

TRIER INTERNATIONAL PROJECT GRANTS

ENVIRONMENTAL PHYSIOTHERAPY



RESULT POSTER

The Project "Environmental Physiotherapy" addressed the mutual importance of physiotherapy and nature for each other. Building on previous experience from a visit by Danish students in 2023, physiotherapists from Germany and Denmark jointly experienced ways of planning and implementing physiotherapy in nature as part of the project.

Around half of the content was developed practically in nature. Both campuses (Trier and Holstebro) provided optimal conditions for this. The students (8 participants from Trier, 10 participants from Holstebro) worked together for three days at both locations. As a basis, the students dealt with the respective framework conditions of physiotherapy work in the respective countries.

After participating, students can reflect on their training in an international context, plan therapy in the great outdoors and discuss appropriate approaches to promoting self-efficacy, mindfulness and body awareness with colleagues from other countries.

As part of the project, the possibilities and limitations of physiotherapy (including in nature) were also discussed in an international comparison. Participants from both countries described the measure as a particularly valuable part of their studies. They developed their intercultural skills and are actively committed to continuing the program. Trier University of Applied Sciences was presented internationally as a competent partner for innovative sustainable approaches.

TITLE
Environmental Physiotherapy

DEPARTMENT
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