

## Course curriculum

This micro-qualification programme “Culture and Health: Managing Cross-sectoral Initiatives” prepares learners to become specialists in **culture and health**, equipping them with the skills to foster social impact and enhance cultural participation for well-being. Graduates will earn a **micro-certificate** equivalent to 10 ECTS upon completion.

### Course structure

The course consists of a face-to-face introductory event in Kaunas, followed by three online learning modules and a practical pilot project, in which participants collaborate in local teams to address real-world challenges and implement one culture and health initiative with a vulnerable group in each country. The online component includes expert-led lectures, group work, and interactive learning methods. Each module requires 12 to 16 hours of independent study beyond scheduled sessions. Learning tasks include maintaining a reflective learning diary throughout the programme, completing reading assignments and participating in collaborative group work. A detailed timetable of all lessons will be provided to enrolled participants.

### Course modules

#### **Introductory module, 20 AH**

**23–24 September 2025, Kaunas, Lithuania**

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.

#### **1st module “Culture, health and social sectors: main concepts and policies”, 36 AH**

**30 September – 28 October 2025, online sessions on Tuesdays 16:00 – 19:15 EET**

Fundamental concepts of public health, culture and social inclusion. Culture and health in the European Union: research for evidence based interventions.

#### **2nd module “Culture for Health: tools and methods”, 44 AH**

**4 November – 16 December 2025, online sessions on Tuesdays 16:00 – 19:15 EET**

## CULTURE AND HEALTH: MANAGING CROSS-SECTORAL INITIATIVES

250 academic hours (AH), 10 ECTS  
September 2025 – June 2026

Types, models and methods of culture and health interventions. Arts and cultural participation for vulnerable groups. Working with vulnerable groups and ethical considerations. Mental health literacy in cultural initiatives.

### **3rd module “Cross-sectoral project management”, 36 AH**

**13 January – 10 February 2026, online sessions on Tuesdays 16:00 – 19:15 EET**

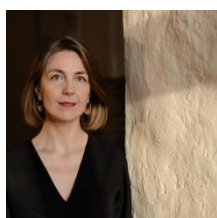
Project management in culture and health context. Planning, implementation, and evaluation of cross-sectoral projects. Essential managerial and entrepreneurial competencies. Communication and advocacy.

### **4th module “Culture and Health pilot projects”, 114 AH**

**16 February – 20 June 2026,**

Course participants with the help of a local mentor will work in groups within each Baltic country to carry out a culture and health pilot project for a specific local vulnerable group. Participants will have the opportunity to apply for limited financial support for the implementation of their projects. The results of the interventions will be evaluated from both cultural and health impact perspectives.

### **Course lecturers and mentors**



#### **Inga Surgunte, Latvian Academy of Culture**

A research assistant at the Latvian Academy of Culture. Having a background in heritage interpretation and museum work since 2008, Inga currently leads the Museums on Prescription programme in Cēsis Municipality (Latvia). Inga has been involved in several international projects addressing the cultural sector's impact on sustainable development, including health and well-being. She takes part in the European

Commission's Open Method of Coordination group on Culture and Health.



#### **Anda Kīvīte-Urtāne, Rīga Stradiņš University**

An Associate Professor and Director of the Institute of Public Health. Her expertise lies in public health, epidemiology, and health systems research. She has led various projects focusing on health promotion, disease prevention, and social determinants of health. Her work spans both national and international collaborations, contributing to advancements in public health policy and healthcare accessibility.



#### **Annukka Jyrämä, Estonian Academy of Music and Theatre**

Professor of Cultural Management. Her expertise lies in arts management, cultural entrepreneurship, and knowledge sharing in



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creative industries. She has conducted research on contemporary art markets, co-creation in cultural projects, and the role of cultural organizations in society. She plays a pivotal role in both Estonian and Finnish cultural sectors through teaching, research, and institutional partnerships.



### **Kaari Kiitsak-Prikk, Estonian Academy of Music and Theatre**

Head of the Department of Musicology, Music Pedagogy and Cultural Management. She is a Senior Lecturer specializing in cultural management, arts entrepreneurship, and societal engagement in the arts. Her research explores the legitimacy and social impact of cultural organizations, as well as mentorship in arts and creative industries management.



### **Kai Kiiv, Estonian Academy of Music and Theatre**

Lecturer and the Head of Cultural Management Studies. Kai has been involved in international relations and cultural initiatives, with experience at the Estonian Academy of Music and Theatre and the Estonian National Opera. Her work spans music education, cultural diplomacy, and artistic collaborations.



### **Reda Šatūnienė, Lithuanian University of Health Sciences**

An Associate Professor at the Department of Bioethics within the Faculty of Public Health. Her academic interests include ethnography, qualitative research methodology, medical anthropology, (non-formal) subcultures, alternative culture(s), and identity. She has contributed to research on creativity in Lithuanian recreational sports, particularly examining the subculture of recreational runners.



### **Polina Šedienė, Lithuanian University of Health Sciences**

An Associate Professor at the Department of Bioethics. She is also a psychotherapist and supervisor, specializing in professional relationship consulting. Her expertise spans bioethics, sociology, and psychotherapy, with a focus on mental health, epilepsy-related social work, and existential therapy.

In addition guest lecturers from art and other sectors will join for specific topics and workshops.



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*Apply [here](#)  
till 10 August 2025!*



# CULTURE AND HEALTH: MANAGING CROSS-SECTORAL INITIATIVES

*250 academic hours (AH), 10 ECTS*

**September 2025 – June 2026**

Additional information:

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