

STUDY GUIDE

Embodied Perspective on Health and Well-Being in a Globalised World

Course/training name	Embodied Perspective on Health and Well-Being in a Globalised World
Host Institution(s)	University of Cologne
Co-organising Institution(s) (if applicable)	/
Course level (if applicable)	Bachelor and Master level
Name and faculty of the lecturer(s)/trainer(s)	Dr. Ragna Winniewski Faculty of Arts and Humanities
Mode of delivery	Online live
Location (if applicable)	/

Dates of the <u>online</u> component (if applicable)	From 27 November 2026 to 16 January 2027
Dates of the <u>on-site</u> component (if applicable)	/
Cost	None
Application procedure	Application form on the EUniWell Courses and Training Catalogue Exception: UzK students have to apply directly via UzK's student management system KLIPS 2.0 via Studium Integrale offers
Target audience(s)	☒ Bachelor's ☒ Master's ☐ PhD ☐ Educators ☐ Researchers ☐ Administrative staff
Selection criteria	Applicants should demonstrate an academic or professional interest in theoretical concepts and related questions of health, illness, embodiment, well-being, disability, and social participation. Relevant backgrounds include humanities, social sciences, medicine, health sciences, psychology, sociology, and philosophy. Selection will consider motivation, critical and analytical skills, interdisciplinary interest, and the ability to engage constructively with diverse perspectives. Prior medical knowledge is not required .
Prerequisites	none
Language(s) of instruction and recommended CEFR level	English, B2
Main Thematic Arena(s)	☒ Arena 1 - Health and Well-Being ☐ Arena 2 - Social Equality and Well-Being ☐ Arena 3 - Environmental change and Well-Being ☐ Arena 4 - Culture, Multilingualism and Well-Being ☐ Arena 5 - Teacher Education and Well-Being ☐ Transversal

	☐ Well-Being Centre for Advanced Studies				
Field(s) of research / study	All disciplines				
Related Sustainable Development Goals (SDG)	☐ 1 - No poverty ☐ 2 - Zero hunger ☒ 3 - Good health & well-being ☐ 4 - Quality education ☐ 5 - Gender equality ☐ 6 - Clean water & sanitation ☐ 7 - Affordable & clean energy ☐ 8 - Decent work & economic growth ☐ 9 - Industry, innovation & infrastructure ☐ 10 - Reduced inequalities ☐ 11 - Sustainable cities and communities ☐ 12 - Responsible consumption & production ☐ 13 - Climate action ☐ 14 - Life below water ☐ 15 - Life on land ☐ 16 - Peace, justice & strong institutions ☐ 17 - Partnerships for the goals				
Number of ECTS	3				
Workload in hours	90 hrs				
Key words	Medical Humanities	Health	Interdisciplinary Approach	Embodiment	
Catch Phrase	Explore a comprehensive and nuanced understanding of health, illness, and well-being taking into account key factors such as embodiment, gender, age, disability, biography, environment and cultural heritage.				
Total number of places for EUniWell participants	15				
Abstract	Medical Humanities is a dynamic and rapidly growing interdisciplinary and transdisciplinary field of study. It seeks to foster a comprehensive and nuanced understanding of health, illness, and well-being taking into account key factors such as environment, embodiment, gender, age, disability, biography, and cultural heritage. In light of the complexity and diversity of contemporary globalized lifeworlds, this course focuses on central concepts including health, illness, well-being, resilience, lived body, epistemic injustice, and social participation. The aim is to examine how these concepts shape—and are shaped by—social challenges at both individual and institutional levels. Key questions guiding the course include: What does it mean to live a healthy life? Which concepts are essential for a nuanced understanding of well-being? What enables individuals with chronic illness or disability to feel empowered? And how do				

	discriminatory practices manifest, both in general and within medicine and science in particular? To address these questions, we will engage with texts and concepts from a range of disciplines, including (critical and engaged) phenomenology, psychology, and sociology. Through this interdisciplinary dialogue, the course seeks to identify both the possibilities and the limitations that arise in the interaction between the humanities and medicine.
Programme / session(s)' schedule	27.11.2026, 9:00-12:15 & 13:15-16:15h: Welcome and introduction; presentation of the learning objectives; theoretical foundations; key terms and concepts; initial case studies; group work and discussion 28.11.2026, 9:00-12:15 & 13:15-15:30h: In-depth exploration of the theoretical foundations; methods and practical examples; text-based work and case analyses; reflection on the results; transfer assignments to be completed before the second block 15.01.2027, 09:00-12:15 & 13:15-16:15h: Review of the transfer assignments; in-depth discussion of selected topics; practice-oriented exercises; group work 16.01.2027, 09:00-12:15, 13:15-15:30h: Presentation of the group work results; discussion and feedback; summary of the seminar content; evaluation and closing
Developed skills and competences	• Critical thinking and analysis • Analysing and evaluating information • Synthesising knowledge from different disciplines • Applying theoretical knowledge to complex social contexts • Problem solving and dealing with complex issues • Interdisciplinary collaboration and communication • Respect for diversity, inclusion and different perspectives • Reflective and ethical thinking
Objectives and learning outcomes	Analyse — key concepts including health, illness, well-being, resilience, embodiment, epistemic injustice, and social participation Critically discuss — social, cultural, environmental, biographical, and embodied dimensions of health and well-being Compare — phenomenological, psychological, sociological, and medical perspectives Apply — Phenomenological and Medical Humanities concepts to social and institutional challenges Identify and analyse — epistemic injustice and discriminatory practices in medicine, science, and society Synthesise — interdisciplinary perspectives on complex health-related issues Communicate — interdisciplinary arguments concerning health, illness, well-being, and social participation
Assessment methods and criteria, including grading scale (if applicable)	Written essay / research paper – 50% Critical engagement with relevant literature Accurate use of Phenomenological concepts and their application in interdisciplinary contexts Quality and coherence of argumentation Appropriate academic referencing and writing

	Seminar presentation / group discussion – 30% Clear and structured presentation of ideas Ability to connect perspectives from different disciplines Critical discussion and engagement with peers Appropriate use of academic sources Active seminar participation – 20% Preparation and engagement with assigned readings Constructive contribution to discussions Ability to formulate and respond to critical questions Respectful engagement with diverse perspectives and openness
Type of certification issued upon attendance or completion	EUniWell Certificate, Transcript of Records (University of Cologne)
Contact	List of local EUniWell catalogue's coordinators available here. <i>For questions related to the content of the course, please contact the offer's Institution's local catalogue coordinator. For questions related to administration, mobility or recognition the course in your curricula, please contact home Institution's local coordinator.</i>