

TEACHING – LEARNING ACTIVITIES OF THE PROJECT (LLT2)

LTT.2.4. PILOT STUDY RESUPERES (Norway)

“PROYECT YOUR AVATAR”

Organizer: Høgskolen på Vestlandet, 22th - 26th of May 2023

DAY 1 (22th May 2023). PILOT STUDY SESSION 1:

Place: Western Norway University of Applied Sciences (Campus Bergen)

9.00 h.: Presentation of the Pilot Study Norway within the LTT in the European Project RESUPERES to the participants.

- Presentation of the Resuperes Project, Activity C2.4. Pilot Study (Norway), “Project your Avatar”.

09.30-11.00 h.: Workshop Media Laboratoy: “Behind the cameras”

- Audiovisual Media Laboratory, for the teaching-learning of digital skills, in order to acquire skills for academic and professional training (*Prof. Mauricio Esteban Pavez Ramirez*)

11.00-11.10 h.: Initial evaluation of participants in the Pilot Study

Initial assessment of Resilience and its constructs of study: Pre-test

11.10-14.00 h.: Virtual Reality Workshop: “Proyect yourself!”

Virtual Reality Laboratory, for the teaching of digital skills, in order to acquire skills for academic and professional training (*Prof. Xavier Paul Bonete*). Place: learning laboratory (K2 building).

14.00 h.: Lunch on the Western Norway University of Applied Sciences (Courtesy of the HVL)

15.00-20.00 h.: Ulriken

DAY 2 (23TH of May 2023): SESSION 2:

PILOT STUDY RESUPERES “PROYECT YOUR AVATAR”

Place: Western Norway University of Applied Sciences (Campus Bergen)

9.00-13.00 h.: Virtual Reality Workshop: “Proyect yourself!”

Virtual Reality Laboratory, for the teaching of digital skills, in order to acquire skills for academic and professional training (*Prof. Xavier Paul Bonete*). Place: learning laboratory (K2 building).

14.00 h.: Lunch on the Western Norway University of Applied Sciences (Campus Bergen)

15.00-18.00: Canoeing

Training of the Resilience through canoeing (*Prof. Torbjørn Lundhaug*). Place: Solheimsvatnet

18.00 h.: Dinner (Sabrura Sticks & Sushi Bergen Storsenter, Strømgaten 8, Bergen)

DAY 3 (24th of May 2023): SESSION 3:

ESTUDIO PILOTO RESUPERES “PROYECTA TU AVATAR”

Place: Western Norway University of Applied Sciences (Campus Bergen)

9.00-10.00 h: Cultural heritage at BRYGGEN (UNESCO)

Bryggen is a historic harbour district in Bergen, one of North Europe's oldest port cities on the west coast of Norway which was established as a centre for trade by the 12th century. Bryggen, the old wharf of Bergen, is a reminder of the town's importance as part of the Hanseatic League's trading empire from the 14th to the mid-16th century.

10.00 - 13.00 h.: ORIENTATION WORKSHOP AT FLØYEN

Can you help David Livingstone to come back home without using Google Maps? The importance of Orientation activities in the development of Resilience (*Prof. Eivind Johannessen Wengard*). Place: Fløyen mountain.

13.30 h.: Lunch in Fløyen

Using Natural and Cultural Heritage in Sustainable Development – Synergy for Development. The importance of learning of cooking in a natural environment and the needs considered (*Prof. Frøydís Hausmann*).

15.00-17.00h.: Biofeedback workshop. “Control your body, control your rhythms!”

The use of technology to control your galvanic response of your skin, and therefore your general activation, to control your stress (*Prof. Coral Falcó*).

Place: Laboratory of Psychology

DAY 4 (25th of May 2023): SESSION 4:

PILOT STUDY RESUPERES “PROYECT YOUR AVATAR”

Place: Western Norway University of Applied Sciences (Campus Bergen)

9.00-11.00 h.: YOGA

Workshop to practice yoga in a natural environment, experiencing the movement of the body being present and finishing with a meditation in the highest mountain of Bergen (*Prof. Frøydís Hausmann*).

12.00-16.00h Trolldhaugen (Eduard Grieg)

Cultural Heritage: Visit to the Edvard Hagerup Grieg house. Edvard H. Grieg was a Norwegian composer and pianist. He is widely considered one of the leading Romantic era composers, and his music is part of the standard classical repertoire worldwide (*Prof. Frøydís Hausmann*)

DAY 5 (26th of May 2023): SESSION 5:

PILOT STUDY RESUPERES “PROYECT YOUR AVATAR”

Place: Western Norway University of Applied Sciences (Campus Bergen)

9.00-12.00 h.: MUSIC & EMOTIONS

Recognice your emotions and the emotions that the music can develop (*Prof. Odd Torleiv Furnes*)

Place: Auditorium

12.00-16.00 h.: Workshop “In front of the camera!”

How to use the camera and body work in front of the camera (*Prof. Ferruccio Goia*).

Place: Media Laboratory

16.00 h.: Lunch:

How to cook a Paella and teambuilding through team games (*Prof. Jonas Vindedal Langlo and Prof. Coral Falcó*)

Place: Athletic field (Kronstad)

18.00 h.: Participants final evaluation of the Pilot Study

Final evaluation of the Resilience and its constructs of the study participants, and of the activities and program carried out. Post-test

18.30 h.: Closing ceremony of the activity LTT (C2.4. Norway) and certificates.