

**Anders Szczepanski, director, researcher, ass visiting prof outdoor education  
National Center for Outdoor Education - NCU, Linköping University**



[www.liu.se/ikk/ncu](http://www.liu.se/ikk/ncu)

# National Center for Outdoor Education (NCU) Linköping University Sweden

- Outdoor experience close to nature.
- The importance of our parks as the city's lungs and respiratory opportunity.



# Outdoor education and learning as a place based concept!



- Place based active learning for health and learning about sustainability in practice. The multi - sensory experience.
- The interplay between sensory experience in "high touch" green space areas and the meeting with "high tech" mobile pedagogy.
- The interchange between theory and practice as a way of learning and creating a sense of place. Reflection and knowledge in action!



# Open the interaction between indoor and outdoor paradigm!



Landscape meets mindscape when we use it as a learnscape.

# Areas of expertise that we can offer

- Workshops, master program and intensive one week education/courses in Europe, Singapore, Japan and China.
- Developing and constructing health prevention and health promotive learning environments.
- Evidence-based knowledge about man's relationship to its physical environment.



# Drugs as a healing force...





# Green urban outdoor environments prevent and promote health

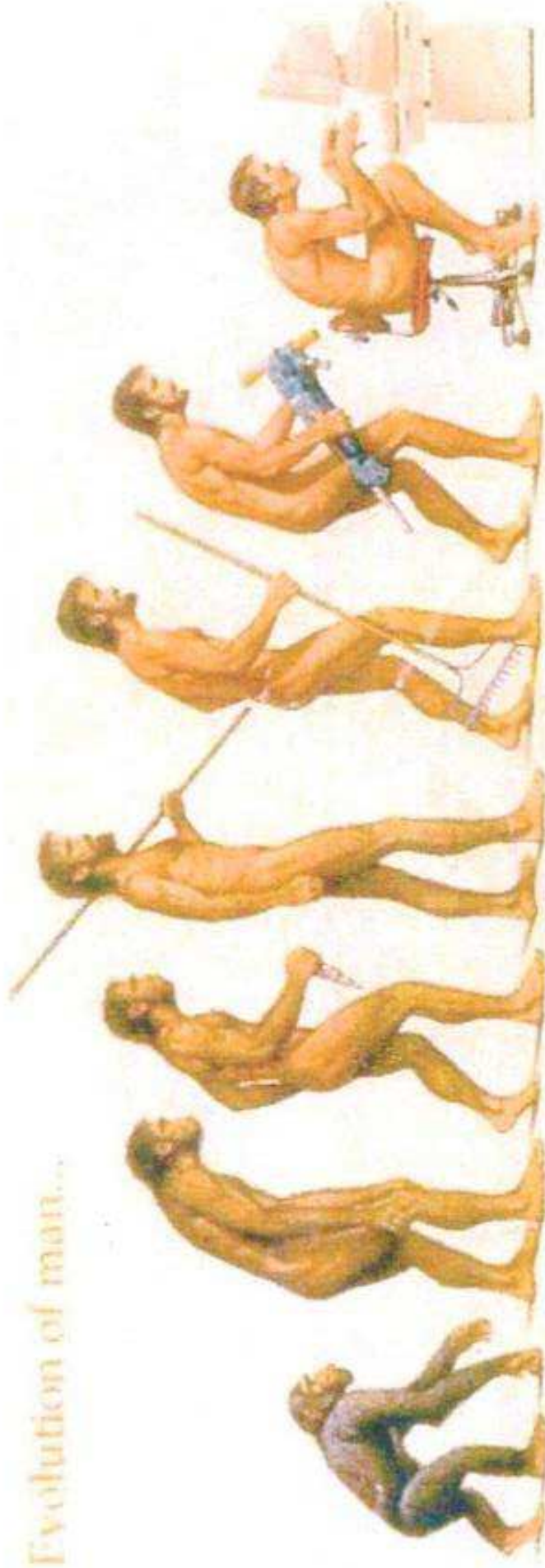






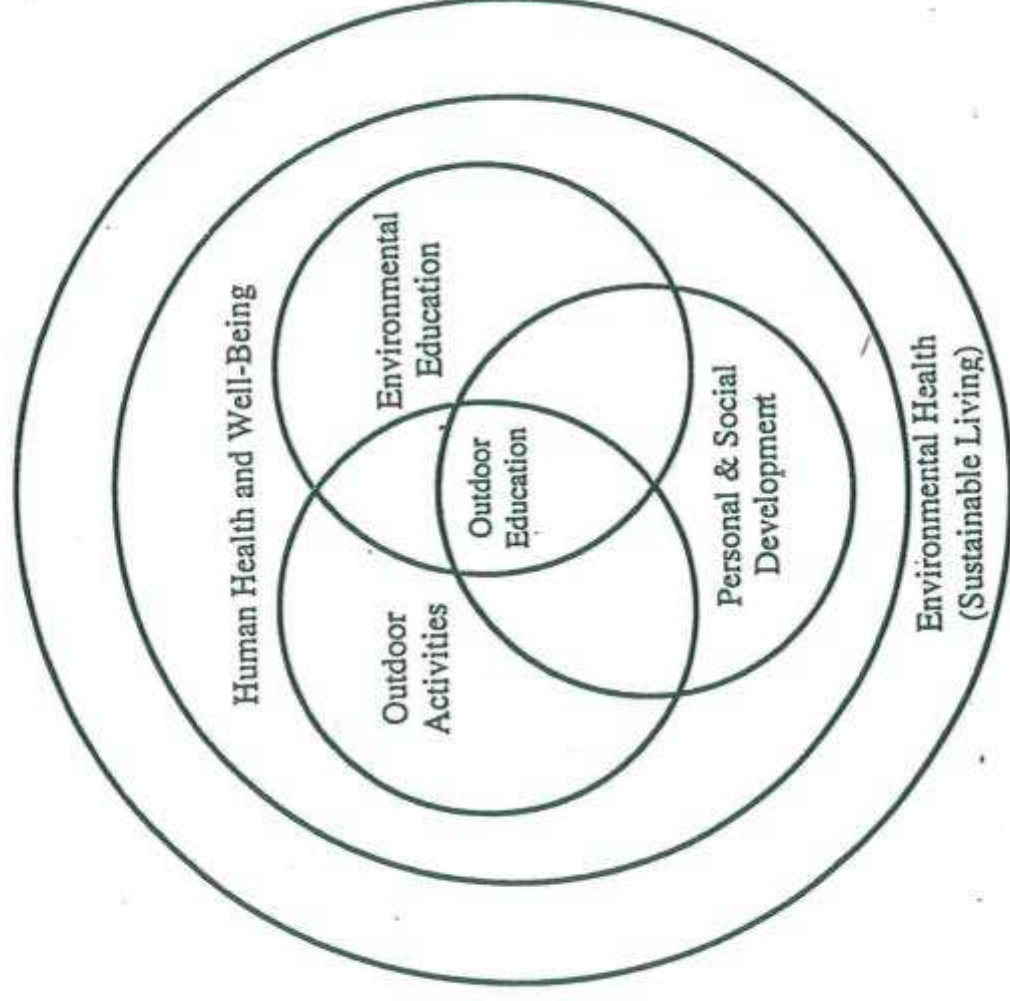


## Evolution of man...



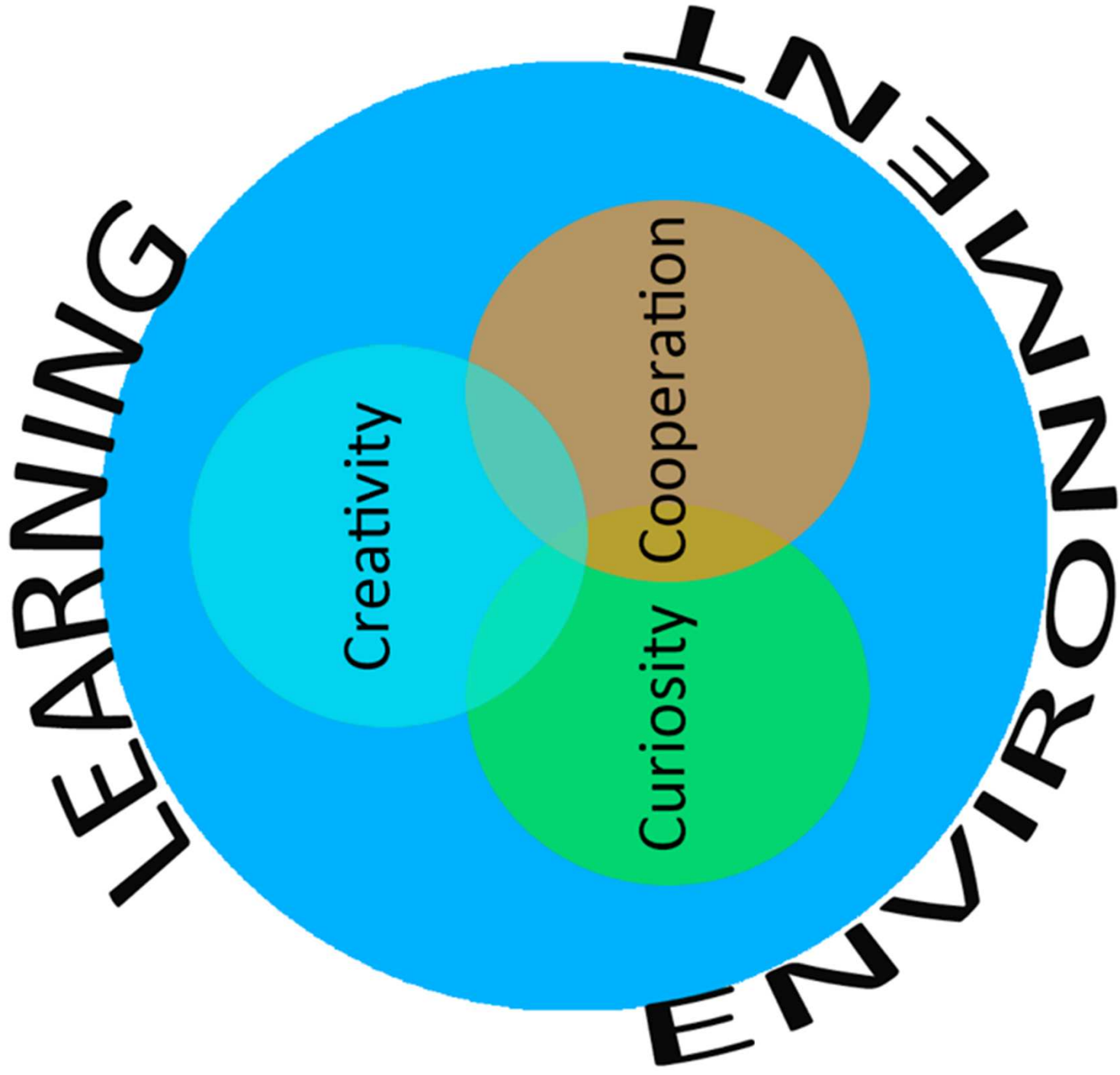
Man's body will be able to make his own decisions and act on them.

This model can be further developed to include human health and well-being and environmental health (sustainable living).

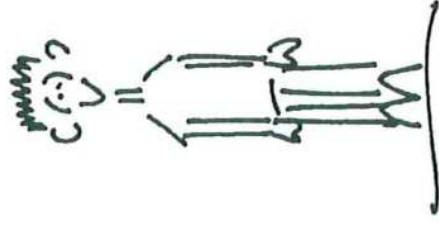


When viewed like this outdoor education can be seen to comprise the following 5 subject areas.



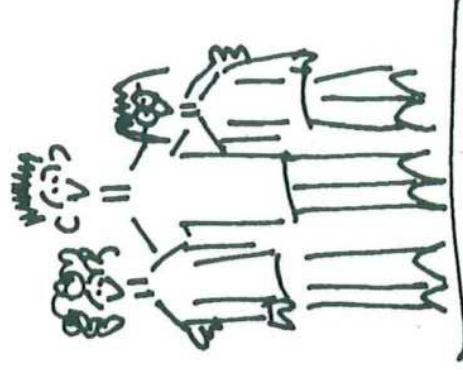


*An awareness of, respect for and love of*



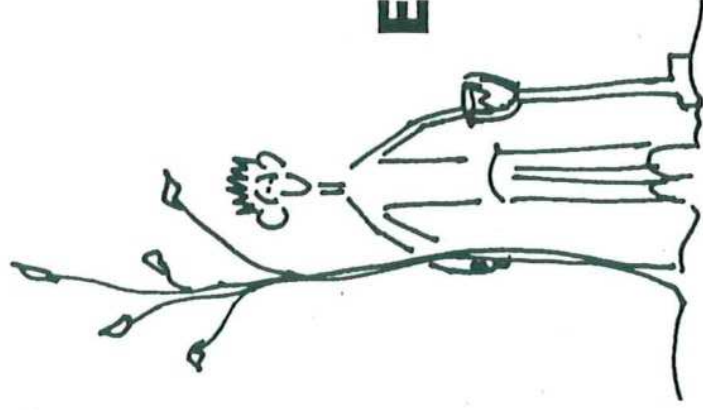
## **SELF**

balanced with



## **OTHERS**

balanced with



## **ENVIRONMENT**

(Mortock, 1978)



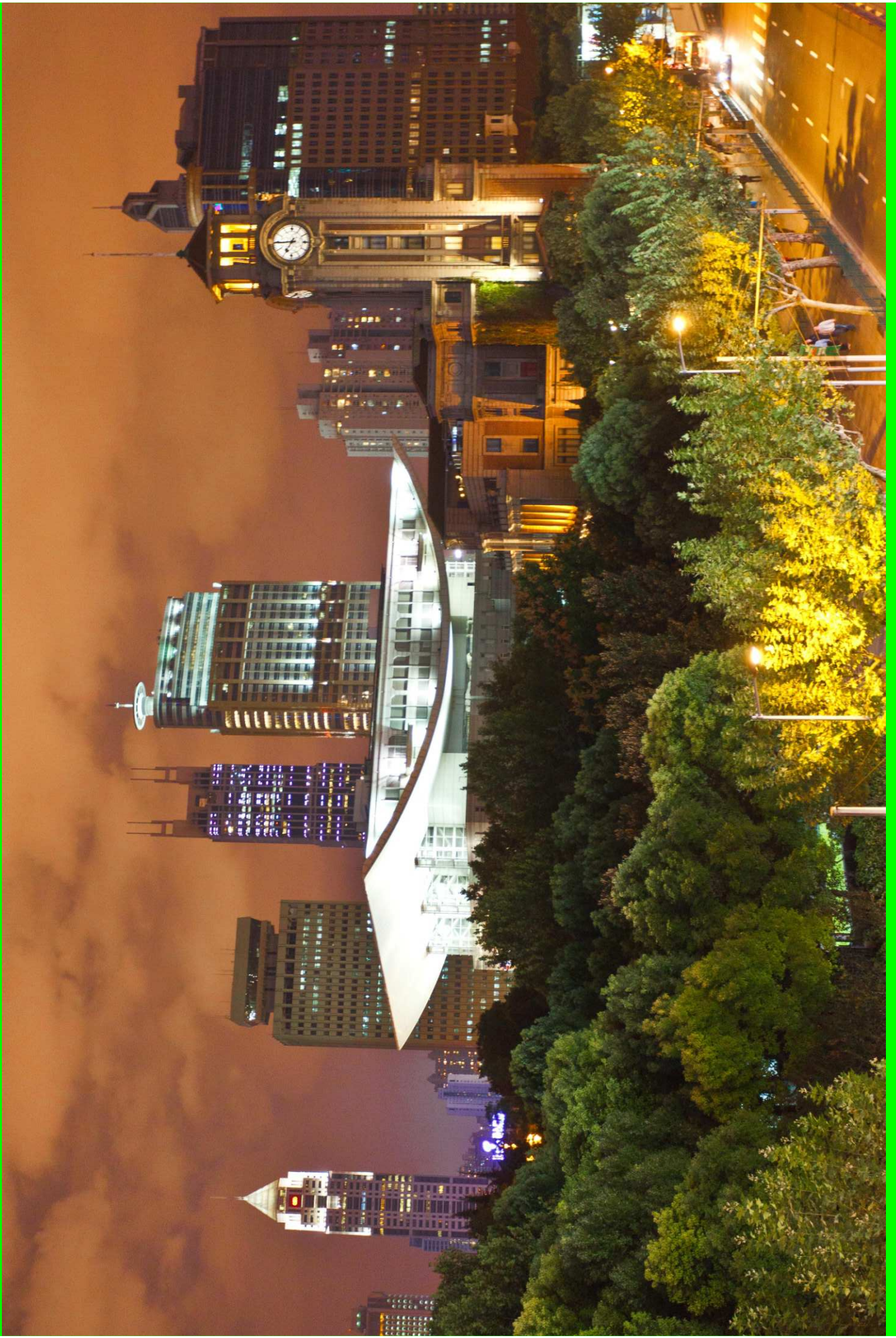
Tons of information

Kilos of knowledge

Hectos of wisdom

Grammies of change































# REFLEXOLOGY WALK

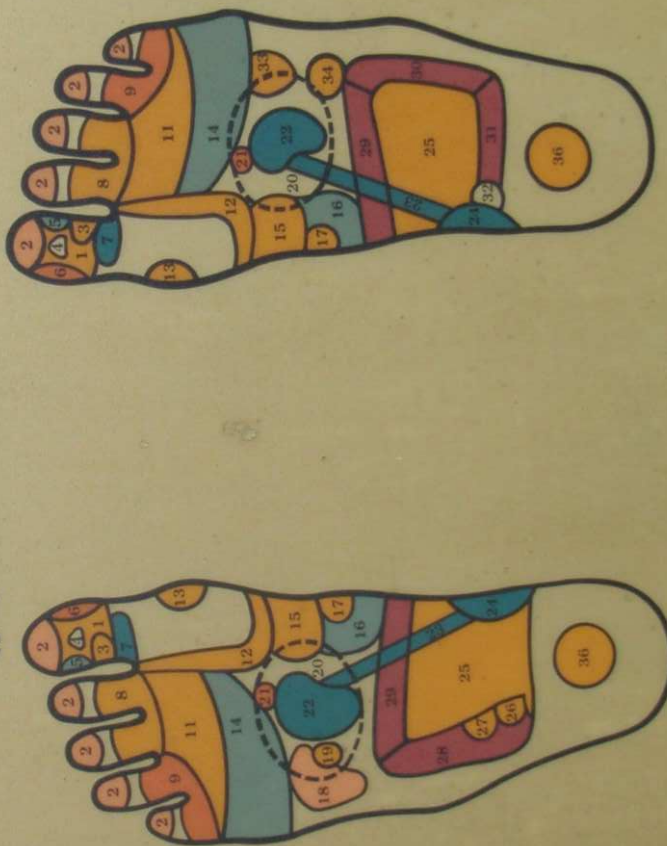
## 脚底按摩径

### RIGHT FOOT

- 1) Head (cerebrum), left half
- 2) Frontal sinuses, left half
- 3) Brain stem, cerebellum
- 4) Pituitary
- 5) Temple, left, trigeminal nerve
- 6) Nose
- 7) Neck
- 8) Eye, left
- 9) Ear, left
- 10) Trigeminal musculature, right
- 11) Thyroid gland
- 12) Parathyroid gland
- 13) Lungs and bronchi, right
- 14) Stomach
- 15) Duodenum
- 16) Liver
- 17) Gall bladder
- 18) Solar plexus
- 19) Adrenal gland, right
- 20) Kidney, right
- 21) Ureter, right
- 22) Bladder
- 23) Small intestine
- 24) Appendix = vermicular appendix (caecum)
- 25) Ileocecal valve
- 26) Ascending colon
- 27) Transverse colon
- 28) Descending colon
- 29) Genital Gland (ovaries or testicles), right

### 右脚

- 1) 头 (脑) 左半球
- 2) 额窦, 左半部
- 3) 脑干, 小脑
- 4) 脑垂体
- 5) 颞叶, 左, 三叉神经
- 6) 鼻
- 7) 颈
- 8) 眼 (左)
- 9) 耳 (左)
- 10) 三叉神经 (脑, 右侧) 右
- 11) 甲状腺
- 12) 甲状旁腺
- 13) 肺和支气管, 右
- 14) 胃
- 15) 十二指肠
- 16) 肝
- 17) 胆囊
- 18) 脾脏
- 19) 肾上腺 (肾上腺)
- 20) 肾脏, 右
- 21) 输尿管, 右
- 22) 膀胱
- 23) 小肠
- 24) 阑尾
- 25) 盲肠和阑尾
- 26) 升结肠
- 27) 横结肠
- 28) 降结肠
- 29) 生殖腺 (卵巢或睾丸), 右



### LEFT FOOT

- 1) Head (cerebrum), right half
- 2) Frontal sinuses, right half
- 3) Brain stem, cerebellum
- 4) Pituitary
- 5) Temple, right, trigeminal nerve
- 6) Nose
- 7) Neck
- 8) Eye, right
- 9) Ear, right
- 10) Trigeminal musculature, left
- 11) Thyroid gland
- 12) Parathyroid gland
- 13) Lungs and bronchi, left
- 14) Stomach
- 15) Duodenum
- 16) Liver
- 17) Gall bladder
- 18) Solar plexus
- 19) Adrenal gland, left
- 20) Kidney, left
- 21) Ureter, left
- 22) Bladder
- 23) Small intestine
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- 28) Descending colon
- 29) Genital Gland (ovaries or testicles), left

### 左脚

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- 2) 额窦, 右半部
- 3) 脑干, 小脑
- 4) 脑垂体
- 5) 颞叶, 右, 三叉神经
- 6) 鼻
- 7) 颈
- 8) 眼 (右)
- 9) 耳 (右)
- 10) 三叉神经 (脑, 左侧) 左
- 11) 甲状腺
- 12) 甲状旁腺
- 13) 肺和支气管, 左
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- 27) 横结肠
- 28) 降结肠
- 29) 生殖腺 (卵巢或睾丸), 左

This Reflexology Footpath is a joint community service project by the Rotary Club of Changi, the Rotary Club of Singapore East, the Rotary Club of Kaohsiung East and the Rotary Club of Sanchung East.







# Raffles Biodiversity Pond









Evolutionary  
Ecology

















Tolerance  
Creativity



**Character First Values**

Attentiveness	Responsibility	Orderliness	Diligence
Obedience	Honesty	Self-control	Patience















大成至聖先師孔子像

CONFUCIUS

551-479 B.C.

A GREAT PHILOSOPHER AND EDUCATOR

新加坡南洋孔教會恭建  
中華民國孔孟學會敬贈

何文英敬題

ERECTED BY THE SINGAPORE NANYANG CONFUCIUS ASSOCIATION  
PRESENTED BY CONFUCIUS-MENCIOUS SOCIETY OF THE REPUBLIC OF CHINA  
1985



Eyes can see, ears they hear,  
but hands know best how it is to touch.  
Your skin knows best when somebody is close.  
You need your whole body to learn.

The brain can think and maybe understand,  
but your legs knows best how it is to walk.  
Your back will know how it feels to carry.  
You need your whole body to learn.

If we are to learn the basics about our planet earth,  
than it is not enough with words.  
We must be able to get in close.  
You need your whole body to learn.