

NUOTTA-COACHING ACTIVITIES



Outdoor activities, exercise and hobbies



Team building, cooperation and adventure



Future and self-knowledge



Creativity and handcrafts



In the nature at the sea and land



Other providers programme



- Mountain biking
- Basket climbing
- Wall climbing
 - Paddling
 - Archery
- SUP-boarding
- Geocaching
- Elba Tour
- Snowshoes
- Kicksledging

- Light house adventure
 - Squirrel adventure
 - City adventure
 - Foto-orienteeing
 - Escape room

- Strenght workshop
- Be the boss of your own life -workshop
- Ink my life -workshop
- Circular economy -game
- International possibilities - info

- Soap workshop
- Paper, scissor, rock and pen
- "Himmeli" workshop
 - Nature art
- DIY beauty products

- Outdoorchef
- Island adventure
- Ice fishing
- Sensory adventure
- Sea research
- Bird watching
- Day at the seapark

- Kuulumo**
- Improvisation workshop
 - Bravery workshop
 - Communication skills
 - Future-workshop
- Day at the farm**
- Taking care of and feeding animals. Can also include training animals, walking with the horses, getting to know wild herbs and paddling.

Other things to do:

RElax in sauna

Play Uno!

Trying sleeping in tentsile

Farewell diner

Have campfire in kota

