

Finnish Happiness School

Finland is known for being the happiest nation in the world, and we at Humak would share the secret behind our happiness in Finland.

We offer a 5 days summer / winter school programme where the participants will learn about what makes Finns the happiest people in the world.

During the 5 days programme the participants will get:

- An insight into what makes Finns the happiest people in the world.
- An insight and experience of Finnish pedagogical approaches.
- To learn how to strengthen connectedness to nature and how it affects our wellbeing.
- To learn how to apply arts and creativity to promote wellbeing.
- Familiar with how to promote wellbeing at workplaces.

Themes covered in the programme are:

Day 1: Safe operational environment

Day 2: Nature connectedness as a source for wellbeing

Day 3: Creativity and Arts as a source for wellbeing

Day 4: Freedom

Day 5: Happiness at work

The programme can be modified according to your own training needs and particular interest at your organization.

For further information and a price quote, please contact

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