

WELLBEING INNOVATION CAMP 2011

First week at Vierumäki

BACKGROUND

Health and wellbeing are recognized to be central issues in a modern society. For instance, in its renewed strategy, Tekes, the Finnish Funding Agency for Technology and Innovation, has specified the vitality of people to be one of its six strategic focus areas. A multidisciplinary view on how information technologies can be applied to support the health and wellbeing of people is the focus of the summer school. The course concentrates on how vitality and health can be maintained and promoted rather than on the biomedical aspects.

The EIT ICT Labs Summer School will bring together students, researchers, and company representatives to provide a view to latest research activities and business actors related to health and wellbeing.

CONTACT INFORMATION

You'll find some important phone numbers below. Feel free to call for guidance at any time (You don't know where you should be, you are lost, etc.) Primary contacts are Tommi and Zaur.

Tommi Vatanen	+358 40 590 7751
Zaur Izzatdust	+358 44 322 4177
Krista Lagus	+358 40 553 1704
Timo Honkela	+358 50 384 1578
Minna Penttonen (Vierumäki)	+358 3 8424 1068
Vierumäki Reception	+358 3 8424 5500

PROGRAMME

SUNDAY 28th of August

- 15.30 Bus leaves from Aalto University Otaniemi campus, Espoo
- 16.00 Bus leaves from Helsinki-Vantaa airport
- 18.00 Bus arrives to Vierumäki, Heinola
- 18.15 Registration, allocation of rooms
- 19.00 Dinner, Tour in Vierumäki and get-together

MONDAY 29th of August

- 07.00-08.00 Yoga exercise
Annika Sarvela
- 08.00-08.50 Breakfast

Morning session (chair: Krista Lagus)

- 09.00-09.40 Presentation of the Camp structure, goals, programme
- 09.40-10.00 Welcome and EIT ICT Labs introduction
Marko Turpeinen
- 10.00-11.00 Lecture on Health and Well-Being (HWB)
Jean Gelissen, Philips Research & EIT HWB action line
- 11.00-12.00 Introduction to the HWB themes and cases
Krista Lagus, Tuula Styrman, Timo Honkela, Matti Heikkilä, Oili Kettunen, Tommi Vatanen
- 12.00-13.00 Lunch (Wanha Sali)

Afternoon session (chair: Timo Honkela)

- 13.00-14.00 Evolution of Measuring Human Performance
Mika Pantzar
- 14.00-15.00 Group formation
- 15.00-16.00 Warming and Teaming up exercises with tea and coffee
- 16.00-17.00 Group work and meeting with experts
(Jean Gelissen, Mika Pantzar, et al.)
- 17.30-18.30 Gymstick / Kin ball
- 19.00-21.00 Dinner

TUESDAY 30th of August

- 07.00-08.00 Yoga exercise
Annika Sarvela
08.00-08.50 Breakfast

Morning session (chair: Mika Pantzar)

- 09.15-10.00 Learning in social contexts
Teemu Leinonen
10.00-11.00 How to design a concept
Turkka Keinonen
11.00-12.00 Exercise

12.00-13.00 Lunch

Afternoon session (chair: Erik Jansen)

- 13.00-14.30 Introduction to the business workshops
Esther Blom & Boukje Vastbinder
15.00-19.00 Group work on business cases

19.00-20.00 Dinner
20.00-21.00 Meditation practice: Feeling & White light
Tuula Styrman

WEDNESDAY 31st of August

- 07.00-8:30 Morning programme and breakfast

Morning session (chair: Krista Lagus)

- 08:30-10:00 Business workshops wrap-up
Instructors: Esther Blom and Boukje Vastbinder
10:00-11.00 Wellness measurement technology: Acceptance and Usability
Raija Laukkanen, Polar Electro
11.00-12.00 Preparation for the Field afternoon

12.00-13.00 Lunch

13.00-18.00 Field afternoon: Observations of practice
Social wellbeing and golf
Instructors: Timo Honkela, Mika Pantzar, Matti Heikkilä, Nina Janasik, Juha Raitio
Mental wellbeing, relaxation and stress
Instructors: Tuula Styrman, Krista Lagus, Zaur Izzatdust, Oili Kettunen
Physical exercise and fitness measurement
Instructors: Pekka Pulkkinen, Tommi Vatanen

18.00-19.00 Body care studio (deep stretching, relaxation, massage)
Tuula Styrman
19.00- Evening programme: "Letturanta"

THURSDAY 1st of September

07.00-09.00 Morning programme and breakfast

Morning session (chair: TBA)

09.00-09.40 Summary of Observations of Practice session results

09.40-11.00 Project work time

11.00-12.00 Can do spirit & Venturing
Will Cardwell

12.00-13.00 Lunch

Afternoon session (chair: TBA)

13.00-15.00 Networking session

15.00-15.30 Coffee in the lobby

15.30-16.15 Pitch training

Will Cardwell

16.15-18.00 Preparing the pitch

18.00- Social event & Dinner at Resort & Kitchen

FRIDAY 2nd of September

07.00-9:00 Morning programme and breakfast

09.00-10.00 Gymstick presentation

10.30-12.00 Bus to Espoo

12.30-13.30 Lunch at EIT ICT Labs Helsinki collocation centre

13.30-15.30 Pitching event at EIT ICT Labs Helsinki collocation centre

Chair: Will Cardwell

15.30-16.00 Travel to Helsinki Airport

Programme Committee:

Krista Lagus (Helsinki)

Erik Jansen (Eindhoven)

Timo Honkela (Helsinki)