



POLITÉCNICO
DE LEIRIA

ESCOLA SUPERIOR
DE ARTES
E DESIGN



MASTER IN DESIGN FOR HEALTH AND WELLBEING

ESAD.CR

POLYTECHNIC OF LEIRIA

Introduction

On the 30th anniversary of ESAD.CR, we would like to announce a new Master programme in Design for Health and Wellbeing. The Master programme explores and challenge the school's ambition of current design practice as a form of driving innovation.

We are living in a complex and diverse society, this course encourage design practitioners to step beyond their traditional professional role, and to consider design practice as a means of formulating and articulating health, wellbeing and social challenges.

ESAD.CR is a community of designers and academics who operate in collaboration with LIDA (Laboratory of Art and Design Research) within a wider network to deliver innovative ways for challenges in a real-world context. We create a platform for collaborations by organising projects engaging a partnership among academy, industry and local communities. Our approach to design and research results in an interdisciplinary environment that support individual development, business and employment.

The course aligns with the 3rd Sustainable Development Goal 2030 – Healthy Living, Ensure healthy lives and promote wellbeing for all ages. We believe that this course might be able to play a significant role in this context of living well.

Objectives

The Master in Design for Health and Wellbeing seek to equip students with the thinking, tools and processes of design for health and wellbeing so that they can drive innovation in the Conception, design and delivery of products, services and experiences.

Our national and international links will provide opportunities for students to gain experience that will be relevant on a national and regional platform. Graduates who completed the course will be able to deploy their capacity to work in interdisciplinary teams and embracing challenges within agencies, health and social sector through the application of design thinking.



Expected Outcomes

This course exposes students to the latest thinking and debates within design and health and wellbeing community as well as innovation design practices through a combination of theory and project. Expected outcomes may include a variety of new proposals/solutions. Examples can include digital or material solutions promoting disease or disability prevention and support, medical equipment, mobile Wellbeing applications, remote care support, man-machine interfaces, design of information systems and location in various environments, medical devices. However, through the development of projects, students will obtain a rich experience of design through collaboration with private and public organisations.

The expected outcomes from this course will also align with the aims of the Pillar II of the HORIZON EUROPE (2027) Program Proposal for Research and Innovation Framework Program, namely the areas of intervention: Health; and Creativity and Inclusive Society.

An interdisciplinary studio/classroom

The course is taught in a truly collaborative studio/classroom setting that bring together a number of professionals from research units from the Institute of Leiria Polytechnic such as LIDA and CiTechCare. articulating workshop and craft knowledge with digital production in a technological context, to develop new products, ideas and innovation solutions.



Applications

ESAD.CR welcome applications from candidates with a keen interest in health and wellbeing improvements, a collaborative approach to the design process and who bring the tenacity required to approach complex challenges. We encourage an inter-disciplinary learning environment and welcome applications from a variety of disciplines such as:

.Designers from the Communication, Graphic and Multimedia Design areas;

.Product Designers;

.Industrial Designers;

.Engineers seeking specialization in Design in the field of Health and Wellbeing;

.Project Managers working in the Health and Wellbeing Technologies market;

.Health professionals interested in acquiring complementary knowledge and methodologies;

.All people with interest in the area.

Curricular plan

SEM./YEAR	UC(pt)	ECTS
1 st S/1 st Y	Human Factors in Wellness Design for Wellbeing	6
	Psychology for wellbeing	6
	Human Physiology	6
	Design for data complexity	6
	Seminar 1	6
2 nd S/1 st Y	Health User Experience Design – HXD	12
	Neurobiological Systems and Signals	6
	Design Research Methods	6
	Seminar 2	6
1 st S/2 nd Y	Translation Design	6
	Project 1	24
2 nd S/2 nd Y	Project 2	30



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