

Well-being from nature seminar reflection

Piispala, Finland



From 8th to 12th April 2024, one of our members had the privilege of representing the Center for Innovation and Development (INOS) at the "Well-being From Nature" seminar held at the Youth Centre Piispala in Kannonkoski, Finland. This enriching experience, funded by Erasmus+, brought together 25 participants from diverse corners of Europe, each contributing unique perspectives and insights.

This seminar was meticulously designed for youth workers eager to explore innovative methods to bolster their own well-being, thereby enhancing their professional capabilities in youth work. The program was thoughtfully structured around hands-on workshops and practical activities, emphasizing experiential learning outdoors amidst the serene Finnish nature.

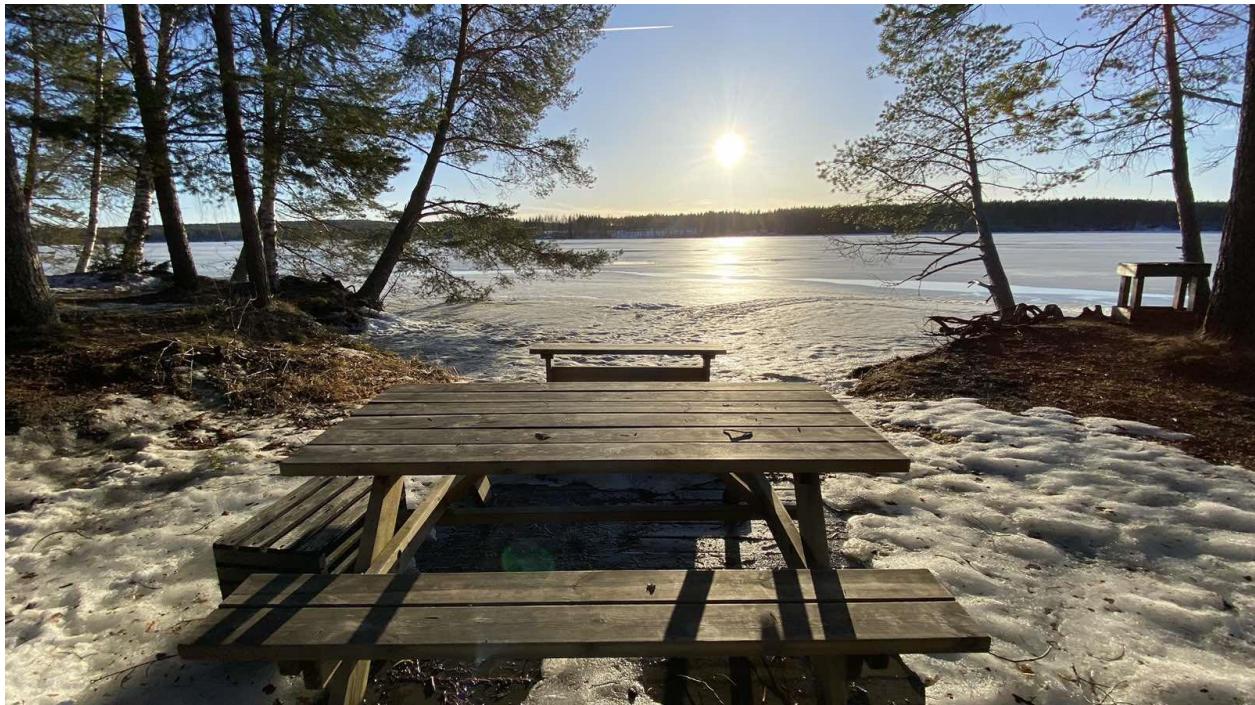
The essence of this seminar was more than just professional development; it was about fostering connections, understanding, and growth. Meeting people from different countries allowed us to exchange experiences, share best practices, and glean valuable lessons from each other. It was an extraordinary opportunity to immerse ourselves in diverse cultures, engage in stimulating discussions about ideas and potential joint projects, and forge meaningful international networks for future collaborations.



One of the standout moments was the Intercultural event, where participants showcased the culinary delights of their respective countries, presented the work of their organizations, and mingled with fellow attendees. This event epitomized the spirit of unity, collaboration, and celebration of cultural diversity.



The focus on the well-being effects of nature was particularly resonant. Through activities such as forest walks, mindfulness exercises, and outdoor workshops, we experienced firsthand the therapeutic and rejuvenating power of nature. These experiences underscored the importance of integrating nature-based practices into our daily lives and professional endeavors to enhance our overall well-being.



In conclusion, the "Well-being From Nature" seminar was a transformative experience that offered a perfect blend of learning, networking, and personal growth. It has equipped me with new skills, insights, and perspectives that I am eager to apply in my role as a youth worker and share with my colleagues at INOS. I am deeply grateful to have been part of this remarkable journey and look forward to future opportunities to collaborate, learn, and grow with my newfound international network of peers.

