



Welcome to Humak – your adventure is about to begin!

As coaching lecturers of the 2026 community education student group, we want to welcome you to Humak and **Adventure and Outdoor Education** Studies. This letter contains practical information about your studies. Please read it carefully.

What to expect

Your community educator studies will focus on adventure and outdoor education. You will study both indoors and outdoors and take part in multi-day expeditions where you will sleep in tents and/or wilderness huts in all four seasons. In addition, the face-to-face and online studies include general studies related to community educator competencies and pedagogical skills.

To be able to study in this program you must possess sufficient mental and physical health and functional capacity. You also have to be able to function in various social situations and multicultural groups and to participate multiday camping and hiking expeditions. You will also need basic biking- and swimming skills to be able to complete technical skills -related courses. Familiarize yourself with SORA legislation on functional capacity required for studies:

<https://www.uasinfo.fi/to-the-applicant/#health>

During the autumn term of the first study year, you are expected to attend studies at the campus 3-4 days per week from September to November. In addition to that the courses will include independent assignments and group projects. The first study year will focus on building your pedagogical skills, instructor skills and community educators' professional competencies. The specialization studies in adventure and outdoor education will begin in spring term 2027 with courses on experiential learning and outdoor skills in adventure education. [Bachelor of Humanities, Community Educator, Adventure and Outdoor Education - Humak](#)

The studies in outdoor adventure education form a three-year learning path that progresses step by step and deepens over time. The first year consists of common studies for all students, creating the foundation for the specialization studies in outdoor adventure education. During these courses, you develop your pedagogical thinking, group facilitation skills, interaction skills, and understanding of experiential learning.

The specialization studies in outdoor adventure education, comprising 65 ECTS credits, begin in the spring of the first year with the courses *Experiential Learning* and *Outdoor Skills in Adventure Education 1/2*. At this stage, you move into outdoor environments to practice the basics of trekking and paddling. You will also learn the theoretical foundation of experiential learning and applying it in practice. The spring specialization studies culminate in a paddling expedition carried out in summer conditions. First-year spring builds the foundation of safety skills and pedagogical competence on which later technical and leadership skills are developed.

In the second year, your expertise deepens and you take a more responsible role. In the *Outdoor Skills in Adventure Education 2/2* course, you further develop your trekking skills, practice planning and carrying out day trips, strengthen your first-aid skills, and familiarize yourself with new adventure-related skills such as low-rope courses and climbing. At the same time, your pedagogical understanding expands: you learn to combine safety, goal-oriented activity, and the facilitation of group processes. During the spring semester of the second year, *Leadership in Adventure Education* studies bring leadership and pedagogical competence to the forefront. Over the course of the second year, your role shifts from participant to instructor.

In the third year, you move into the applied and more comprehensive stage. In the *Applications of Leadership in Adventure Education*, *Adventure Education Processes* and *Applying Outdoor Skills in Adventure Education* courses, you plan and carry out two expedition modules in Lapland, while learning about the process-oriented nature of adventure education. The autumn expedition, conducted in more demanding conditions, develops independent planning skills and the management of entire learning processes. The winter expedition in the spring term brings your studies to their peak: you take on a leadership role in more challenging conditions, assess risks independently, and combine technical skills, pedagogical thinking, and professional responsibility.

Through this three-year, progressively advancing process, you grow into an independent and responsible outdoor adventure education professional who can plan, implement and evaluate adventure-based learning processes in various learning environments safely and purposefully.

First year learning environments and dates

The programme starts at Helsinki campus on Tuesday September 1st, 2026 at 9.00. The detailed schedule for the studies will be published at the beginning of your studies when you will also be able to register for different courses. However, below you can find the outline (changes in schedule are possible) of where your studies will be located during the first academic year:

1.9–9.10.2026 Helsinki campus and its surroundings
 12.10–18.10.2026 Independent study period / Autumn break
 19.10–30.11.2026 Helsinki campus and its surroundings
 1.12.2026 – 28.2.2027 Internship placement and online studies
 1.3.–7.6.2027 Helsinki campus and its surroundings

More information regarding summer semester (7.6.-31.8.) will be given later.

Days on campus usually start at 9.00 and last until 16.00. Field trip days may last longer and have their own schedules. During the internship periods, the daily schedule is determined by the internship place.

For more answers on how to study at Humak, check Students guide

<https://opiskelijanopas.humak.fi/?lang=en>

Expeditions

In addition to Helsinki campus and many indoor and outdoor sports sites in the capital area, students are offered the possibility to conduct parts of the studies in various authentic outdoor classrooms in different locations around Finland, including sea kayaking in the archipelago and expeditions in autumn and winter conditions in Lapland.

During the studies, you will have controlled access to:

- group equipment, such as tents, kayaks and climbing equipment.
- other equipment, such as first aid equipment.
- possibility to borrow group equipment for independent training.

Students are responsible for the following costs:

- personal travel costs to and from campus, travel costs to outdoor learning environments located in the Helsinki metropolitan area, independent and practical training locations.
- independent technical skills training.

- personal camping and hiking equipment, such as outdoor clothing, backpacks, eating utensils, sleeping bags and sleeping pads.
- accommodation.

If you have any questions related to the costs, please contact admissions@humak.fi.

Helsinki Campus

The students in the degree program in adventure and outdoor education will be enrolled at Helsinki Campus. Helsinki is an excellent location to live, stay and find employment in Finland with good connections to other parts of Finland and Europe. Helsinki also offers excellent connections to nature destinations and outdoor learning environments throughout Finland.

The address is: Humak Helsinki Campus, Ilkantie 4, 00400 Helsinki, Finland

Housing

You can search housing possibilities from the Student Housing Foundations like **HOAS** <https://hoas.fi/en/applicants/> or rent an apartment from the private market such as Sato student housing <https://www.sato.fi/en/student-housing-apartments>. It is recommended to start to look alternatives after you have received your study place in Humak.

Please consider that if your first internship period is in Lapland or in the Finnish Youth centers located around Finland, housing is usually provided by the internship place.

Meals

The campus cafeteria serves warm lunch Monday to Friday. Affordable student meals are offered by student restaurants everywhere in Finland.

Free time activities

Helsinki and its surroundings offers great opportunities to free time activities. Read more about studying in Finland <https://www.studyinfinland.fi/>.

Curious about learning Finnish?

Paras hetki aloittaa on nyt! The best time to start is now!

Learning Finnish will enrich your Finnish experience (and impress your friends!)

You can check out this [canoe expedition vlog](#) for a taste of Finnish (with English subtitles) and a peek into the wilds of Finnish Lapland. For vocabulary and grammar, [uusikielemme.fi](#) is a great resource. To work out the dictionary form of a word you come across, [wiktionary.org](#) is your friend.

Tutors

Student tutors will guide you through several practical things related to your studies and free time. The tutors will arrange a meeting with all student groups at campus in the beginning of the studies. If needed, feel free to contact the tutors already during the summer. The tutors for your group who will answer your questions is Didi Dale savannah.dale@humak.fi and Sofiya Karhu sofiya.karhu@humak.fi.

Insurance and healthcare

As a student at Humak you will be covered by a statutory accident insurance for students which is valid only in study-related and work-like conditions. The insurance does not apply during other time spent at the institution, for instance:

- Recesses
- Commutes to campus
- Lunch breaks

All European students are required to get a European Insurance Card. For Finnish students in Finland, the KELA card is equivalent to the European Insurance Card.

Students who study for a bachelor's or a master's level degree in a university of applied sciences are entitled to use the services of the Finnish Student Health Service (YTHS). The healthcare fee for higher education students is paid to Kela by the student. Humak will pay the healthcare fee for international students who are required to pay tuition fees. Read more about the services of the Finnish Student Health Service <https://www.yths.fi/en/frontpage/> and the healthcare fee payment for higher education students <https://www.kela.fi/web/en/healthcare-fee-for-students-in-higher-education>.

More information about Students well-being and health: [Student well-being and health - Opiskelijanopas](#)

Recommended clothing and equipment

You will need your own personal laptop computer from the very beginning of your studies. Humak will provide all the special adventure and outdoor equipment, such as tents, camping stoves, paddling and climbing gear. Students are responsible for personal clothing and equipment.

In terms of clothing, please pay attention to the four seasons. Finland may offer varying weather conditions: Winter temperatures may drop below -20°C and summer temperatures rise to $+25^{\circ}\text{C}$. In the autumn, the weather may change from sunny and warm to rainy and cold with temperatures below 0°C . During the internships in Lapland, you will need full winter clothing.

Enclosed you will find a separate file “Your personal gear list.pdf” for clothing and equipment list that helps you to get prepared for your studies. The list gives you examples of appropriate outdoor clothing and other camping-related gear needed for the studies. Please take into consideration that you do not have to get everything at once. If you are uncertain about the gear, wait until the beginning of your studies when you may consult your lecturers regarding what and where to buy.

If you have questions before the start of your studies, do not hesitate to contact us. However, for your information, we are on summer holiday from 8th of June to 3rd of August 2026.

Looking forward to meeting you in September!

Best wishes,

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