

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.

+INFO: www.run-eu.eu

Organised by: HAMK

DATE From **05 to 31 May**, 2022

Online sessions: May 5, 9, 10, 12, 24, 25 and 31

Contact week: May 16 to 20, 2022 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 (QR or website)



DEADLINE FOR APPLICATIONS

20.04.2022

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

superweek@hamk.fi



















SELECTION CRITERIA

Order of submission (first come, first served), 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).

LEARNING AND TEACHING STRATEGY

Teaching of the SAP is based on student-activating and interactive methods and challenge-based learning. There will be group work and hands-on exercises (e.g. prototyping, 3D modelling) and individual tasks.

PREREQUISITES

-

COURSES LEADERS | LECTURERS

Courses leaders

Viivi Virtanen (HAMK) Liisa Postareff (HAMK)

Lecturers

Tanja Eiselen (FHV)
Joana Ferreira (IPLeiria)
Johan Postema (NHL Stenden)
Anouk Donker (NHL Stenden)
Jeanette Klomp (NHL Stenden)
Jari Jussila (HAMK)
Markku Mikkonen (HAMK)
Telle Hailikari (HAMK)

+INFO: www.run-eu.eu

Organised by: HAMK

PHYSICAL MOBILITY | SCHOLARSHIPS AVAILABLE

For students: 35 students/1W

Travel: 350€/person I Subsistence: 400€/W

For staff: 10 staff/1W

Travel: 350€/person I Subsistence: 850€/W

To be managed by Home Institution.
Flows/Institution. Applicant selection aims for wide representation of partner institutions implying a maximum of five students per university. Final decision on the scholarships to be awarded falls under the responsibility of the Home Institution RUN-EU Project Leader and compulsorily requires IRO involvement

MEANS AND CRITERIA FOR ASSESSMENT

The assessment and the learning assignments are aligned with the learning objectives. The assessment is aligned with the SAP topic and uses self- and group assessment to enhance future skills. The SAP is assessed as Fail / Pass.

CERTIFICATION

The participants who successfully complete this RUN-EU SAP will receive a Certificate of Participation and a Transcript of Records jointly issued by the organising institutions.

REFERENCE READING

Can be found on last page of this document.



















ONLINE PROGRAMME AT A GLANCE

+INFO: www.run-eu.eu

EEST	9h00		10h00		11h00		12h00		13h00		14h00		15h00		16h00		17h00		18h00		19h00
CET	8h00	ı	9h00	ı	10h00	ı	11h00	ı	12h00	ı	13h00	ı	14h00	ı	15h00	ı	16h00	ı	17h00	ı	18h00
THURSDAY 05/05															ΓEAMINO	G					
MONDAY 09/05										FUT	URE SKI	LLS									
TUESDAY 10/05						FUT	URE SKI	LLS													
THURSDAY 12/05															PARING NTACT W						
TUESDAY 24/05													CU		AL DIFFE LEARNII		EES				
WEDNESDAY 25/05														ST	UDY SKI	LLS					
TUESDAY 31/05														ST	UDY SKI	LLS					



















INTENSIVE WEEK AT HAMK

+INFO: www.run-eu.eu

LOCAL TIME	9h00		10h00		11h00		12h00		13h00		14h00		15h00		16h00		17h00		18h00		19h00
CET	8h00	ı	9h00	ı	10h00	ı	11h00	ı	12h00	ı	13h00	ı	14h00	ı	15h00	ı	16h00	I	17h00	ı	18h00
MONDAY 16/05			ORIE	ENTA	ΓΙΟΝ			LUNCH BREAK		II	NTERAC' STUI		LECTUR (ILLS	E:							
TUESSDAY 17/05		GI	ROUP PI	RESE	NTATION	IS		LUNCH BREAK		II	NTERAC FUTU		LECTUR KILLS	E:							
WEDNESDAY 18/05					OPS: KILLS			LUNCH BREAK		ı	FREETIM	IE AC	TIVITIES	6							
THURSDAY 19/05					OPS: KILLS			LUNCH			СОМР	'ANY'	VISITS								
FRIDAY 20/05			FEI	EDBA	CK						GALA										



















M	AY :	5 ^T	Ή				ΓΗΙ	JF	RSE) A	Y 1	4:	00-	16:	00	CE	T /	O	NLI	NE	
LOCAL TIME	9h00		10h00		11h00		12h00		13h00		14h00		15h00		16h00		17h00		18h00		19h00
CET	8h00	ı	9h00	ı	10h00	ı	11h00	ı	12h00	ı	13h00	ı	14h00	ı	15h00	ı	16h00	ı	17h00	ı	18h00
THURSDAY 05/05															TEAMING	à					

Teaming

- (h) 14h00-16h00
- ☐ Individual & Group Work
- Viivi Virtanen, Häme University of Applied Sciences (HAMK) Liisa Postareff, Häme University of Applied Sciences (HAMK)
- Teaming, aims for the SAP, instructions for group work and individual work

M	AY	91	Ή			M	Ol	ND.	A	12	:0	0-14	1:C	00 C	E	Γ/(ΛC	ILIN	JE	
LOCAL TIME	9h00		10h00	11h00		12h00		13h00		14h00		15h00		16h00		17h00		18h00		19h00
CET	8h00	1	9h00	10h00	1	11h00	1	12h00	1	13h00	1	14h00	1	15h00	1	16h00	1	17h00	1	18h0(
MONDAY 09/05									FUT	URE SKI	LLS									

Future Skills

- (h) 12h00-14h00
- Johan Postema, NHL Stenden University of Applied Sciences (NHL Stenden)
 Jeannette Klomp, NHL Stenden University of Applied Sciences (NHL Stenden)
- Future skills: What are they and why they are important?



















MA	4Y 1	0	ГН				TL	JE	SE	A	Y 11	:0	0-13	8:0	0 C	E٦	- / C	N	ILIN	IE	
LOCAL TIME	9h00		10h00		11h00		12h00		13h00		14h00		15h00		16h00		17h00		18h00		19h00
CET	8h00	ı	9h00	ı	10h00	ı	11h00	ı	12h00	ı	13h00	ı	14h00	ı	15h00	ı	16h00	ı	17h00	ı	18h00
TUESDAY 10/05						FUT	URE SKI	LLS													

Future skills

- ① 10h00-12h00
- ☐ Individual & Group Work
- Zanja Eiselen, Vorarlberg University of Applied Sciences (FHV)
 Jeannette Klomp, NHL Stenden University of Applied Sciences (NHL Stenden)
- Future skills: How to enhance them?

M	4Y 1	2	ГН		ГН	J	RSE) <i>F</i>	Y 1	4:	00-	16:	00	CE	T /	O	NLI	N	
LOCAL TIME	9h00		10h00	11h00	12h00		13h00		14h00		15h00		16h00		17h00		18h00		19h00
CET	8h00		9h00	10h00	11h00		12h00		13h00		14h00		15h00		16h00		17h00		18h00
				1			I				1								
THURSDAY 12/05													PARING NTACT W						

Preparing for contact week

- (h) 14h00-16h00
- E Individual & Group Work
- Jari Jussila, Häme University of Applied Sciences (HAMK)
 Markku Mikkonen, Häme University of Applied Sciences (HAMK)
- 3D modeling as a future skill, introduction to contact week



















MA	AY 2	24	TH				TU	E	SD	A\	Y 14	:0	0-	16	6:0	0 C	E	Γ/(10	JLIN	١E	
LOCAL TIME	9h00		10h00		11h00		12h00		13h00		14h00		15h	00		16h00		17h00		18h00		19h00
CET	8h00	ı	9h00	ı	10h00	ı	11h00	ı	12h00	ı	13h00	ı	14h	00	ı	15h00	ı	16h00	ı	17h00	ı	18h00
TUESDAY 26/04														CU		AL DIFFE LEARNII		ES				

Cultural differences in learning

- (h) 14h00-16h00
- Group Work
- Liisa Postareff, Häme University of Applied Sciences (HAMK) Jeannette Klomp, Johan Postema, NHL Stenden University of Applied Sciences (NHL Stenden), Anastasia Platonava, Technological University of the Shannon (TUS)
- Cultural differences in learning

MA	Y 2	25	TH		W	/EC	1(JES	D	AY	14	1:00	-16	6:00) (CET	/ (ONI	_IN	JE
LOCAL TIME	9h00		10h00	11h00		12h00		13h00		14h00		15h00		16h00		17h00		18h00		19h00
CET	8h00		9h00	10h00		11h00		12h00		13h00		14h00		15h00		16h00		17h00		18h00
														ı	ı					
WEDNESDAY 25/05													ST	UDY SKII	LLS					

Study Skills

- (1) 14h00-16h00
- Individual Work
- Anouk Donker, NHL Stenden University of Applied Sciences (NHL Stenden) Liisa Postareff, Häme University of Applied Sciences (HAMK)
- 🖹 Study skills: What are they? Approaches to learning, regulation of learning and self-efficacy. LearnWell self-reflection tool



















M	4Y 3	31	ST				TU	Ε	SD	A'	Y 14	:0	0-16	6:C	00 C	E	Γ/(۸C	JLIN	١E	
LOCAL TIME	9h00		10h00		11h00		12h00		13h00		14h00		15h00		16h00		17h00		18h00		19h00
CET	8h00	ı	9h00	ı	10h00	ı	11h00	ı	12h00	ı	13h00	ı	14h00	ı	15h00	ı	16h00	ı	17h00	ı	18h00
TUESDAY 03/05														STI	JDY SKII	LLS					

Study skills

- (h) 14h00-16h00
- ☐ Individual & Group Work
- Viivi Virtanen, Liisa Postareff, Telle Hailikari, Häme University of Applied Sciences (HAMK)
- Study skills & study-related wellbeing: How to enhance them? What the students can do? What teachers/teaching can do?



















MA	4Y 1	6	ГН				M	10	ND	A'	Y 9ł	า0	0-16	3h	00 L	LO	CAI	_ 7	IMI	E	
LOCAL TIME	9h00		10h00		11h00		12h00		13h00		14h00		15h00		16h00		17h00		18h00		19h00
CET	8h00	ı	9h00	ı	10h00	ı	11h00	ı	12h00	ı	13h00	ı	14h00	ı	15h00	ı	16h00	ı	17h00	ı	18h00
MONDAY 16/05			ORIE	ENTA	TION			LUNCH		II	NTERACI STUI		LECTURI (ILLS	E:							

Orientation

- 9h00-12h00
- Group Work
 Live Lecture/Practical work
- Liisa Postareff, Viivi Virtanen, Jari Jussila (HAMK), Jeannette Klomp (NHL Stenden)
- Welcome to HAMK, aims for the contact week, grouping

Study Skills

- (h) 13h00-16h00
- Individual & Group Work
 Interactive Live Lecture/Practical Work
- Viivi Virtanen, Telle Hailikari (HAMK)
- Relations between learning, teaching, wellbeing



















M	4Y 1	7	ТН				TU	JE	SD	A	Y 9	h0	0-10	6h	00	LC	CA	L 7	ГΙМΙ	Ε	
LOCAL TIME	9h00		10h00		11h00		12h00		13h00		14h00		15h00		16h00		17h00		18h00		19h00
CET	8h00	ı	9h00	ı	10h00	ı	11h00	ı	12h00	ı	13h00	ı	14h00	ı	15h00	ı	16h00	ı	17h00	ı	18h00
TUESDAY 17/05		G	ROUP PI	RESE	NTATION	IS		LUNCH BREAK		II	NTERAC [®] FUTU			E:							

Group Presentations

- 9h00-12h00
- Group Work
 Practical work
- A Johan Postema, Jeannette Klomp (NHL Stenden), Anastasia Platonava (TUS)
- Presenting group work on future skills

Future Skills

- (h) 13h00-16h00
- Group Work
 Interactive Live Lecture
- Beannette Klomp, Johan Postema (NHL Stenden)
- Future skills (Communication skills)



















MAY 18TH WEDNESDAY 9h00-16h00 LOCAL TIME **LOCAL TIME** 10h00 11h00 12h00 13h00 14h00 15h00 16h00 17h00 18h00 19h00 10h00 11h00 12h00 13h00 14h00 15h00 16h00 17h00 18h00 **CET** 8h00 9h00 **WEDNESDAY** LUNCH **WORKSHOPS: FREETIME ACTIVITIES** 18/05 **FUTURE SKILLS BREAK**

Workshop I

Future Skills

- 9h00-12h00
- Group Work
 Live Practical work
- A Jari Jussila (HAMK)
- Prototyping a workshop on enhancing Future Skills at HAMK Design Factory

Freetime Activities

- (h) 13h00-16h00
- Freetime activities, use your free time to visit Hämeenlinna! Other activities will be announced at the Superweek.



















MAY 19TH THURSDAY 9h00-16h00 LOCAL TIME **LOCAL TIME** 10h00 11h00 12h00 13h00 14h00 15h00 16h00 17h00 18h00 19h00 10h00 11h00 12h00 14h00 15h00 16h00 17h00 18h00 **CET** 8h00 9h00 13h00 **THURSDAY WORKSHOPS:** LUNCH **COMPANY VISITS** 19/05 **FUTURE SKILLS BREAK**

Workshop II

Future Skills

- 9h00-12h00
- Group work
 Live Practical work
- A Jari Jussila, Markku Mikkonen (HAMK)
- 3D-modeling

Company visits

- (h) 13h00-16h00
- Group Work
 Live Practical work
- SAP course leaders and lecturers
- Details will be announced later



















MA	Y 2	20	TH				F	R	ID/	Y	9h	00)-16h	า0	0 L(C	CAL	ΤI	ME		
LOCAL TIME	9h00		10h00		11h00		12h00		13h00		14h00		15h00		16h00		17h00		18h00		19h00
CET	8h00	ı	9h00	ı	10h00	ı	11h00	ı	12h00	ı	13h00	ı	14h00	ı	15h00	ı	16h00	ı	17h00	ı	18h00
FRIDAY 20/05			FE	EDB/	ACK						GALA										

Feedback

- 9h00-12h00
- Individual work Live Practical work
- Viivi Virtanen (HAMK)
- LearnWell questionnaire & feedback session

Gala

- (h) 12h00-16h00
- Group Work Live Practical work
- Viivi Virtanen, Liisa Postareff, Telle Hailikari (HAMK), Anastasia Platonava (TUS)
- One (1) minute pitching in groups; feedback from RUN-EU associated partners



Co-funded by the











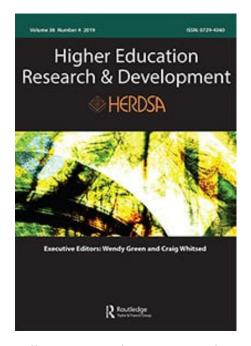




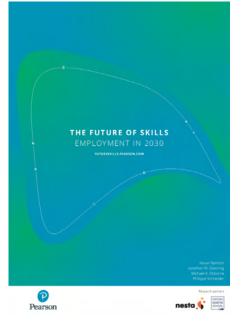




REFERENCE READING



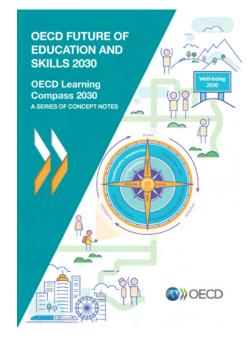
Baik, C., Larcombe, W., & Brooker, A. (2019). How universities can enhance student mental wellbeing: The student perspective. Higher Education Research & Development, 38(4), 674-687.



Bakhshi, H., Downing, J. M., Osborne, M. A., & Schneider, P. (2017). **The future of skills: Employment in 2030.** Pearson.

COVER NOT AVAILABLE

Schleicher, A. (2018). Educating learners for their future, not our past. ECNU Review of Education, 1(1), 58-75.



OECD Future of Education and Skills: https://www.oecd.org/education/2030-project/contact/OECD_Learning_Compass_2030_Conce pt_Note_Series.pdf

COVER NOT

AVAILABLE

+INFO: www.run-eu.eu

Tuononen, T., Parpala, A., & Lindblom-Ylänne, S. (2017). The transition from university to working life: An exploration of graduates' perceptions of their academic competences. In Higher education transitions (pp. 238-253). Routledge.















