

VIERUMÄKI

Haaga-Helia

VIERUMÄKI CAMPUS INTERNATIONAL TEACHER WEEK 2025

Mental health in sports and well-being

Empowering educators in sports through holistic well-being

Join us in Finland for an inspiring week dedicated to teachers in vocational and higher education who are passionate about sports, health, and the holistic development of their students. International Teacher Week 2025 brings together educators, practitioners, and sports professionals from around Europe to explore the vital connection between mental health, well-being, and sports.

In a world where performance often takes the spotlight, this event shifts the focus to what sustains it: mental resilience, psychological safety, and holistic wellness. Together, we'll explore how teachers and coaches can lead the way in highlighting well-being into sports education.

What to expect:

International Teacher Week offers a mix of learning, sharing, and connecting with colleagues from across Europe and beyond. You can look forward to talks by international educators and researchers, as well as interactive workshops that provide useful tools for supporting mental well-being in sports education. There will be practical demonstrations where you can both take part in and lead classes, sharing knowledge with fellow participants and students. The week also includes chances to network, exchange ideas, and explore new ways of working together. In the evenings, enjoy a relaxed programme of social activities, sports, and informal gatherings in the beautiful Finnish outdoors.

Participants

This event is designed for:

- Teachers in vocational education and higher education
- Coaches and sport instructors with a focus on pedagogy
- Educators passionate about the role of well-being in sports

Whether you're teaching future fitness coaches, physiotherapists, or athletes, this week will offer valuable insights and inspiration.

What: International exchange event for teachers in physical education

When: 22-26 September, 2025

Where: Vierumäki campus, Finland

Why: Opportunity to participate in an Erasmus+ job shadowing or teaching activity

Apply
now!

Spaces are limited! We welcome international participants who are excited to contribute, collaborate, and co-create an unforgettable experience. Application is open until June 30, 2025.

Tuition Fee 150€/participant

The fee includes the programme, coffee breaks, two dinners, a sauna evening, and Thursday's sport activities

**For more information and how to apply, please visit
vierumaki.fi/international-teacher-week-2025**



Hosted by Haaga-Helia University of Applied Sciences and Sport Institute of Finland