

9<sup>th</sup> International Seminar for Physical Education Teachers 2012

# Physical and Health Education – Promoting Wellbeing at Schools



9<sup>th</sup> International  
P.E. Seminar 2012  
Vierumäki Finland

## Seminar Organizers

The Sport Institute of Finland in cooperation with the Association of Physical and Health Educators in Finland and HAAGA-HELIA University of Applied Sciences.

## Date

July 29 – August 3, 2012  
Registration July 29 from 15:00 to 18:00  
Departure August 3 at 13:00

## Target Group

Physical and Health Education teachers from all school levels and higher education

## Presenters

P.E. teachers, instructors and other professionals

## Seminar Language

English

## Contents and Goals of the Seminar

Learning new skills, sharing practical ideas, knowledge and experiences

## Demonstrations, lectures and workshops

- Dance & Rhythmics
- Fitness & Wellness
- Indoor activities & games
- Outdoor activities & games
- Recreational activities
- Fitness testing
- Health education

## Social Program

- Finnish cultural evening
- International variety show
- Evening by the lake
- Excursions
- Helsinki sightseeing (separate fee)

## Seminar fee

615 € before April 29, 2012  
655 € after May 1, 2012

### Including:

- Full board with 3 meals/day
- Accommodation in double rooms
- Program
- Materials

Extra cost for a single room 175 €  
Discount for international groups over 10 persons, please contact organizers.



## Registration

Registration form is available at [www.peseminar.org](http://www.peseminar.org)

## Payments

Please pay the seminar fee to the following bank account:

**Nordea Bank Ltd: FI9615873000030901**  
**Swift code: NDEAFIHH**

Reference:

P.E. Seminar 2012 / Name of participant

You can also pay with your credit card.

Please check [www.peseminar.org](http://www.peseminar.org) for more detailed information.

## Contact persons and information

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Ms. Johanna Skyttä, Seminar Secretary

(registration, accommodation, transportation)

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Sport Institute of Finland / P.E. Seminar 2012

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## Sport Institute of Finland, Vierumäki

is located just one and half hour drive from Helsinki, in the vicinity of the city of Heinola. Surrounded by beautiful forest and rolling terrain, Vierumäki is the most versatile leisure-time center in Finland, offering high quality accommodation and sport services throughout the year. Vierumäki area offers over 2,000 beds in a very cozy and sporty environment.

The Sport Institute has a long tradition and an excellent reputation as a vocational educator.

Read more [www.vierumaki.fi](http://www.vierumaki.fi).

## HAAGA-HELIA University of Applied Sciences Sports Campus

is located at Vierumäki. It is a place to study Bachelor's and Master's Degrees of sports studies and to participate in many research and development projects.

Read more [www.haaga-helia.fi](http://www.haaga-helia.fi).

## LIITO

Association of Physical and Health Educators in Finland.

Read more [www.liito.fi/english](http://www.liito.fi/english)