16h45-17h35
- 👥 Group Work, Workshop
- 👤 Petra De Vlieger (Howest)

📄 Participants get to know each other.  
Participants present their scientific article and the innovative method they have chosen and motivates their choices.  
Participants coordinate their projects if necessary.  
Participates brainstorm about experts they could interview.

## Breakout Rooms: Preparing the presentations of the countries

- 🕒 17h45-18h45
- 👥 Group Work, Workshop
- 👤 Petra De Vlieger (Howest)

📄 Breakout rooms again per country.  
The groups prepare the presentation of their country that will take place during the physical week.

## Discussion and conclusions

- 🕒 18h45-19h30
- 👥 Group Work, Presentation
- 👤 Petra De Vlieger (Howest)

📄 Discussion and conclusions on the chosen projects  
Assignment : every student refines his findings and contacts an expert to talk with about his project. The participants has to submit the questions he has prepared for this 'interview' afterwards (after the physical week – together with the other assignments).  
Assignment : finishing the presentation of their country



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**19 DECEMBER**

**THURSDAY 16H30-19H30 GMT+1 ONLINE**

GMT+2	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00
GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
<b>THURSDAY 19/12</b>											
									INTR ODUC TION	TEAMWORK	TEAMWORK
											CLOSING

## Introduction of the session

- 🕒 16h30-16h45
- 👤 Individual, Lecture
- 👤 Petra De Vlieger (Howest)

📄 Trainer reviews the main takeaways from the previous and makes room for questions concerning the assignment. Trainer explains the aim of this session and divides the group in intercultural mixed groups.

## Breakout Rooms: General rehearsal (part 1)

- 🕒 16h45-17h45
- 👤 Group Work, Workshop
- 👤 Petra De Vlieger (Howest)

📄 Breakout rooms in fixed mixed groups. The participants present their project. The participants give feedback, make suggestions, ask questions on the product to promote improvement.

## Breakout Rooms: General Rehearsal (part 2)

- 🕒 17h55-18h55
- 👤 Group Work, Workshop
- 👤 Petra De Vlieger (Howest)

📄 Breakout rooms in fixed mixed groups. The participants present their project. The participants give feedback, make suggestions, ask questions on the product to promote improvement.

## Closing the online sessions and presenting the physical week

- 🕒 18h55-19h30 + 4 hours - processing the feedback – finishing off the creative product
- 👤 Individual, Lecture
- 👤 Petra De Vlieger (Howest)

📄 Room for questions.  
Refreshing the evaluation criteria.  
Reviewing the template that bundles all assignments and must be submitted after the physical week.  
Presentation of the physical week.

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**10 FEBRUARY**

**MONDAY 09H00-18H00 GMT+1 - HOWEST**

GMT+2	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00
GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
<b>MONDAY 10/02</b>	<b>WELCOME</b>	<b>GROUP DYNAMICS</b>			<b>LUNCH BREAK</b>	<b>WORKSHOP</b>					

## Welcome

- 🕒 9h00-10h00
- 👤 Individual  
Lecture
- 👤 Petra De Vlieger (Howest)

📄 The facilitator welcomes the participants to Howest, briefs them on the day's schedule. There will be an opportunity for students to ask questions to ensure they understand the week's expectations.

## Group dynamics

- 🕒 10h00-13h00
- 👤 Individual  
Lecture
- 👤 Petra De Vlieger (Howest)

📄 The facilitator conducts some ice-breaker activities to create a friendly, relaxed atmosphere. Mentor students from Howest take the participants into the school and the city to participate in a city game.

## Workshops

- 🕒 14h00-18h00
- 👤 Group Work  
Workshop
- 👤 Petra De Vlieger (Howest)

📄 Workshop 'FamilySomeBody' for groups 1-2.  
Workshop 'Learning by nature' for groups 3-4.  
Workshop 'Tree of life' for groups 5-6.

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11 FEBRUARY

TUESDAY 09H00-18H30 GMT+1 - HOWEST

GMT+2	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00
GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
<b>TEUSDAY 11/02</b>	<b>WORKSHOP</b>			<b>LUNCH BREAK</b>	<b>PRESENTATIONS FIELD VISIT</b>			<b>PRESENTATIONS</b>			

## Workshop

- 🕒 09h00-12h30
- 👥 Group Work  
Live Workshops
- 👤 Petra De Vlieger (Howest)

- 📄 Workshop 'Hartcoherence' for group 1-2
- Workshop 'Smart on drugs' for group 3-4
- Workshop 'Reflecting on and improving mental health and wellness' for group 5-6.

## Project presentations or field visit

- 🕒 13h30-16h00
- 👥 Group Work  
Live Presentation & Feeld Visit
- 👤 Petra De Vlieger (Howest)

- 📄 Project presentations for groups 1-2-3 : participants present the 'good practice' on innovative methods in mental well-being to other participants and experts in mental well-being by using either powerpoint, prezi, podcast, video, ....
- Field visit to the Mind and Makerspace (MAM) for groups 4-5-6: where they will demonstrate some innovative methods for example Innowiz. Participants are invited to experiment with the tools the MAM provides.

## Presentation of the countries

- 🕒 16h30-18h30
- 👥 Group Work  
Live Presentations
- 👤 Petra De Vlieger (Howest)

- 📄 Each group of students from the same country has prepared a presentation of their country during online session 3. Now they have to present this to the other participants.

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12 FEBRUARY

WEDNESDAY 09H00-17H00 GMT+1 • HOWEST

GMT+2	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00
GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
<b>WEDNESDAY 12/02</b>	WORKSHOP			LUNCH BREAK	FIELD VISIT						
					PRESENTATIONS						

## Workshop

- 🕒 09h00-12h30
- 👥 Group Work
- 📅 Live Workshops
- 👤 Petra De Vlieger (Howest)

- 📄 Workshop 'Smart on drugs' for groups 1-2.
- Workshop 'Digital innovation in practice: digital tools for mental health care' for groups 3-4.
- Workshop 'XR and mental health' for groups 5-6.
- A more detailed description of the workshops is inserted below.

## Project presentations

### or field visit

- 🕒 13h30-17h00
- 👥 Group Work
- 📅 Live Presentation & Field Visit
- 👤 Petra De Vlieger (Howest)

- 📄 Project presentations for groups 4-5-6: participants present the 'good practice' on innovative methods in mental well-being to other participants and experts in mental well-being by using either powerpoint, prezi, podcast, video, ....
- Field visit to the Mind and Makerspace (MAM) for groups 1-2-3, where they will demonstrate some innovative methods for example Innowitz. Participants are invited to experiment with the tools the MAM provides.

# INNOVATIVE METHODS IN MENTAL WELLBEING

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

**13 FEBRUARY**

**THURSDAY 0900-21H00 GMT+1 - HOWEST**

GMT+2	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00
GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00

<b>THURSDAY 13/02</b>	<b>WORKSHOP</b>	LUNCH BREAK	PRESENTATIONS	TEAMWORK				<b>CLOSING DINNER</b>
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## Workshop

- 🕒 09h00-12h30
- 👥 Group Work
- 📄 Live Workshops
- 👤 Petra De Vlieger (Howest)

- 📄 Workshop 'Smart on drugs' for groups 1-2.
- 📄 Workshop 'Digital innovation in practice: digital tools for mental health care' for groups 3-4.
- 📄 Workshop 'XR and mental health' for groups 5-6.

## Project presentations

- 🕒 13h30-15h30
- 👥 Group Work
- 📄 Live Presentation & Field Visit
- 👤 Petra De Vlieger (Howest)

- 📄 Participants present the 'good practice' on innovative methods in mental well-being to other participants and experts in mental well-being by using either powerpoint, prezi, podcast, video, ....

## Teamwork - preparation of take home messages

- 🕒 16h00-17h30
- 👥 Group Work
- 👤 Petra De Vlieger (Howest)

- 📄 At the beginning of the week, participants received an assignment consisting of a number of questions about the workshops, the campus, their experiences in the group, ... During this group work they process their findings in a group presentation that is ultimately a summary of their take away messages they have to present on day 5 of this week.

## Closing Dinner

- 🕒 19h00-21h00

# INNOVATIVE METHODS IN MENTAL WELLBEING

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

**14 FEBRUARY**

**FRIDAY 10H00-17H00 GMT+1 - HOWEST**

GMT+2	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00
GMT+1	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
GMT	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
<b>FRIDAY 14/02</b>			<b>PRESENTATIONS</b>		<b>COURSE WRAP UP</b>	<b>LUNCH BREAK</b>		<b>CULTURAL VISIT</b>			

## Presentations of their take home

- 🕒 10h00-12h30
- 👥 Group Work
- 📄 Live Practical Work
- 👤 Petra De Vlieger (Howest)

- 📄 Participants present their take home messages per fixed mixed group.

## Assignment 4 hours assignment @home

- 👤 Individual
- 👤 Petra De Vlieger (Howest)

- 📄 Assignment 1 : write a reflection report or create a blog post in which you look back on your experiences during the international week. If you choose a blog post, use multimedia elements such as photos or short videos to support your story. Reflect on how this experience changed your view of the world, what you learned about intercultural communication and collaboration, how this experience influenced you personally and academically, and how you plan to leverage these skills in the future.

Assignment 2 : Write an essay of 1000-1500 words in which you reflect on the innovative methodologies presented during the international week. Discuss:

1. The methods you found most interesting or promising and why.
2. What challenges and benefits you see in the application of these methods in your own country or practice.
3. How you think these methods can contribute to improving mental well-being.

## Course wrap up and check out

- 🕒 12h30-13h00
- 👥 Group Work
- 📄 Live Practical Work
- 👤 Petra De Vlieger (Howest)

- 📄 The facilitator conclude the theoretical part of the physical week by thanking everyone and summarizing the most important findings of the take home messages.

## Cultural visits

- 🕒 14h00-17h00
- 👤 Individual
- 📄 Optional
- 👤 Petra De Vlieger (Howest)

- 📄 The facilitator conclude the theoretical part of the physical week by thanking everyone and summarizing the most important findings of the take home messages.



