

HOW TO NAVIGATE THROUGH UNFAMILIAR CONTEXTS DEVELOP YOUR SKILLS FOR THE FUTURE

05-31.MAY.2022

PROGRAMME DESCRIPTION/OBJECTIVE

To face the challenges demanded by a changing and uncertain world, we need a variety of skills to navigate through unfamiliar contexts. These kinds of skills are called generic competences or future skills. These skills include for example collaborating with others, problem solving, flexibility, and taking responsibility. Also, balancing with contradictory demands require empathy, compassion and respect towards oneself and others. Moreover, skills to learn in a self-directed manner and reflecting on own development play an increasingly important role in the future of work. Overall, future skills are important for employability and success in the world of work and most importantly, they have the potential to enhance individual and collective wellbeing. The aim of the SAP is that the participants recognise the importance of future skills and set goals for developing their own future skills.

PROPOSED LEARNING OUTCOMES

At the end of this RUN-EU SAP students will be able to:

- Familiarise themselves with various definitions of future skills.
- Utilise this information to develop proactive strategies that can be used in navigating in unfamiliar contexts.
- Think about the requirements for successful working in multidisciplinary and multicultural environments.
- Unravel one's own conceptions of learning and learning practices, and recognise learning as an important future skill.
- Recognise how future- and study skills are related to one's wellbeing and propose solutions for enhancing wellbeing.
- Evaluate the development of own future- and study skills on the basis of given feedback and self-assessment.

+INFO: www.run-eu.eu

Organised by: HAMK

DATE From **05 to 31 May, 2022**

Online sessions: **May 5, 9, 10, 12, 24, 25 and 31**

Contact week: **May 16 to 20, 2022 at HAMK**

MODE OF DELIVERY Blended

LANGUAGE OF INSTRUCTION English

ECTS CREDITS 3

ACADEMIC RECOGNITION

To be defined by each Home Institution.
In general terms, most students will have this RUN-EU SAP certified in the Diploma Supplement, as a minimal condition.

ELIGIBLE PARTICIPANTS

All RUN-EU degree students

HOW TO APPLY

Fill in the application form (**QR or website**)



DEADLINE FOR APPLICATIONS

20.04.2022

SELECTION CRITERIA

Order of submission, motivation, wide representation of subject areas/fields of study and balanced participation of RUN-EU member institutions (a maximum of 5 students per RUN-EU member). Total number of students to be selected: **35**

CONTACT DETAILS

superweek@hamk.fi

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05-31.MAY.2022

SELECTION CRITERIA

Order of submission (first come, first served), motivation, wide representation of subject areas/fields of study and balanced participation of RUN-EU member institutions (a maximum of 5 students per RUN-EU member).

LEARNING AND TEACHING STRATEGY

Teaching of the SAP is based on student-activating and interactive methods and challenge-based learning. There will be group work and hands-on exercises (e.g. prototyping, 3D modelling) and individual tasks.

PREREQUISITES

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COURSES LEADERS | LECTURERS

Courses leaders

Viivi Virtanen (HAMK)
Liisa Postareff (HAMK)

Lecturers

Tanja Eiselen (FHV)
Joana Ferreira (IPLeiria)
Johan Postema (NHL Stenden)
Anouk Donker (NHL Stenden)
Jeanette Klomp (NHL Stenden)
Jari Jussila (HAMK)
Markku Mikkonen (HAMK)
Telle Hailikari (HAMK)

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Organised by: HAMK

PHYSICAL MOBILITY | SCHOLARSHIPS AVAILABLE

For students: 35 students/1W

Travel: 350€/person | Subsistence: 400€/W

For staff: 10 staff/1W

Travel: 350€/person | Subsistence: 850€/W

To be managed by Home Institution.
Flows/Institution. Applicant selection aims for wide representation of partner institutions implying a maximum of five students per university. Final decision on the scholarships to be awarded falls under the responsibility of the Home Institution RUN-EU Project Leader and compulsorily requires IRO involvement

MEANS AND CRITERIA FOR ASSESSMENT

The assessment and the learning assignments are aligned with the learning objectives. The assessment is aligned with the SAP topic and uses self- and group assessment to enhance future skills. The SAP is assessed as Fail / Pass.

CERTIFICATION

The participants who successfully complete this RUN-EU SAP will receive a Certificate of Participation and a Transcript of Records jointly issued by the organising institutions.

REFERENCE READING

Can be found on last page of this document.

SHORT ADVANCED PROGRAMME

HOW TO NAVIGATE THROUGH UNFAMILIAR CONTEXTS DEVELOP YOUR SKILLS FOR THE FUTURE

**TOMORROW
STARTS NOW**

05-31.MAY.2022

ONLINE PROGRAMME AT A GLANCE

+INFO: www.run-eu.eu

	EEST CET	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
		8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
THURSDAY 05/05										TEAMING		
MONDAY 09/05							FUTURE SKILLS					
TUESDAY 10/05				FUTURE SKILLS								
THURSDAY 12/05									PREPARING FOR CONTACT WEEK			
TUESDAY 24/05									CULTURAL DIFFERENCES IN LEARNING			
WEDNESDAY 25/05									STUDY SKILLS			
TUESDAY 31/05									STUDY SKILLS			

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05-31.MAY.2022

INTENSIVE WEEK AT HAMK

+INFO: www.run-eu.eu

	LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	
	CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	
MONDAY 16/05		ORIENTATION			LUNCH BREAK	INTERACTIVE LECTURE: STUDY SKILLS							
TUESDAY 17/05		GROUP PRESENTATIONS			LUNCH BREAK	INTERACTIVE LECTURE: FUTURE SKILLS							
WEDNESDAY 18/05		WORKSHOPS: FUTURE SKILLS			LUNCH BREAK	FREETIME ACTIVITIES							
THURSDAY 19/05		WORKSHOPS: FUTURE SKILLS			LUNCH BREAK	COMPANY VISITS							
FRIDAY 20/05		FEEDBACK			GALA								

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MAY 5TH

THURSDAY 14:00-16:00 CET / ONLINE

LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
THURSDAY 05/05								TEAMING			

Teaming

- 🕒 14h00-16h00
- 👥 Individual & Group Work
- 👤 Viivi Virtanen, Häme University of Applied Sciences (HAMK)
Liisa Postareff, Häme University of Applied Sciences (HAMK)
- 📄 Teaming, aims for the SAP, instructions for group work and individual work

MAY 9TH

MONDAY 12:00-14:00 CET / ONLINE

LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
MONDAY 09/05							FUTURE SKILLS				

Future Skills

- 🕒 12h00-14h00
- 👥 Individual & Group Work
- 👤 Johan Postema, NHL Stenden University of Applied Sciences (NHL Stenden)
Jeannette Klomp, NHL Stenden University of Applied Sciences (NHL Stenden)
- 📄 Future skills: What are they and why they are important?

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MAY 10TH

TUESDAY 11:00-13:00 CET / ONLINE

LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
TUESDAY 10/05				FUTURE SKILLS							

Future skills

- 🕒 10h00-12h00
- 👥 Individual & Group Work
- 👤 Tanja Eiselen, Vorarlberg University of Applied Sciences (FHV)
Jeannette Klomp, NHL Stenden University of Applied Sciences (NHL Stenden)

📄 Future skills: How to enhance them?

MAY 12TH

THURSDAY 14:00-16:00 CET / ONLINE

LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
THURSDAY 12/05									PREPARING FOR CONTACT WEEK		

Preparing for contact week

- 🕒 14h00-16h00
- 👥 Individual & Group Work
- 👤 Jari Jussila, Häme University of Applied Sciences (HAMK)
Markku Mikkonen, Häme University of Applied Sciences (HAMK)

📄 3D modeling as a future skill, introduction to contact week

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MAY 24TH

TUESDAY 14:00-16:00 CET / ONLINE

LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
TUESDAY 26/04									CULTURAL DIFFERENCES IN LEARNING		

Cultural differences in learning

- 🕒 14h00-16h00
- 👥 Group Work
- 👤 Liisa Postareff, Häme University of Applied Sciences (HAMK)
Jeannette Klomp, Johan Postema, NHL Stenden University of Applied Sciences (NHL Stenden),
Anastasia Platonava, Technological University of the Shannon (TUS)

📄 Cultural differences in learning

MAY 25TH

WEDNESDAY 14:00-16:00 CET / ONLINE

LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
WEDNESDAY 25/05									STUDY SKILLS		

Study Skills

- 🕒 14h00-16h00
- 👤 Individual Work
- 👤 Anouk Donker, NHL Stenden University of Applied Sciences (NHL Stenden)
Liisa Postareff, Häme University of Applied Sciences (HAMK)

📄 Study skills: What are they? Approaches to learning, regulation of learning and self-efficacy. LearnWell self-reflection tool

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MAY 31 ST		TUESDAY 14:00-16:00 CET / ONLINE										
LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	
TUESDAY 03/05												
									STUDY SKILLS			

Study skills

- 🕒 14h00-16h00
- 👥 Individual & Group Work
- 👤 Viivi Virtanen, Liisa Postareff, Telle Hailikari, Häme University of Applied Sciences (HAMK)
- 📄 Study skills & study-related wellbeing: How to enhance them? What the students can do? What teachers/teaching can do?

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MAY 16TH

MONDAY 9h00-16h00 LOCAL TIME

LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
MONDAY 16/05	ORIENTATION			LUNCH BREAK	INTERACTIVE LECTURE: STUDY SKILLS						

Orientation

- 🕒 9h00-12h00
- 👥 Group Work
Live Lecture/Practical work
- 👤 Liisa Postareff, Viivi Virtanen, Jari Jussila (HAMK), Jeannette Klomp (NHL Stenden)
- 📄 Welcome to HAMK, aims for the contact week, grouping

Study Skills

- 🕒 13h00-16h00
- 👥 Individual & Group Work
Interactive Live Lecture/Practical Work
- 👤 Viivi Virtanen, Telle Hailikari (HAMK)
- 📄 Relations between learning, teaching, wellbeing

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MAY 17TH

TUESDAY 9h00-16h00 LOCAL TIME

LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
TUESDAY 17/05	GROUP PRESENTATIONS			LUNCH BREAK	INTERACTIVE LECTURE: FUTURE SKILLS						

Group Presentations

- 🕒 9h00-12h00
- 👥 Group Work
Practical work
- 👤 Johan Postema, Jeannette Klomp
(NHL Stenden), Anastasia Platonava
(TUS)
- 📄 Presenting group work on
future skills

Future Skills

- 🕒 13h00-16h00
- 👥 Group Work
Interactive Live Lecture
- 👤 Jeannette Klomp, Johan Postema (NHL Stenden)
- 📄 Future skills (Communication skills)

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MAY 18TH

WEDNESDAY 9h00-16h00 LOCAL TIME

LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
WEDNESDAY 18/05	WORKSHOPS: FUTURE SKILLS			LUNCH BREAK	FREETIME ACTIVITIES						

Workshop I

Future Skills

- 🕒 9h00-12h00
- 👥 Group Work
- 📄 Live Practical work
- 👤 Jari Jussila (HAMK)
- 📄 Prototyping a workshop on enhancing Future Skills at HAMK Design Factory

Freetime Activities

- 🕒 13h00-16h00
- 📄 Freetime activities, use your free time to visit Hämeenlinna! Other activities will be announced at the Superweek.

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MAY 19TH

THURSDAY 9h00-16h00 LOCAL TIME

LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
THURSDAY 19/05	WORKSHOPS: FUTURE SKILLS			LUNCH BREAK	COMPANY VISITS						

Workshop II

Future Skills

- 🕒 9h00-12h00
- 👥 Group work
Live Practical work
- 👤 Jari Jussila, Markku Mikkonen (HAMK)

- 📄 3D-modeling

Company visits

- 🕒 13h00-16h00
- 👥 Group Work
Live Practical work
- 👤 SAP course leaders and lecturers

- 📄 Details will be announced later

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MAY 20TH

FRIDAY 9h00-16h00 LOCAL TIME

LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
CET	8h00	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00
FRIDAY 20/05	FEEDBACK			GALA							

Feedback

- 🕒 9h00-12h00
- 👤 Individual work
Live Practical work
- 👤 Viivi Virtanen (HAMK)
- 📄 LearnWell questionnaire & feedback session

Gala

- 🕒 12h00-16h00
- 👤 Group Work
Live Practical work
- 👤 Viivi Virtanen, Liisa Postareff, Telle Hailikari (HAMK), Anastasia Platonava (TUS)
- 📄 One (1) minute pitching in groups; feedback from RUN-EU associated partners

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TOMORROW STARTS NOW

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REFERENCE READING

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Baik, C., Larcombe, W., & Brooker, A. (2019). **How universities can enhance student mental wellbeing: The student perspective.** *Higher Education Research & Development*, 38(4), 674-687.



Bakhshi, H., Downing, J. M., Osborne, M. A., & Schneider, P. (2017). **The future of skills: Employment in 2030.** Pearson.



Schleicher, A. (2018). **Educating learners for their future, not our past.** *ECNU Review of Education*, 1(1), 58-75.



OECD Future of Education and Skills: https://www.oecd.org/education/2030-project/contact/OECD_Learning_Compass_2030_Concept_Note_Series.pdf



Tuononen, T., Parpala, A., & Lindblom-Ylänne, S. (2017). **The transition from university to working life: An exploration of graduates' perceptions of their academic competences.** In *Higher education transitions* (pp. 238-253). Routledge.