

BASIC INFORMATION

Course name: **Outdoor Wellness Practices: from Experience to Growth**

Course leader: Adamina Korwin-Szymanowska, PhD

Form of the course: classes are conducted both in the field.

Academic year: 2026/2027

Semester: winter

Number of hours: **30 hours (5 meetings of 6 hours each; one meeting per month)**

Number of ECTS: 6

COURSE DESCRIPTION

For whom

The subject is aimed at people who want to extend their knowledge and skills in using nature in developmental and therapeutic work. People who enjoy spending time in nature, **regardless of the weather conditions, are invited.**

The aim

The aim of the course is to introduce participants to the theory and practice of selected outdoor practices that use contact with nature to improve mental and physical health. The classes combine elements of nature therapy, ecotherapy, and other methods to promote personal growth and well-being of participants.

Achievements

1. Knowledge

The student:

- knows the theoretical basis of outdoor practices, including ecotherapy and forest therapy;
- understands the impact of the natural environment on human mental and physical health;
- knows the mechanisms of action of therapies based on contact with nature and their application to different audiences;

- is aware of the ethical aspects of therapeutic work in the natural environment and understands safety issues.

2. Skills

The student can:

- plan and lead outdoor practice sessions tailored to the individual and group needs of participants;
- use relaxation, mindfulness, and movement techniques in the context of nature; - create conditions conducive to mental and emotional regeneration through contact with nature;
- analyze the effects of outdoor therapy and adapt the working methods to the audience.

3. Social competences

Student:

- understands the value of contact with nature in the therapeutic and educational process;
- is able to build a relationship based on trust and attentiveness in working with a group and an individual;
- acts according to ethical and safety principles in outdoor therapy;
- is aware of the need to care for the environment and promote sustainable lifestyles;
- is able to be reflective about her/his work, developing her/his skills and searching for new therapeutic methods.

What is the structure of the course?

This subject consists of 6 meetings conducted once a month, each lasting 5 hours. The classes include both theory and practical exercises carried out in the field.

What methods do we work with?

- Active methods
- Outdoor education - field activities
- Mini lectures and discussions
- Reflective approach
- Experiential methods