

FEBRUARY 13th–19th 2023



WINTER INTERNATIONAL WEEK

KAJAANI – FINLAND

Addventure.

Building Trust – promoting collaboration in social and health care

This course is a blended intensive program (BIP) including online classes and onsite course activities on KAMK campus.

- **Objective:** to provide students with international perspectives into evidence-based practice in social and health care and to develop their professional and intercultural competence
- **Extent:** 3 ECTS
- **Scheduled:** online classes (on Teams) on 19.1 – 9.2.2023 and onsite course on KAMK Campus on 13. – 17.2.2023
- **Language of instruction:** English
- **Students:** international and KAMK Bachelor students of nursing, public health nursing and social services (1st cycle)
- **Lecturers**
 - International lecturers are invited to give a lecture on a topic of their own choice.
 - KAMK lecturers chair the online classes and workshops.
- **Course activities & tasks:** pre-course tasks (incl. reading articles), online classes, workshops, lectures, and group work (reflective video on learning outcomes)
- **Reppu e-learning platform** is used for sharing materials. Instructions how to access Reppu will be emailed to students and lecturers on 9.1.2023.
- **Course assessment** (pass – fail) is based on active participation in all course activities and completed course tasks.
- **Course responsibility:** Jaana Härkönen (jaana.harkonen@kamk.fi)

Online classes in small groups on Teams 19.1 – 9.2.2023: Talking to Strangers – what we should know about the people we don't know (chaired by Matti Heikkinen)

- **Objective:** to get to know one another
- The classes will take place on Thursdays at 17.00 – 18.30 Finnish time. Lecturers are welcome to join the classes.
 - Group 1 on Thursday 19.1.2023
 - Group 2 on Thursday 26.1.2023
 - Group 3 on Thursday 2.2.2023
 - Group 4 on Thursday 9.2.2023
- **NB!** Teams links to the online classes will be emailed to students on 9.1.2023, and materials will be available on the Reppu platform as of 9.1.2023.



kamk.fi/winterinternationalweek



Students' program for the onsite course on KAMK Campus

NB! KAMK students will meet you at 8am in Hotel Kajanus (reception) and at 8.15am in Sokos Hotel Valjus (reception) on Monday morning to walk you to the university.

Monday 13.2.2023	Tuesday 14.2.2023	Wednesday 15.2.2023	Thursday 16.2.2023	Friday 17.2.2023
9.00 – 9.30 Registration (international students and lecturers) Taito2	9.00 – 10.30 Workshops	9.30 – 10.00 Developing palliative care education at the European level (NursEduPal@Euro project) Taito2 auditorium	9.00 – 10.30 Workshops	8.00 – 9.30 Reflections In 4 small groups
9.30 – 12.00 Opening of Winternational Week Taito2 auditorium	11.00 – 12.00 Lectures	10.00 – 12.00 Winter Fun (walk in Vimpelinvaara with snowshoeing and sledging)	11.00 – 12.00 Lectures	9.30 – 10.00 Closing of Winternational Week Taito2 auditorium
12.00 – 13.00 lunch (2.95€ at Fox)	12.00 – 13.00 lunch (2.95€ at Fox)	12.00 – 13.00 lunch (2.95€ at Fox)	12.00 – 13.00 lunch (2.95€ at Fox)	11.00 – 12.00 lunch (2.95€ at Fox)
13.00 – 15.00 Grouping activities and presentations on values given by Finnish students In 4 groups	13.00 – 14.30 Workshops	13.15 – 14.00 Multidisciplinary palliative care development and teamwork (lecture by Minna Hökkä and Juha Lehto, NursEduPal@Euro project) Taito2 auditorium	13.00 – 14.30 Workshops	
15.00 – 16.00 Refreshments á la Kainuu Care Café in Taito2	14.30 – 16.00 Student group work	14.00 – 16.00 Student group work	14.30 – 16.00 Get together event for students and staff Care Café in Taito2	
16.00 – 19.00 Winter swimming Walk to Kylmäkaraisukeskus (Cold and Sauna Center)	16.00 – Campus tour for international students	16.00 – Husky safari in Vuokatti (self-paid) Bus to Vuokatti leaves at 16.00		



Workshops and related articles:

- **Workshop 1: Multiprofessional escape room by Sannamari Kortelainen & Taina Romppanen**
 - Article: Escape education: A systematic review on escape rooms in education. [Escape education: A systematic review on escape rooms in education – ScienceDirect](#) (pages 1-11)
- **Workshop 2: Role Playing and Motivational Interviewing by Sanni Vuorinen**
 - Article: 17 motivational interviewing questions and skills available at [17 Motivational Interviewing Questions and Skills - PositivePsychology.com](#)
- **Workshop 3: Promoting Health and Wellbeing by Eeva Kähkönen**
 - Article: Health Promotion Glossary of Terms 2021 available at [Health Promotion Glossary of Terms 2021 \(who.int\)](#)
- **Workshop 4: Sharing is caring by Nienke Snel, Milou Ebbelaar, Carin De Boer, Wendy Autar-Kruse & Doenja Rosenmöller (Inholland University of Applied Sciences)**

Group activities on Monday (13.2.2023) and workshops on Tuesday (16.2.2023) and Thursday (16.2.2023) and Reflections on Friday 17.1.2023

Group 1

- Anja Weber, Amber Geirland, Emmeke Witdouch, Angelina Gusarova, Jaqueline Dominko, Šejla Imamović, Dominik Pihlar, Klara Žižek, Daniela Pietzsch, Mara Agus, Susanne Heilijgers, Deborah Lannie Ikiriza, Ricarda Beck, Sarah Bugbee, Yasmin Adow, Laura Juntunen, Beata Karppinen, Paula Matero, Sara Rättö, Miia Ahola, Milla-Sofia Karjula, Sini Kyllönen, Vilma Partanen, Anni Reinikainen and Mari Seppänen
- **Monday 13.2.2023:** Grouping activities in classroom TA20L160
- **Tuesday 14.2.2023:** Workshops
 - Multiprofessional escape room and Palliative care (classrooms TA20L160 and TA20L164)
- **Thursday 16.2.2023:** Workshops
 - Role playing and motivational interviewing and Promoting health and wellbeing (classrooms TA20L163 and TA20L168)
- **Friday 17.2.2023:** Reflections in classroom TA20L160

Group 2

- Michiel Teerlink, Caroline Eichenberg, Margot Ghesquière, Mille Gevers, Aleksandra Jevdokimova, Anastasija Dvanajščak, Saša Kuzma, Eneja Šoštarec, Luisa Beyer, Michelle Schlink, Liz Boots, Kalule Hakim, Jessica Gibas, Laura Gravert, Emmi Hautakangas, Sanna-Mari Juntunen, Leena Keränen, Pyy Matero, Marjo Toivonen, Taru Haataja, Milla Keränen, Jonna Lampén, Emmi Peltola, Mira Räisänen and Kristian Varismäki
- **Monday 13.2.2023:** Grouping activities in classroom TA20L163
- **Tuesday 14.2.2023:** Workshops
 - Role playing and motivational interviewing and Promoting health and wellbeing (classrooms TA20L163 and TA20L168)
- **Thursday 16.2.2023:** Workshops
 - Multiprofessional escape room and Palliative care (classrooms TA20L160 and TA20L164)
- **Friday 17.2.2023:** Reflections in classroom TA20L163



Group 3

- Marjorie De Roo, Mauro De Decker, Lynn Flament, Shari Van Meerbeeck, Lana Labzare, Ana Mlakar, Emily Jackszis, Alena-Sophie Scheerz, Lamysa Bos, Lotte Sturk, Serena van den Burg, Ina Haustein, Marina Heim, Inga Heikkinen, Heli Kaartinen, Milla Kinnunen, Ikra Osman, Alisa Heikkilä, Hannakaisa Koski, Aada Leinonen, Sanni Perälä, Jenni Saviniemi, Elisa Sirviö and Jenna Viitanen
- **Monday 13.2.2023:** Grouping activities in classroom TA20L168
- **Tuesday 14.2.2023:** Workshops
 - Role playing and motivational interviewing and Promoting health and wellbeing (classrooms TA20L163 and TA20L168)
- **Thursday 16.2.2023:** Workshops
 - Multiprofessional escape room and Palliative care (classrooms TA20L160 and TA20L164)
- **Friday 17.2.2023:** Reflections in classroom TA20L168

Group 4

- Agnese Bleidele, Nadina Lase, Petra Horvat, Nina Netzker, Fiona Sommerfeld, Tom Hietberg, Melissa van Buuren, Lisa Limmen, Sarah Leitz, Suzan Melchionda, Paula Scheffler, Ekaterina Heikkinen, Miia Kamsula, Vanessa Kyllönen, Max Holm, Verner Hyryläinen, Anna-Mari Kyllönen, Milena Liikanen, Pinja Pihlajamäki, Anni Seppänen and Katariina Viitanen
- **Monday 13.2.2023:** Grouping activities in classroom TA20L164
- **Tuesday 14.2.2023:** Workshops
 - Multiprofessional escape room and Palliative care (classrooms TA20L160 and TA20L164)
- **Thursday 16.2.2023:** Workshops
 - Role playing and motivational interviewing and Promoting health and wellbeing (classrooms TA20L163 and TA20L168)
- **Friday 17.2.2023:** Reflections in classroom TA20L164