



EUROPEAN UNIVERSITY OF THE SEAS

Blended Intensive Program

Important note: Students interested in this program must apply to their home university according to the internal procedure. Students' applications made directly to the hosting institution will not be considered.

General information

Course Title	Experiences of Nature Adventures
BIP Code	2024-1-NO01-KA131-HED-000226323-5
Abstract	<p>Swimming in the arctic ocean. Mountain hiking. What happens to the body when you are in challenging outdoor environments? How does the body react? What happens with the mind? How do groups respond to outdoor environments? What is your role in the group? How do we interact with the surrounding nature?</p> <p>Come to Arctic Norway to learn and explore! This course is for everyone who is interested in the more challenging side of the outdoors!</p>
Nomination deadline and confirmation of attendance	<p>Nomination deadline: Monday 16th February 2026, 17:00 Brussels time</p> <p>*Partners nominate their students and complete the nomination form set by Nord University.*</p> <p>Confirmation acceptance: Friday 20th February 2026</p>
Total number of hours:	3 ECTS - 80 hours
Teacher(s) in charge	Dagmar Dahl (Nord University, Norway), Susanna Saari (Jyväskylä University, Finland), Jeroen Steeman and Corine Visser

	(Windesheim University, the Netherlands)
Number of participants	<p>Minimum number of participants: 10 Maximum number of participants: 20</p> <p>5 places for Jyväskylä University, 5 places for Windesheim University, and 1 place for each SEA-EU Alliance partner institution (with a waiting list of 2 students per institution).</p>
Mobility costs	This mobility is eligible for Erasmus+ funding. Please contact your University for more information.
Contact	<p>Regarding organisational aspects and the signature of the Learning Agreements: Morgane Colleau and Charlotta Langejan – FLinternational@nord.no</p> <p>Regarding pedagogical aspects: Dagmar Dahl – dagmar.g.dahl@nord.no</p>

Pedagogical contents

Target group / Expected profile	The course is open to Bachelor students (who have completed their first year of study), Master students and Doctoral students.
Background requirements	<p>Language requirements: Minimum English B2 (test can be taken on EU academy)</p> <p>Physical requirements: Students must be able to both swim and walk/hike >10km on their own.</p> <p>Academic background: This BIP is particularly relevant for those with a background in sports science, outdoor education or environmental sciences.</p>
Learning objectives/outcomes:	<p>Knowledge - The candidate</p> <ul style="list-style-type: none"> • has developed field-based experience of the human physiological and psychological responses to activities and exercise in selected environmental conditions, such as cold water. • has developed an understanding of social, ethical psychological, and physiological challenges when living and exercising in challenging, natural environments, such as in Northern Norway. • has gained an understanding of how to interact with and respect nature in challenging environments. • recognises characteristics of social conformity in groups and the way in which this influences their own behaviour.

	<p>Skills - The candidate</p> <ul style="list-style-type: none"> • can discuss human physiological and psychological responses to acute / chronic exposure to different environments (e.g. cold air and water or constant daylight). • can discuss social and ethical aspects of exercising in challenging environments. • has insights into and basic practical experience in the environmental effects on performance in challenging conditions and can demonstrate skills that might mitigate such effects. • can demonstrate that they have got an understanding of how to interact with others and nature in extreme environments. • can contribute to the quality of well-being and performance in the group. <p>General competence - The candidate</p> <ul style="list-style-type: none"> • is able to evaluate and apply the new gained competence to their own practical experiences and update theoretical knowledge in the field. • has awareness about the challenges for both human beings and the surrounding nature in extreme environments. • can consider ethical issues related to activities in nature.
Any required material/software to take part to the course:	See below. More practical information regarding equipment etc. will be provided before and during the online meetings.
ECTS:	3
Evaluation:	Compulsory active participation and group work exercises; oral presentation at the end of the course
Transcript of records	Failed/passed
Language of the course	English

Structure of the course

Part	Dates	Learning Objective, Contents, Modalities of work, evaluation, etc.
Virtual part:	Wednesday 27th May from 14:00 to 15:30, Brussels time	Introductions and getting to know each other; presentation of the programme and its core objectives

	Wednesday 10th June from 14:00 to 15:30, Brussels time	Theoretical background and discussions; overview of the requirements for the oral presentation; packing list for the June stay
Physical part:	Monday 29th June to Friday 3rd July	<p>Provisional programme, the content will vary depending on the weather:</p> <p>Day 1 – Arrival and connections, followed by a theory lecture</p> <p>Day 2 – Hike & swim: Experiencing nature and geological history along a river</p> <p>Day 3 – Excursion to different bodies of water (stream, waterfall, beach)</p> <p>Day 4 – Long hike on the Bodø Ridge</p> <p>Day 5 – Concluding session with oral exam</p>

Practical information

Accommodation recommendations	<p>There are different hotels and accommodation possibilities in Bodø which you are free to explore. However, we recommend booking/using student accommodation through the University as follows:</p> <p>Read about the accommodation options here: https://www.studentinord.no/shorttermrentbodo</p> <ul style="list-style-type: none"> • Room on campus (app. 9 km from the city centre): Please choose the location Nordavind when you check the website. • Room in the city: Please choose location Flatvold when you check the website. <p>Book a room here: https://www.studentinord.no/shorttermrentbodo</p> <p>When making your reservation, PLEASE USE THE FOLLOWING booking code: "Nord Summer School 2026"</p> <p>You can cancel the reservation (with no costs) until 12.00 (noon) the day before your planned check-in.</p>
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	<p>How to get to campus from Flatvold:</p> <ul style="list-style-type: none"> From the hospital (Nordlandssykehuset), a 15 mins walk from Flatvold, most buses will head past campus. You can also take the morning train (8 mins to Mørkved st.) from downtown. <p>Price list:</p> <p>Nordavind: 600 NOK - per night 2900 NOK - 5-7 nights 4500 NOK - 8-14 nights</p> <p>Flatvold: 2500 NOK - 5-7 nights (minimum price) 3500 NOK - 8-14 nights</p>
Address of the course for the physical part	Bodø campus, Nord University
Any tips	More practical information regarding equipment etc. will be provided before and during the first online meeting.
Contact of the person in charge of signing the OLA	International Coordinators at the Faculty of Education, Arts and Culture: FLUinternational@nord.no