

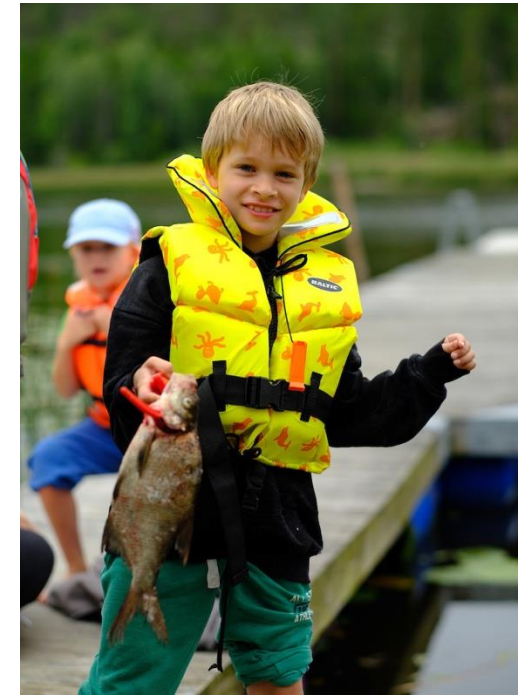
A photograph of two hikers on a rocky mountain peak. The hiker on the left is wearing a dark vest over a light-colored long-sleeved shirt and dark pants, with a large backpack. The hiker on the right is wearing a dark jacket and dark pants, also with a backpack. They are both raising their hands in a celebratory gesture. In the background, there is a stone cairn with a wooden cross on top, and distant mountains under a clear blue sky.

**Naturen som
nøkkel til håp
og mestring**



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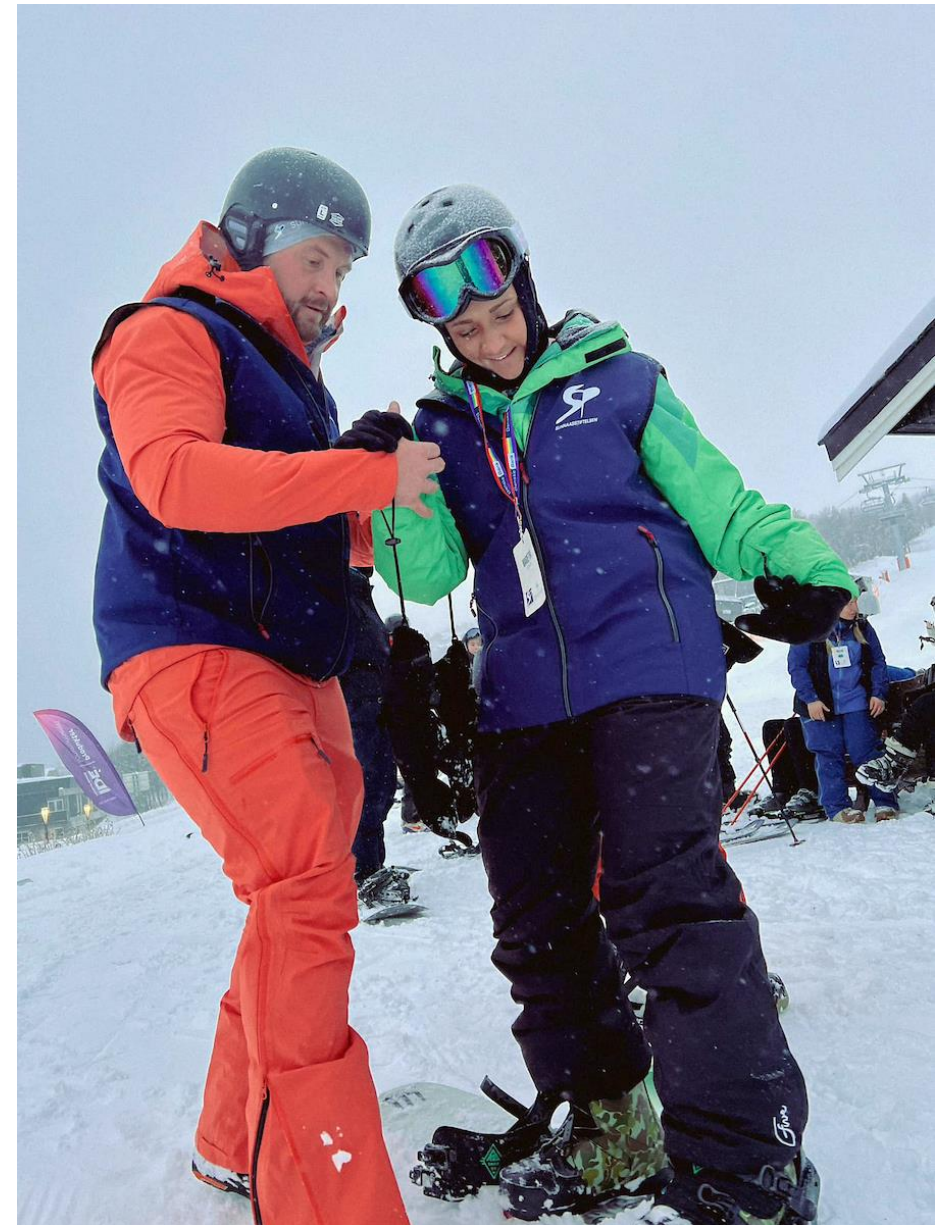
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Opplevelsen på camp



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Fra deltaker til mentor



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Mentorordningen



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Betydningen av naturen



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Avslutning



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