



Blended intensive program - A.Y. 2024/2025

THE GREAT OUTDOORS, EXERCISE AND HEALTH



UNISS
UNIVERSITÀ
DEGLI STUDI
DI SASSARI



THE FACULTY

Andrea Di Blasio and Marika Berchicci - "G. d'Annunzio" University of Chieti-Pescara

Lucia Cugusi - University of Sassari

David Gaughran - Munster Technological University

Anna-Kaisa Hokkanen and Piia Soikkeli - South-Eastern Finland University of Applied Sciences

David Sánchez Oliva - University of Extremadura

David Cruz Díaz and Felipe León Morillas - University of Jaén



**SCAN THE QR CODE
AND VISIT THE
WEBPAGE TO HAVE
MORE INFORMATION**

The primary goal of our BIP is to use both **THEORETICAL AND PRACTICAL LESSONS** to educate aspiring kinesiologists and health professionals **ON THE BENEFITS OF OUTDOOR EXERCISE FOR HUMAN HEALTH**, particularly for those with illnesses. The practical lessons will be grounded on the participant's own experience of the multifaceted impacts of the various elements of the great outdoors. The BIP will be realized in the **EUROPEAN GREEN REGION OF ABRUZZO**, which will enable the testing of disciplines focused on **MOUNTAINEERING AND THE SEA**.

ONLINE LESSONS:

7th and 13th of May 2025

IN-PERSON LESSONS:

3rd to 7th of June 2025

2nd and 8th of June 2025 travel days

**TAKE THE OPPORTUNITY TO LEARN WHILE HAVING FUN IN NATURE!
ASK FOR INFORMATION AT THE ERASMUS OFFICE OF YOUR UNIVERSITY!**

