

HUMAK[®]

Humak University of Applied Sciences

- with people, building a sustainable tomorrow

Two Engaging Degree Programmes:

Adventure and Outdoor Education

Wellbeing and Futures of Youth and Community Work



Explore the beauty of Finland and
graduate as a Bachelor of Humanities



Bachelor of Humanities, Community Educator

Adventure and Outdoor Education

Full-time studies | Helsinki Metropolitan Area
210 ECTS credits | 3.5 years, including summer semesters

Adventure and outdoor education is based on experiential and activity-based learning methodology. It aims at supporting the growth, development, wellbeing and agency of individuals, groups and communities.

At the basis of the studies is a multidisciplinary theoretical framework, which is put into practice in versatile authentic learning environments, such as lakes,

the Baltic sea, forests, and in the fells and wilderness of Lapland.

During the studies, students learn to plan and carry out safe adventure educational processes for different target groups and to evaluate and develop adventure educational activities.

Picks from the curriculum:

- **Specialization in Outdoor and Adventure Education, 65 ECTS**
- Pedagogical skills in adventure education 20 ECTS
- Outdoor skills and adventure education methods 20 ECTS
- Applying pedagogical skills and adventure education programming 25 ECTS
- Including internships, 25 ECTS

Study in an international group! In 2024, our programme attracted applications from 51 countries.

Student Lari Laasjärvi:

“Adventure education studies meet the competence and qualification needs of world of work. This has been a life-changing education for me, I never would have believed how much it has given”, **says Lari Laasjärvi.**

Studies are carried out both on campus and in nature sites. Lari states that “you can’t learn group dynamics if you don’t lead a group yourself. Technical skills and functionality are important in studies”.

“It seems that in this digital age, the value of having a relationship with nature has increased and there is a need for adventure education skills. My relationship with nature has grown even more.”

Photo: Anna Buczek.





Bachelor of Humanities, Community Educator

Wellbeing and Futures of Youth and Community Work

Full-time studies | Helsinki Metropolitan Area

210 ECTS credits | 3.5 years, including summer semesters

This unique degree programme is focused on pedagogical, instruction and guidance skills combined with theories of promotion of wellbeing of people and different communities. The skills and knowledge can be applied in different fields, as well as cultural settings to support not only promotion of wellbeing, but also inclusion, participation and a future oriented sustainable way of working. During the studies the students will learn about theories of experiential learning, activity-based methods, outdoor education and collaborative pedagogy, as well

as get experience of putting the methods into practice in both indoor and outdoor environments.

The students will learn how their pedagogical expertise can be applied when working with people of all ages and different types of communities. Besides more traditional classroom environments, outdoor environments like local forests and parks will be a natural part of the study environment of the programme. Students will learn about how nature connectedness and outdoor learning have a positive impact on learning out-

come and experiences, as well as have a great impact on both mental and physical wellbeing.

The core content is focused on theories and practices having a preventive aim, how the students graduating as community educators will be able to support people to stay on track in their lives and become and stay active participants in society. The students will learn and develop skills in how to offer and guide different groups of people and communities to meaningful leisure time activities through which they can strengthen their life management skills, resilience and their own wellbeing.

Cross-cutting themes in the programme are inclusion, equity and sustainable development with focus on future perspectives, trends and needs.

The students on the programme will both study and be immersed in Finnish language, providing

them with sufficient language skills which improves their possibilities to find employment in Finland.

Graduates can find career possibilities both in Finland and other countries in the field of youth, social and community work, education and the wellbeing service sector.

Picks from the curriculum:

- **Specialization in Wellbeing and Future of Youth and Community Work, 65 ECTS**
- Sustainable Youth and Community Work, 25 ECTS
- Promoting Agency and Wellbeing, 20 ECTS
- Designing the Future of Youth and Community Work, 20 ECTS
- Including Internships, 20 ECTS





Humak in a Nutshell

The values guiding our work are a sense of community, responsibility, equality and humanity.

Humak's education, development and applied research are inspired by the goal of building a more sustainable world with thriving communities, where youth are included and culture works as a force for change.

H founded in 1998

H a national university of applied sciences located across Finland

H 2,700 degree students, about 170 experts in various positions and 5,600 graduates

H campuses and offices in the Helsinki Metropolitan Area, Tampere, Turku, Jyväskylä and Kuopio, as well as virtually for remote studies

H Bachelor's and Master's degrees

H degree programmes: Community Education, Cultural Management and Interpreting and Accessibility.

H studies can be completed as daytime contact teaching, blended or online studies.

H Humak's Open UAS studies are available for students with a Finnish personal identity code



Apply to Humak

You can apply to Humak by filling in a joint application form at Studyinfo at <https://opintopolku.fi/konfo/en> during the application period which is open in January annually.

Are you eligible to apply for higher education in your home country? That will also grant you eligibility for bachelor's studies in Humak!

For the joint digital entrance exam, Humak uses the International University of Applied Sciences (UAS) Exam selection method. The exam assesses the applicant's abilities to study in a UAS, but does not contain any pre-reading materials or preliminary assignments. On the application form, every applicant must submit a valid proof of identification and a certificate of English language skills.

Tuition fee for non-EU/EEA citizens is at the moment 14,000 euros. Possible additional charges for EU/EEA citizens have to do with travel costs related to study trips.

Please also follow Humak's webpage www.humak.fi/en for information about possible Separate application rounds, that may be opened at any time during the academic year.

HUMAK[®]

Humanities | Interpreter (Bachelor, Master):

we produce skills that help people to improve their ability to use their own language and communication methods in different everyday situations. We promote equality and linguistic accessibility.

Arts and Culture | Cultural Producer (Bachelor, Master):

We strengthen production know-how to increase the relevance, availability and accessibility of culture and art. We support the role of culture as an important resource for businesses and the importance of culture in society at large.

Health and Wellbeing | Community Educator

(Bachelor, Master): We develop skills that improve the wellbeing of communities and individuals and strengthen cohesion between different groups. We provide concrete tools for the development of organisations, youth work, work communities and adventure education methods.

www.humak.fi/en