Welcome to the training course on Citizen Science for Psychological Wellbeing. The main goal of this project is to prepare interdisciplinary teams to develop solutions that are codefined and codesigned with the involvement of patients and professionals.

2024 Challenge: People Living with a Rare Disease
The course will have an intensive blended format of 10 weeks. Each week, students will complete tasks (Sprints) to progressively build up their project.

**In the first 9 weeks**, teams will be engaged in distance training, including:

- **3-hours class**
  - MONDAYS, 14:00-17:00h (PT time)

- **Synchronous online**
- **Theoretical presentation**
- **Sprint preparation**

- **Check Point**
- **Asynchronous Methodological Laboratory**
- **Training resources**
- **Individual tasks**

- **Mentoring**
  - THURSDAYS, 12:00-12:30h (PT time)

- **Synchronous online**
- **Expert trainers pool**
- **Guidance and feedback**

**In the last week** of the training teams will meet and work face-to-face at the Faculty of Psychology and Education Sciences, University of Porto

(Click here to see a virtual tour of our venue)

Each team will:

- Organize a workshop with citizens
- Validate work assumptions
- Finalize an innovative solution
- Present their journey to an open audience

The best solutions will receive an award.
TRAINERS

Célia Sales (Coordinator)
(Coordinator), Associate Professor at Faculty of Psychology and Education Sciences at the University of Porto (FPCEUP). Principal Investigator of interdisciplinary research projects in clinical and health psychology using Patient and Public Involvement.

António Coelho
Associate Professor with Habilitation at the Faculty of Engineering at the University of Porto. Head of the Doctoral Program on Digital Media.

Christian Moltu
Professor of Clinical Psychology and Research group lead, Western Norway University of Applied Science. Principal Investigator of participatory research projects for the development of systems for personalized care in mental health.

Hernâni Oliveira
Invited Professor and Researcher at the University of Évora and CITCEM. Since 2019, he is the founder of the startup BRIGHT, a project aimed at the development of innovative products in the area of citizen empowerment.

Pedro Ferreira
Assistant Professor at FPCEUP, his main research focus is the political participation and the political development of young people and adults with a concern on how art and technology contribute to it.

Sónia Sousa
Associate Professor of Interaction Design at Tallinn University’s School of Digital Technology. Head of the join online MSc on Interaction Design. Her main research interests are Trust in technology, Interaction Design, Distance education, Human Computer interaction.

Suja Somanadhan
Associate Professor and Researcher at the UCD School of Nursing, Midwifery & Health Systems, University College Dublin. Fulbright Health Impact Scholar (2022). Co-lead of the All-Ireland Rare Diseases Interdisciplinary Research Network (RAiN). Principal investigator of the Rare Disease Research Partnership (RAINDROP) and RAIN programme.

Susana Pereira
PhD in Science Communication, Project manager and Data Visualization Specialist at BRIGHT, and Researcher at the CITCEM (Transdisciplinary Research Centre «Culture, Space and Memory»). Her main interests include co-creation dynamics in science communication.
The training is free. The only cost per student will be the fee for certificate (5 euros).

Students from European Universities with an Erasmus Agreement are eligible for an Erasmus+ Grant to support the on-site training at the University of Porto. The grant covers 70 Euros per day. A full attendance of the 5 days corresponds to a total grant of 350 Euros.

This Erasmus+ grant is given by the student’s own Institution. Students should apply for the grant at the Erasmus Offices at their Universities, indicating that this is an Intensive Blended Programme (BIP). Any doubts can be addressed to erasmus@fpce.up.pt.

The course is limited to 40 participants, holders of a Master Degree, PhD students, or young researchers who completed their PhD less than five years ago, in the areas of Psychology, Health, Education Sciences, Arts, Architecture, Law, Engineering, Design, Communication Sciences, and related Social and Human Sciences.

Selection criteria will value the candidate’s motivation, as well having an ongoing participatory project, as indicated in the motivation letter.

A minimum of international 20 students receiving an Erasmus+ grant will be selected.
TIMELINE

1. Apply for an Erasmus BIP scholarship at your University until June 30
2. Submission of applications until September 01 to 30 [Apply here]
3. Selection of candidates until October 30
4. Online registration During November
5. Online classes February 12
6. On-site week at U.PORTO From 15 to 19 April