

NATUREACH - Nature Reachable for all

Project Workshop 7-8 May 2024 in Österåsen, Sollefteå

Monday 6 May

20.00 *The Wasaline ferry leaves from Vaasa to Umeå (Finnish time)*

23.00 *Arrival to Umeå (Swedish time), taxi transports from Wasaline terminal to the hotel in Umeå City, which will be booked according to registrations and paid by our workshop hosts in Österåsen!*

Program Tuesday 7 May

9.30 *Bus transport from Clarion Collection hotel Uman to Österåsen (Livsstilsmedicin Österåsen)*

12.00 Check in (the entrance lobby)

12.30 Lunch (Small Dining room)

13.30 Nature intervention with mood survey: Forest bathing (IRL, assisted by Ann Dolling and Elisabet Bohlin)

15.00 Coffee/tea and Lectures:

- The impact of nature on mood and restoration (Ann Dolling and Martta Ylilauri)
- Our senses, more than just sight and hearing (Ann Dolling and Elisabet Bohlin)

16.30 Relaxation exercise (Gymnastiksalen)

17.00 Dinner (Small Dining room)

18.00 Guided tour to Österåsen's local Art collection (starting from the entrance)

19.00 Time for recuperation

20.00 Evening tea (Small Dining room)

Program Wednesday 8 May

- 7.15 *Morning activity: water exercise or a walk in the surrounding nature*
- 8.00 Breakfast (Small dining room)
- 9.00 Current issues in Client pilots (Paviljongen, 15 min per presentation, WP leaders)
- 10.30 VR- intervention with mood survey (assisted by Elisabet Bohlin) alternating with; Walk in the beautiful forest area nearby Österåsen
- 12.15 Lunch (Small dining room)
- 13.15 Check out
- Group discussion 1 (Paviljongen) (Ann Dolling, Elisabet Bohlin and Martta Ylilauri)
- Presentation of survey responses
 - Reflection on the perceived effects of the forest bathing/nature interventions and the VR-interventions in the program
 - Assessing the nature factors that influence the effects of a nature based intervention and create conditions and settings for positive nature experiences.
- 14.15 Afternoon coffee/tea, followed by group discussion 2 and workshop summary
- Discussion on the future development of the interventions: How can each team take home their experiences from Österåsen and implement them in their own interventions and activities?
- 15.00 *Bus transport to Wasaline terminal and Umeå City*
- 19.00 *The ferry leaves from Umeå to Vaasa (arrival at 00.00 Finnish time)*



For accommodation, catering and transports, please [register here](#) by 26.4.2024.

The accommodation and meals at Österåsen are free of charge for workshop participants.

Enquires about prices for extra days: charlotte.hogberg@rvn.se

More information on the programme and arrangements: charlotte.hogberg@rvn.se