

# SPORT AND SUSTAINABILITY

– A LIFELONG APPROACH

## ERASMUS+ TCA *Seminar*

May 29–31 2023, Sport Institute of Finland, Vierumäki

### PROGRAMME

Arrival day: Monday May 29

14.00 Pick-up from Lahti travel centre.

15.00–16.30 Arrival and registration, coffee available  
Seminar office, Sport hall

16.00–17.30 Lakeside sauna available, Lake Valkjärvi

18.15–19.15 **Welcome and introduction to the seminar**

- Introduction to Vierumäki and the sport institute network of Finland.
- Finnish education system.
- Introduction of the participants and networking activity.

19.30 **Dinner, Restaurant V**

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**Day 1: Tuesday May 30**

7.00–9.00 **Breakfast**

7.30–8.00 **Morning meditation by the lake, Lake Valkjärvi**

9.00–9.30 **Keynote: Sport and sustainability**

9.30–10.00 **Introduction to the round table discussions;**  
10 minute presentations on sustainability in early childhood,  
top level sport and active lifestyle.



# PROGRAMME CONTINUES...

## Day 1: Tuesday May 30

### 10.15-11.45 Round table 1

Sustainability in early childhood.

### Round table 2

Top level sport as a part of individual growth – dual career in society.

### Round table 3

Active lifestyle – nature as a part of adulthood activities.

### 12.00-13.00 Lunch

### 13.15-14.30 Practical workshop 1.1

Nature relationship as a door to sustainable education with young children and early childhood education (ECE).

### Practical workshop 2.1

Top level sport Club working as a part of society and city infrastructure.

### Practical workshop 3.1

Natural environment and outdoor activities as a part of sustainable lifestyle.

### 14.45-16.00 Practical workshop 1.2

Nature relationship as a door to sustainable education with young children and early childhood education (ECE).

### Practical Workshop 2.2

Top level sport Club working as a part of society and city infrastructure.

### Practical workshop 3.2

Natural environment and outdoor activities as a part of sustainable lifestyle.

### 16.00-16.30 Afternoon snack and coffee

### 16.30-17.30 Sport activity - Swimming / SUP & Fatbike / Floorball / Padel (registration at arrival)

### 17.30-19.30 Finnish sauna by the lake, Lake Valkjärvi

### 20.00- Networking, dinner and evening programme

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# PROGRAMME CONTINUES...

## Day 2 Wednesday May 30

7.00-9.00 Breakfast

9.00-9.30 Forest yoga

9.45-11.30 Funding opportunities in Erasmus+

### Wrapping up the seminar:

Best practices, conclusions and take aways.

### Closing of the seminar

11.30-12.30 Lunch, Restaurant Puhti

13.00 Bus leaves to Lahti travel centre

*See You  
in Vierumäki!*

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### More information

Emilia Rantanen

KV- koordinaattori / International Coordinator

Suomen Urheiluopisto / Sport Institute of Finland

tel: + 358 45 788 42558

emilia.rantanen@vierumaki.fi

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