

## Promoting Cultural Wellbeing with Creative Methods in FINLAND



photo Mikko Romppanen

The Degree Programme in Social Services will arrange a module called **Promoting cultural wellbeing** (15 ECTS) during January–March 2024.

### **The study aims of the module:**

After completing the module, the student is able to apply and develop culture and art based activities and methods in increasing the participation and wellbeing of individuals and communities. The student knows how to promote creativity at the individual, communal and societal level.

The module consists of three parts:

- A. **Foundations of Cultural Well-Being** 5 ECTS  
(theoretical basis, online)
- B. **Processes of Cultural Methods** 5 ECTS  
(workshops, art and nature based methods in Finland)
- C. **Developing Activity Models for Cultural Well-Being** 5 ECTS  
(a workplace cooperation project)

Parts A and C can be completed anywhere, for example in the students' home countries. Part B, **Processes of Cultural Methods**, which consists of workshops on different art forms, e.g., music and soundscapes, creative writing & bibliotherapeutic methods, drama, arts & crafts, photography, nature-based methods, is implemented live at HAMK campus in Hämeenlinna during a 30-day period from 29<sup>th</sup> January to 28<sup>th</sup> February 2024. As nature is one of the "methods", in Finland we can offer exotic winter experiences like making snow and ice sculptures, skiing and skating, ice hockey games, ice swimming, hiking in wintery forests and husky rides which have been popular among foreign students. This part also includes participation in the Wellbeing International Week, organized by HAMK School of Health and Social Services during 19<sup>th</sup>-23<sup>rd</sup> February.

The students can complete the whole 15 ECTS module or only part B (5 ECTS).



photo Jana Vyborna-Turunen

We are happy to answer any questions and hope to see you in Finland in February 😊

Kind regards,

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