

Micro-qualification course

## Culture and Health: Managing Cross-Sectoral Initiatives

250 academic hours (AH), 10 ECTS

September 2025 – June 2026

### Course description

The programme offers an innovative solution – capacity building and up-skilling to become **a new kind of professional in the Baltic region – culture and health specialist**, who reduces barriers to cultural participation for vulnerable groups, promotes inclusive well-being and works for the good of the wider local communities.

The course is designed and delivered by a consortium of four Baltic universities: the Latvian Academy of Culture, Riga Stradiņš University, the Estonian Academy of Music and Theatre, the Lithuanian University of Health Sciences and Northern Dimension Partnership on Culture.

The micro-qualification course comprises 250 academic hours and consists of five main modules:

1. Introductory Module
2. Module 1: Culture, Health, and Social Sectors – Main Concepts and Policies
3. Module 2: Culture for Health – Tools and Methods
4. Module 3: Cross-Sectoral Project Management
5. Module 4: Real-Life Culture for Health Pilot Project

Please refer to the detailed [Course Curriculum](#) **here**.

### Who can apply?

This micro-qualification is designed for **professionals from the culture, social, or health sectors** who are interested in developing interdisciplinary competencies to work with vulnerable and marginalized communities. It is especially suited for those



who seek to integrate arts-based and cultural participation methods into their practice to promote well-being, inclusion, and social change.

Course participants might include:

- cultural workers, artists, and creative practitioners engaging in community-based or socially engaged projects;
- health and social care professionals exploring non-clinical, culturally responsive approaches to support well-being;
- managers, mediators, coordinators, and policymakers involved in cross-sector initiatives at the intersection of culture and health.

## What will I learn?

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Throughout the programme, you will gain in-depth knowledge and practical competencies in the following areas:

- Intersections between culture, health, and social well-being. Structures and practices of health care and cultural sectors.
- Needs and characteristics of vulnerable and marginalized groups. Ethical foundations and codes of conduct in cross-sector work. Evaluation of cultural interventions and social impact assessment. Advocacy for inclusive and equitable cultural and health initiatives.
- Participatory art methods and practices in health and social contexts. Trends and challenges in arts management and cross-sectoral project design. Project planning, budgeting, and management.
- Teamwork and facilitation in interdisciplinary settings. Problem-solving and adaptability in practical project contexts.
- Leadership in arts and well-being contexts. Reflection and self-assessment in professional development. Integration of feedback and mentorship into practice.

## What will I gain?

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Upon completion of the programme, participants will be equipped with the knowledge, skills, and practical experience to develop and lead interdisciplinary initiatives at the intersection of culture and health. They will be prepared to work collaboratively across sectors, engage with vulnerable communities through culturally sensitive and ethical approaches, and apply participatory methods to support well-being. The programme also provides hands-on experience in real-world project implementation, fostering both professional confidence and cross-sectoral competence. Graduates will earn a **micro-certificate** equivalent to 10 ECTS.



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## How is this course delivered?

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The course begins with a face-to-face introductory event in Kaunas (23–24 September 2025), followed by three online learning modules delivered via the Zoom platform between September 2025 and February 2026 (Tuesdays, 16:00–19:15 EET). It concludes with a practical pilot project (February–June 2026), during which participants collaborate in local teams to address real-world challenges under the guidance of a local mentor.

Additional reading material, self-directed work, and review will be available online.

## How is this course assessed?

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Participants will be assessed through a combination of individual and team-based tasks, reflecting both theoretical understanding and practical application:

- Understanding of key concepts in public health, culture, and social inclusion – 10%
- Knowledge of methods and approaches used in culture and health collaborations – 10%
- Development of a team project plan and budget – 20%
- Implementation and evaluation of a team-based project – 50%
- Individual learning journal and reflective analysis – 10%

## Tuition fee

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For selected 20 participants the tuition fee will be covered by the ERASMUS+ project "Inclusive Wellbeing Through Arts and Culture in the Baltics (WITAC)".

Organizers of the programme will cover participants' travel and accommodation expenses for the introductory module in Kaunas, scheduled for 23–24 September 2025 (travel days are expected to be 22 and 25 September).

## What do I need to apply?

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We welcome applications from professionals who meet the following **criteria**:

- hold an academic or professional qualification in the fields of culture, health, social work, or related sectors;
- have a minimum of three years of professional experience in the culture, health, or social sectors;



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- reside in Latvia, Estonia, or Lithuania;
- demonstrate proficiency in English, the working language of the programme;
- possess teamwork, leadership, and management skills;
- show a strong interest in working with vulnerable communities and exploring how arts and cultural participation can support well-being and inclusion.

Required application documents:

- **a motivation letter** outlining your interest in the programme, its relevance to your professional goals in the Culture and Health sectors, and your readiness to work in a cross-sectoral team addressing the needs of vulnerable groups;
- an up-to-date **CV**.

**Please submit your application until 10 August 2025 online!**

**An informative webinar for prospective applicants will be held on 4 August at 16:00 EET.** If you wish to participate and get answers to your questions, please write to the course coordinator Daiga Bokuma, [Daiga.Bokuma@lka.edu.lv](mailto:Daiga.Bokuma@lka.edu.lv)!

## Selection process

Shortlisted applicants will be invited to participate in an online interview in August 2025.

Selection will be based on:

- alignment between the programme and participants' career aspirations;
- demonstrated motivation and readiness to engage in cross-sectoral teamwork;
- commitment to implementing a pilot culture and health intervention focused on a specific vulnerable target group in participant's home country.

Final selection results will be announced by 3 September 2025.

*Additional information:*

*Daiga Bokuma, Latvian Academy of Culture*

*[Daiga.Bokuma@lka.edu.lv](mailto:Daiga.Bokuma@lka.edu.lv)*



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