

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 hotel to Österåsen (Livsstilsmedicin Österåsen, Österås 306, Sollefteå)*

12.00 Check in (the entrance lobby)

12.30 Lunch (Small Dining room)

13.30 Nature interventions: IRL walking in the beautiful forest area nearby Österåsen and VR intervention with mood survey (assisted by Ann Dolling, Elisabet Bohlin and Martta Ylilauri)

15.00 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 (Paviljongen)

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 Nature intervention: Forest bathing (IRL, assisted by Ann Dolling and Elisabet Bohlin)
- 12.15 Lunch (Small dining room)
- Check out
- 13.15 Group discussion 1 (Paviljongen)
- Presentation of survey responses (Elisabet Bohlin and Ann Dolling)
 - Reflection on the perceived effects of the forest bathing/nature interventions in the program (Elisabet Bohlin and Ann Dolling)
 - Assessing the factors that influence the effects of the intervention and create conditions and settings for positive nature experiences (Ann Dolling, Elisabet Bohlin and Martta Ylilauri)
- 14.15 A short break
- 14.30 Group discussion 2 (Paviljongen, led by Elisabet, Ann and Martta)
- Discussion on the development of the interventions: how can each team take with the experienced at Österåsen and implement it in their future activities?
- 15.15 Afternoon coffee and tea (Small dining room)
- A walk in the surroundings before returning home
- 16.00 *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