NRRT 280
NATURE IMMERSION & WELL-BEING

Course Description:
Why do we feel so good when we spend time in nature? How can we use nature to build healthier communities? This course introduces students to the science behind the well-being benefits of nature immersion. From improving physical and mental health, to building a more sustainable society, to achieving social justice goals, we’ll focus on how our connection to nature can be leveraged to address some of the biggest problems in society. And we'll do all this learning immersed in nature!

FIELD COURSE PORTION JULY 17-25 2022

Open to all majors!
Hybrid Learning
Includes 2 online modules and 8-day field component

Program Fee: $415

Contact Dr. Sarah Walker for more information!
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