



WELL-BEING AND OUTDOOR LEARNING in CLIL

Oulu, Finland, 15-19 December 2025

25 contact hours including a full day study trip to Rovaniemi / the Arctic Circle. Other outdoor learning activities will be integrated in the programme, the weather permitting.

PROGRAMME

Arrivals and settling into accommodation

Monday, 15 December 2025

09:00 Orientation, introductions
10:30 Break
11:00 What is well-being?
12:30 Lunch break
13:30 What is and is not CLIL?
15:00 End of day 1

Tuesday, 16 December 2025

09:00 Defining Outdoor Learning / Outdoor Education
10:30 Break
11:00 Benefits of Outdoor Learning
12:30 Lunch break
13:30 Examples of CLIL & outdoor learning: adopting, adapting and creating activities for own context
15:00 End of day 2

Wednesday, 17 December 2025

Outdoor activity: Field trip to Rovaniemi / the Arctic Circle with structured assignments, Transfers by train (08:26-10:55 Oulu- Rovaniemi; 17:52 – 20:24 Rovaniemi-Oulu.

Thursday, 18 December 2025

09:00 Your presentations on Rovaniemi and the Arctic Circle
09:45 Learning outcomes for content and language: adopting, adapting and creating language outcomes
10:30 Break
11:00 Feedback & feedforward: adopting, adapting & creating feedback strategies
12:00 Lunch break
13:00 Social-emotional learning (SEL) – Self-regulation
14:00 End of day 4

Friday, 19 December 2025

09:00 Your beliefs and what the research says
10:30 Break
11:00 Your beliefs and what the research says, continued
12:00 Lunch break
13:30 Course evaluation
14:00 Farewells



ORGANISATIONAL DETAILS

Course facilitators

Peeter Mehisto, UK /Estonia
Tuula Asikainen, Finland

Daily schedule

09:00 – 15:00 or 14:00 (including 1-hour lunch break, other shorter breaks will be jointly agreed upon).

Course location

Hotel GreenStar / Uusikatu 26 2 krs. 90100 Oulu
S-Meets / Isokatu 25, Valkea 1krs, 90100 Oulu

Course objectives

Participants will:

- explore the concepts and scopes of well-being, outdoor learning and CLIL.
- experience how outdoor learning works in practice.
- develop ideas for activities & strategies to adapt to own practice.
- gain insights into how outdoor learning in CLIL can enhance students' achievement and physical & psychological well-being.
- familiarise themselves with Finnish midwinter season and its traditions.

Course fee

550€ (including tuition&materials&administration costs and transfers and entrance fees on the field study trip to Rovaniemi / the Arctic Circle)

Certification

Certificates of attendance specifying the total number of hours and the main course contents will be awarded.
Europass certificates will be issued on request.

Course organiser

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