


Micro-qualification course "Culture and Health: Managing Cross-Sectoral Initiatives"



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Informative webinar 04.08.25.

- Introduction of the speakers and background of the course
- Information about the course organization
- Requirements for applicants / selection procedure
- Questions and answers

«Inclusive Wellbeing Through Arts and Culture in the Baltics» project goals



Develop and test **a new cross-sectoral model of cooperation** among higher education institutions (HEIs) in the Baltic countries, with representation from both the cultural and health sectors.



Promote the role of HEIs in supporting **international lifelong learning** endeavors across the Baltic countries.



Strengthen the leadership role of HEIs as agents for addressing societal challenges (implement inclusive **well-being initiatives for vulnerable groups through cultural participation**)



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Participating organisations



Latvian Academy of Culture



Estonian Academy of Music and
Theatre

**Northern
Dimension
Partnership
on Culture**


Northern Dimension Partnership
on Culture Secretariat



Rīga Stradiņš University



Lithuanian University of Health
Sciences



Micro-qualification course "Culture and Health: Managing Cross-Sectoral Initiatives"

250 academic hours (AH), 10 ECTS

September 2025 – June 2026

- The new programme offers 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 community.

1

Cultural workers, artists, and creative practitioners engaging in community-based or socially engaged projects

2

Health and social care professionals exploring non-clinical, culturally responsive approaches to support well-being

3

Managers, mediators, coordinators, and policymakers involved in cross-sector initiatives at the intersection of culture and health

For professionals from the culture, social or health sectors in Baltic countries

who are interested in developing interdisciplinary competences to work with vulnerable and marginalized communities

What does a Micro-qualification in Culture&Health (10 ECTS) mean?

- 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.
- Course participants 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 provides hands-on experience in real-world project implementation, fostering both professional confidence and cross-sectoral competence.

Course structure

1

Face-to-face introductory event for all 20 participants from Latvia, Estonia and Lithuania

23–24 September 2025 in Kaunas

2

Online sessions (Zoom) – lectures, group work, assignments for all 20 participants from Latvia, Estonia and Lithuania

Once a week on Tuesdays
16:00 – 19:15 EET

30.09.2025. – 16.12.2025.
and
13.01.2026. – 10.02.2026.

3

Culture and Health pilot projects

Project work in national teams with the help of the local mentor

February – June 2026

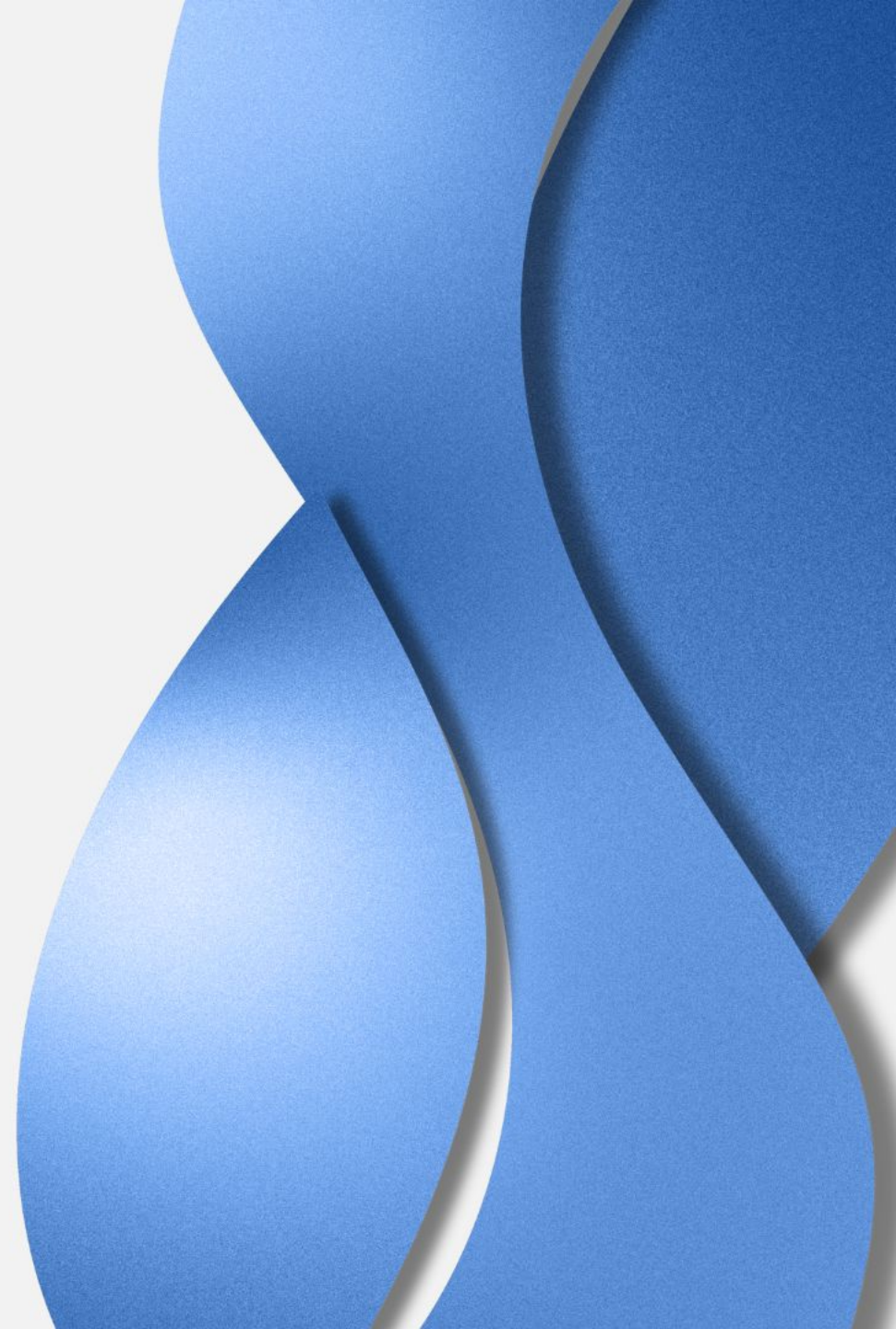


Project final conference

Presenting project results
in the conference in Riga in
October 2026

1

Introductory event
in Kaunas 23–24 September



Introductory event in Kaunas 23-24 September

- Introduction to the programme and participant networking.
- Understanding the role of future Culture & Health specialists, career possibilities and learning tasks of the micro-credential programme.
- Site visits to Culture & Health case studies in Kaunas.
- Participatory art workshop.

Accommodation costs and travel for participants are covered by the project (for travel consider and save 22 and 25 September).

2

Online sessions: 3 modules

An assignment in each of the modules.



1st module: Culture, health and social field: main concepts and policies

- Understanding fundamental concepts of public health, culture and social inclusion.
- Culture and health in the European Union: research for evidence based interventions.
- 36 AH / 30.09.25.–30.10.25

2nd module: Culture and Health: tools and methods

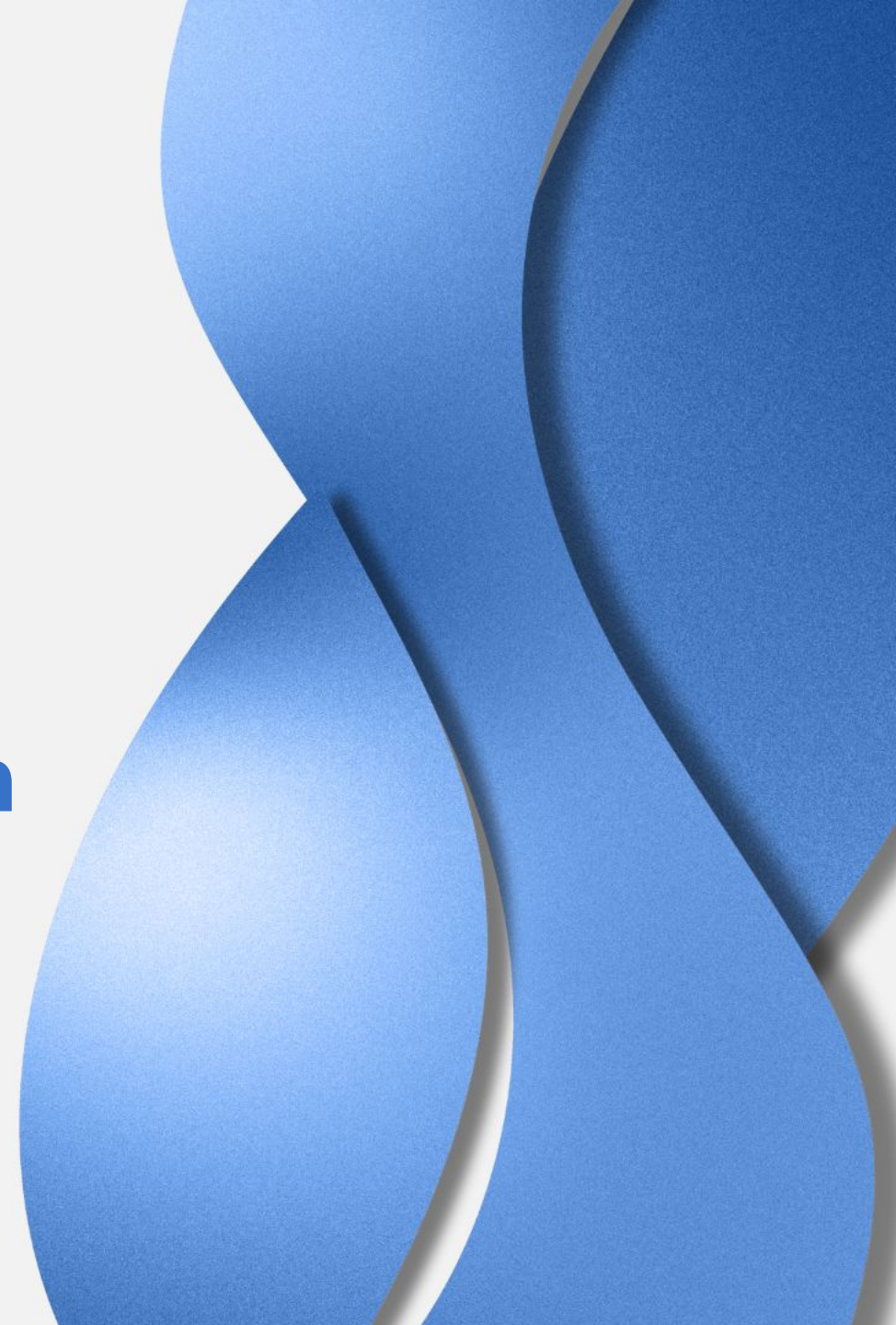
- Types and models of culture – health interactions. Practical examples.
- Arts and cultural participation for vulnerable groups.
- Working with vulnerable groups and ethical considerations.
- Mental health literacy in cultural initiatives.
- *44 AH* / 04.11.25.–16.12.25.

3rd module: Cross-sectoral project management

- Project management in culture for health context.
- Planning, execution, and evaluation of cross-sectoral projects.
- Essential managerial and entrepreneurial competencies.
- Communication and advocacy.
- 36 AH / 13.01.26.–10.02.26.
- Teammates of national groups write a concrete project plan for a chosen vulnerable group.

3

Real life Culture and Health pilot project



Real life Culture and Health pilot project

February – June 2026

- Course participants with the help of a local mentor will work in groups within each Baltic country, selecting a specific target group from a vulnerable sector of society and conducting a cultural intervention.
- Participants will have the opportunity to apply for limited financial support to assist with the implementation of their projects.
- The results of the intervention should be evaluated from both cultural and health impact perspectives.

Course applicants should



have a minimum of three years of professional experience in the culture, health, or social sectors



hold an academic or professional qualification in the fields of culture, health, social work, or related sectors



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

1

An up-to-date CV



2

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

**Online
application
till 10 August!**

Selection of course participants

**Interviews with applicants
(in English)**

on 21–22 August 2025

**Final selection results will be
announced by 3 September 2025!**

Selection will be based on:

- alignment between the programme and your 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.

Thank you!



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