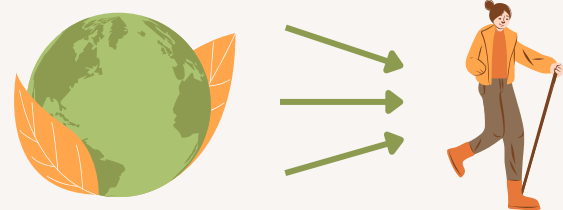


Increased ecological and (societal) commitment

Awareness of integral role in ecosystem



Antropocentric relationship



Ecocentric relationship



Connection with nature

Connection with others

Meaning of life

Connection with self

Connectedness with nature is a psychological basic need

Increased mental health



Friluftsliv

An educational form in which the **personal and positive experience with nature** is central, and in which the individual strives for a **deeper connection with nature** and becoming an **ecologically conscious citizen**.

Sustainable development goals

Inner development goals

Envisioned Friluftsliv outcomes

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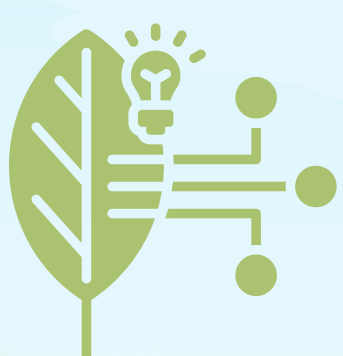
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Ecological literacy



Biomimicry



Learning opportunities and nature

Increased cognitive functioning



Focus on the experience



Holistic health perspective

Increased physical health

Physical literacy

