

ASPECTS OF WELLBEING PERSONAL CHALLENGE

7-11.NOVEMBER.2022

SAP OVERVIEW

Businesses nowadays are becoming more concerned about the sustainable future of our planet and society. But in order for changes to start happening, it needs leaders who understand that actions taken have to also consider the people. A sustainable planet includes sustainable population. The economy done with a purpose is focusing on the wellbeing of society and environment. Valuable meaning has to be added to this shift, companies need to enable personal growth and cultivate supportive mindset for a greener future.

In this SAP Challenge, students will focus on the personal aspects of wellbeing.

LEARNING OUTCOMES

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

- create sustainable value within their professional career
- become a true entrepreneurial self, with confidence in their own skills
- balance and maintain personal wellbeing while contributing positively to the growth of the business they are part of
- define solutions for collaboration between societies and economies
- acquire transdisciplinary skills for innovation development
- design a wellbeing society and accommodate wellbeing within their personal lives
- contribute towards the improvement of society through the engagement and growth of employees
- define and claim own wellbeing, personally and professionally

+INFO: www.run-eu.eu

Organised by: HAMK, FHV

DATE From **7 to 11 November 2022**

Face-to-Face Week: HAMK, Hämeenlinna, Finland 7-11 November

MODE OF DELIVERY Physical

LANGUAGE OF INSTRUCTION English

ECTS CREDITS 1

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

Open to all RUN EU students. Prior to the members of Student Councils in each RUN-EU member universities.

HOW TO APPLY

Fill in the application form (QR or run-eu.eu)



DEADLINE FOR APPLICATIONS

23 October 2022

CONTACT DETAILS

run-eu@hamk.fi



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SELECTION CRITERIA

Students will be selected based on fulfillment of requirements and information provided in the submitted application.

PHYSICAL MOBILITY | SCHOLARSHIPS AVAILABLE

Students scholarships:
Travel: €350/person | Subsistence: €400/week

Please contact the international office of your university once you've been accepted to the SAP.

LEARNING AND TEACHING STRATEGY

Students are divided into four different paths in order to focus on one of four aspects of wellbeing.

The SAP includes input sessions, Field visits, Teamwork in international mixed groups, Coaching and Final presentation.

MEANS AND CRITERIA FOR ASSESSMENT

Self-assessment, teacher assessment based on project outcomes. Criteria: active participation and attendance for all students of each group during online sessions are mandatory.

Individual participation (attendance): 20%
Group work: 80% (20% Interim Presentation + 60% Final presentation).

PREREQUISITES

No special knowledge
English

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.

COURSES LEADERS | LECTURERS

Courses leaders

Simona Chilba (HAMK)
Sanna Tapiola (HAMK)
Jeppe Raitio (HAMK)
Toni Leander (HAMK)
Anja Kerle (FHV)



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PROGRAMME AT A GLANCE

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GMT	6h00	7h00	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00
GMT+1	7h00	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00
GMT+2	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
MONDAY 7/11			WELCOME + OPENING SESSION	CAMPUS TOUR	LUNCH BREAK	GENERAL INFO + TEAMING					
TUESDAY 8/11		TRANSPOR- TATION	CAMPUS VISIT		LUNCH BREAK	CAMPUS VISIT			SAUNA		
WEDNESDAY 9/11		GROUP WORK	EXPERT LECTURES		LUNCH BREAK	GROUP WORK					
THURSDAY 10/11			STUDENT COUNCIL MEETING		LUNCH BREAK	GENERAL ASSEMBLY			'CHEERS TO THE FUTURE' COCKTAIL EVENT		
FRIDAY 11/11		GROUP WORK		LUNCH BREAK	FINAL PRESENTATIONS		CLOSING CEREMONY				

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7 NOVEMBER MONDAY 9H00-16H00 - HAMK

GMT	6h00	7h00	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00
GMT+1	7h00	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00
GMT+2	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00

MONDAY 7/11			WELCOME + OPENING SESSION	CAMPUS TOUR	LUNCH BREAK	GENERAL INFO + TEAMING				
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Welcome + Opening Session

- 🕒 9h00-11h15
- 📄 Plenary session

📄 Simona Chilba gives a lecture on the concept of Purpose Economy. Sinikka Luokkanen presents information retrieval and academic writing in RUN-EU.

Campus tour

- 🕒 11h15-12h00
- 📄 Tour

📄 Students get to see the Hämeenlinna University Centre.

General info + Teaming

- 🕒 13h00-16h00
- 📄 Introductory session

📄 Introduction to the SAP. Students get divided into four separate paths. Each of the paths will focus on one of the four aspects of wellbeing.

8 NOVEMBER TUESDAY 9H00-18H00 - HAMK

GMT	6h00	7h00	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00
GMT+1	7h00	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00
GMT+2	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00

TUESDAY 8/11			TRANSPOR- TATION	CAMPUS VISIT	LUNCH BREAK	CAMPUS VISIT		SAUNA
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Campus visit

- 🕒 10h00-16h00
- 📄 Visit to Evo campus
- 👤 Jeppe Raitio (HAMK)

📄 Evo campus is specialised in forestry. It was founded in 1862 and it was the first forest school in Finland. Campus visit includes lectures, outdoor activities and group building.

Sauna

- 🕒 17h00-18h00
- 📄 Social event
- 📄 Students will be able to experience Finnish sauna.

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9 NOVEMBER		WEDNESDAY 9H00-16H00 - HAMK										
GMT	6h00	7h00	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	
GMT+1	7h00	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	
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WEDNESDAY 9/11			GROUP WORK	EXPERT LECTURES	LUNCH BREAK	GROUP WORK						

Group Work

- 🕒 9h00-10h00
- 👥 Group Work
Live Practical Work
- 📄 Groups can continue preparing their task.

Expert lectures

- 🕒 10h00-12h00
- 👤 Lecture
Discussions
- 👤 Representatives from local companies
- 📄 Students get to learn about wellbeing aspects in local companies. The lectures provide a possibility for the student groups to reflect on their ideas about their task.

Group Work

- 🕒 13h00-16h00
- 👥 Group Work
Live Practical Work
- 📄 Groups continue working on their task. The plans can be developed based on the feedback and ideas from the expert lectures.

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10 NOVEMBER

THURSDAY 9H00-18H00 - HAMK

GMT	6h00	7h00	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00
GMT+1	7h00	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00
GMT+2	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00

THURSDAY 10/11					STUDENT COUNCIL MEETING	LUNCH BREAK	GENERAL ASSEMBLY	CHEERS TO THE FUTURE
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Student Council Meeting

🕒 10h00-12h00

📄 Meeting

📄 Representatives from all of the RUN-EU Student Advisory Boards come together and discuss the development of RUN European University.

General Assembly

🕒 13h00-16h00

📄 Official meeting

📄 The second RUN-EU General Assembly.

The General Assembly is a strategic governing body that acts as a senate for the university network, which includes over 75,000 students in seven universities.

Cheers to the future

🕒 16h00-18h00

📄 Cocktail event

👤 HAMK

📄 This year, HAMK celebrates its 30 years of history as a university of applied sciences. Häme University of Applied Sciences was among the first in Finland to be accepted into the university of applied sciences experiment, which began in 1992.

Welcome to raise a toast with HAMK and its local partners and stakeholders as well as all the RUN-EU General Assembly participants!

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11 NOVEMBER

FRIDAY 9H00-15H00 - HAMK

GMT	6h00	7h00	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00
GMT+1	7h00	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00
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FRIDAY 11/11			GROUP WORK	LUNCH BREAK	FINAL PRESENTATIONS	CLOSING CEREMONY					

Group work

- 🕒 9h00-11h00
- 👥 Group Work
- 📄 Live Practical Work

📄 Finishing the group work tasks.

Final Presentations

- 🕒 12h00-14h00
- 👥 Live presentations
- 👤 All SAP leaders

📄 Students present their final products in front of the whole General Assembly and Students Week audience.

Closing Ceremony

- 🕒 14h00-15h00
- 📄 Ending of the week.