



Walk and Talk

Our „Finnish week“

In the beginning of the June 2018 all partners met on the long planned teaching-training-learning activity in Sastamala (Finland) where the teams presented the training courses based on the walk and talk approach that they developed and tested in their organizations within the project. Five days full of diverse outdoor activities, learning, sharing and fun.

What a week!



The project is heading to the end

During the autumn months the project team will work hard on the completion of all outputs that are planned in this project. The outputs will be available on the project website as well as on the company websites of all project partners and available for free as an open source for everybody interested in the adult learning education.

The 5th transnational project meeting

The last meeting of the project will take place in Lingen on October 23 and 24, 2018. The host of the meeting will be the coordinating organization, the Wolkshochschule Lingen.



Nordic walking lesson

Nordic walking is a simple and effective way to better improve our physical condition and is a fun and relaxing opportunity to enjoy the beauty of nature. How else should we start our work than by a good walk in the Finnish forest, lead by the Finnish instructor and using the nordic walk poles?

Smovey lesson

Smovey was designed to offer an increased level of fitness, happiness, and relief, by stimulating the body and mind in a fun and enjoyable way, free of heavy lifting or impact training.

The German team brought a set of smoveys for us to try them during a long walk in the forest and enjoy its therapeutical effects.





The W'n'T Cross Country Riddle

The Austrian team prepared an interesting outdoor workshop combining the digital skills (finding the location according to the set of coordinates), development of the story in English, creativity in using the natural materials to visualize the story.

Walky Talky English

Walky Talky methodology uses the effect of increased learning level during the physical strain. During the swift walk in the Finnish forest we learned some new and unknown words from the Finnish nature: names berries, birds, mushrooms, trees and animals.



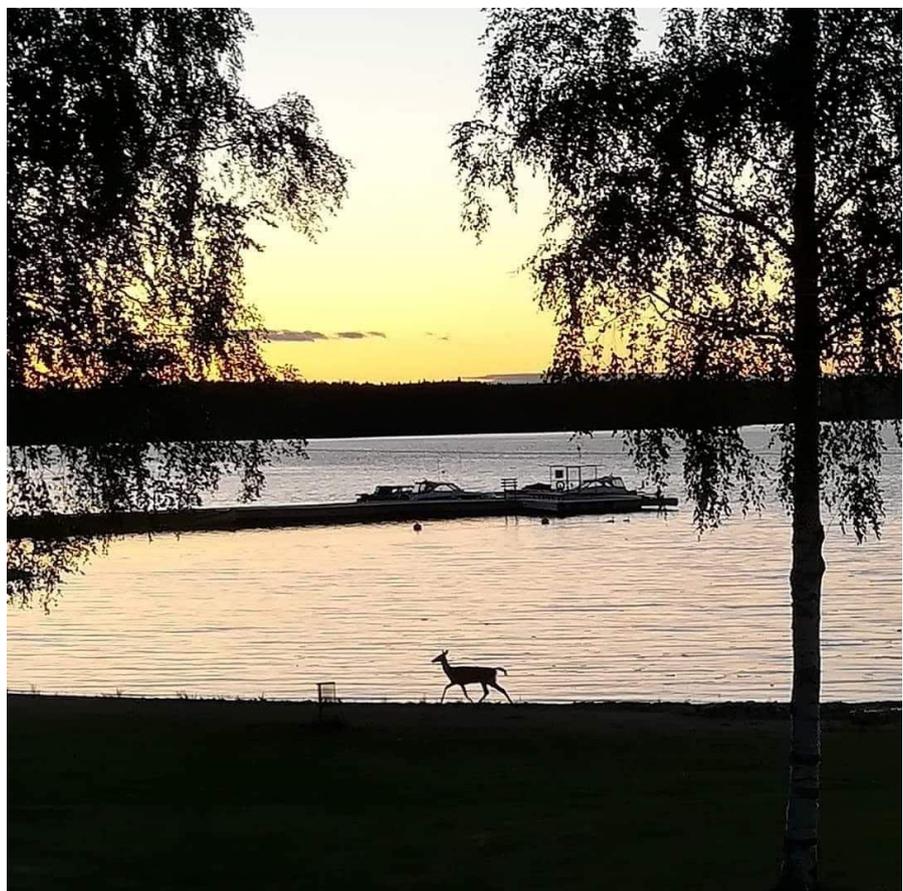


Tree of Life

Our life is created by various elements: families, friends, thoughts, memories, hopes, fears... and all this can be put into a shape of a tree of life where all the important elements appear in the mutual relations. During the workshop each of us created their own tree of life and some of them we even shared among us.

Digital storytelling

Digital storytelling is a very interesting way of learning various subjects by telling short stories the "digital" way - through movies. During the workshop every team created a short movie, trying to share impressions of some memorable moments of this week.





Poetry class

The Finnish group of the poetry class prepared for us a performance composed by poems by poets from every partner's country.



Walk'n Talk
RUNOMATINEA
 Joskus vielä kerran
 ohjaus Inkeri Kivimäki

Ke 6.6.2018 klo 18
 Sastamalan pääkirjastolla

Vapaa pääsy



Mathematical route

In this workshop we learned how to find, observe and use mathematical principles in the nature: geometric figures, golden number, symmetry, but also some practical stuff like estimating the height of objects using the triangles.



Playful exercising in the classroom

There are many ways to exercise our bodies. In the common workshop under the supervision of the Finnish partner we learned some group techniques to exercise coordination, attention, concentration while exercising also our bodies.



Photography class

The Finnish partner prepared a small workshop to learn some basics of a quality photography by a mobile phone under the supervision of a professional photographer. We could compare our work with the other partners and see where we can improve to reach perfection.



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