

Erasmus Mundus Masters • Lisboa

HYGIEIA – HEALTH AND WELLBEING ACROSS THE LIFESPAN



Direction

Catarina Fialho Rosado
p1657@ulusofona.pt

Secretariat

Ana Rita Pereira Luís
f8165@ulusofona.pt

Duration

2 Years

Credits

120 ects

Presentation

HYGIEIA is a 2-year English-taught program that involves the Lusófona University (Lisbon), University Belgrade (Serbia), and the University of Balearic Islands (Spain), as well as stakeholders from academia, industry, medical societies, and healthcare providers. The academic program results from a common vision among partners that allowed us to create one single joint curriculum. Hailing from Greek mythology, Hygieia embodied the virtues of cleanliness, sanitation and health, adored by her power to prevent rather than cure sickness. This mythological figure seems to have a particular relevance in the current world, where integrated preventive strategies throughout the lifespan are in need to achieve Health and wellbeing of the populations.

STUDY PLAN

1st Year / General path

1º Semestre	ects	2º Semestre	ects
Digital Tools and Healthy Living	5	Food and Sustainability	3
Entrepreneurship and Sustainability	5	Lifestyle and Health	6
Option I	3	Methods and techniques in Health and	
Public health and health promotion	6	Wellbeing Research	3
Regulatory framework of Non-drug Products	5	Nutrition and Feeding in Physical Activity and	
Toxicology and the exposome	6	Sports	3
		Nutrition Throughout the Lifespan	6
		Option II	3
		Physical Activity across the Lifespan	6

2nd Year / General path

1º Semestre	ects	2º Semestre	ects
Communication and Health Literacy	3	Dissertation/Master Thesis	30
Evidence based use of dietary products and cosmetics in health and wellness	5		
Formulation, production, and testing of cosmetic products	5		
Formulation, production, and testing of food supplements	5		
Health economics and quality of life	4		
Option III	3		
Starting materials for non-drug products: environmental impact	5		

Linha direta
para o teu futuro



963 640 100



217 515 500



info@ulusofona.pt



@u.lusofona.pt

WWW.ULUSOFONA.PT