

LK0262 Health promoting outdoor environment: Schedule 2021

The course is given as a distance course at 50% with three online meetings and one meeting at a project place. Course period: January 18th 2021 -June 6th 2021

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| Course meeting 1 – Zoom | January 20-22 |
| Submission 1: Draft of part 1 (group) | February 28 |
| Hand in: Study tour exercise (individual) | March 8 |
| Course meeting 2 – Zoom | March 8-10 |
| Submission 2: Revision of part 1 (group) | March 21 |
| Group meeting at project place | March 22-24 |
| Submission 3: Revision of part 1 and draft of part 2 (group) | April 28 |
| Feedback on submission 3 (course leaders) | May 4 |
| Course meeting 3 – Zoom | May 10-12 |
| Submission of revised version of entire Group project (group) | May 21 |
| Submission 4: Part 4 (individual) | June 6 |
| Feedback on submission 4 (course leaders) | By end of June |

In between the course meetings, you are welcome to contact Anna Bengtsson either by phone (0046 40 415170) or by e-mail (anna.bengtsson@slu.se) for guidance in relation to the course and the assignments.

Meeting 1, January 20-22: Orientation to the field, and finding a project case for the course assignment

Wednesday January 20

Zoom

13.00-14.15 Course introduction, Anna Bengtsson

14.30-16.30 Lecture: Health promoting outdoor environments – evidence, Patrik Grahn

Thursday January 21

Zoom

8.30-10.30 Introduction to group work, Anna Litsmark and Anna Bengtsson

11.00-12.00 Lecture: Erik Skärbäck: Restorative workplace

13.00-14.30 Three step seminar: Health promoting outdoor environments, Anna Bengtsson

14.30-16.30 Group assignment

Friday January 22**Zoom**

- 8.30-9.30 Lecture: An example of the course assignment in four parts from 2020, Linnéa Larsson
- 9.45-10.45 Lecture: Body, Mind and Nature - A way to cope with mental fatigue after acquired brain injury, Helene Landin
- 11.00-12.00 Lecture: Outdoor rehabilitation and evidence based practice, Lotta Lundmark
- 13.00-14.00 Lecture: Designing for a target group - a roof top garden at the Memory Clinic in Malmö, Nina Oher
- 14.15-16.00 Group work
- 16.00-17.00 Lecture: Health Promoting Outdoor Environments, Anna Bengtsson

Meeting 2 March 8-10: Background, aim and method for group project**Monday March 8****Zoom**

- 8.30-17.00 Groups presenting and giving feedback to part 1/lectures/exercises

Tuesday March 9**Zoom**

- 8.30-17.00 Groups presenting and giving feedback to part 1/lectures/exercises

Wednesday March 10**Zoom**

- 8.30-12.30 Groups presenting and giving feedback to part 1/lectures/exercises

Group meeting at project place March 22-24: Conducting analyses of physical environment and conducting pilot study to investigate user group

All group members meet at their project place. Attendance is crucial to the project and to the group work and therefore mandatory. It is recommended for all group members to visit the site for the project. Otherwise the group should contact the course leader and discuss other options. The groups arrange the meetings themselves, and contact key persons beforehand.

Meeting 3 May 10-12: Program Proposals - Health promoting outdoor environment

Monday May 10

Zoom

8.15-17.00

Project presentations/Group work preparing presentations and constructive reflections

Tuesday May 11

Zoom

8.15-17.00 Project presentations/Constructive reflections

Wednesday March 13

Zoom

8.15-10.00 Project presentation/ Constructive reflections

10.00-12.30 Course evaluation and time for questions
