



Nature Walk: Discovering Strengths and Building Connections

Step outside the classroom and into the serene landscapes of Münsterland for an enriching experience that combines self-reflection, resilience-building, and community bonding.

Participate with other international students in an outing that

combines personal development with the refreshing benefits of being in nature. This two-part workshop provides a chance to explore your inner strengths and resources, while fostering lasting connections in a setting away from campus.

Veranstaltungsinhalte:

Workshop Objectives:

- Engage in experiential self-reflection through guided thematic prompts and questions.
 - Discover and harness your personal strengths and sources of resilience.
 - Experience the profound physical and psychological benefits of being active in nature.
 - Connect with peers through shared activities, enhancing your support network and forming lasting friendships.
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- Day 1: Full-Day Nature Walk in Münsterland (6.5 hours)
 - Immerse yourself in guided activities and discussions to explore resilience and personal growth.
 - Day 2: Follow-up Reflection Meeting (1.5 hours)
 - Revisit your experiences in nature, discuss everyday challenges, and consolidate insights for long-term benefits.

Why Attend?

- Experience personal growth in a supportive and natural environment.
- Build a community with fellow students through shared adventures and reflections.
- Carry the lessons learned into everyday life, enhancing your academic and personal resilience.

Join us for this journey of hiking-driven self-exploration and connection, fostering a more resilient and academically successful you.

Important information:

Nature walk: 17.05.2025



The walk will be approx. 9 km in the Emsauen (Telgte). Therefore please make sure to wear proper footwear for hiking and to bring enough water and snacks, since drinks and food will not be provided.

- meeting at 9.50 am on track 8 at main station, Münster
- returning at 16.45 pm to Münster main station

Follow-up meeting: 01.07.2025

- 16-17.30 pm at Hüfferstr. 27, Münster, room B 017

Rahmendaten der Veranstaltung	
Veranstalter:	International Office
Veranstaltungsart:	Workshop
Veranstaltungs-Nr:	250517io1
Unterrichtsstunden:	10
Teilnehmerzahl:	15

Veranstaltungsort: Hüfferstiftung
Hüfferstraße 27
48149 Münster
Raum: B 017

Termin(e), Uhrzeiten	
17. Mai 2025	10:00 - 17:00 Uhr
1. Juli 2025	16:00 - 17:30 Uhr

