

PRACTICAL
INFORMATION**Time and venue:**

Preparatory work in face-to-face education or distance learning, starting April 20th 2021 (student decides how to participate).

Intensive part in Oulu and woods, Finland, May 25th - 30th 2021.

Target group: BA and MA students from healthcare professions, social work/care.

Credits: 3 ECTS

Costs: 240 € (students of OAMK € 50)

Fee includes teaching, teaching materials, food and accommodation (in tents) from May 26th - 30th, travelling from Oulu to campsite and back.
Not included: flights to Oulu and back, accommodation in Oulu on May 25th.

Coordinating institution:

Oulu University of Applied Sciences, Finland

Registration: as of January 2021, participation will be confirmed latest mid February. Link to register: <http://www.coehre.com/index.php/calendar/>

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Nature and Adventure
Promoting Well-being

25th – 30th May 2021
Oulu – Finland

Nature and Adventure
Promoting Well-being**Description:**

Urbanization is emerging as one of the most important global health issues of the 21st century, with cities becoming epicenters for chronic, non-communicable physical and mental health conditions. There is growing recognition of the crucial role of forests and other green spaces addressing this public health care challenge, with over 40 years of research showing that experiences of nature are linked to a remarkable breadth of positive health outcomes: improved physical health and mental well-being, greater social well-being and promotion of positive health behavior.

Still too often we don't recognize the effect of nature and environment on us. When working with clients we should be able to support them to manage everyday activities in their natural environment. This course will teach a mindset of using nature with our clients and to find out more about our own relation towards the environment and life that surrounds us. Making us realise the importance of environments and meaningful experiences for our clients and use them as a part of our work as health and social care professional.

Pedagogy:

Blended learning, partly online and an intensive part in the middle of nowhere (woods in Northern-Finland). Learning is based on teamwork and learning by doing.



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PROGRAMME



MAY 25TH-26TH

- + Introduction Participants
- + Framework / Key concepts
- + Preparations in Oulu

EVENING MAY 26TH

- + Moving to the campsite
- + First night at the campsite

MAY 27TH - 30TH

- + 4 days stay in the middle of nowhere
- + Carrying out planned activities in nature

MAY 31ST

- + Travelling back to Oulu
- + Reflection after the course

Philosophy and assumptions:

Things we are doing with clients should be meaningful to them. How to find out what is meaningful to each client? What are elements of a meaningful activity or experience? How to plan activities in nature (or elsewhere) which - in the best possible scenario - will enable that client to have a life changing experience? What is meaningful for me personally and professionally? And why does it matter? The philosophy of the course is based on finding answers to these questions.

Learning outcomes:

You will be able to analyse the meaningfulness and safety of activities carried out in nature. As part of an interprofessional group - you will learn to plan, carry out an evaluate camps, trips and events both in urban and natural environments considering safety and ecology as well as individual recourses and needs of variable clients, also those with special needs. You will identify new competences and emotions within yourself, risen up because of the outdoor adventure activities.

Teachers:

Eija and Ulla-Maija are both senior lecturers at Oulu University of Applied Sciences (OAMK). Eija is an physiotherapist and Master of Education. She is also Head of degree Programme of Physiotherapy. Ulla-Maija is occupational therapist, psychotherapist an MA of Health Sciences. Nature as environment is highly important to both of them and they understand it's healing effects from personal experiences. Eija and Ulla-Maija have been running this course for more then 10 years. Over the years, almost 400 students from all over Europe and some Asian countries, as well as lecturers at other universities, therapists and researchers have joined the course to learn more about it and use it in their own contexts.

INFORMATION ON THE COHEHRE ACADEMY

The Coehre Academy is one of the activities within the Coehre consortium. The aim of the Academy is to enhance international, interdisciplinary, interprofessional cooperation and capacity building within health education among the members institutions.

The Academy acts as a platform that initiates, supports and coordinates different activities. It offers opportunities to create, stimulate, found and intensify networking of partner institutions and to develop joint initiatives.

For further information on this seminar, please contact:

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