

Hobby tutoring in South-Eastern University of Applied Sciences

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Background for leisure activities and hobby tutoring

Goals:

- To integrate the students to the new environment
- Something to do on free time that meets students' interests
- Chance to make new friends and find a group to belong to
- Alternatives for the student life
- To enhance students' success in studies



Why do we need hobby tutors?

- More people are needed **to inform about the leisure activities** in Xamk (what happens, when, how it's possible to join in)
- **To bring students together** also from different studying fields and to offer options for student life
- **Peer activators** are needed
Some students don't like sports but they like spending time together
New chapter in life is always a new chance – also what it comes to physical activity
- To have more activities – versatile activities, not just sports, groups that are easy to participate in



How to become a hobby tutor?

- No need to be a "sport monster", "know it all", Jack of all trades or an experienced instructor
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- Most important student's own motivation and desire to develop the activities together
- Enrolling to the Tutoring course and participating the training (2 training days)
- It's possible to do hobby tutoring for several years
- Hobby tutors:
Mikkeli 10
Savonlinna 11



Why I decided to become hobby tutor?

- New friends and awesome people
- Bring not so familiar sports to peoples attention
- Allows us to many amazing things (wall climbing for example)
- Academic credit
- It will give practice to instruct an activity
- Most important goal:
 - Get as many students as possible to enjoy sports and discover new hobbies



What does a hobby tutor get?

- Education credits
- Experience on instructing, inspiring, organising
- Chance to develop the leisure activities of the university, which is recognized in the study diploma
- Sports sticker, which allows to use university's sport and leisure activities for free
- Hobby tutor T-shirt
- Get-togethers with other hobby tutors → group spirit (coffee breaks, fun activities)
- Hopefully new friends and it's easier to take part in the activities



What does a hobby tutor do?

Arranges something he/she is interested in! Hobby tutoring has to be fun!

Academic year 2018-2019:

- Planning a downhill skiing trip
- Mushroom picking trip / walk to the forest
- Weekly ball game shifts: floorball, basketball, futsal, volleyball...
- Instructing power-stretching
- Planning or instructing a sport experimentation (e.g. hand stand workshop)
- Board game evening
- Handing out sport stickers
- LiHAppro, sport & recreation event for students
- Xmas card workshop
- Putting advertisements / campaign posters around the university
- (Tournaments)
- Street workout Jam -event

Also:

- Acts as a link between students and staff
- Informs about the sport and leisure activities
- "Extra hands" for the hobby and sports team



Mikkeli: approx. 10h /week

Savonlinna: approx. 6 h /week

All together: over 500 hours of sports arranged by students / hobby tutors on academic year 2018-2019!





What does it take to arrange hobby tutoring?

Motivating and supporting

Contact person from the staff

Regular contact



Hobby tutors' experiences

” As a hobby tutor and being in charge of the floorball shifts I have get to know new people from differents studying fields, not just from my own field.”

” It’s nice that some of the groups are for both staff and students. It raises the sense of community in Xamk.”

”I have arranged tournaments and the sport equipment have been updated to better ones from students' wishes.”



CHALLENGE: HOW TO REDUCE STUDENTS' DAILY SITTING

- According to researches Finnish university students may sit 10 hrs / day
- Learned culture (please take a seat, you may have a seat, students feel "ashamed" to stand, study environment)
- Activity breaks are good for the health but enhance learning aswell

Ways to reduce sitting in lectures

Tips from the Finnish Student Sport Federation:

- Allow students to follow the lecture by standing
- Show an example
- Group discussions are held standing
- Ask the students to get up after every 30 min
- Use exercise breaks
- Don't hand out papers or materials, students come and pick them up
- Voting by moving
- Standing ovation

Teachers and lectures may use these, but students don't realize it.
Requires learning a new culture from all of us.

Different options for studying positions



Active campus

- To promote everyday activity in different places



Active campus



VOM-Break

If you agree with the statement follow the example!



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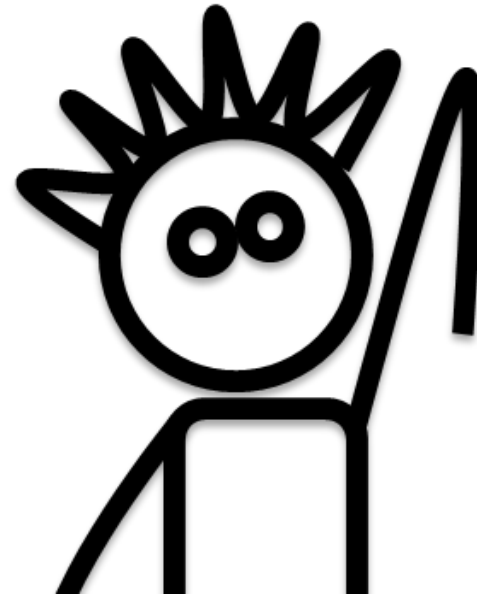
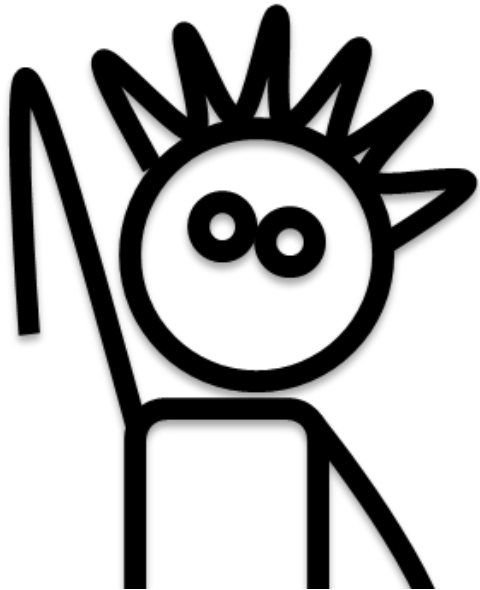
Are you ready?!

Let's go!



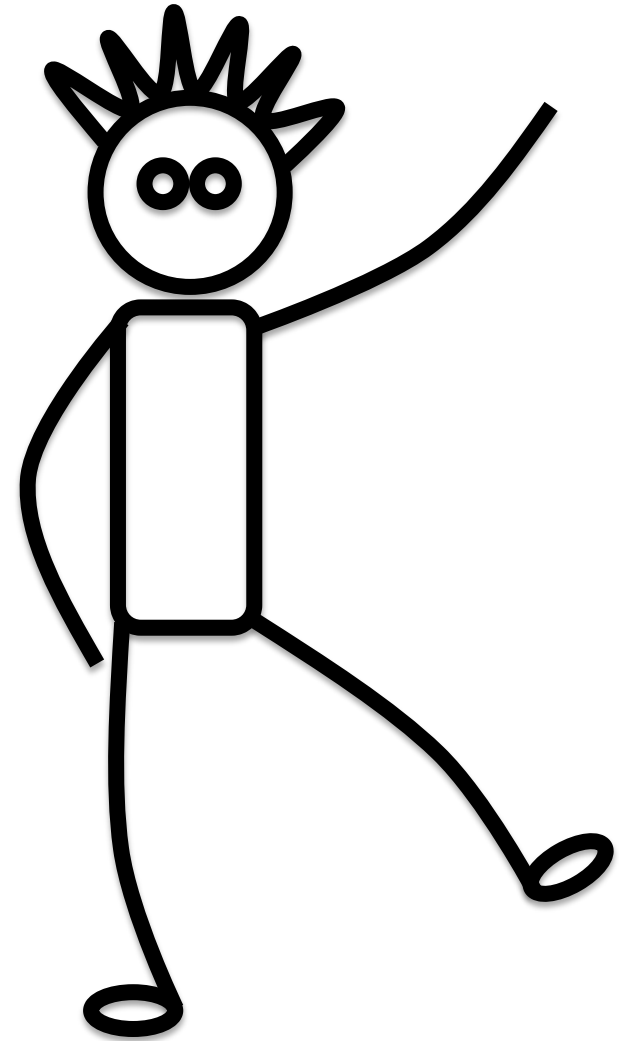
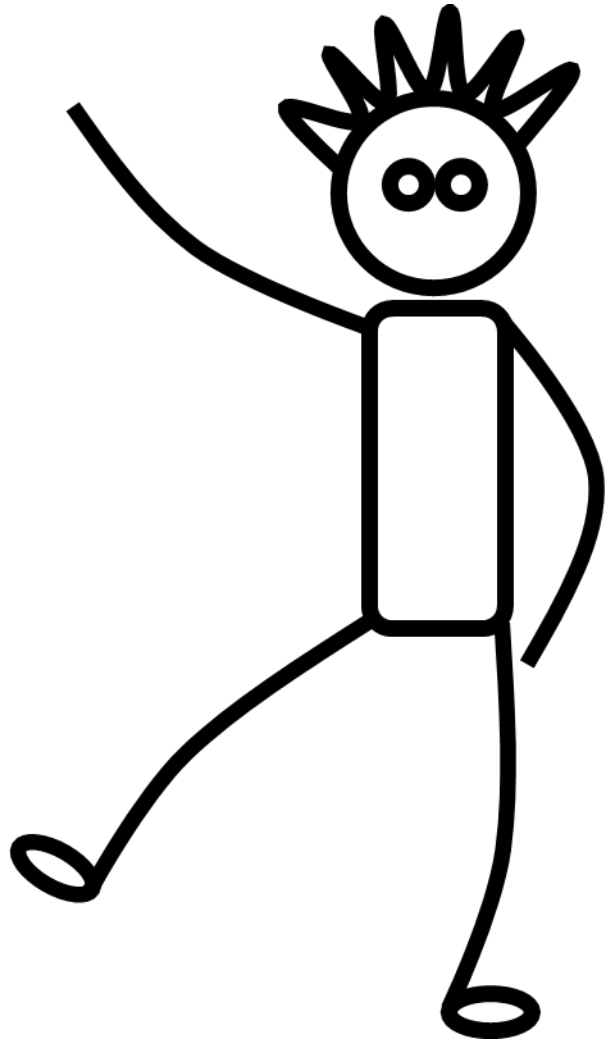
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I like being part of VOM Network!



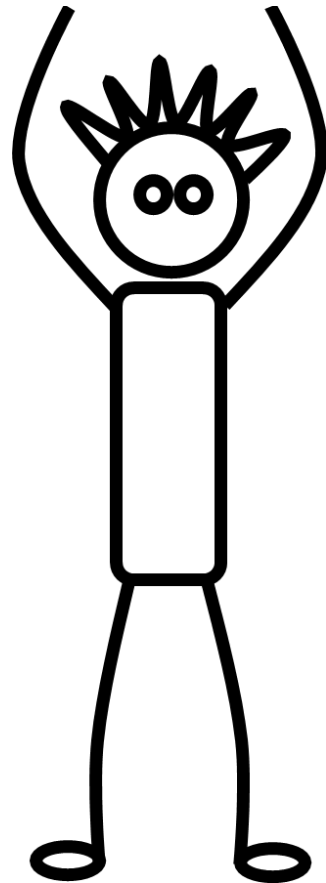
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I'm excited about our project!



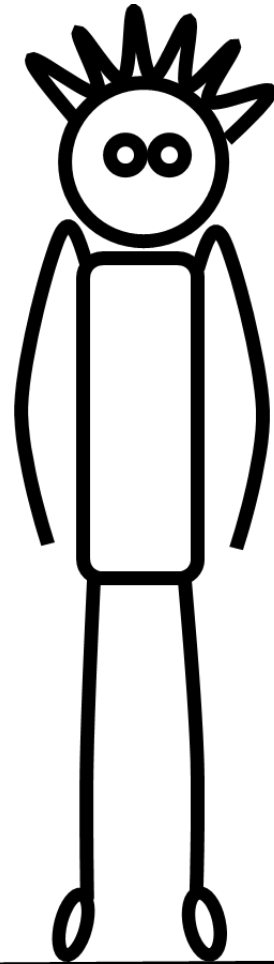
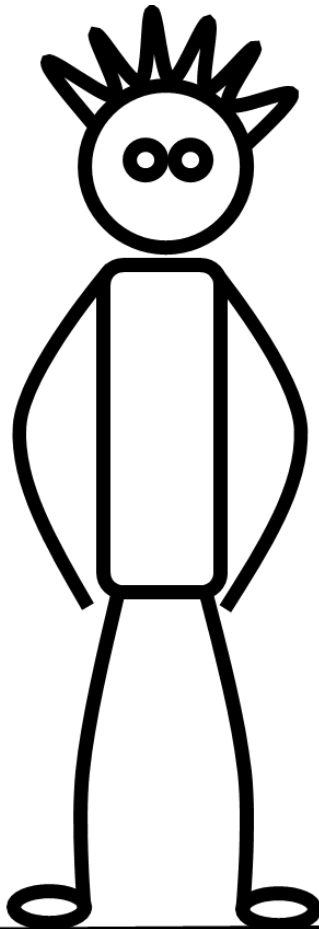
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I'm an excellent project
worker !



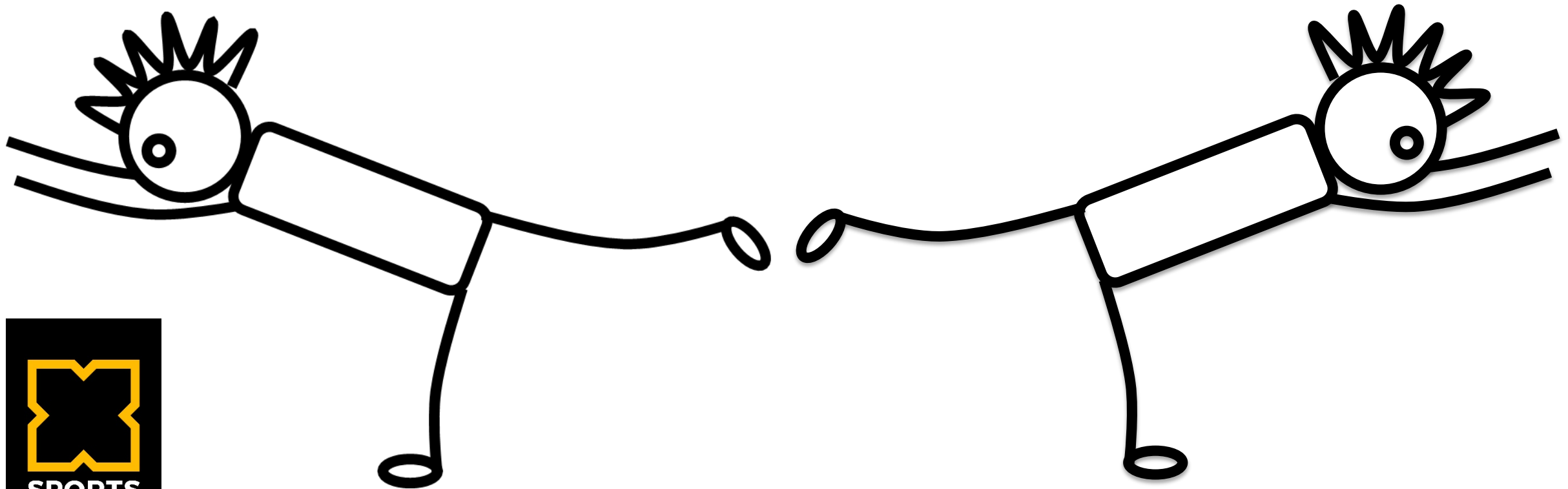
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I have no idea what I'm doing!

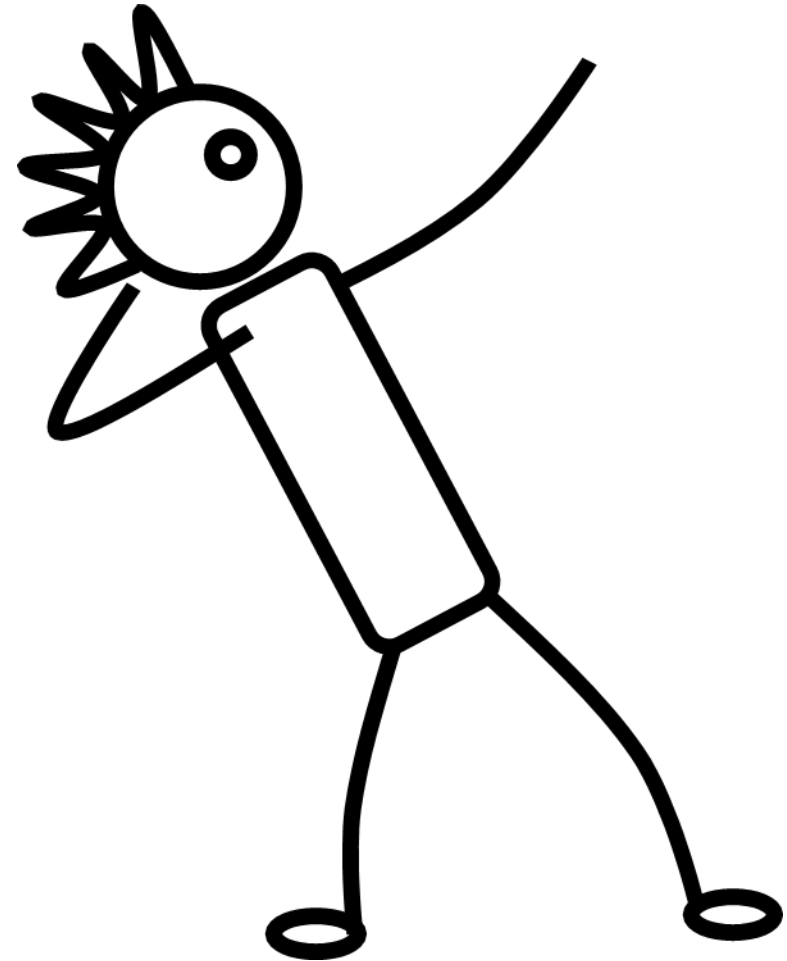
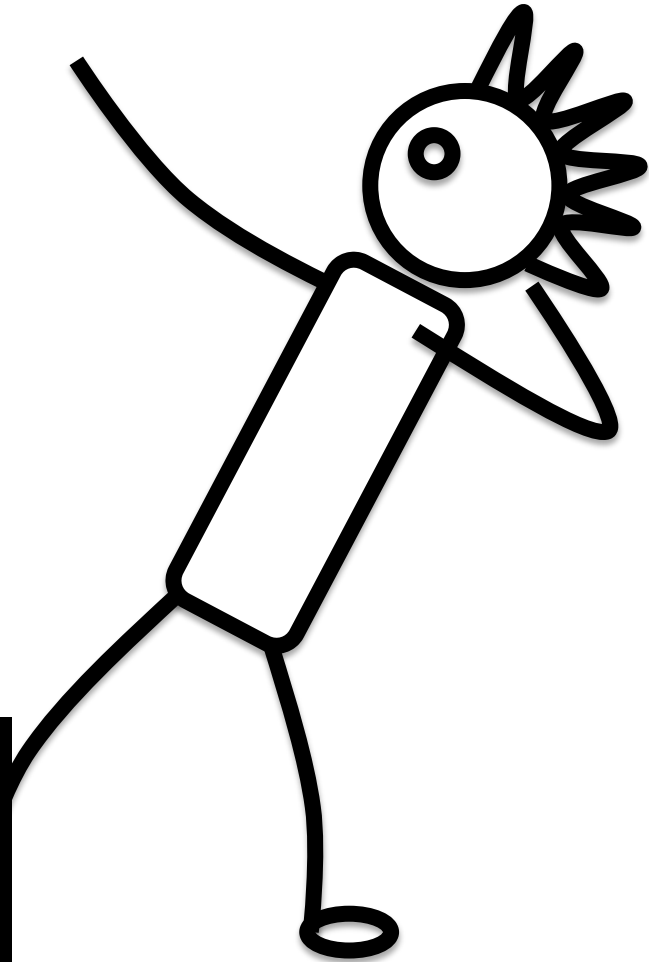


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Exercising gives me energy to work!

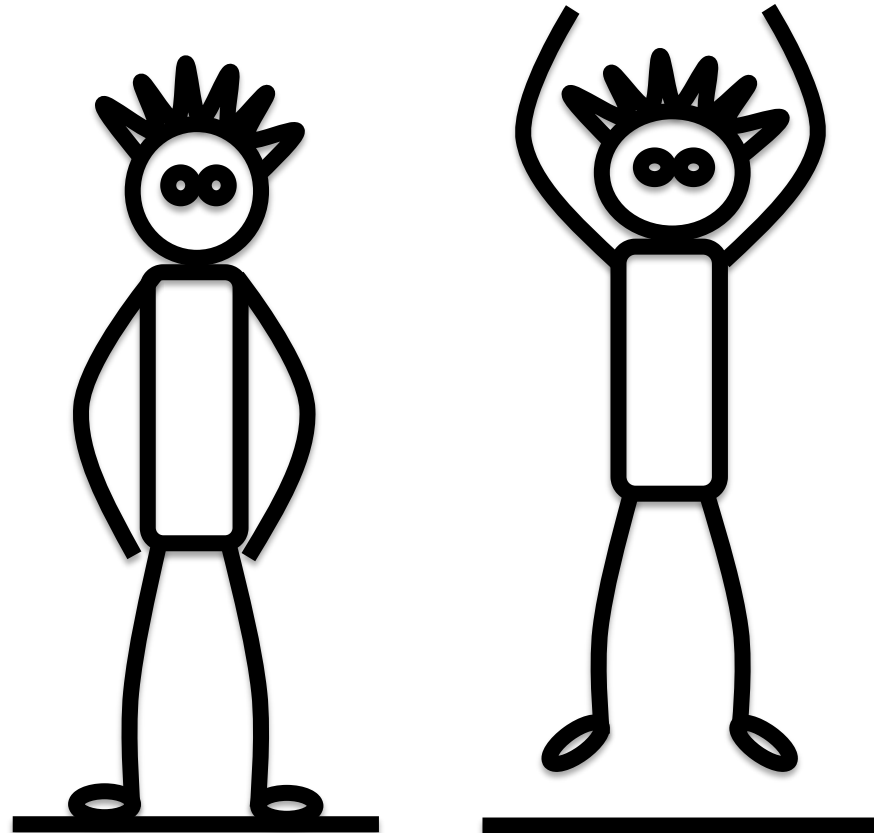


I've enjoyed the time in Leiria!

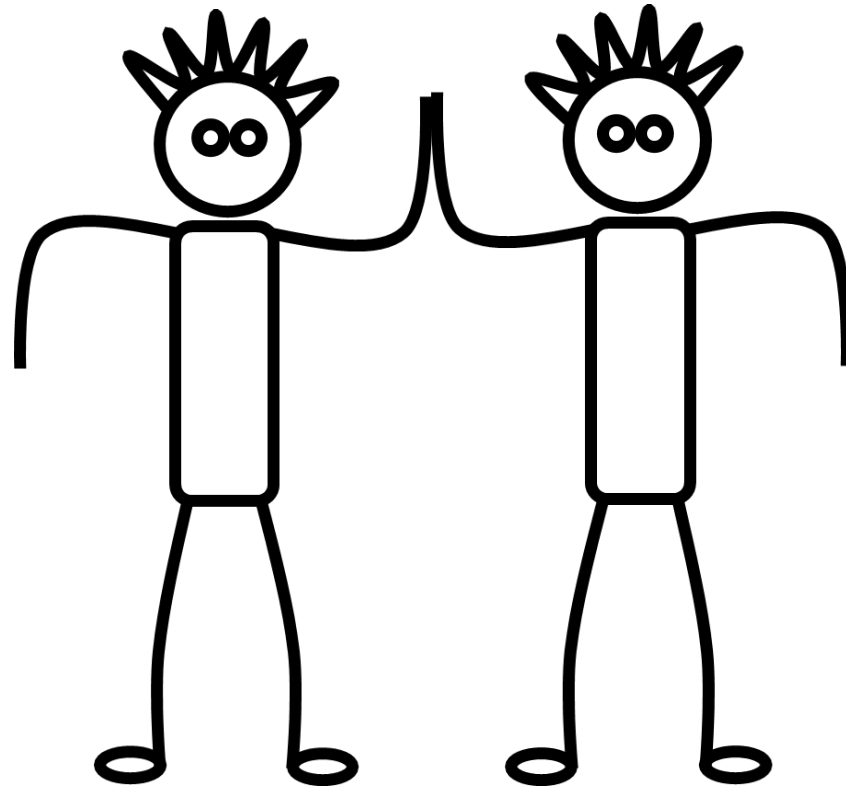


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I can't wait for our next meeting!



I'm happy to have project partners like this!

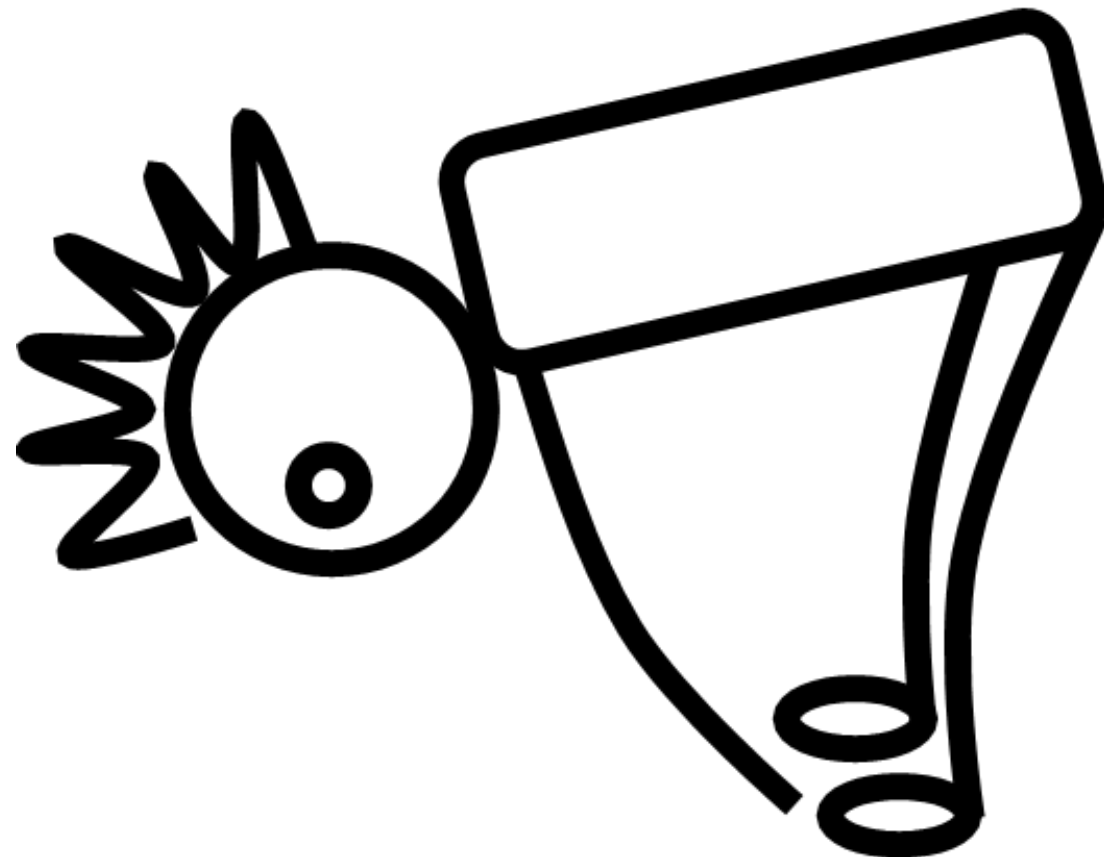


(Give high 5 to person next to you!)



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Thank you!





Tunne huominen. - All for the future.