

# PLANETARY HEALTH WINTER SCHOOL (5 ETCS)

23–27 March 2026, Lahti, FINLAND

Planetary health emphasizes that human well-being depends on the stability of natural systems. Multisectoral collaboration and dialogue across diverse perspectives are crucial for achieving just sustainability transitions. The Winter School will demonstrate how this can be put into practice.

As part of the course, students will participate in the *People and Planet: from Theory to Solutions* - conference, and work in groups to solve cases related to planetary health. The Winter School topics range from nature's health benefits and microbial exposure to nature-positive local economies, inclusive decision-making, and living sustainably in times of uncertainty.

The Winter School aims to encourage multi-perspective discussion on synergies and contradictions between biodiversity, health, and regional vitality. It will present numerous practical initiatives for creating nature-positive ways of living and teach students how to design and develop their own solutions.

The students receive free entry to the conference and will attend selected sessions together. They will also reflect on these sessions and presentations under the guidance of the course teacher. Study methods include lectures, excursions/conference participation, presentations, and workshops. Grade is pass or fail.

The Winter School is aimed for students interested in planetary health issues. It's aimed for both Bachelor's and Master's degree students with diverse study backgrounds.

## WHEN?

23–27 March 2026 + 2 compulsory online sessions: preliminary session 3 March 2026 from 10-13 (Finnish time) / 9-12 (CET) and online seminar 14 April 2026 from 12-14 (Finnish time) / 11-13 (CET)

## ENROLLMENT

**To enroll, [fill out this form](#).** The official registration will begin in December, and we'll notify you by email with further instructions. Maximum of 25 participants can be accepted. Please note that we reserve the right to make changes. The course may be cancelled if the number of participants is too low.

## FEE AND ACCOMODATION

There is no course fee. Accommodation and travel to and from Lahti will be arranged and covered by participants.

## ERASMUS BIP+

The course will be arranged as an Erasmus+ BIP. Please check with your home university's international office if you are eligible for the grant and how to apply. The Winter School is organized by Lahti University Campus (part of University of Helsinki).

## CONTACT

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**See you in Lahti!**

