

FINAL REPORT ERASMUS+ TRAINING COURSE

Course Title: *Wellbeing in Nature: Outdoor Activities for Mental and Physical Health*

Location: Lisbon, Portugal

Dates: 6–11 July

Participant: DSGA (School Business Manager) – Istituto Comprensivo Casati, Muggiò

As part of the Erasmus+ mobility activities, I attended the international course "*Wellbeing in Nature: Outdoor Activities for Mental and Physical Health*" in Lisbon from 6 to 11 July.

This training experience was very useful both professionally and personally. The course focused on the connection between nature, wellbeing, and education. It showed how contact with nature can improve mental and physical health, reduce stress, and create a more positive learning and working environment.

During the course, participants from different European countries shared experiences and ideas about education, wellbeing, and school management. This exchange of good practices helped me understand different approaches used in schools across Europe.

The course introduced the main principles of Ecopsychology and explained how nature can support emotional balance, concentration, and positive relationships. We took part in several outdoor activities in parks and green areas of Lisbon. These activities included mindfulness exercises, group work, reflection, and observation of the natural environment.

One of the most interesting topics was the connection between wellbeing and sustainability. The course showed that caring for nature is not only an environmental issue but also a way to promote responsibility, respect, and active citizenship. Sustainable practices help create healthier communities and encourage people to take care of both the environment and each other.

Another important theme was inclusion. The activities demonstrated that natural environments can help all people feel welcome and involved. Working together outdoors encouraged communication, cooperation, and mutual respect. These experiences highlighted how nature can support inclusive education and help create a sense of belonging for everyone.

The course also introduced the concept of Biophilic Design, which means bringing natural elements into buildings and learning spaces. Plants, natural materials, green areas, and outdoor learning spaces can improve wellbeing and make schools more comfortable and welcoming.

Although my role as DSGA is mainly administrative, the course provided many ideas that can be applied to school organisation and management. Creating sustainable, safe, and welcoming environments is important for the wellbeing of students, teachers, and all school staff. Good management of school spaces and resources can support both sustainability and inclusion goals. The international dimension of the course was another valuable aspect. Meeting colleagues from different countries helped me improve my communication skills and broaden my understanding of how schools can promote wellbeing, sustainability, and inclusion.

In conclusion, this Erasmus+ experience made an important contribution to my professional development and supported the objectives of our school. The knowledge and skills gained during the course will help promote sustainability, inclusion, and wellbeing within our school community. I look forward to sharing what I learned with colleagues and contributing to future initiatives that support a more inclusive, sustainable, and positive school environment.