

# A Global Approach to Occupational Therapy: Nature-Based Interventions and Intercultural Competence through a Blended Intensive Program



JÖNKÖPING UNIVERSITY  
Jönköping University Enterprise



## Blended Intensive Program: Enhancing Occupational Therapy through International Collaboration

Exploring innovative education in occupational therapy through international collaboration, sustainability, and intercultural experience.

## Introduction to the Blended Intensive Program (BIP)

The Blended Intensive Program (BIP) combines short-term physical mobility with virtual learning, enhancing accessibility for occupational therapy students across Europe. Institutions from Sweden, Portugal, Romania, Austria, and Bulgaria designed a course that emphasizes nature-based interventions, promoting health, well-being, and intercultural competence.



JÖNKÖPING UNIVERSITY  
Jönköping University Enterprise

### **Course Value and Engagement**

Students found the course to be highly valuable and engaging, appreciating how it effectively balanced theoretical knowledge with practical application.

### **Building Global Connections**

Many students highlighted the significance of building global professional connections through collaborative work with peers from different countries.

### **Positive Feedback on Outdoor Activities**

Outdoor activities received positive feedback, emphasizing their effectiveness in enhancing the learning experience and connecting theory to practice.

### **Adapting OT to Cultural Contexts**

The course fostered an understanding of how occupational therapy interventions can be tailored to different cultural and environmental contexts, enhancing intercultural competence.



## **Key Takeaways and Future Implications for Occupational Therapy**

# **Course Value and Engagement**

Students found the course to be highly valuable and engaging, appreciating how it effectively balanced theoretical knowledge with practical application.

# **Building Global Connections**

Many students highlighted the significance of building global professional connections through collaborative work with peers from different countries.

# Positive Feedback on Outdoor Activities

Outdoor activities received positive feedback, emphasizing their effectiveness in enhancing the learning experience and connecting theory to practice.

# Adapting OT to Cultural Contexts

The course fostered an understanding of how occupational therapy interventions can be tailored to different cultural and environmental contexts, enhancing intercultural competence.

