



**Høgskolen i Telemark**

Fakultet for allmennvitenskapelige fag

**Exam**

**1247 Norwegian Perspectives on Outdoor Education**

**01.12 – 05.12 2014**

**Målform/Language:** Engelsk/English

**Sidetal/Pages:** 2 (inkludert denne/including this)

**Merknader/Special remarks:**

Number of pages: Minimum 8 pages – no more than 10 pages.

Use Times New roman (size 12), 1.5 line spacing, 2.5 cm margins.

**Delivery of exam:**

Upload one copy to examsfolder on Fronter AND hand in one paper copy at the school reception. Upload and hand in on december 5<sup>th</sup> before 2 pm.

**Exam results will be published on the StudentWeb.**



In many modern societies there are growing problems with physical and mental health<sup>1</sup>. Research have shown that experiences in and with nature can have positive effects on individuals physical and mental health. The term “quality of life” is hard to define, but physical and mental health seems to be important in order to have a good “quality of life”.

1. Discuss different aspects of the term “quality of life”. Reflect on what the term “quality of life” means for you personally.
2. Discuss how nature experiences can enhance the quality of life of individuals.

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<sup>1</sup> Norwegian Ministry of the Environment (2009) The Nature Experience and Mental Health. Report extract. Ministry of the Environment, Oslo.