



Funded by the
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TRAINING IN EMBODIED CRITICAL THINKING (TECT) is an interdisciplinary project spanning 2021-2023, initiated by philosophers, computer scientists, cognitive scientists, environmental designers, and mindfulness trainers, collaborating across five European universities.

TECT offers novel methodologies based on theories of embedded, extended, and enactive mind, with far reaching implications for independent, creative and critical thinking in the 21st century. TECT is designed to cater to students, researchers and professionals across thinking and creative disciplines.

ECT is committed to **Francesco Varela's** "call for transforming the style and values of the research community itself":

Unless we accept that at this point in intellectual and scientific history some radical re-learning is necessary, we cannot hope to move forward and break the historic cycle rejection-fascination with consciousness in philosophy of mind and cognitive science. My proposal implies that every good student of cognitive science who is also interested in issues of mental experience, must inescapably attain a level of mastery in phenomenological examination in order to work seriously with firstperson accounts." (Varela, 1996, pp. 346-347)

TECT ONLINE COURSES: provides interdisciplinary foundations of Embodied Critical Thinking, with a special emphasis on techniques designed for exploring lived experience. The course will situate the different first-person approaches within the broader scope of cognitive science and philosophy.

TECT SUMMER SCHOOL: will address the question: What is it like to be embodied and how does more awareness of embodied experience affect the practice of differentiated thinking and research? The focus will be on hands-on exploration of participants' experiential landscapes – they will explore methods of embodied thinking and research practices by applying various approaches of inquiring and reporting on lived experience, such as Micro-phenomenology, Thinking at the Edge, and meditative self-inquiry. Students will also be introduced to exploring the mind through movement and will get to know traditional embodied practices, such as the (Tibetan-Buddhist) monastic debate. In the summer school, different approaches to thinking will not only be practiced but will go into dialogue with each other to explore the opportunities and challenges of interdisciplinary research.

After the summer school, the students will be able to understand the place of contemplative and experiential first-person approaches within the broader scope of cognitive science; become more familiar with their own experiential landscapes; be able to understand the basics of a chosen firstperson approach as a way of exploring embodiment and applying it to embodied critical thinking.

TECT INDEPENDENT PROJECTS are pursued across various fields of cognitive science, design, and/or philosophy, supervised by a TECT teacher of the student's choosing.

Univerza v Ljubljani



Ernst-Abbe-Hochschule Jena
University of Applied Sciences



university of
 groningen

Training in Embodied Critical Thinking

International Training Program

March to October 2023

Online webinar: March 7th- May 30th

Summer school: June 26th-30th

Independent project: due October 15th
> 15 ECT

For students, researchers & professionals

Hosted by the **University of Groningen**
with partners from the TECT consortium:

ECT, University of Iceland
University of Ljubljana
Mindful Education, University of Applied
Sciences Jena
Environmental Design, Technion Haifa
Micro-phenomenology Laboratory, Paris

Application deadline:
January 10th, 2023

**Erasmus+ travel and accommodation grants
available for participants from collaborating
universities**

More info: www.trainingect.com