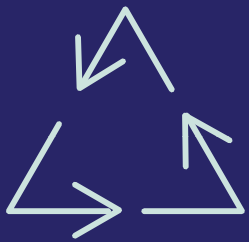
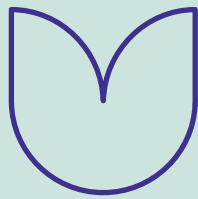


MASTER IN DESIGN FOR HEALTH AND WELLBEING^{EN}



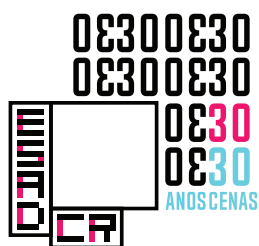
*MESTRADO
EM DESIGN
PARA A SAÚDE
E BEM-ESTAR^{PT}*



Health is a state of complete physical, mental and social well-being and not just the absence of disease or infirmity

World Health Organization, 1948

Pioneering Master's Degree in Design for Health and Wellbeing



The course takes place at ESAD.CR, an organic teaching and research unit of the Polytechnic of Leiria, specializing in the creative areas of Arts and Design.

The Master's Degree in Design for Health and Well-being is a pioneer and unique in Portugal in this area of study, in the design of products, solutions, platforms, APPs and services in the area of health and well-being.

This master's degree has an innovative and unique programme, as it integrates content that crosses the field of design with knowledge of the life sciences and engineering.

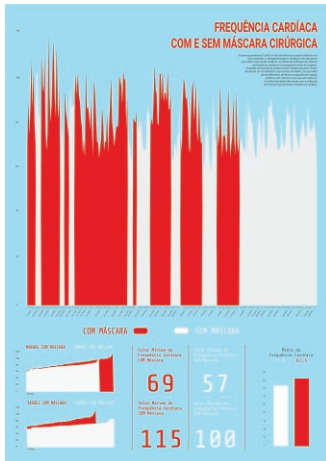
The main aim of this master's degree is to train designers with the knowledge and skills to join multidisciplinary teams. They should be able to identify problems, present proposals and develop new solutions and inclusive experiences that act to support and promote the health and well-being of individuals and societies, as well as a sustainable and responsible way of life.

The aim is to value the diversity of students' backgrounds, interests and motivations, guiding them in the construction of an individual project.

Throughout the course there will be contact with designers, researchers, health professionals, engineers, entrepreneurs and decision-makers. In addition, ESAD.CR has partnerships with national and international companies and institutions operating in the areas of health, well-being, design and technology.



EXPECTED OUTCOMES

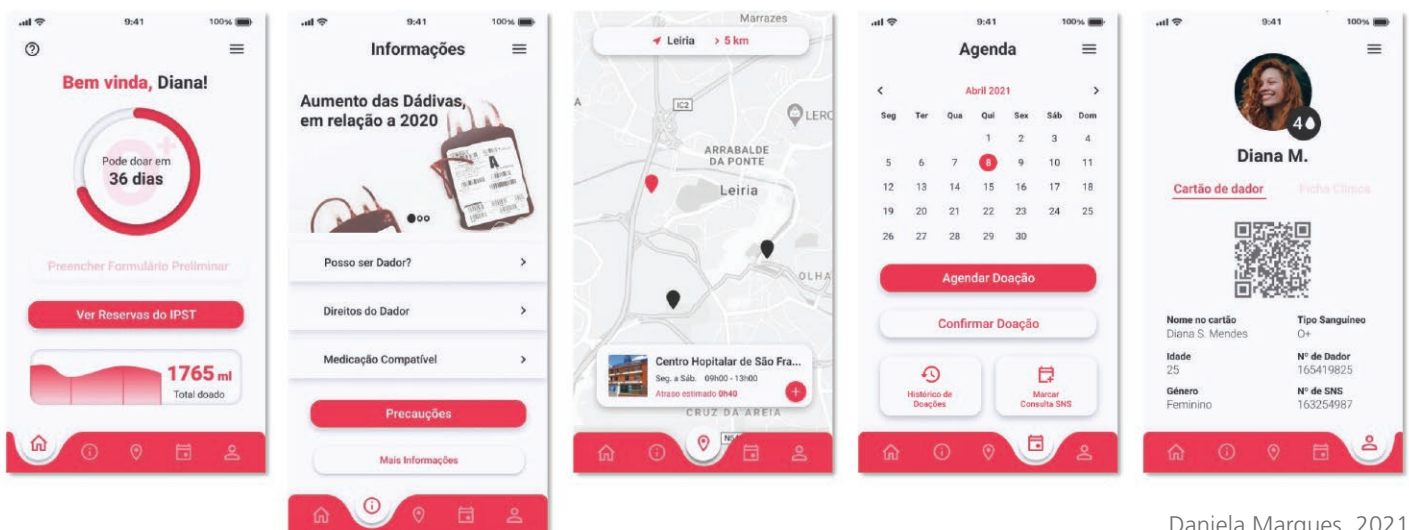


Tânia Alves, 2020

The projects resulting from this master's degree may include solutions or materials that promote the prevention or support of illness or disability, medical devices, remote support for assisting people, platforms and applications for Well-being, design of information and location systems in different environments, tools for promoting mental health, platforms to help change people's behaviors and increase health literacy, among others.

We are particularly interested in combating the inequalities of our contemporary society.

The results obtained by the students of the Master's Degree in Design for Health and Well-being can be included in the Health cluster typology, as described in Pillar 2 of the Proposal for a Framework Program for Research and Innovation, HORIZON EUROPE (2027), from which the intervention areas stand out: Health, creativity and an inclusive society.



Daniela Marques, 2021

FOR WHOM

The Master's Degree in Design for Health and Well-being is aimed at:

- Designers in Communication area, Graphic and Multimedia Design;
- Product Designers;
- Industrial Designers;
- Interior Designers;
- Graduates in the field of Fine Arts, New Media and Multimedia;
- Health professionals interested in acquiring knowledge in complementary Design methods and methodologies;
- Engineers looking to specialize in Design in the field of Health and Well-being;

All graduates with an interest in the area.

CURRICULUM PLAN

1st YEAR				
Semester	Course Unit	ECTS	Hours	
1S	Human Factors in Design for Well-being	6	45	
	Psychology for Health and Well-being	6	30	
	Human Physiology	6	30	
	Data visualization design	6	45	
	Seminar 1	6	30	
2S	User experience design in healthcare	12	75	
	Neurobiological Systems and Signals	6	45	
	Design Research Methods	6	45	
	Seminar 2	6	30	
2nd YEAR				
Semester	Course Unit	ECTS	Hours	
1S	Translational Design	6	45	
	Project 1	24	65	
2S	Dissertation / Project Work / Internship	30	15	

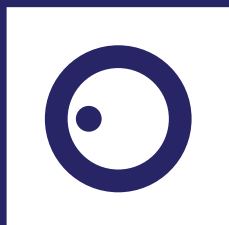
The Master's program works in a hybrid format, with 1/3 of classes taking place online (synchronous and asynchronous). Face-to-face classes are held on one day a week.

BEST PRACTICES

We would like to highlight our close links with the research units of the Polytechnic of Leiria, LIDA - Laboratory in Design and Arts and ciTechCare - Center for Innovation in Technologies and Healthcare. In these research units, we carry out research into participatory design and human-centered design applied to the area of Health and Well-being. Promoting an academia/industry/community relationship to generate progress, innovation and employment.

This master's degree was launched in the 2020/21 academic year and yet it already has high levels of national and international scientific production from students and professors as co-authors. Since its opening, a total of 10 articles, 8 abstracts, 1 poster and 15 communications at scientific events have been published. Of these publications, 4 articles, 1 abstract, 1 poster and 5 communications were international. In the context of these publications, 3 Scholarships for Participation in Scientific Meetings (BPRC) were awarded, allowing for registration and expenses associated with students' travel to scientific events. There were also 4 Research Grants (BI) awarded to students to join research teams in funded projects.

In the context of these scientific activities and the partnerships established by ESAD.CR, we have already collaborated with Centro Hospitalar de Leiria, Agrupamento de Centros de Saúde do Pinhal Litoral, Câmara Municipal de Leiria, Centro Hospital do Oeste, Unidade Local de Saúde de Matosinhos - Hospital Pedro Hispano and NTT Data.



**POLITÉCNICO
DE LEIRIA**

ESCOLA SUPERIOR
DE ARTES E DESIGN

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