

ABSTRACT

- Title:** The impact of the Mindful camp outdoor course on conscious attention
- Objectives:** To investigate the short- and long-term impact the Mindful camp outdoor course had on participants' conscious attention.
- Methods:** This thesis uses qualitative research in the form of semi-structured interviews conducted with five anonymous adult participants of the Mindful camp outdoor course held 13-17 July 2022. The interviews were conducted before the camp, just after the camp, and five months after the camp. An open coding method was used to analyze and evaluate respondent's statements.
- Results:** The three and half days long Mindful camp outdoor course had a positive short-term impact on the conscious attention of all five respondents. Only two of the five respondents felt a long-term impact on mindful attention five months after the camp. The other two were unable to assess the impact, and one respondent dismissed it completely. However, the outdoor environment was rated by all five respondents as very helpful and supportive of the process for practicing mindfulness and developing conscious attention, despite the perceived higher demands of the outdoor environment compared to the indoor environment.
- Conclusion** It was confirmed that Mindful camp had a positive short-term effect on conscious attention for all five respondents. Only two of the five respondents confirmed a long-term effect. In order for the effect to be long term, mindfulness training needs to be regular and long term and if it is a one-off course, it needs to be at least four days long. All respondents agreed that the outdoor environment had a generally positive effect on mindfulness training.
- Keywords:** Mindfulness, alert attention, outdoor education, outdoor activities, outdoor environment