

Nature and Adventure Promoting Wellbeing-course is for all students of social and health care interested about empowering experiences supporting wellbeing.

During the course you will gain new professional competencies, but also learn a lot about yourself, your own values and relation towards nature and natural environment.

The course consists of online studying (starting on April 28th) and an intensive phase in Finland on May 25.-31.2021

COVID-WARNING

**FINAL
CONFIRMATION OF
THE COURSE WILL BE
ON APRIL 15TH**



How could we empower our clients to gain meaningful experiences supporting wellbeing?

What is the importance of knowing myself as a reflective practitioner?

Where can I find tools understanding deeper and being able to use possibilities of our environment?

Nature and Adventure Promoting Wellbeing 3 ECTS

April- May 2021
Oulu, Finland

NATURE AND ADVENTURE PROMOTING WELLBEING

Important dates

REGISTRATION



15.1.-15.2.2021

Online registration
<https://webropol.com/s/nature2021registration>

ACCEPTANCE



28.2.2021

Information about acceptance on February 28th 2021. Max. 4 students/ university

ONLINE

28.4.-17.5.2021



Online learning: teacher lead 28.4., 5.5. and 15.5. + meetings with working groups

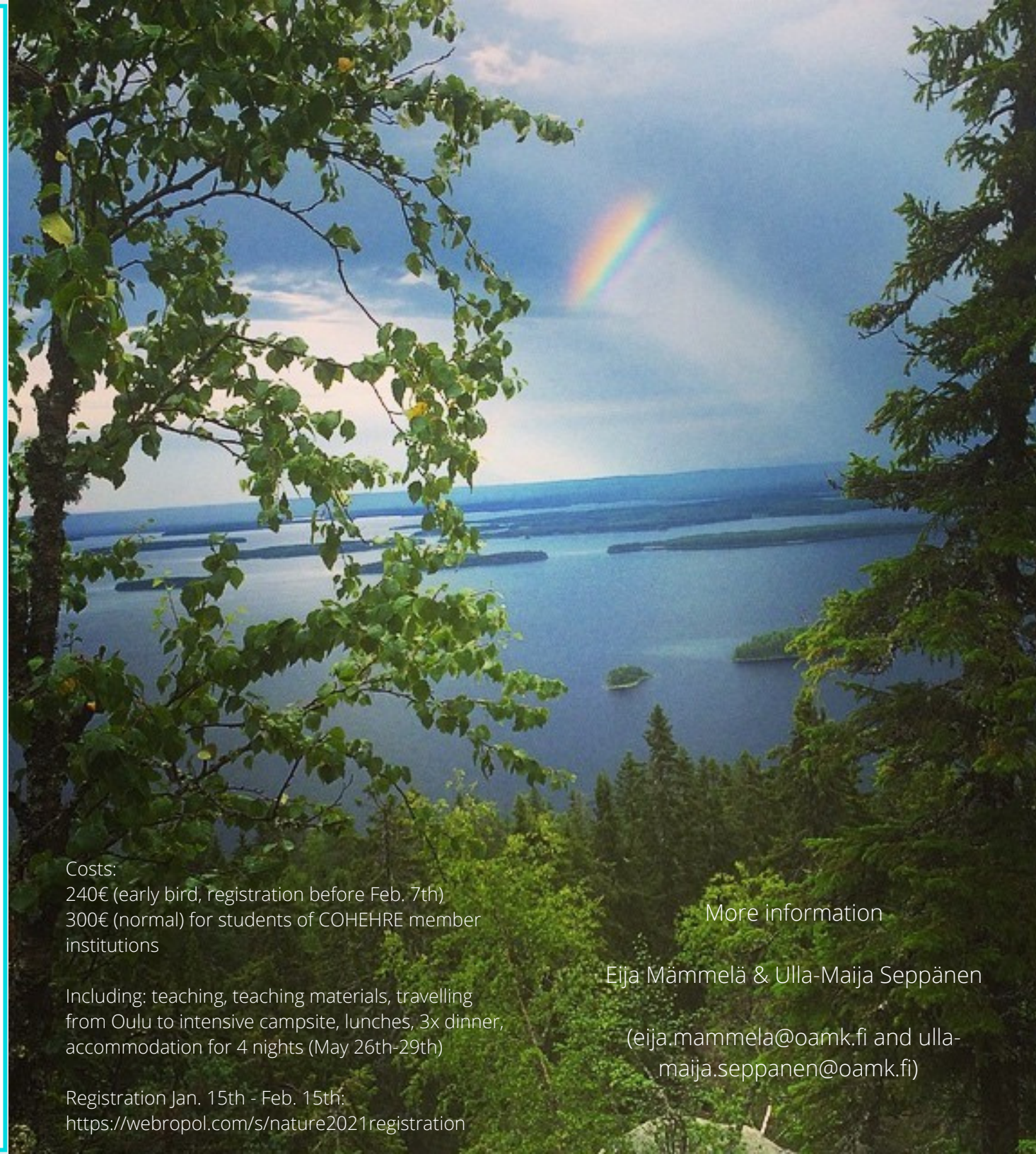
INTENSIVE



25.-31.5.2021

Last check-up on May 25th
In campsite on May 26th-30th

MORE INFO: EIJA.MAMMELA@OAMK.FI AND ULLA-MAIJA.SEPPANEN@OAMK.FI



Costs:

240€ (early bird, registration before Feb. 7th)

300€ (normal) for students of COEHRE member institutions

Including: teaching, teaching materials, travelling from Oulu to intensive campsite, lunches, 3x dinner, accommodation for 4 nights (May 26th-29th)

Registration Jan. 15th - Feb. 15th:

<https://webropol.com/s/nature2021registration>

More information

Eija Mämmelä & Ulla-Maija Seppänen

(eija.mammela@oamk.fi and ulla-maija.seppanen@oamk.fi)