	Implementation schedule	Physically/ Remotely	Contact hours	Autonomous work for students (max hours)	Learning outcomes
Activity 1 (27/03/2026)	Introduction to Smart Urban Coastal Sustainability and Quality of Life (QoL) - Concepts of SmUCS - Urban coastal health challenges - Determinants of QoL	**Remotely**	**3**	**8**	Understand links between environment and health behaviors Identify research questions related to sustainability and well-being Select appropriate validated instruments Understand measurement reliability and validity
Activity 2 (30/03/2026)	Psychological Well-Being, Stress, and Social Determinants of Health	**Remotely**	**4**	**10**	Understand determinants of psychological well-being Recognize the relationship between stress and lifestyle behaviors Analyze the role of social support in resilience Learn to administer mental health questionnaires ethically
Activity 3 (22/04/2026)	Sleep, Chronobiology and Daily Rhythms in Urban Coastal Life	**Remotely**	**4**	**10**	Understand circadian biology concepts Recognize links between sleep, metabolism, and health Explore how urban environments affect biological rhythms Learn measurement of sleep and chronotype

Activity 4 (24/04/2026)	Nutrition, Food Behavior, and Sustainable Diets	**Remotely**	**4**	**10**	Understand sustainable nutrition concepts Assess dietary patterns and adherence Analyze how food environments influence choices Connect diet with environmental sustainability
Activity 5 (29/04/2026)	Physical Activity, Environment, and Nature Connection	**Remotely**	**4**	**10**	Understand environmental determinants of physical activity Recognize benefits of nature exposure Analyze links between environment and health outcomes Evaluate QoL from a sustainability perspective
Activity 6 (06/05/2026)	Research design and data collection, analysis and interpretation: - Data entry - Statistics - Interpretation of associations between variables	**Remotely**	**4**	**15**	Implement data collection procedures Analyze quantitative and qualitative data Draw meaningful conclusions
Activity 7 (08/05/2026)	Sustainability Integration and Health Promotion Revision and Feedback session	**Remotely**	**3**	**5**	Communicate research clearly Translate research findings into recommendations Connect health outcomes with sustainability frameworks

Activity 8 (13/05/2026) (mandatory)	Preaparation of a presentation for the "Closing virtual workshop on Undegraduate activities"	Remotely	4	20	Enhance proficiency in written and oral communication within a particular field, utilizing specialized terminology
Total Hours			30	88	118