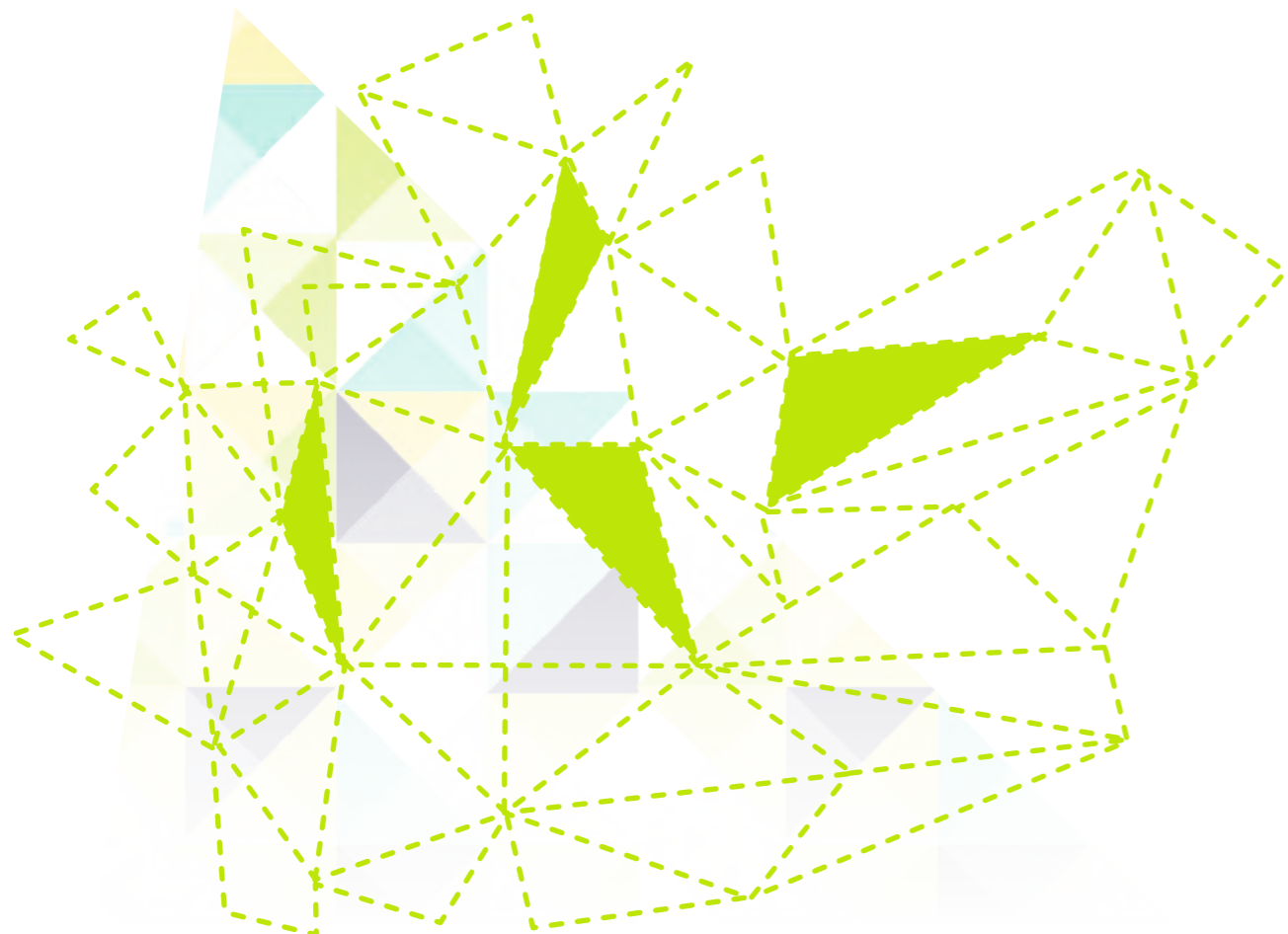


Outdoor Academy



Guidebook



„PERSONAL DEVELOPMENT - CONNECTING WITH NATURE”

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INSTITUTE OF
ANIMATION AND
SOCIAL
DEVELOPMENT

Outdoor Academy Guidebook

WE ARE HAPPY TO PRESENT YOU GUIDEBOOK ON OUTDOOR EDUCATION EXPERIENCE FILLED WITH PRACTICAL INSTRUCTIONS FOR OUTDOOR ACTIVITIES.

MOST OF ACTIVITIES WERE PRACTICED DURING INTERNATIONAL TRAINING COURSE "PERSONAL DEVELOPMENT – CONNECTING WITH NATURE" IN POLISH MOUNTAINS IN MARCH 2015.

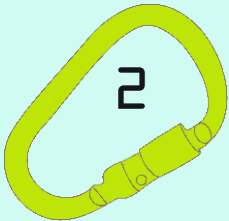
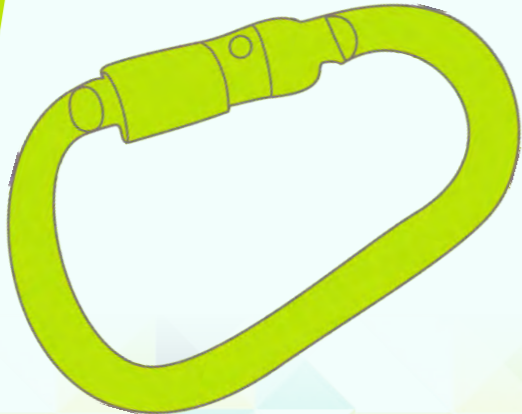


Plan:

INTRODUCTION

- SAFETY AND PREPARATION
- ACTIVITIES (DESCRIPTIONS):
- COOPERATIVE EXERCISES
- EXERCISES FOR THE SENSES
- ADVENTUROUS ACTIVITIES
- TRUST EXERCISES
- DEBRIEFING PROCESS (SPIRIT SPOT)
- LEARNING OUTCOMES

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Introduction

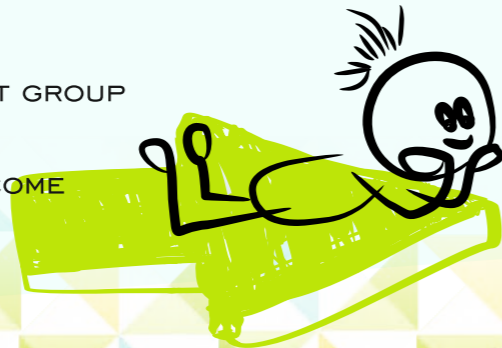
TO OUTDOOR EDUCATION

Aims OF OUTDOOR EDUCATION

- ▶ PERSONAL DEVELOPMENT AND GROWTH
- ▶ SUSTAINABLE IMPACT
- ▶ GAINING NEW SKILLS, ATTITUDES, NORMS AND VALUES, KNOWLEDGE & INCREASING SELF-ESTEEM
- ▶ BETTER UNDERSTANDING OF OWN BEHAVIOR IN RELATION TO OTHERS
- ▶ TESTING OUT OWN LIMITS
- ▶ BETTER UNDERSTANDING OF GROUP DYNAMIC, CONFLICTS AND RELATIONS
- ▶ EXPERIENCING THE CONNECTION BETWEEN MY ACTING AND ITS CONSEQUENCES
- ▶ FORCES PARTICIPANTS TO DISCOVER AND USE THEIR STRENGTH AND ABILITIES

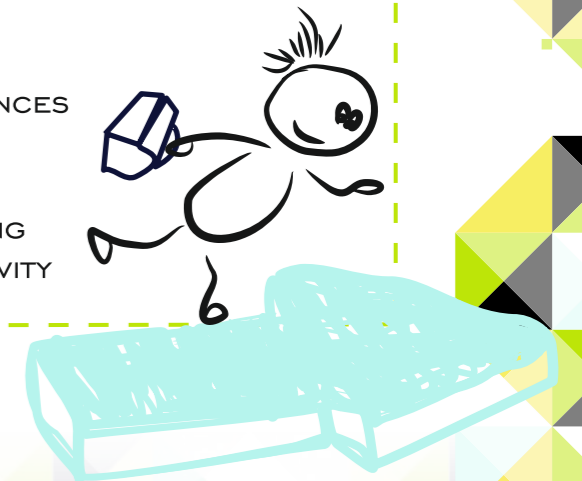
Principles OF OUTDOOR EDUCATION

- ▶ HOLISTIC APPROACH AND PRACTICAL ORIENTATION
- ▶ OFFER LEARNING IN A SITUATION OF A SERIOUS CHARACTER
- ▶ STARTING WITH THE STRENGTH OF A PERSON (BUT ALSO KNOWING ABOUT THE NEEDS)
- ▶ FOCUS ON THE GROUP PROCESS
- ▶ RIGHT ADVENTURE FOR THE RIGHT GROUP
- ▶ VOLUNTARINESS
- ▶ CHANGES IN A PERSON ARE WELCOME
- ▶ TRANSFER (REFLECTION)



About transfer as part of learning process in outdoor education:

- TRANSFER IS AS IMPORTANT AS THE ACTIVITY
- AN INTENSE REFLECTION IS ESSENTIAL AS IT ALLOWS THE TRANSFER
- MAKING THE LINK TO DAILY LIFE AND SAFE THE NEW INSIGHTS TO THE "HARD DISK"
- TRANSFER MAKES THE INDIVIDUAL LEARNING TRANSPARENT TO THE GROUP
- THEREFORE TRANSFER INCREASES COMPETENCES OF PARTICIPANTS
- TRANSFER IS ONE OF THE MOST CONTRIBUTING FACTORS FOR THE LEARNING FROM THE ACTIVITY



OUTDOOR EDUCATION ACTIVITIES BASED ON EXPERIENCING LEARNING REQUIRE PREPARATION FROM ORGANIZERS AND PARTICIPANTS, AS WELL AS AGREEING ON SAFETY MEASURES WITHIN ALL GROUP PARTICIPATING IN ACTIVITIES.

Preparation for organizer include:

- EQUIPMENT
- AREA/PLACE
- INSTRUCTIONS OF ACTIVITIES
- NEEDED PERMISSIONS
- PLAN B FOR WEATHER CONDITIONS
- BACKGROUND INFORMATION ABOUT PARTICIPANTS (HEALTH, ECT.)
- ADAPTING ACTIVITIES TO GROUP SIZE AND LEVEL
- CHECKING QUALIFICATIONS AND COMPETENCES OF TRAINER, LEADERS, FACILITATORS.
- INSURANCE (CIVIL RESPONSIBILITY, ACCIDENT INSURANCE, ETC.)

Preparation for participants include:

- NECESSARY CLOTHES FOR OUTDOOR
- INSURANCE
- PHYSICAL CONDITIONS
- MENTAL PREPARATION

Safety measures / Risk assessment

- WHAT TO TALK ABOUT:
 - FIRST AID (HOW TO PROVIDE, WHERE TO CALL, ETC.)
 - FIRST AID KIT
 - LAW
 - WEATHER
 - EMERGENCY NUMBERS
 - TAKING CARE ABOUT YOURSELF
 - INTRODUCTION OF EQUIPMENT TO PARTICIPANTS



ACTIVITIES:



Flying pot

DESCRIPTION:

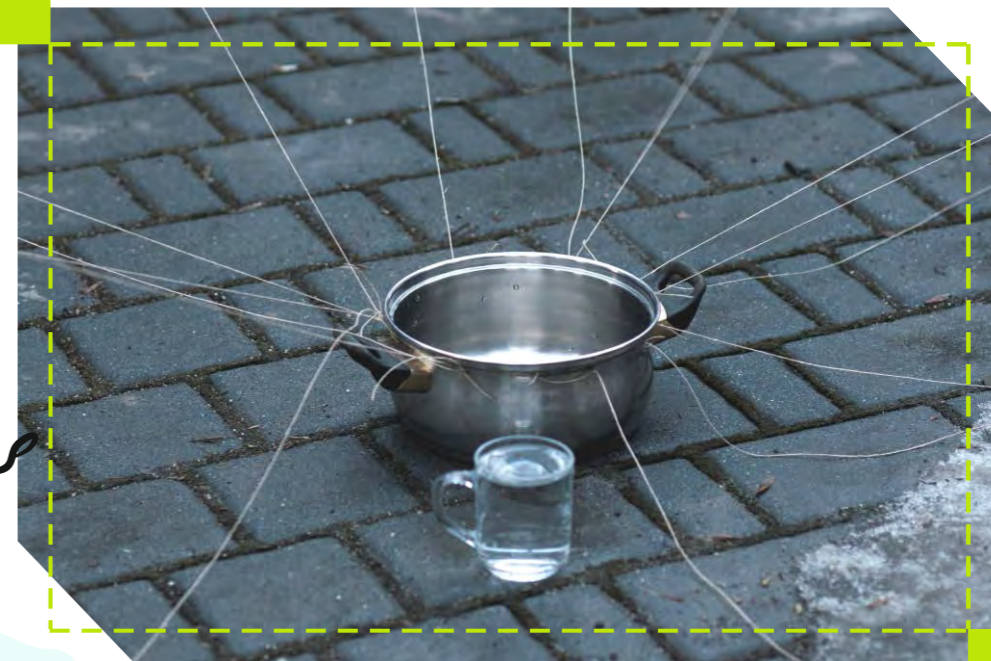
THE ASSIGNMENT OF THE GAME IS PUT WATER FROM POT TO GLASS WITHOUT SPILING IT. TO PREPARE ACTIVITY, YOU NEED TO TIGHT ROPE AROUND KITCHEN POT, TO WHICH YOU NEED TO CONNECT ENDS OF ROPES (AMOUNT THE SAME AS GROUP) WITH LENGTH AROUND 1,5 METER. THAN PUT A FULL CLASS WATER IN THE POT, AND PLACE THE SAME CLASS ON THE GROUND. PARTICIPANTS SHOULD TAKE ENDS OF ROPES, AND KEEPING THEM TIGHT ALL THE TIME, NEED TO FIND OUT HOW TO PUT WATER FROM POT TO CLASS WITHOUT SPILING IT ON THE GROUND. IN VERY ADVANCE VERSION YOU MAY ASK PARTICIPANTS TO FILL BOTTLES THIS WAY, WHICH THEY LATER TAKE ON EXPEDITION OR DAY TOUR.

MATERIALS:

TINY ROPES, KITCHEN POT, CLASS, WATER.

PURPOSE:

TEAM BUILDING
COMMUNICATION



COMMENTS:

„I like that it showed team work – how everybody is important and significant and with some comments/agreements, the task could be done”

– Anna, Poland

„Every person is important, creating a feeling of union and cooperation”

– Michal, Poland



Name net

DESCRIPTION:

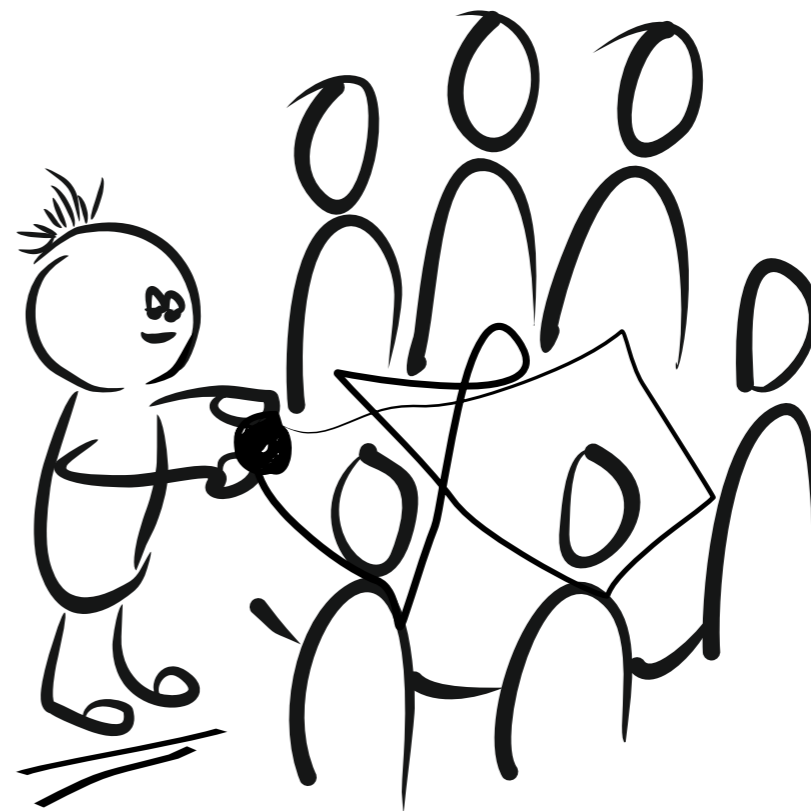
THIS ACTIVITY IS DESIGN TO GET TO KNOW NAMES OF PARTICIPANTS. PARTICIPANTS STAY IN CIRCLE AND PASSING THE A BALL OF YARN TO EACH OTHER. WHILE PASSING PARTICIPANTS SHOULD SAY FIRST NAME OF THE PERSONS PASS THEM YARN (EXCEPT FIRST PERSON), THAN THEIR NAME AND THEN NAME OF THE PERSON THEY AIMING TO PASS THE YARN. IF YARN IS LONG ENOUGH PARTICIPANTS MAY DO SEVERAL ROUNDS. AFTER BALL OF YARN IS FINISH, THE PROCESS IS GOING BACKWARD, PARTICIPANTS SHOULD REMEMBER FROM WHOM THEY GOT THE BALL AND WHOM THEY PASSED.

MATERIALS:

BALL OF YARN

PURPOSE:

TO CREATE GOOD ATMOSPHERE OF CONNECTION AND GET TO KNOW NAMES.



Base camp

DESCRIPTION:

THE ASSIGNMENT OF THE GAME IS TO COLLECT ALL ITEMS LYING AROUND. PREPARE BASE CAMP (CIRCLE THAT ALL GROUP CAN FIT IN – WITH ROPE). BASE CAMP IS ONLY SAFE AREA. OUTSIDE THE BASE CAMP GROUP CAN STAY UP TO 1 MINUTE, BUT THEY HAVE TO HAVE BODY CONNECTING WITH BASE CAMP, WITHIN THIS 1 MINUTE OUTSIDE. PUT DIFFERENT OBJECTS IN THE AREA, STARTING WITH DISTANCE FROM BASE CAMP, WHICH IS EQUAL TO SUCH AMOUNT OF THE BIG STEPS AS GROUP SIZE. REST OF THE ITEMS PUT TO BIGGER DISTANCE, UP TO ABOUT 2 MULTIPLIES AMOUNT OF PARTICIPANTS. PARTICIPANTS CAN COLLECT ONE ITEM PER ONE ATTEMPT. IF AFTER ONE MINUTE SOMEONE IS OUTSIDE THE BASE CAMP, IN NEXT ATTEMPT THIS PERSON CAN'T STEP OUT OF BASE CAMP. PARTICIPANTS SHOULD ALWAYS HAVE BODY CONTACT TO EACH OTHER AND BASE CAMP. ALSO NEED TO INTRODUCE THE "WIND", WHICH CAN MOVE LYING OBJECTS IN ANY TIME, TO IMPEDE GETTING ITEMS.

MATERIALS:

ROPE TO MAKE BASE CAMP, ITEMS – DIFFERENT OBJECTS, AREA, WHERE PARTICIPANTS CAN LIE DOWN ON THE GROUND.

PURPOSE:

TEAM BUILDING
COMMUNICATION



COMMENTS:

„It was a good exercise for team building and also for physical closeness challenge. I felt really connected with every member of the team“

– Klaudia, Romania

„Often finding the solution is not enough, you can't fight against time“

– Paolo, Italy

Knot

DESCRIPTION:

THE ASSIGNMENT OF THE GAME IS TO MAKE A SIMPLE KNOT AT THE MIDDLE OF ROPE, WITHOUT LETTING GO OF THE ROPE. THE KNOT MUST BE DONE TILL IT'S TIGHT, WITHOUT HAND INSIDE IT. ALL THE PARTICIPANTS NEED GRAB THE ROPE FROM THE GROUND WITH ONE HAND. PARTICIPANTS ARE NOT ALLOWED TO SLIDE THE ROPE BETWEEN THEIR HANDS. BEFORE GRABBING THE ROPE, PARTICIPANTS MAY THINK OF STRATEGY AND MEASURE THE ROPE WITHOUT TOUCHING IT.

ADVANCED: THE ASSIGNMENT CAN BE DONE IN SILENCE.

MATERIALS:

ROPE
MAKE SURE IT IS LONG ENOUGH FOR YOUR GROUP SIZE.

PURPOSE:

TEAM BUILDING
COMMUNICATION



COMMENTS:

„As team building exercise, I think it was very useful to experience some coordination as well as team work“

– Andre, Portugal

„I liked being shown some outdoor equipment and having chance to practice... I may forget technics when I go climbing, but there will be always someone to help me out again..“

– Teodora, Bulgaria

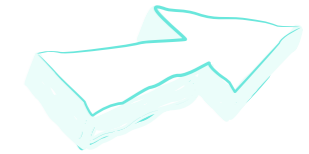


Crocodile river

DESCRIPTION:

CREATE A RIVER BY MARKING TWO RIVER BANKS WITH THE ROPE. MAKE THE RIVER WIDE ENOUGH TO BE A CHALLENGE FOR THE GROUP TO GET FROM ONE SIDE TO THE OTHER (LOOK AT ABOUT 15 – 25 FT.). DISTRIBUTE THE CARDBOARD SQUARES – 1 PIECE FOR EVERY 2 PEOPLE. THE OBJECT OF THE ACTIVITY IS TO GET ALL MEMBERS OF THE GROUP SAFELY ACROSS THE RIVER. THEY MUST GO AS ONE BIG GROUP, NOT MULTIPLE SMALLER ONES. ALSO STRESS THAT EVERYONE MUST BE ON THE RIVER BEFORE ANYONE CAN GET OFF THE RIVER, FORCING THE ENTIRE GROUP TO BE ENGAGED AT ONCE. PARTICIPANTS CANNOT TOUCH THE WATER (FLOOR/GRASS) AND THEREFORE MUST USE RAFTS (CARDBOARD SQUARES) TO CROSS. THE WATER IS FILLED WITH CROCODILES. THEREFORE IF SOMEONE LOSES THEIR BALANCE AND TOUCHES A HAND IN THE WATER IT GETS EATEN (PUT BEHIND THE BACK). SAME GOES FOR A FOOT. IF A PERSON COMPLETELY COMES OFF THE RAFT THEY ARE GONE AND SINCE THIS IS A TEAM EXERCISE EVERYONE MUST START OVER. I RECOMMEND USING THIS MOTTO WITH THE GROUP, "START AS A TEAM END AS A TEAM." RAFTS MUST BE IN CONTACT WITH A HUMAN AT ALL TIMES OR THEY WILL BE SWEEPED AWAY BY CROCODILES. ONCE THE GROUP HAS STARTED THE PROCESS, YOUR ROLE IS TO TAKE CARDBOARD SQUARES THAT ARE "SWEEPED AWAY BY THE CURRENT" AND TO WATCH FOR SAFETY ISSUES...

ADVANCED VARIATIONS:



- ▶ PARTICIPANTS MUST STAY IN CONSTANT CONTACT
- ▶ NO ONE CAN FINISH UNTIL EVERYONE HAS LEFT THE "BANK" OF THE RIVER
- ▶ CHOOSE TO ADD CHALLENGES LIKE MUTING INDIVIDUALS, USING ONLY 1 ARM, EYES CLOSED/BLINDFOLDED, NO ONE CAN TALK, OTHERS CAN BE "GATORS" IN THE RIVER AND TRY TO IMPEDE THOSE CROSSING THE RIVER, STAND IN FRONT OF THE GROUP WITH ARMS OUTSTRETCHED TO SIMULATE TREE THEY MUST GO AROUND.
- ▶ GIVE GROUP AN OBJECT THAT THEY NEED TO CARRY WITH THEM TO SAFETY AND DISCUSS WHAT THAT MIGHT REPRESENT
- ▶ CREATE SITUATIONS FOR THEM TO DRAW FROM THAT ARE CONNECTED DIRECTLY TO THEIR GROUP

MATERIALS:

SQUARES (WOODEN, CARTON, PLASTIC) – 1 PER 2 PEOPLE, 2 PIECES OF ROPE (OR MASKING TAPE OR 4 CONES), SEVERAL BLINDFOLDS (OPTIONAL)

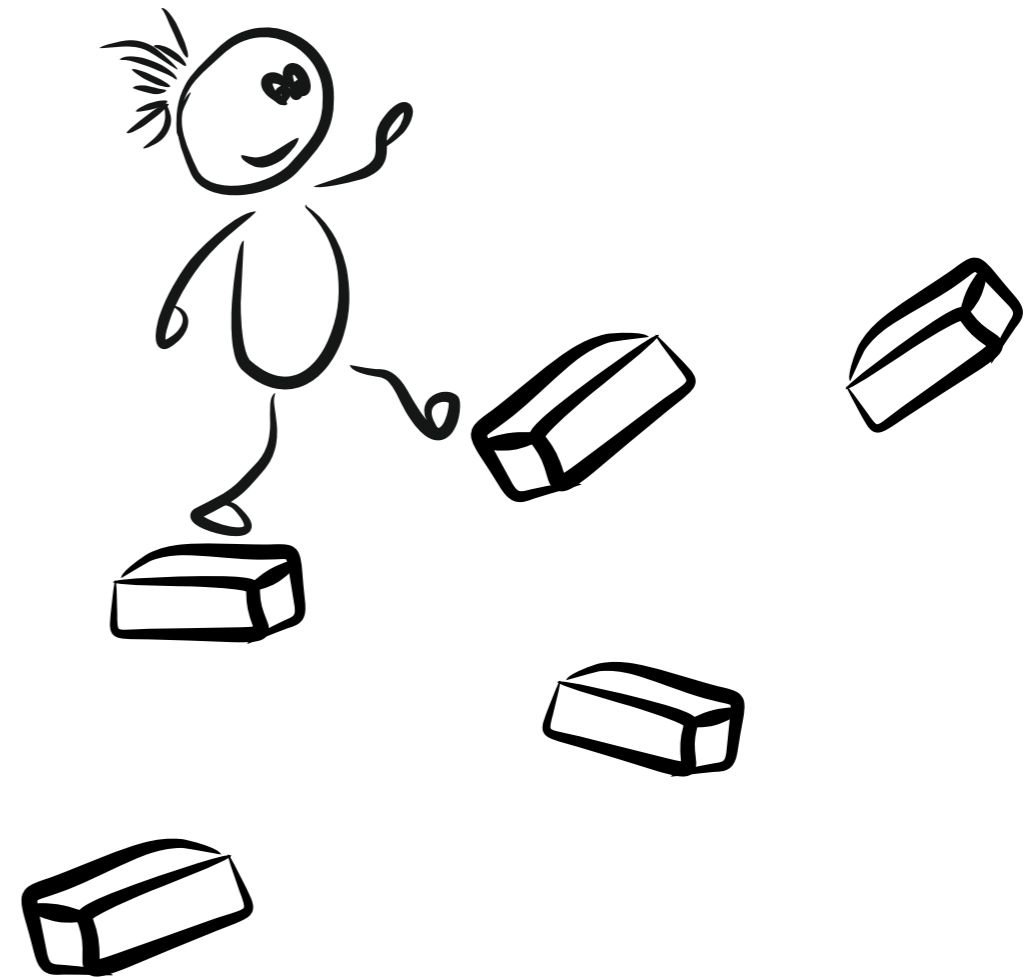
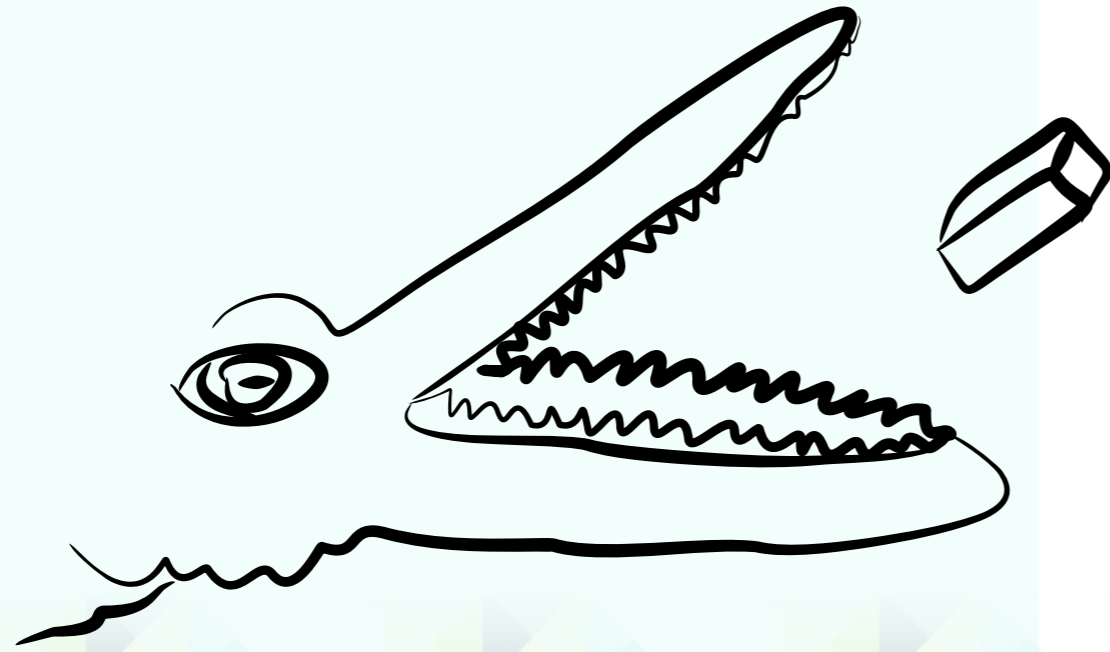
COMMENTS:

„I felt responsible, because I had to sacrifice myself to save the person who are in another part of island“

– Brigi, Romania

„It was funny but challenging because just 2 persons could go at one time and one has to bring the woods back“

– Pinar, Turkey





Tree lift

DESCRIPTION:

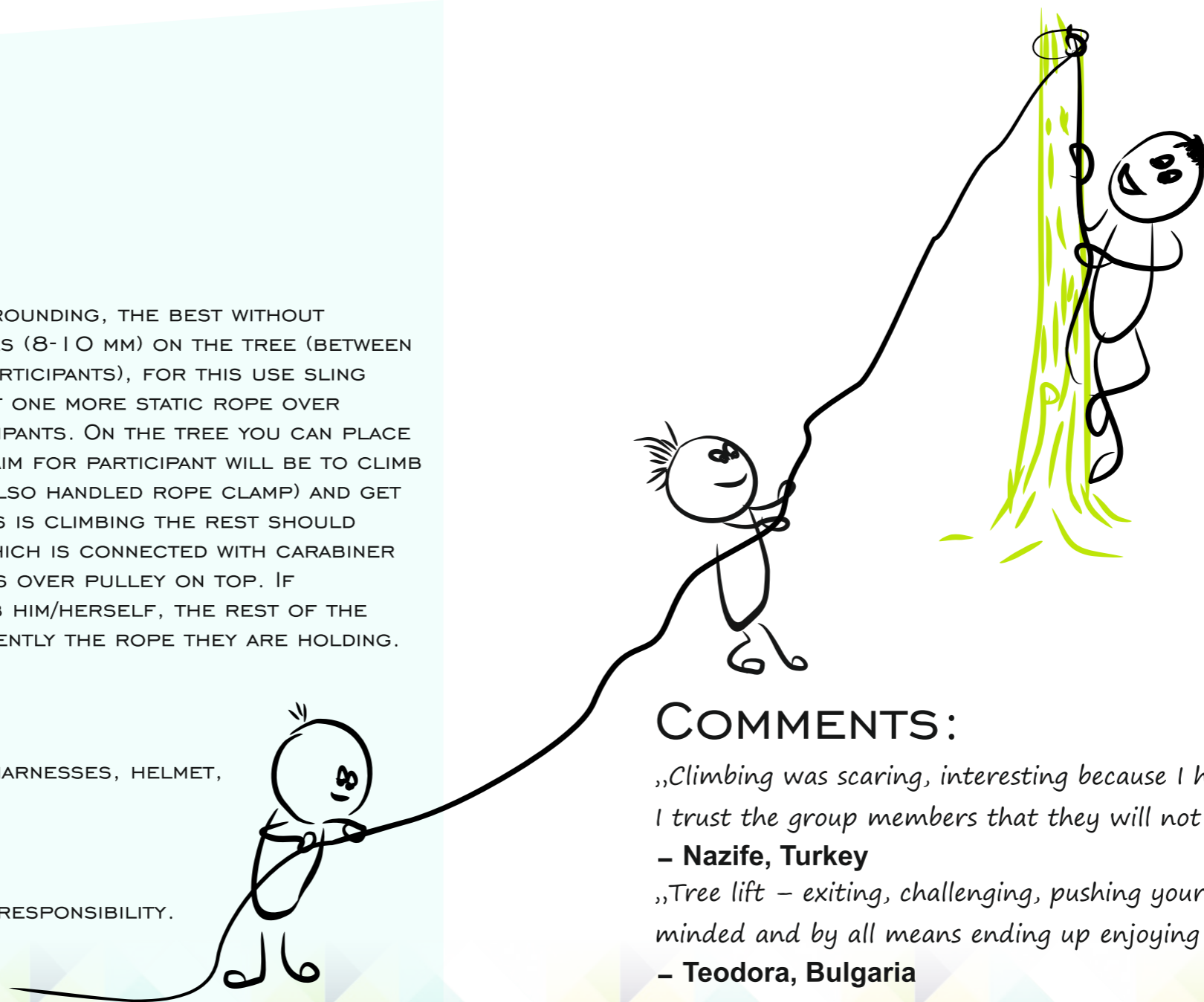
FIND THE TREE (THICK AND STABLE IN FLAT SURROUNDING, THE BEST WITHOUT BRANCHES ON LOW LEVEL). PLACE STATIC ROPES (8-10 MM) ON THE TREE (BETWEEN 4-10 METERS HIGH, DEPENDS ON LEVEL OF PARTICIPANTS), FOR THIS USE SLING PADS AND CARABINERS. ALSO YOU NEED TO PUT ONE MORE STATIC ROPE OVER PULLEY TO MAKE SECURITY SYSTEM FOR PARTICIPANTS. ON THE TREE YOU CAN PLACE SOME CANDIES OR SO FOR PARTICIPANTS. THE AIM FOR PARTICIPANT WILL BE TO CLIMB UP THE TREE USING THE ROPE (YOU MAY USE ALSO HANDLED ROPE CLAMP) AND GET CANDY FROM THE TOP. WHILE ONE PARTICIPANTS IS CLIMBING THE REST SHOULD SECURE HOLDING TOGETHER SECOND ROPE, WHICH IS CONNECTED WITH CARABINER TO CLIMBING HARNESSSES OF CLIMBER AND GOES OVER PULLEY ON TOP. IF PARTICIPANT HAS NOT ENOUGH POWER TO CLIMB HIM/HERSELF, THE REST OF THE GROUP CAN GIVE HIM/HER A LIFT BY PULLING GENTLY THE ROPE THEY ARE HOLDING.

MATERIALS:

2 STATIC ROPES, 4-5 CARABINERS, CLIMBING HARNESSSES, HELMET, GLOVES, 2 SLING PADS

PURPOSE:

TO CHALLENGE YOURSELF, TEAMWORK, GROUP RESPONSIBILITY.



COMMENTS:

„Climbing was scaring, interesting because I have fear of high but I trust the group members that they will not let me down"

- Nazife, Turkey

„Tree lift – exiting, challenging, pushing your limits, being open minded and by all means ending up enjoying it. Love it"

- Teodora, Bulgaria

Slack line walk

DESCRIPTION:

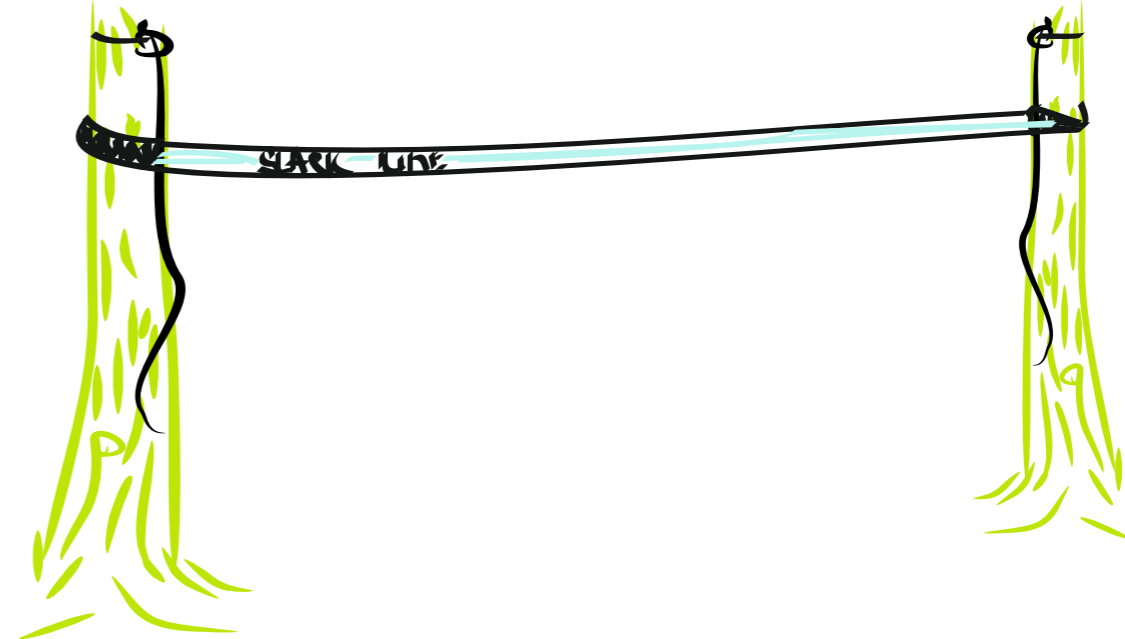
LOW ROPE IS ATTACHED BETWEEN 2 TREES. MOONWALKER HAS FOUR ROPES TIED TO HIM AND OTHER PARTICIPANTS HAVE TO HOLD HIS BALANCE USING THOSE ROPES. EVERY ROPE HAS ONE PERSON WHO HOLDS MOONWALKER BALANCE. MOONWALKER WALKS ON THE LOW ROPE AND BALANCE HOLDERS WALK ON THE GROUND. MAIN GOAL IS TO WALK FROM START OF THE LOW ROPE TO THE END WITHOUT FALLING DOWN. FIRST ROUND IS DONE EYES OPENED, SECOND ROUND IS DONE BLINDFOLDED.

MATERIALS:

LOW ROPE TO WALK ON. FOUR ROPES TO HOLD THE MOONWALKER IN BALANCE. ROPES DEVICE WHERE THOSE 4 ROPES ARE ATTACHED.

PURPOSE:

THIS GAME PURPOSE WAS TO GAIN TRUST IN YOUR TEAM WHO COORDINATES YOU. ALSO TO DEVELOP TEAM WORK BETWEEN EACH OTHER AND TAKE PEOPLE OUT FROM THEIR COMFORT ZONE.



COMMENTS:

„I enjoyed it, and for the first time I felt comfortable with height and balance“

– Nazife, Turkey

„It was related to 3 people, if somebody did wrong, the two others also affected“

– Sergio, Spain

Hazed lake

DESCRIPTION:

ACTIVITY GOAL IS TO GET A TREASURE FROM AN ISLAND ON MIDDLE OF HAZED LAKE. TO SET UP ACTIVITY - FIND AN OPEN PLACE (FIELD OR SO) SIZE APPROXIMATELY 30 X 30 METERS, WITH AT LEAST ONE TREE ON THE SIDE OF THIS PLACE. IN THIS PLACE MAKE A LAKE (CIRCLE WITH 50 M ROPE), THAN IN THE MIDDLE OF LAKE MAKE AN ISLAND (WITH ROPE OR SLING PADS, BIG ENOUGH FOR ONE PERSON TO STAY COMFORTABLY).

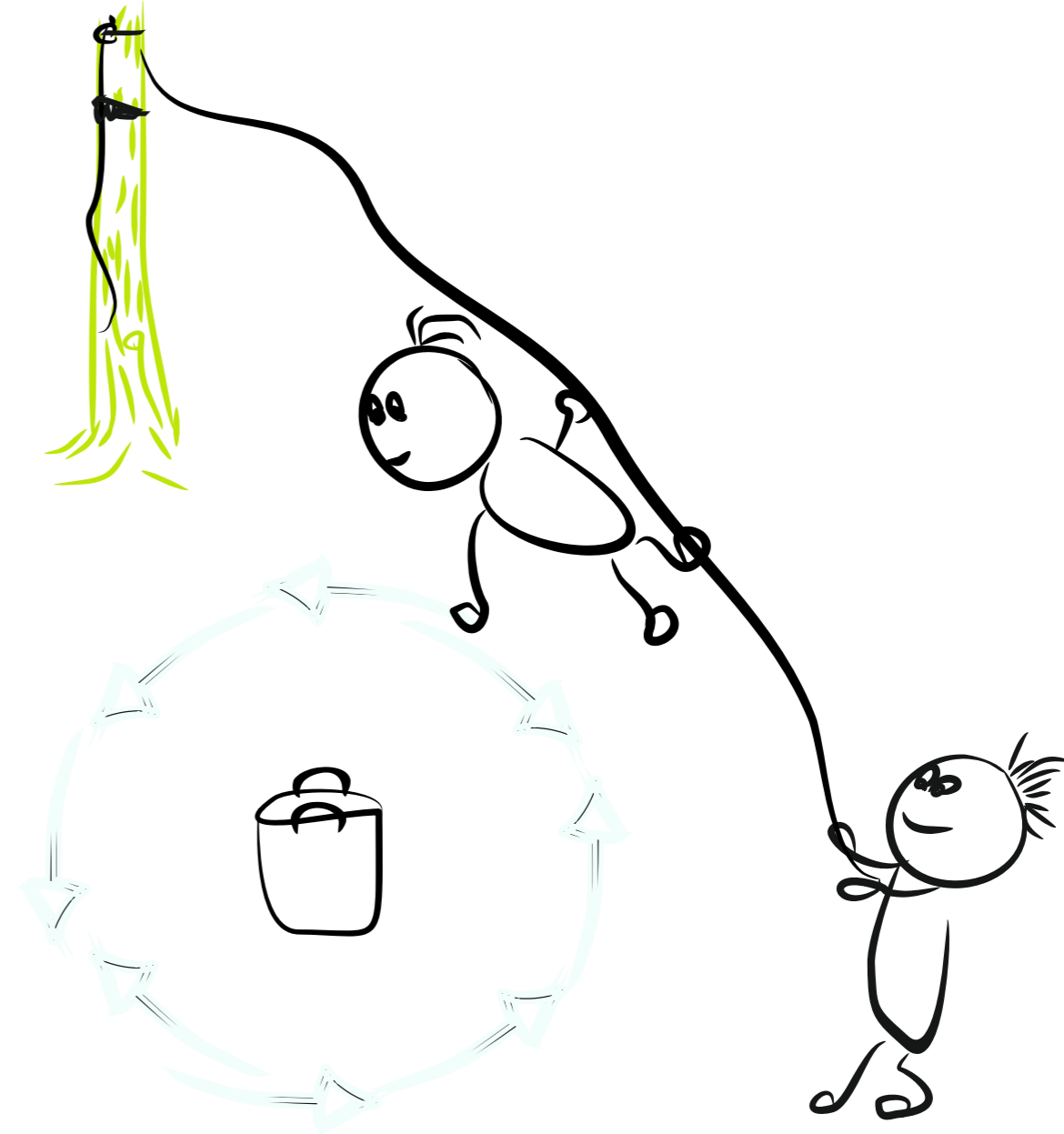
ON THE ISLAND PLACE A TREASURE (PAPER BAG WITH HANDLES, BEST SUIT BAG FROM MCDONALD, INSIDE PUT SWEETS OR OTHER TREASURE IF FIND REASONABLE FOR THAT MOMENT). CUT HANDLES OF BAG AND STICK THEM JUST GENTLY, SO THEY JUST LOOK LIKE OK.

PUT AROUND THE LAKE CLIMBING STAFF AND OTHER MATERIALS FOR DISTRACTION. AIM IS THAT PARTICIPANTS COME UP BY THEMSELVES TO USE THE TREE AND CLIMBING MATERIALS AND SEND ONE PERSON TO GET TREASURE. BEFORE THEY MIGHT THINK OF CATCHING THE BAG WITH HOOK OR SO (FOR THIS REASON YOU NEED TO CUT HANDLES).

REMEMBER THAT IS NOT ALLOWED TO PLACE ROPE DIRECTLY ON THE TREE, TAKE CARE THAT PARTICIPANTS USE SLING PADS BEFORE.

MATERIALS:

2 STATIC ROPES, 3-4 CARABINERS, CLIMBING HARNESSSES, HELMET, GLOVES, 2-3 SLING PADS, PAPER BAG WITH HANDLES, TREASURE AND OTHER MATERIALS FOR DISTRACTION.





Solo (in forest)

DESCRIPTION:

SOLO IS USUALLY PERFORMED BEFORE OR AFTER EXPEDITION. SOLO LASTS USUALLY 20H AND OVERNIGHT. PARTICIPANTS ARE DIVIDED EACH IN THEIR OWN SPOT NOT HEARING OR SEEING ANYONE ELSE. THE SPOT IS USUALLY A CALM, BEAUTIFUL, RELAXING AND/OR COMFORTABLE. PARTICIPANTS WILL BUILD THEIR OWN SHELTER ON THE GIVEN SPOT. INSTRUCTOR SHOULD BE NEARBY FOR SAFETY REASONS BUT NOT SEEN. PARTICIPANTS WILL BE GIVEN PEN AND A PAPER TO WRITE THEIR THOUGHTS. GIVE PARTICIPANTS QUESTIONS TO THINK ABOUT.

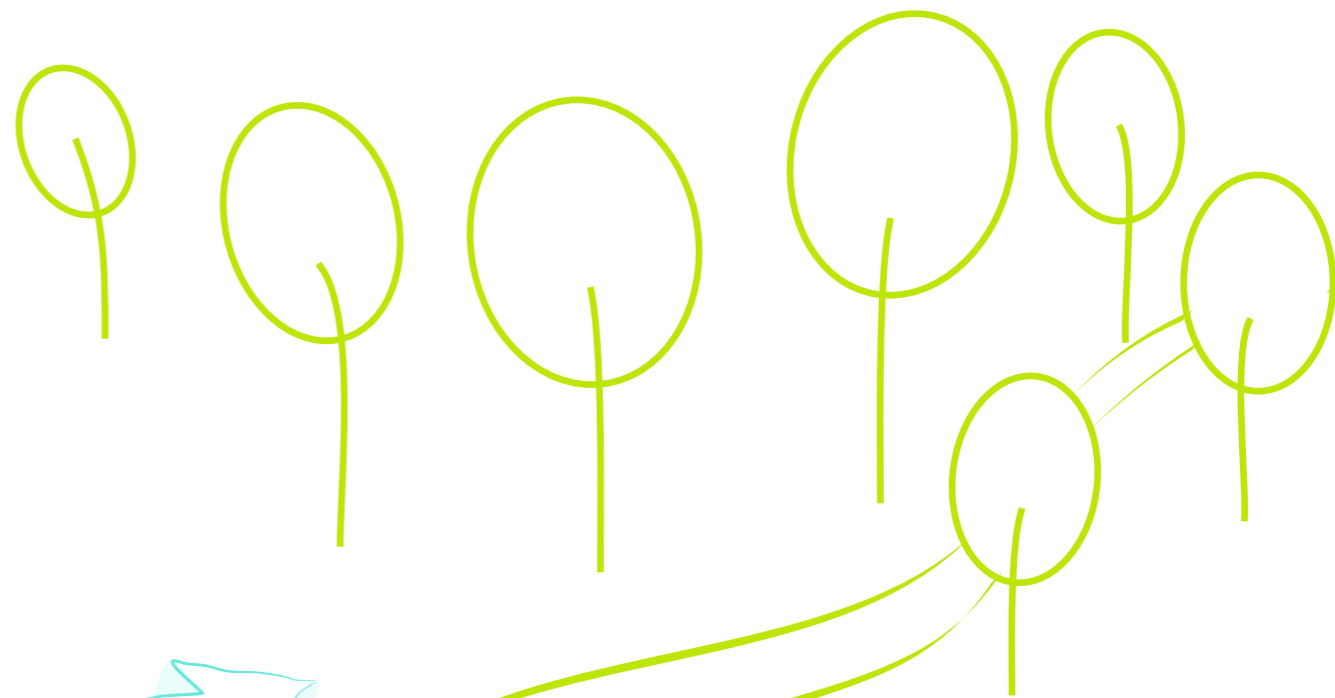
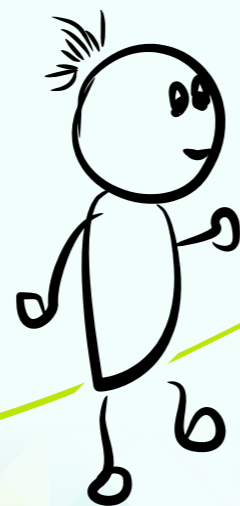
NOTE: SOLO CAN BE DONE IN A SHORTER PERIOD OF TIME. RECOMMENDED 1,5H MINIMUM.

MATERIALS:

TARP, SLEEPING BAG AND A SLEEPING MATTRESS, A WHISTLE, WATER AND FOOD/SNACKS TO SURVIVE

PURPOSE:

SELF AWARENESS



COMMENTS:

„Thank you for that activity, I was waiting for something like that since the first day that we came. I love to spend time in the nature, exploring, discovering and being with myself. I felt happy"

- Jordan, Spain

„For me, the best experience ever in all the projects I had participated. I felt truly connected with nature and with me"

- Andre, Portugal

Square

DESCRIPTION:

AIMS TO PUT UP THE SQUARE FIGURE ON THE GROUND WITH ROPE. BUT AS USUAL THERE SEVERAL CONDITIONS. TO PREPARE ACTIVITY, PUT ROPE ON THE GROUND IN LINE AND ASK PARTICIPANTS TO MAKE LINE ALONG THE ROPE. INFORM PARTICIPANTS THAT THEY'LL NEED WITH CLOSED EYES OR BLINDFOLDED TO MAKE A SQUARE TOGETHER. GIVE THEM FEW MINUTES TO COME UP WITH STRATEGY, THEY WILL NEED TO HOLD ROPE WITHOUT SLIDING ALONG IT. THAN ASK PARTICIPANTS TO CLOSE EYES OR BLINDFOLD IT, PLACE ROPE IN THEIR HANDS. ROPE PLACE TO ONE HAND OF EACH PARTICIPANTS, MAKE SURE THAT THERE DIFFERENT DISTANCE ON THE ROPE BETWEEN DIFFERENT HANDS. GIVE PARTICIPANTS A SIGN THAT THEY CAN START, WHEN THEY THINK THEY HAVE SQUARE, SHOULD PLACE ROPE ON THE GROUND, TAKE OFF HAND AND THEN OPEN EYES.

ADVANCE VERSION: PARTICIPANTS NOT ALLOWED TO TALK DURING EXERCISE.

MATERIALS:

ROPE



COMMENTS:

„Thinking outside the box“

- Nuno, Portugal

„We had so many strategies, but no patient to listen every strategy.

We were good at strategy but bad at performance“

- Anna, Poland

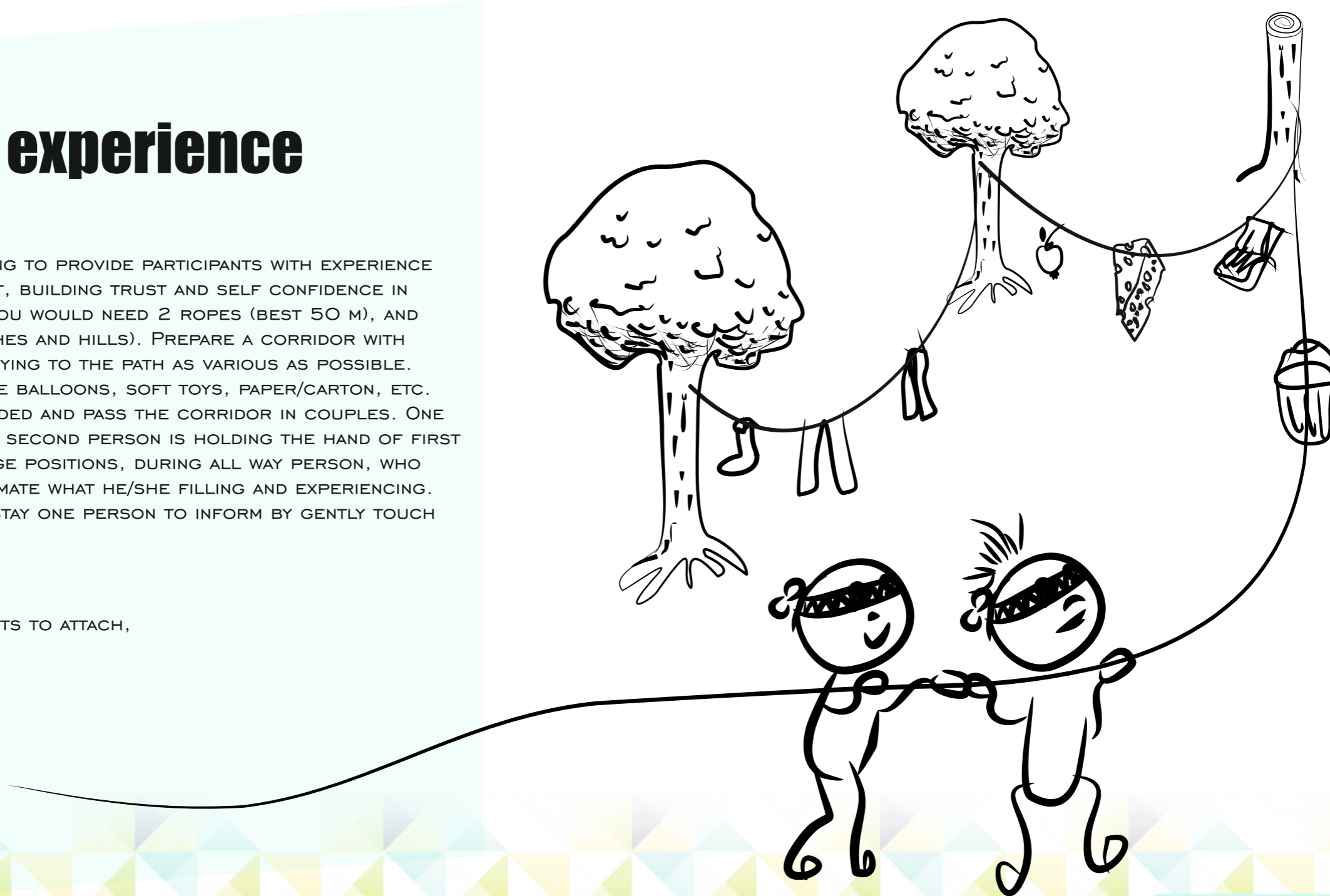
Sense forest experience

DESCRIPTION:

SENSE FOREST EXPERIENCE IS AIMING TO PROVIDE PARTICIPANTS WITH EXPERIENCE OF SENSES IN FOREST ENVIRONMENT, BUILDING TRUST AND SELF CONFIDENCE IN PARTICIPANTS. TO SET UP ACTIVITY YOU WOULD NEED 2 ROPES (BEST 50 M), AND FOREST (THE BEST WITH SOME BUSHES AND HILLS). PREPARE A CORRIDOR WITH ROPE BETWEEN TREES, BUSHES, TRYING TO THE PATH AS VARIOUS AS POSSIBLE. TO ROPE ATTACH SOME OBJECT, LIKE BALLOONS, SOFT TOYS, PAPER/CARTON, ETC. PARTICIPANTS SHOULD BE BLINDFOLDED AND PASS THE CORRIDOR IN COUPLES. ONE PERSON HAS CONTACT WITH ROPE, SECOND PERSON IS HOLDING THE HAND OF FIRST ONE. ONE THE WAY THEY MAY CHANGE POSITIONS, DURING ALL WAY PERSON, WHO TOUCH ROPE, DESCRIBING TO TEAMMATE WHAT HE/SHE FILLING AND EXPERIENCING. AT THE END OF THE PATH SHOULD STAY ONE PERSON TO INFORM BY GENTLY TOUCH THAT WAY IS OVER.

MATERIALS:

2 x 50 M ROPE, DIFFERENT OBJECTS TO ATTACH, BLINDFOLDS.





Paradise of senses

DESCRIPTION:

THIS IS EVENING EXPERIENCE WITH SENSES. THE BEST IS TO SET UP ACTIVITY INDOOR (ALSO POSSIBLE OUTDOOR, BUT THEN YOU TO COVER GROUND WITH SOME CARPET OR SO). MARK THE PLACE (MINIMUM SIZE IS 6 METERS WIDTH AND 10 METERS LENGTH, BIGGER BETTER). CREATE LABYRINTH WITH PAPER TAPE (MAKING SEVERAL ROWS OF HORIZONTAL AND VERTICAL LINE AND CREATING CROSSES BETWEEN THEM). ON THE LINE CROSSES YOU NEED TO PLACE SMALL BOW OR PLATE WITH INGREDIENTS. THERE IS SPECIFIC WAY TO PLACE BOWS, YOU NEED TO CREATE A PATH TO GO THROUGH FOR PARTICIPANT WHO WILL BE BLINDFOLDED. INGREDIENTS INSIDE BOWS SHOULD TELL TO PARTICIPANT WHICH DIRECTION HE/SHE SHOULD GO. INGREDIENTS WILL TELL DIRECTION WITH THE LETTER CONSISTING IN THEIR NAMES, TO GO LEFT – LETTER "L", TO GO RIGHT – "R", WITHOUT "L" AND "R" – TO GO STRAIGHT. IF NAME OF THE INGREDIENTS WILL HAVE BOTH "L" AND "R", THAN FIRST ONE DECIDES DIRECTION. FOR EXAMPLE: IN THE BOW WE PLACE "LEMON", SHOULD GO LEFT, PLACE "PAPRIKA", SHOULD GO RIGHT, PLACE "TOMATO"- GO STRAIGHT, AND IF PLACE "GARLIC" – GO RIGHT. INGREDIENTS SHOULD BE RECOGNIZED BY SMELLING, TOUCHING AND TASTING, WITHOUT LOOKING (PARTICIPANTS BLINDFOLDED). ALL INGREDIENTS SHOULD BE EATABLE SOMEHOW, BUT NOT NECESSARY TASTY . YOU NEED TO SAY TO PARTICIPANT THAT THE PATH IS OVER WHEN HE/SHE FIND A TASTE OF CHOCOLATE, THAT'S MEAN AT THE END, NEED TO PLACE CHOCOLATE. PARTICIPANTS WILL GO ON THE KNEES AND WILL FOLLOW THE TAPE LINE ON THE FLOOR UNTIL THEY RICH CROSS WHERE BOW IS PLACED, AND THAT WILL GET DIRECTION. YOU NEED TO PROVIDE ASSISTANCE FOR PARTICIPANTS (IF THEY LOSE DIRECTION OR COMPLETELY DON'T KNOW WHAT IS THE INGREDIENT OR WHAT IT'S CALLED IN ENGLISH).

AFTER SOME PARTICIPANTS FINISH EXPERIENCE, THEY MAY BECOME "GOOD ANGELS" TO ASSIST OTHERS. AT THE SAME TIME NOT RECOMMENDED TO LET MORE THAN 3 PARTICIPANTS TO BE AT THE LABYRINTH, TO AVOID DISTURBANCE AND KEEP NICE ATMOSPHERE.

SOME HINTS: MAKE A NICE ATMOSPHERE WITH CANDLES AND SOME AROMATIC OILS OR SO, TURN OFF ALL THE LIGHT AND COVER WINDOWS WITH CURTAINS. INFORM PARTICIPANTS THAT THEY HAVE TO KEEP CLEAN ONE OF THE HANDS FOR TASTING INGREDIENTS, ALSO PROVIDE WET TISSUES TO CLEAN HANDS AFTER SOME INGREDIENTS (FOR EXAMPLE: KETCHUP OR OIL). IF YOU DO IT OUTSIDE, MAKE SURE IT'S DARK ENOUGH.

MATERIALS:

BIG SPACE, PAPER TAPE – 3-4 ROLLS, BOWS/PLATES – AROUND 20-30, INGREDIENTS (EATABLE – ON YOUR CHOICE, MAKE SURE THAT THERE ENOUGH WITH LETTER "L"), CANDLES, AROMAS, WET TISSUES, BLINDFOLDS.



COMMENTS:

„Great experience, I would use it with kids to develop their senses and increase the level of trust in others“

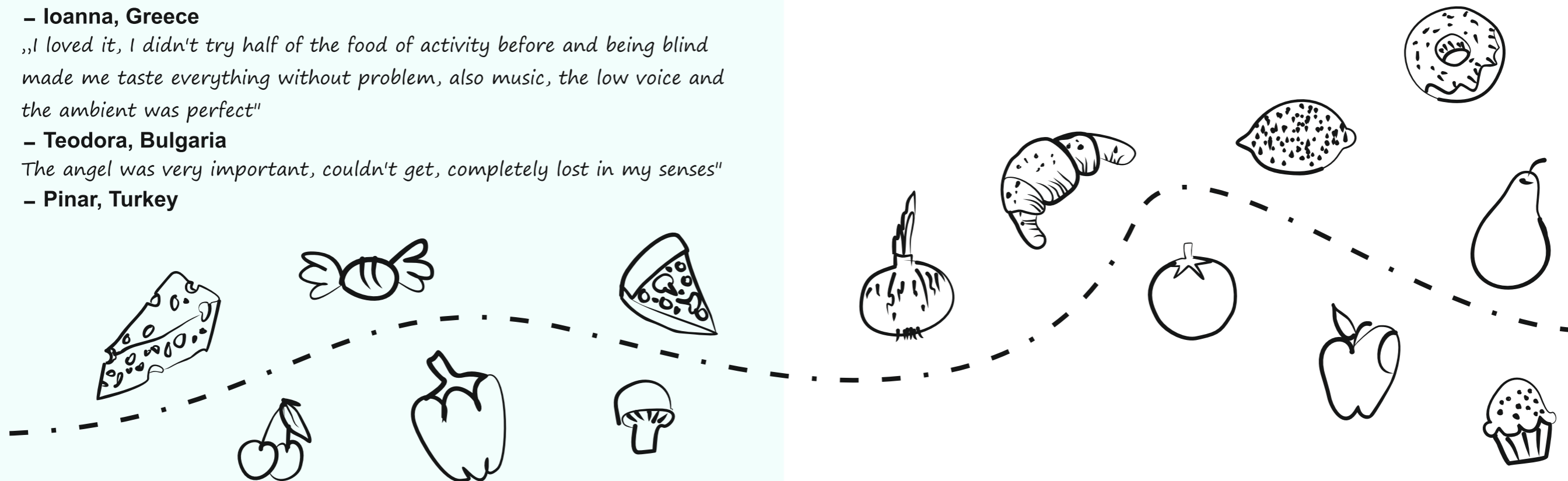
– **Ioanna, Greece**

„I loved it, I didn't try half of the food of activity before and being blind made me taste everything without problem, also music, the low voice and the ambient was perfect“

– **Teodora, Bulgaria**

The angel was very important, couldn't get, completely lost in my senses“

– **Pinar, Turkey**



River crossing

DESCRIPTION:

RIVER CROSSING IS AN ADVENTURE EXPERIENCE. TO ORGANIZE THIS KIND OF ACTIVITY NEED TO: FIRST OF ALL TO FIND RIGHT SPOT TO CROSS RIVER (IT SHOULDN'T BE DEEPER THAN 1,5 METER AND WIDER THAN 20 METERS; ON BOTH SIDES SHOULD BE AT LEAST ONE THICK TREE, BETTER IF THERE SEVERAL; RIVER SIDE SHOULD BE SOLID, THAT PEOPLE CAN STAY FOR QUIT LONG TIME;

- ▶ THE GROUP GETS THE TASK TO BUILD A BRIDGE OVER A RIVER WITH CLIMBING MATERIAL
- ▶ AS THEY ARE DOING IT THEMSELVES IT USUALLY TAKES AROUND 4-6 HOURS
- ▶ AS THE RULES GOES THAT ONE PERSON IS ALLOWED TO GET WET TO SUCCEED IN THIS CHALLENGE (THIS PERSON WILL GO THROUGH THE RIVER WITH THE STATIC ROPE) OR THERE IS THE POSSIBILITY THAT ONE PERSON WALKS TO THE NEXT BRIDGE.

TAKE CARE THAT PERSON, WHO GOT WET HAS SOMETHING TO CHANGE IN, BECAUSE STAYING FOR FEW HOURS IN WET CLOTHES NOT THE BEST IDEA. THE GOAL IS THAT ALL PARTICIPANTS CROSS THE RIVER WITHOUT GETTING WET.

YOU SHOULD TAKE CARE ABOUT SAFETY MEASURE, CHECK ALL KNOTS AND CONNECTIONS BEFORE ALLOWING ANYONE GO ON THE ROPES. EVERYONE SHOULD WEAR CLIMBING HARNESS, GLOVES AND HELMET.



MATERIALS:

2 STATIC ROPES 50 M / 25 M , 2 CLIMBING HARNESSES, HELMET, 2 PULLEY, 1 STOPPER (CAPTURE PULLEY), ROPE CLAMP, 3-4 SLING PADS, 8-10 CARABINERS. ALSO MAY USE SLACK LINE.

COMMENTS:

„I learn that is important in the group to make someone in the conditions to show its own talent or specialty"

– Paolo, Italy

„It was very useful for getting familiar with the equipment. It was fun, challenging and required team work..."

– Anastasia, Greece





Mountain tour

DESCRIPTION:

IF YOU HAVE POSSIBILITY TO ORGANIZE WALK IN THE MOUNTAINS, THAN DIVIDE PARTICIPANTS IN GROUPS OF 4-6 PERSONS. ALL GROUPS SHOULD HAVE MAPS AND TOURISTIC ROUTE (MIGHT BE DIFFERENT FOR EACH GROUP). IN EACH GROUP SHOULD BE RESPONSIBLE/CONTACT PERSON. ON THE WAY GROUP SHOULD HAVE SOME TASKS, LIKE TAKING PHOTOS NEAR SOME SPECIFIC PLACES OR FINDING TREASURE (IF YOU HAVE TIME TO PREPARE IT). THE BEST OPTION IS TO INCLUDE STAYING OVERNIGHT IN THIS KIND OF ACTIVITY. FOR NIGHT: SLEEPING TENTS AND SLEEPING BAGS, OR IF YOU ARE IN THE AREA, WHERE IS NOT ALLOWED TO PUT UP THE TEN, LOOK BEFORE FOR MOUNTAIN SHELTERS, WHERE PEOPLE CAN SLEEP.

MATERIALS:

SLEEPING TENS AND BAGS, PERSONAL EQUIPMENT FOR MOUNTAINS TOUR, EATABLES.



COMMENTS:

„Yeah! It was a real adventure, I felt powerful because we were able to find the to come home, helping others made me feel useful"

- Sergio, Spain

„I was really happy to have this adventure, because I was expecting we will have a lot of this kind of exercises but this was the first, I didn't have fears like to get wet or that night is coming. It was a real adventure. Mission possible"

- Brigi, Romania



Trust run

DESCRIPTION:

ONE PERSON IS AIMING TO RUN INTO REST OF THE GROUP STANDING IN TWO LINES FACING EACH OTHER. GROUP IS HOLDING THEIR HAND IN FRONT THE WAY THAT THEY CAN TOUCH ELBOWS OF EACH OTHER. THE GROUP SHOULD BE READY TO RAISE THEIR HAND UP AS RUNNING PERSON APPROACH. PAIRS IN THE LINE ARE RAISING HAND ONE BY ONE.

AIM FOR GROUP: TO RAISE HAND AT LAST MOMENT BEFORE RUNNING PERSON HIT THEM.

AIM FOR RUNNER: TO RUN WITHOUT STOPPING OR SLOWING DOWN.

MATERIALS:

ENOUGH PEOPLE TO MAKE TWO LINES (MIN 10 PEOPLE)



COMMENTS:

„Thrilled, fast pace – you could see the hands lifting right in front of your face, but I didn't feel like stopping"

– **Michal, Poland**

„Everybody can do much more they think they can do"

– **Teodora, Bulgaria**

Finger lift

DESCRIPTION:

ONE PERSON IS LYING ON THE GROUND. PART OF THE GROUP (8-10 PERSONS) STANDING ON BOTH SIDES OF LYING PERSON. AIMING TO RUN INTO REST OF THE GROUP STANDING IN TWO LINES FACING EACH OTHER. GROUP IS HOLDING THEIR HAND IN FRONT THE WAY THAT THEY CAN TOUCH ELBOWS OF EACH OTHER. THE GROUP SHOULD BE READY TO RAISE THEIR HAND UP AS RUNNING PERSON APPROACH. PAIRS IN.

MATERIALS:

ENOUGH PEOPLE TO MAKE TWO LINES (MIN 10 PEOPLE)



COMMENTS:

„Amazed by the collective power of our fingers, by the feeling I had in the air. Thanks"

- Mariana, Poland

„Interesting, I didn't expect it to be possible, therefore I felt surprised"

- Anastasia, Greece

Circle balance

DESCRIPTION:

ONE PERSON STAY IN THE SMALL CIRCLE (AROUND 5-8 PEOPLE). PERSON CLOSE HIS/HER EYES AND KEEP BODY IN STRAIGHT POSITION. THAN START TO FALL, STILL KEEPING BODY STRAIGHT, THE GROUP IN CIRCLE HOLD GENTLY PERSON, WHEN HE/SHE FALLING IN THEIR DIRECTING. THAN GROUP MOVE PERSONS GENTLY PUSHING IN DIFFERENT DIRECTION IN CIRCLE.

MATERIALS:

ENOUGH PEOPLE TO MAKE SMALL CIRCLE (5-8 PEOPLE)



COMMENTS:

„It was visible for me, who really trust in the group“

- Brigi, Romania

„I enjoyed, I completely trusted to group, I just relaxed and let myself go“

- Ioanna, Greece

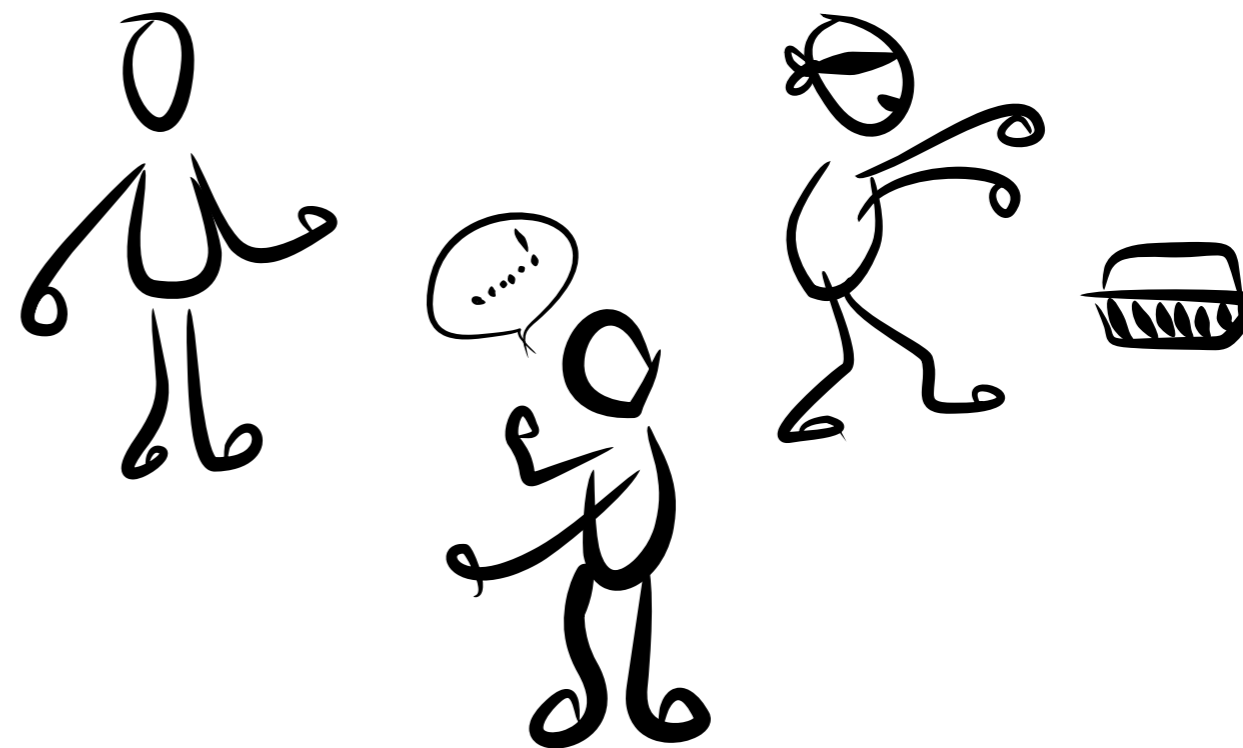
Blind walk

DESCRIPTION:

GAME IS SET WITH 3 PEOPLE. THE AIM IS TO BUILD TEAMWORK AND TRUST. DECIDE WHO IS GOING TO BE BLINDFOLDED, WHO WILL BE DOING THE MIMICS AND WHO WILL BE DIRECTING THE BLINDFOLDED PERSON WITHOUT SEEING THE BLINDFOLDED PERSON. HIDE AN OBJECT FROM THE BLINDFOLDED PERSON, PERSON WHO IS DIRECTING THE BLINDFOLDED PERSON HAS HIS BACK TOWARD BLINDFOLDED PERSON AT ALL TIMES. HE IS DIRECTING BY LOOKING AT THE MIMICS OF THE MIME, WHO IS NOT ALLOWED TO SPEAK. GOAL IS TO DIRECT THE BLINDFOLDED PERSON TO THE OBJECT.

PURPOSE:

TEAMWORK, TRUST, USING DIFFERENT COMMUNICATION STYLES, GETTING OUT OF THE COMFORT ZONE



COMMENTS:

„Touching, I was challenge to leave my comfort zone and not knowing what will happened and trust to others with my body"

- Slaveya, Bulgaria

„Goosebumps, I'm really comfortable with the touch of everybody in the group, which mean I'm not intimidated by them, just trusting"

- Klaudia, Romania



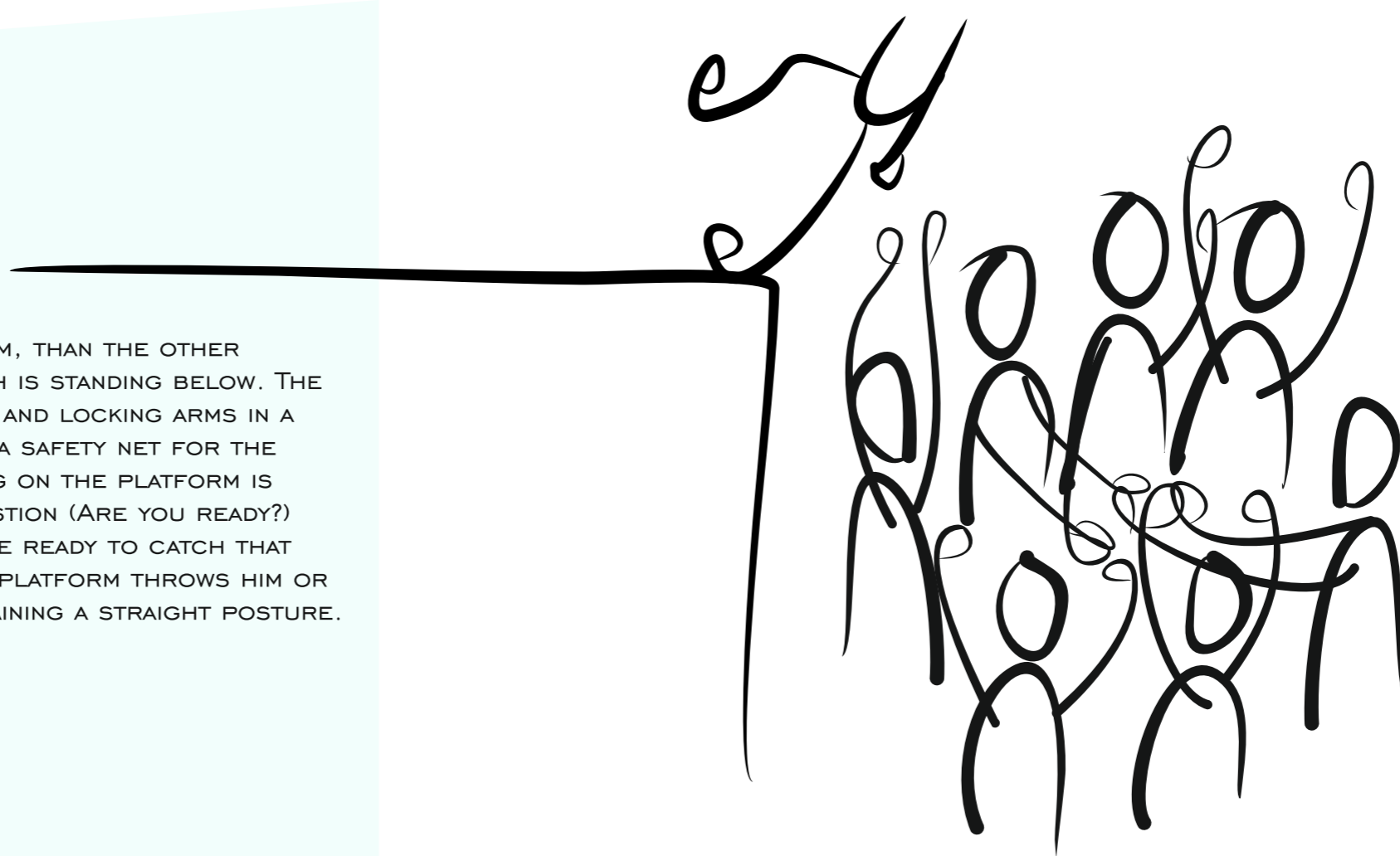
Trust fall

DESCRIPTION:

ONE PERSON AT THE TIME STANDS ON A HIGHER PLATFORM, THAN THE OTHER PARTICIPANTS TURNS HIS/HER BACK TO THE GROUP WHICH IS STANDING BELOW. THE OTHERS ARE CREATING A CORRIDOR FACING EACH OTHER AND LOCKING ARMS IN A COUPLE STANDING VERY CLOSE SIDE BY SIDE TO CREATE A SAFETY NET FOR THE PERSON ON THE PLATFORM. WHEN THE PERSON STANDING ON THE PLATFORM IS READY HE OR SHE ASK THE GROUP THE FOLLOWING QUESTION (ARE YOU READY?) WHEN THE GROUP REPLIES (YES) IT MEANS THAT THEY ARE READY TO CATCH THAT PERSON IN THEIR ARMS. AT THIS POINT THE ONE ON THE PLATFORM THROWS HIM OR HERSELF BACKWARD IN THE ARMS OF THE OTHERS MAINTAINING A STRAIGHT POSTURE.

MATERIALS:

SOME KIND OF PLATFORM
ENOUGH PEOPLE TO CATCH WHO FALLS (MIN 8 PEOPLE)



PURPOSE:

TO STIMULATE AND TEST TRUSTING ABILITIES TOWARDS THE GROUP
ENCOURAGE THE PROXIMITY BETWEEN THE MEMBERS OF THE GROUP

Blind train

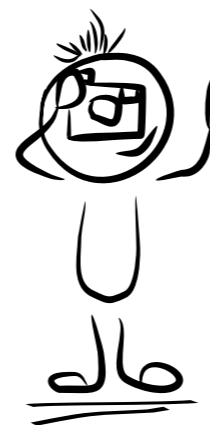
DESCRIPTION:

THE GOAL OF ACTIVITY IS TO REACH DESTINATION AS GROUP WITH ONE DRIVER. TO SET UP ACTIVITY YOU NEED TO ASK PARTICIPANTS STAND IN LINE ONE BY ONE. THE LAST PERSON IS DRIVING THE TRAIN WITH OPEN EYES. THE REST SHOULD HAVE EYES BLINDFOLDED OR CLOSED. DRIVER GIVES DIRECTION BY CLAPPING ON THE SHOULDER OF PERSON IN FRONT (TO LEFT ON LEFT SHOULDER, TO RIGHT ON RIGHT SHOULDER), THAT PERSON IS PASSING THE SIGNAL FURTHER IN FRONT AND THEN FIRST PERSON STARTS TO MOVE. TO STOP DRIVER PULL GENTLY BACKWARD ON BOTH SHOULDER. EVERY FEW MINUTES, DRIVER IS CHANGING THE FRONT OF THE TRAIN, AND LAST PERSON BECOME A DRIVER. VERY IMPORTANT THAT PEOPLE TAKING CARE AND LISTEN TO SIGNAL. YOU NEED TO BE ALWAYS AROUND CLOSER TO FRONT OF TRAIN TO PROVIDE SECURITY.

ADVANCE VERSION: LEVEL MAY RISE, WITH DIFFICULTY OF THE PATH GROUP SHOULD WALK.

MATERIALS:

BLINDFOLDS



COMMENTS:

„Good way to train and check the trust in the team, communication and team work“

– Slaveya, Bulgaria

„It's easy to open your eyes when we feel disoriented, but how about people who can't?“

– Nuno, Portugal

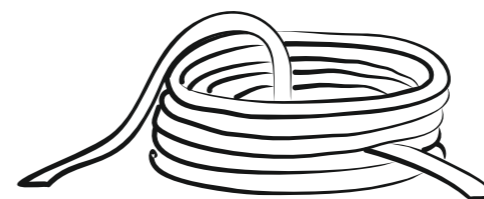
Debriefing process

DEBRIEFING IS A TERM USED IN EXPERIENTIAL EDUCATION TO DESCRIBE A QUESTION AND ANSWER SESSION WITH PARTICIPANTS. DEBRIEFING AN EXPERIENCE HELPS PARTICIPANTS CONNECT LESSONS AND ACTIVITIES THEY LEARNED IN PROGRAM TO THE OUTSIDE WORLD. IT IS A VERY IMPORTANT PIECE OF PROGRAMMING AND LEARNING AS A WHOLE. IF PARTICIPANTS ARE NOT ALLOWED TO REFLECT ON THEIR EXPERIENCES AND RELATE THEM TO THE OUTSIDE WORLD, THEN A LOT OF THE LEARNING MAY BE LOST. SO INCLUDING DEBRIEFING IS REALLY VALUABLE AFTER POWERFUL EXPERIENCES IN PROGRAM. AND MIXING UP DEBRIEFING ACTIVITIES WILL KEEP PARTICIPANTS ENGAGED IN WHAT THEY ARE LEARNING AND ALLOW YOU TO CREATE MORE TEACHABLE MOMENTS.

AN IMPORTANT CONCEPT TO CONSIDER WHEN IMPLEMENTING EXPERIENTIAL EDUCATION ACTIVITIES IS PROVIDING OPPORTUNITIES TO PROCESS, OR REFLECT ON THEIR EDUCATIONAL EXPERIENCES. PROCESSING HELPS LEARNERS MAKE CONNECTIONS BETWEEN THEIR EDUCATIONAL EXPERIENCES AND REAL LIFE SITUATIONS. IT HELPS THEM RECOGNIZE THEIR SKILLS AND STRENGTHS BY NAMING THEM. BY RECOGNIZING AND NAMING, THE SKILLS AND STRENGTHS USED IN AN EXPERIENCE, THEY BECOME MORE COGNIZANT OF THEIR INNER RESOURCES THAT CAN BE USED IN FUTURE LIFE SITUATIONS. THE PRACTICE OF REFLECTION ITSELF IS ONE OF THE MOST USEFUL HUMAN SKILLS IN THAT IT DEVELOPS INSIGHT ONE OF THE HARDEST IMPORTANT TOOLS TO TEACH AND LEARN. EXPERIENTIAL ACTIVITIES FOLLOWED BY PROCESSING HELP PEOPLE DEVELOP INSIGHT SKILLS.

COMMON QUESTIONS:

- HOW DO YOU FEEL? (ASK PARTICIPANTS TO NAME THEIR FEELING, IT'S NOT ALWAYS EASY)
- WHAT HAD HAPPENED DURING EXERCISE?
- WHAT HAVE YOU LEARN?
- HOW YOU MAY USE IT IN YOUR LIFE?



ONE OF USED DURING TRAINING, DEBRIEFING AND REFLECTION TOOL WAS "SPIRIT SPOT". IN AN INDIVIDUAL TOOL TO REFLECT UP PERSONAL LEARNING PROCESS.

DESCRIPTION:

TO ORGANIZE "SPIRIT SPOT", YOU NEED TO ASK EACH PARTICIPANTS TO FIND IN NATURE A "SPOT", PLACE WHERE THEY CAN FEEL COMFORTABLE, ASK THEM TO GET FAMILIAR WITH THIS PLACE. THAN EVERYDAY DAY IN PARTICULAR TIME GIVE PARTICIPANTS TIME UP BETWEEN 20 AND 40 MINUTES TO GO TO THEIR "SPOT" AND SPEND TIME THERE REFLECTING ON THEIR EXPERIENCE AND LEARNING PROCESS, AS WELL TRYING TO GET CLOSER TO THAT SPOT OF NATURE THEY HAVE CHOSEN. PARTICIPANT ALLOWED TO MAKE NOTES, BUT IT'S NOT NECESSARY. LAST DAY GIVE TO PARTICIPANTS EMPTY ENVELOP AND PEACE OF PAPER, AND ASK THEM TO WRITE A LETTER TO THEMSELVES ABOUT THEIR EXPERIENCE AND FEELINGS DURING ACTIVITY TIME. THEY SHOULD ALSO PUT REAL ADDRESS ON ENVELOP AND SEAL THE LETTER INSIDE ENVELOPS. YOU SHOULD INFORM THEM, THAT THEY WILL GET THIS LETTER BY POST 1 YEAR LATER (MIGHT BE ALSO 6 MONTHS). GROUP DISCUSSION ABOUT REFLECTION PROCESS IS NOT NEEDED.

MATERIALS: ENVELOPS, PAPER, TIME

LEARNING OUTCOMES FOR OUTDOOR EXPERIENCE.

LEARNING IN THE GROUP AND FROM THE GROUP INTENSIFIED THE LEARNING IN THE PROCESS, LEARNING "HERE AND NOW". BY RELATING CONCEPTS ABOUT GROUP DYNAMICS WITH OWN EXPERIENCES THE PARTICIPANTS REALIZE NEW THINGS ABOUT THEMSELVES AND THE METHOD OF PROCESS-ORIENTED TRAINING.

THE SAFE AND CLOSE ATMOSPHERE IN THE GROUP AND AN ISOLATED PHYSICAL ENVIRONMENT HELP THE PARTICIPANTS TO OPEN UP FOR THE PERSONAL LEARNING PROCESS AND INTENSIFY THE GROUP PROCESSES. THE PARTICIPANTS EXPERIENCE THE IMPORTANCE OF ASSESSMENT AND OF FEEDBACK. FEEDBACKS ALLOW TO CHECK OWN SELF-IMAGES AND IMAGINATION ABOUT HOW OTHER PEOPLE SEE THEM.


THE INTERCULTURAL CONTEXT IS A STIMULATION TO LOOK AT THINGS FROM DIFFERENT PERSPECTIVES, AS IT CREATED AN IMPORTANT FRAMEWORK FOR LEARNING TO RESPECT THE DIVERSITIES OF PEOPLE. PHYSICAL AND EMOTIONAL CHALLENGES HELPED PARTICIPANTS TO GET DEEPLY INVOLVED.





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