

NATUREACH Nature Reachable for all

Project Workshop 16-17 October 2023 in Vaasa



Program Monday 16 October

- 16.45 *Transports from Wasaline terminal, railway station and airport to Restaurant Hejm, Event-loft on 2nd floor, Sininen tie 1B/ Blå vägen 1B, 65100 Vaasa <https://restauranthejm.com/en/>*
- 17.15 Dinner at Hejm
- Welcome & Introduction round *Martta Ylilauri (UVA)*
- Presentation of the Workshop program *Martta*
- Update on video productions in Sweden and Finland
Martin Gärdemalm (SLU) and Esa Siltaloppi (Esa Siltaloppi Media Ltd)
- Introduction to the Ghost Walk: The Grönvik story *Tiina Hautala and Kati Källman*
- 19.00 Guided Ghost Walk starting from Hejm
- Transport for luggage (and participants if needed) to Hotel Astor, Asemakatu 4/ Stationsgatan 4, 65100 Vaasa <https://astorvaasa.fi/?page=HOME&setlang=13>*

After the evening programme, Firstbeat guidance at hotel Astor for voluntary HRV-sleeping data measuring by Minna Huotilainen (University of Helsinki).

Where is the city ghost line in Vaasa? How did Consul Moe's society party succeed under Prohibition - and is it still going strong? Why are Vaasa city workers reluctant to work overtime? Find out more about these and other oddities of the Vaasa city's history on the Ghost Walk.

The guided walk takes you around the centre of Vaasa. During the walk you will hear stories about ghosts, legends and haunted places in Vaasa - and also get a glimpse of the city's past and history.

The tour is aimed at young people and adults, and is not recommended for small children. The tour is guided in Swedish and translated in English by Team UVA. The Ghost walk will end up near Hotel Astor, which is luckily not included to the tour@!



Program Tuesday 17 October

- 8.15 *Transport from hotel Astor to the University Campus, Conference room in Konttori's Sauna, Puuvillakuja 8, entrance from the sea side*
- 8.30 Morning coffee
Introduction of Team Eskoo and all new team members
- 9.00 How to study the health effects of nature from a medical and health science perspective? (15-20 min per presentation)
Psychological scales for mood and restoration *Lisbeth Slunga Järholm (Umeå University)*
Photovoice method *Elina Kontu and Satu Peltomäki (University of Tampere)*
Observations and interviews *Päivi Juuso (Luleå University of Technology)*
RAND-36, Blood sugar level and blood pressure *Monika Norberg, Charlotte Högberg and Benno Krachler (Lifestyle Medicine Österåsen, Region Västernorrland)*
Discussion
- 10.20 A short Break (with fruit & refreshments)
- 10.30 Heart Rate Variability (HRV) for evaluating physiological effects of nature interventions
Minna Huutilainen (University of Helsinki)
Discussion
- 11.30 Lunch at Campus
- 12.30 Introduction of VME Interaction Design Environment at Technobothnia *Rebekah Rousi (UVA)*
- 12.45 Demos with Firstbeat
Minna Huutilainen and Naike Gorr (UHE) guide us with the Firstbeat equipment
HRV-measuring demos in virtual and real nature with VR glasses and screens at VME lab (*assisted by UVA's VR-experts*) and outdoors at Campus area (*assisted by Martta, with weather reservation*)
- 14.15 Coffee and HRV-demo discussion (back at Konttori's Sauna)
- 14.45 A Review of the latest research on Nature and Health *Anna María Palsdóttir and Elisabet Bohlin (SLU)*
- 15.15 Equality and equity in project work *Ann Dolling (SLU)*
- 15.35 Workshop summary & next steps
Collaboration with One Health, Nordic Green Care research Network and other crucial networks
Anna María, Martta and all
Plan for the research group activities *Catharina vonKoskull (UVA)*
Summary of the workshop *Martta (UVA)*
Walk to restaurant Bacchus (1,4 km and about 25 min)
- 17.00 Dinner at Restaurant Bacchus
Transports to railway station, airport and Wasaline terminal according to travel schedules

For catering and transports, please [register here](#) by 6.10.2023.

More information on the programme and arrangements: martta.ylilauri@uwasa.fi