

Schedule 2024 - MP0008 Health promoting outdoor environment

Course period: January 17th 2023 -June 2th 2023, Pace: 50%

Zoom Classroom:

Passcode:

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 group project runs through out the whole semester **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:

Anna Bengtsson anna.bengtsson@slu.se phone# 0046 40 415170

Helene Landin helene.landin@slu.se phone#0046 40 415508

Disposition of course meetings and submissions

- Before the first course meeting, please watch:
Lecture: Health promoting outdoor environments, Anna Bengtsson (Canvas/Media Gallery)

Course meeting 1, January 17-19: Orientation to the field, forming a group and finding a project case for the course assignment

Wednesday January 17

13.00-14.15 Course introduction, Anna Bengtsson and Helene Landin

14.30-16.30 Health promoting outdoor environments – Evidence, Patrik Grahn

Thursday January 18

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 19

8.30-9.30 Lecture: Outdoor rehabilitation and evidence based practice, Lotta Lundmark

9.50-10.50 Lecture: Designing for a target group - a roof top garden at the Memory Clinic in Malmö, Nina Oher

11.10-12.00 Seminar: Designing for a target group, Nina Oher

LUNCH

- 13.00-14.00 Lecture: An example of the course assignment in four parts, Jonna Sandin Larkander and Gitte Volk
- 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

Between the course meetings:

- Write **Reflections on Anna Bengtsson's lecture** on Canvas by: February 1 and comment on at least one other student's post within a week
- Group submission 1: **Group Contract** February 5
- 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 16th**

9.00-9.45 Guest lecturer: Silviya Korpilo, University of Helsinki

Lecture: "Using multisensory methods and novel technologies for studying nature exposure in and through place"

Possibility to book group supervision in the afternoon: Helene.landin@slu.se

- Group submission 2: **Draft of part 1** February 23
 - **Reading log 1** write your reflection on Canvas by March 1 and comment on at least one other student's post within a week
 - Hand in Individual Exercise: **Study visit** March 4
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Course meeting 2 March 4-6: Background, aim and method for group project

Monday March 4

- 8.30-9.00 Information about course meeting 2
- 9.00-12.00 Groups presenting and giving feedback

- 13.00-15.30 Time for group work
- 15.30-17.00 Group work: Present your Study visit exercise. Cross- groups.

Tuesday March 5

- 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 6

- 8.30-10.30 Lecture: Dialogue in the design process, Johanna Eriksson from Chalmers
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 Anna.bengtsson@slu.se;
Helene.landin@slu.se)

Optional lecture

Tuesday March 12

8.30-10.00 Lecture: Health promoting outdoor environments for different user groups
Guest lecturer: Landscape Architect Helle Nebelong, Denmark www.hellenebelong.com

- Group submission 3: **Revision of part 1** March 11
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Group meeting at project place March 19-21: 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 leader and discuss other options.

Kick off for field work: March 19th (Mandatory, on Zoom)

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

- **Reading log 2** write your reflection on Canvas by April 1
and comment on at least one other student's post within a week

Optional meeting

Wednesday April 10th

9.00-9.45 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
10.00-12.00 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 22
(Feedback from course leaders before course meeting 3)
 - **Reading log 3** write your reflection on Canvas by May 1
and comment on at least one other student's post within a week
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Course meeting 3 May 6-8: Program Proposals - Health promoting outdoor environments

Monday May 6

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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Tuesday May 7

9.00-12.00 Project presentation/Constructive reflections

13.00-15.30 Course evaluation and time for questions
Group work (possibility for supervision)

Wednesday May 8

8.30-15.30 Group work (possibility for supervision)

- 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 MAY!

*Book **May 30th-31st**!*

On Thursday there will be final examinations at the OHW program (possible to join on Zoom), get together activities and dinner and on Friday the annual SLU-thesis day.

Hope to meet you in person ☺