

# Schedule 2025 - MP0008 Health promoting outdoor environment

Course period: January 20<sup>th</sup> -June 8<sup>th</sup> 2025, Pace: 50%

**Zoom Classroom: See Canvas**

**Passcode: See Canvas**

The main assignment in the course consists of a group project. Project groups are formed on course meeting 1. The course is given as a distance course with **three mandatory course meetings on-line, a KICK OFF for field work** (via Zoom) **and weekly project group meetings** until the final version of the work is submitted. There is also **scheduled time for field work at the project place** chosen by each group. Since the assignments and group project starts promptly, **please note that you have to attend the first course meeting to be able to take the course.**

In between the course meetings, optional meetings are offered for inspiration, group supervision and discussions about the course assignments. You are also welcome to contact the course leaders for guidance in relation to the course and the assignments.

## Course leaders:

Helene Landin [helene.landin@slu.se](mailto:helene.landin@slu.se) phone: 0046 40 415508

Anna Bengtsson [anna.bengtsson@slu.se](mailto:anna.bengtsson@slu.se) phone: 0046 40 415170

## Disposition of course meetings and submissions

- **Mandatory roll call: January 20<sup>th</sup> at 10.00**
- Before the first course meeting, please watch:  
Lecture: Health promoting outdoor environments - Evidence, Patrik Grahn  
(Available at Canvas/Media Gallery)

## Course meeting 1, January 22-24: Orientation to the field, forming a group and finding a project case for the course assignment

### Wednesday January 22

13.00-14.15 Course introduction, Anna Bengtsson and Helene Landin

14.30-16.30 Health promoting outdoor environments, Anna Bengtsson

### Thursday January 23

8.30-10.30 Introduction to group work, Anna and Helene

11.00-12.00 Lecture: Public health and health promotion, Helene Landin

LUNCH

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

14.30-16.30 Group assignment

### Friday January 24

8.30-9.30 Lecture: Designing for a target group - a roof top garden at the Memory Clinic in Malmö, Nina Oher

9.45-10.45 Seminar: Designing for a target group, Nina Oher

10.45-12.00 Group work

## LUNCH

13.00-14.00 Lecture: An example of the course assignment in four parts, Marja Ros

14.15-16.30 Reflections and questions / Group work

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**Project group meetings** (are to be scheduled by each group)

**Every week**

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### Between the course meetings:

- Write **Reflections on Patrik Grahns lecture** on Canvas by: February 31  
Group submission 1: **Group Contract** February 6
- please also watch: (Canvas/Media Gallery)
  - To activate a place, Anna Litsmark
  - A tour in the Garden in March, Frederik Tauchnitz

### Optional meeting

Friday February 7<sup>th</sup>

9:00-12.00

9.00-10.00 Guest lecturer: Kes McCormick, Professor of Business Development and Sustainable Innovation presents research within the field of nature-based solutions

10.00-12.00 Q&A-session + discussions about the course assignments

Possibility to book group supervision in the afternoon: [Helene.landin@slu.se](mailto:Helene.landin@slu.se); [anna.bengtsson@slu.se](mailto:anna.bengtsson@slu.se)

- Group submission 2: **Draft of part 1** February 25
  - **Reading log 1** write your reflection on Canvas by February 28
  - Hand in Individual Exercise: **Study visit** February 28
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## **Course meeting 2 March 3-5: Background, aim and method for group project**

### Monday March 3

8.30-9.00 Information about course meeting 2

9.00-12.30 Groups presenting and giving feedback

13.30-15.30 Lecture: Dialogue in the design process, Johanna Eriksson from Chalmers

15.30-17.00 Group work: Present your Study visit exercise. Cross- groups.

### Tuesday March 4

8.30-10.00 Lecture: Using outdoor environment in the psychology profession, Elizabeth Marcheschi

10.30-11.30 Lecture: Using outdoor environment in the occupational therapy profession, Vanessa Reyners

- 12.30-13.00 Introduction to workshop (Helene & Anna)  
13.00-15.00 Group work creating outdoor exercises  
15.15-16.30 Presentations (10-15 minutes/group)

### **Wednesday March 5**

- 8.30-10.30 Group work  
10.45-11.45 Lecture: Using outdoor environment in the physiotherapy profession, Helene Landin  
11.45-12.15 Reflections and summery

(13.15- Optional time for group work. Possibility to book supervision [Helene.landin@slu.se](mailto:Helene.landin@slu.se);  
[Anna.bengtsson@slu.se](mailto:Anna.bengtsson@slu.se))

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- Group submission 3: **Revision of part 1** March 14
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## **Group meeting at project place March 25-27: Conducting analyses of physical environment and conducting pilot study to investigate user group**

The project groups arrange the meetings themselves, and contact key persons beforehand. Other dates may be selected as the groups see fit. Attendance is crucial to the project and to the group work and is therefore mandatory. It is recommended for all group members to visit the site for the project. Otherwise the group should contact the course leaders and discuss other options.

### **Kick off for field work: March 25th** (Mandatory, on Zoom)

- 9.00-10.00 Lecture: Brisa, an on-going real-life project, Emma Ljungberg  
10.15-12.00 Q&A-session + discussions about the course assignments

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- **Reading log 2** write your reflection on Canvas by April 4

### **Optional meeting Wednesday April 7<sup>th</sup>**

- 13.00-13.45 Guest lecturer: Peggy Chi, Dalla Lana School of Public Health, University of Toronto  
Lecture: Turning Over a New Leaf: Links between Nature Access and Outcomes in Long-Term Care Among Older Adults and Healthcare Workers  
14.15-15.00 Guest lecturer: Anna Herod, University of Agriculture in Kraków, Poland  
Lecture: Meaning of the garden: the perception and use of green spaces among older adults  
15.00-16.00 Q&A-session + discussions about the course assignments
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- Group submission 4: **Draft of part 2**  
including revision of background and method April 23  
(Feedback from course leaders before course meeting 3)
  - **Reading log 3** write your reflection on Canvas by May 2
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## Course meeting 3 May 7-9: Program Proposals

### **Wednesday May 7**

- 8.30-9.00 Information about course meeting 3 and time for questions.  
9.00-12.00 Group work (final preparations of presentations and feedback)
- 13.00-15.30 Project presentation/Constructive reflections  
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### **Thursday May 8**

- 9.00-12.00 Project presentation/Constructive reflections
- 13.00-15.30 Course evaluation and time for questions  
Group work (possibility for supervision)

### **Friday May 9**

- 8.30-15.30 Group work (possibility for supervision)
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### **Optional lecture**

### **Wednesday May 14th**

8.30-10.00 Lectures: Researchers from Okayama Prefectural University, Japan, present their ongoing work on landscape analysis and evaluations of everyday environments in Japan.

- Group submission 5: **Final version** of the group project May 22
  - **Part 4: Individual assignment** June 2  
(Feedback on individual assignment from course leaders by the end of June)
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### **WELCOME TO ATTEND OUR OPEN CAMPUS ALNARP DAYS IN JUNE!**

*Book **June 4<sup>th</sup> and 5<sup>th</sup>**!*

*On Wednesday evening we plan for get together activities and dinner and on Thursday there will be final examinations at the OHW program (possible to join on Zoom as well as live) and the annual SLU-thesis day.*

*Hope to meet you in person 😊*