

HOW TO NAVIGATE THROUGH UNFAMILIAR CONTEXTS DEVELOP YOUR SKILLS FOR THE FUTURE

TOMORROW STARTS NOW

5-29.OCTOBER.2021

+INFO: www.run-eu.eu

PROGRAMME DESCRIPTION/OBJECTIVE

To face the challenges demanded by a changing and uncertain world, we need a variety of skills to navigate through unfamiliar contexts. These kinds of skills are called generic competences or future skills. These skills include for example collaborating with others, problem solving, flexibility, and taking responsibility. Also, balancing with contradictory demands require empathy, compassion and respect towards oneself and others. Moreover, skills to learn in a self-directed manner and reflecting on own development play an increasingly important role in the future of work. Overall, future skills are important for employability and success in the world of work and most importantly, they have the potential to enhance individual and collective wellbeing. The aim of the SAP is that the participants recognise the importance of future skills and set goals for developing their own future skills.

PROPOSED LEARNING OUTCOMES

At the end of this RUN-EU SAP students will be able to:

- Familiarise themselves with various definitions of future skills.
- Utilise this information to develop proactive strategies that can be used in navigating in unfamiliar contexts.
- Think about the requirements for successful working in multidisciplinary and multicultural environments.
- Unravel one's own conceptions of learning and learning practices, and recognise learning as an important future skill.
- Recognise how future- and study skills are related to one's wellbeing and propose solutions for enhancing wellbeing.
- Evaluate the development of own future- and study skills on the basis of given feedback and self-assessment.

DATE From **05 to 29 October, 2021**
Online sessions: **Oct 5, 7, 12, 14 and 19 (14-16 CET)**
Contact week: **Oct 25-29, 2021 at HAMK**

MODE OF DELIVERY Blended

LANGUAGE OF INSTRUCTION English

ECTS CREDITS 3

ACADEMIC RECOGNITION

To be defined by each Home Institution.
In general terms, most students will have this RUN-EU SAP certified in the Diploma Supplement, as a minimal condition.

ELIGIBLE PARTICIPANTS

All RUN-EU degree students

HOW TO APPLY

Fill in the application form **here**.



DEADLINE FOR APPLICATIONS

17.09.2021

SELECTION CRITERIA

Order of submission, motivation, wide representation of subject areas/fields of study and balanced participation of RUN-EU member institutions (a maximum of 5 students per RUN-EU member). Total number of students to be selected: **35**

CONTACT DETAILS

Liisa.postareff@hamk.fi

SHORT ADVANCED PROGRAMME

HOW TO NAVIGATE THROUGH UNFAMILIAR CONTEXTS DEVELOP YOUR SKILLS FOR THE FUTURE

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5-29.OCTOBER.2021

ONLINE PROGRAMME AT A GLANCE

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	GMT+2 CET	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
		8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
TUESDAY 05/10										TEAMING		
THURSDAY 07/10										FUTURE SKILLS		
TUESDAY 12/10										FUTURE SKILLS		
THURSDAY 14/10										STUDY SKILLS		
TUESDAY 19/10										STUDY SKILLS		
THURSDAY 21/10										PREPARING FOR CONTENT WEEK		

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INTENSIVE WEEK AT HAMK

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	GMT+2 CET	9h00 8h00	10h00 9h00	11h00 10h00	12h00 11h00	13h00 12h00	14h00 13h00	15h00 14h00	16h00 15h00	17h00 16h00	18h00 17h00	19h00 18h00
MONDAY 25/10		ORIENTATION			LUNCH BREAK	INTERACTIVE LECTURE: STUDY SKILLS						
TUESDAY 26/10		GROUP PRESENTATIONS			LUNCH BREAK	INTERACTIVE LECTURE: FUTURE SKILLS						
WEDNESDAY 27/10		PROTOTYPING FUTURE SKILLS			LUNCH BREAK	WORKSHOPS: STUDY SKILLS WORKSHOPS: FUTURE SKILLS						
THURSDAY 28/10		LEARN WELL	WORKSHOPS: FUTURE SKILLS			LUNCH BREAK	GROUP REFLECTION					
FRIDAY 29/10		LEARN WELL	FEEDBACK		GALA							

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OCTOBER 5TH

TUESDAY 14:00-16:00 CET / ONLINE

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CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
TUESDAY 5/10								TEAMING			

Teaming

- 🕒 14h00-16h00
- 👥 Individual & Group Work
- 👤 Liisa Postareff, Häme University of Applied Sciences (HAMK)
- 📄 Teaming, learning objectives and instructions for group work and individual work

OCTOBER 7TH

THURSDAY 14:00-16:00 CET / ONLINE

GMT+2	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
THURSDAY 7/10								FUTURE SKILLS			

Future Skills

- 🕒 14h00-16h00
- 👥 Individual & Group Work
- 👤 Johan Postema, NHL Stenden University of Applied Sciences (NHL Stenden), Declan Dore, Limerick Institute of Technology (LIT)
- 📄 What are future skills and why they are important?

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OCTOBER 12TH

TUESDAY 14:00-16:00 CET / ONLINE

GMT+2	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
TUESDAY 12/10								FUTURE SKILLS			

Future Skills

- 🕒 14h00-16h00
- 👥 Individual & Group Work
- 👤 Tanja Eiselen, Vorarlberg University of Applied Sciences (FHV),
Joana Ferreira, Polytechnic of Leiria (IPL)

- 📄 How to enhance future skills?

OCTOBER 14TH

THURSDAY 14:00-16:00 CET / ONLINE

GMT+2	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
THURSDAY 14/10								STUDY SKILLS			

Study Skills

- 🕒 14h00-16h00
- 👥 Individual Work
- 👤 Liisa Postareff, Häme University of Applied Sciences (HAMK),
Anouk Donker, NHL Stenden University of Applied Sciences (NHL Stenden)

- 📄 What kind of study skills are important?
Approaches to learning, regulation of learning and self-efficacy

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OCTOBER 19TH

TUESDAY 14:00-16:00 CET / ONLINE

GMT+2	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
TUESDAY 19/10								STUDY SKILLS			

Study Skills

- 🕒 14h00-16h00
- 👤 Individual Work
- 👤 Viivi Virtanen, Häme University of Applied Sciences (HAMK)
- 📄 How to enhance own study skills? What the student can do? What teachers/teaching can do?

OCTOBER 21ST

THURSDAY 14:00-16:00 CET / ONLINE

GMT+2	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
THURSDAY 21/10								PREPARING FOR CONTENT WEEK			

Preparing for content week

- 🕒 14h00-16h00
- 👤 Individual & Group Work
- 👤 Jari Jussila, Häme University of Applied Sciences (HAMK)
- 📄 3D-modeling as a future skill, introduction to content week workshops

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OCTOBER 25TH

MONDAY 8:00-16:00 CET / HAMK

	GMT+2	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
	CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
MONDAY 25/10												
		ORIENTATION				LUNCH BREAK	INTERACTIVE LECTURE: STUDY SKILLS					

Orientation

- 🕒 8h00-11h00
- 👥 Group Work
- 📅 Live Lecture/Practical work
- 👤 Presidents of HAMK, SAP course leaders and lecturers
- 📄 Welcome to HAMK, aims for the contact week, grouping

Study Skills

- 🕒 12h00-16h00
- 👥 Individual & Group Work
- 📅 Interactive Live Lecture/Practical Work
- 👤 SAP course leaders and lecturers
- 📄 Relations between learning, teaching, wellbeing

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OCTOBER 26TH

TUESDAY 8:00-16:00 CET / HAMK

GMT+2	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
TUESDAY 26/10	GROUP PRESENTATIONS			LUNCH BREAK	INTERACTIVE LECTURE: FUTURE SKILLS						

Group Presentations

- 🕒 8h00-11h00
- 👥 Group Work
- 📋 Practical work
- 👤 Students

- 📄 Presenting group work on Future Skills

Future Skills

- 🕒 12h00-16h00
- 👥 Group Work
- 📋 Interactive Live Lecture
- 👤 SAP course leaders and lecturers

- 📄 Assessing Future Skills

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OCTOBER 27TH

WEDNESDAY 8:00-16:00 CET / HAMK

GMT+2	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
WEDNESDAY 27/10	PROTOTYPING FUTURE SKILLS			LUNCH BREAK	WORKSHOPS: STUDY SKILLS			WORKSHOPS: FUTURE SKILLS			

Prototype I

Future Skills

- 🕒 8h00-11h00
- 👥 Group Work
Live Practical work
- 👤 Jari Jussila and Markku Mikkonen,
Häme University of Applied Sciences
(HAMK)

- 📄 Prototyping a workshop on
enhancing Future Skills at HAMK
Design Factory

Workshop I

Study Skills

- 🕒 12h00-16h00
- 👥 Group Work
Live Practical Work
- 👤 SAP course leaders and lecturers

- 📄 Workshops on various topics (e.g.
study strategies, regulation of
learning)

Workshop II

Future Skills

- 🕒 12h00-16h00
- 👥 Group Work
Live Practical Work
- 👤 SAP course leaders and lecturers

- 📄 Workshops on various topics (e.g.
self-compassion, preparing for job
interview)

SHORT ADVANCED PROGRAMME

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OCTOBER 28TH

THURSDAY 8:00-16:00 CET / HAMK

GMT+2	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
THURSDAY 28/10	LEARN WELL	WORKSHOPS: FUTURE SKILLS		LUNCH BREAK	GROUP REFLECTION						

LearnWell

- 🕒 8h00-8h30
- 📅 Individual work
- 📅 Live Practical work
- 👤 Viivi Virtanen and Liisa Postareff,
Häme University of Applied Sciences
(HAMK)
- 📄 Reflection of learning with the
LearnWell questionnaire

Workshop III

Future Skills

- 🕒 8h30-11h00
- 📅 Group work
- 📅 Live Practical work
- 👤 Markku Mikkonen, Ville Siipola and
Jaakko Vasko, Häme University of
Applied Sciences (HAMK)
- 📄 3D-printing as a future skill

Group Reflection

- 🕒 12h00-16h00
- 📅 Group Work
- 📅 Live Practical work
- 👤 SAP course leaders and lecturers
- 📄 Reflection of the SAP

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OCTOBER 29TH

FRIDAY 8:00-16:00 CET / HAMK

GMT+2	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
FRIDAY 29/10	LEARN WELL	WORKSHOPS: FUTURE SKILLS	GALA								

LearnWell

- 🕒 8h00-9h00
- 📅 Individual work
- 📅 Live Practical work
- 👤 Viivi Virtanen and Liisa Postareff,
Häme University of Applied Sciences
(HAMK)
- 📄 LearnWell feedback session

Workshop IV

Future Skills

- 🕒 9h00-11h00
- 📅 Group Work
- 📅 Live Practical work
- 👤 SAP course leaders and lecturers
- 📄 Designing Future Advanced Skills
Academies (FASA) together with
RUN-EU teachers

Gala

- 🕒 11h00-16h00
- 📅 Group Work
- 📅 Live Practical work
- 👤 RUN-EU associated partners, HAMK
Presidents and SAP course leaders
and lecturers
- 📄 Five (5) minutes pitching in groups;
feedback from RUN-EU associated
partners