



UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Elective 2 - SOCIAL SERVICE AND WELL-BEING

Academic Year 2026/2027

1. Organic Unit

Higher Institute of Social Work

2. Course

SOCIAL WORK

3. Cycle

1st

4. Course Unit

Elective 2 - SOCIAL SERVICE AND WELL-BEING (L4531)

5. Scientific Area

6. Curricular Year

3rd

7. Type of Curricular Unit / Semester

1st Semester



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8. Class type and workload (work time)

Theoretical classes:

Practical classes:

Theoretical-Practical Classes 30,00

Tutorial Guidance:

9. ECTS Credits

3,00

10. Scientific Area Coordinator

11. Regent

ANA RITA VENTURA VERÇAS

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

Develop skills of critical analysis and policy in the field of social welfare, contributing to practices of social intervention promoting human rights and improving the quality of life of citizens.

Prepare students for a qualified intervention and for the study of current emerging issues, aiming at a professional performance able to respond to the emerging challenges in contemporary societies.

15. Specific Objectives

Empower students for political practice strategies in Social Work.

Interpret and critically use statistical sources, helping students to analyze different indicators and sub-indicators associated with well-being.

Understand the articulation between theoretical and empirical sources as a support for the study of different problems.

Deepen contemporary social issues that present themselves as challenges to intervention and innovation in Social Work.

16. Skills to be acquired

Political communication skills in the area of Social Work.

Articulation and use of scientific production in the area of social sciences for the understanding of social phenomena and in social intervention.

Basic skills in the use and evaluation of indicators and sources of national and international statistical information in the field of social welfare.

Critical reflection on emerging social issues.



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17. Teaching Methodology

Theoretical-practical classes: Reflection and debate on the subject of classes, on recommended reading texts, working documents and statistical data related to the themes of the course unit.

Development of autonomous work, giving students a participatory and autonomous role in their training process through critical analysis of theoretical and empirical sources associated with different areas of social intervention.

Participation of invited experts.

18. Course Unit Program

1 - Social Work intervention and the promotion of well-being

1.1- Concept of welfare and purposes of the intervention of Social Work

1.2 - Policies and sectors of priority action and social innovation

1.3 - Reconfiguration of social action programs in the field of social intervention

1.4 - Strategies of policy practice in social intervention

2 - National and international indicators of well-being and quality of life

2.1 - Platforms for research and calculation of national statistics (INE, PORDATA) and international (Eurostat, OECD, among others);

2.2 - Well-being index: Material conditions and quality of life (INE)

2.3 - Index for a Better Life (OECD)

2.4 - Sustainable Development Indicators (Eurostat)

3 - Welfare dimensions and challenges of Social Work: contemporary topics

3.1 - Social Work in the context of global crises.

3.2 - Climate change and ecological transition.

3.3 - Migration and cultural diversity.

3.4 - Human rights in the digital age.

3.5 - The promotion of mental health in the various contexts of Social Work practice.

4. The Importance of Professional Selfcare.

19. Assessment Methods

In accordance with the regulations governing the assessment of knowledge currently in effect at Lusíada University.

20. Didactic Resources

Computer

Projector

Powerpoint presentations

Documentation and bibliography recommended and/or provided by the teacher



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21. Sustainability Objectives

SDG 8 - Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all

SGD 10 - Reduce inequality within and among countries

SGD 16 - Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

22. Keywords

Social welfare

Social indicators

Quality of life

Political practice

Social work



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23. Main Bibliography

Author(s): Amartya Sen
Title: A ideia de justiça
Edition: 1.^a Edição Year: 2022
Local: Coimbra
Publisher: Almedina
ISBN Code:

Author(s): O'Leary, Patrick e TSUI, Ming-sum
Title: Five pillars of well-being for social work in times of local and global challenges
Edition: International Soc Year: 2023
Local:
Publisher: Sage Journals
ISBN Code:

Author(s): Cristina Pinto Albuquerque; Ana Cristina Brito Arcoverde
Title: Serviço Social Contemporâneo
Edition: 1.^a Edição Year: 2017
Local: Lisboa
Publisher: Pactor
ISBN Code:

24. Complementary Bibliography

Author(s): Bruce S. Jansson
Title: Becoming an effective policy advocate: From policy practice to social justice
Edition: 8.^a Edição Year: 2017
Local: Belmont
Publisher: Brooks Cole
ISBN Code:

Author(s): Renato Miguel do Carmo; Inês Tavares; e Ana Filipa Cândido (orgs.)
Title: Que Futuro para a Igualdade? Pensar a Sociedade e o Pós-pandemia
Edition: 1.^a Edição Year: 2022
Local: Lisboa
Publisher: Observatório das Desigualdades, CIES-Iscte



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