


Training Course EXPEDITION – Designing adventures in rural environments for Youth
2016 May 14-22nd Lithuania

Describing your expedition

Your tool will be uploaded to <https://www.salto-youth.net/tools/toolbox/>

<p>Creators of the expedition Name Surname and e-mail</p>	<p>Nerijus Kriauciunas, info@nectarus.lt</p>
<p>Title of your expedition Choose clear, concise and catchy name</p>	<p>On the Move</p>
<p>Image (optional) You can upload an image or even logo that represents your tool.</p>	
<p>Short description Summarize the expedition in max. 255 characters. This text will appear in search result lists. You can still write 255 characters.</p>	<p>This expedition aimed at providing personal and group experience in order to explore the topic of mobility, deal with personal challenges and work in a group of peer learners. Expedition lasted for 10 hours. It was designed and delivered by using Actionbound app (https://en.actionbound.com). Expedition focused on exploring diverse rural environments and opportunities, which could be used in youth work settings.</p>
<p>Aim(s) of the tool Specify what are the thing that learners could acquire by using such tool.</p>	<p>To provide experience of individual and group journey in rural area by biking and the use of digital technologies; To provide opportunity to explore personal and group challenges and deal with them throughout the expedition To link environment with various topics emerging from it (e.g. local crafts, the past and history; the topic of migration, impact of transportation, human relations, etc.)</p>
<p>Full description of the tool step-by-step Include information on preparation, implementation and debriefing</p>	<p>This expedition was prepared and implemented by using Actionbound application. During the preparation each spot of the expedition was visited, facilitators took the coordinated and photos and later on created Actionbound on www.actionbound.com website. It can be found at https://actionbound.com/bound/expeditionmove</p> <p>PREPARATION PHASE Participants got the following tasks:</p> <ul style="list-style-type: none"> - Download and test Actionbound app

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	<ul style="list-style-type: none"> - Agree with the group what resources you might need during the expedition - Agree how do you ensure safety and what do you need to take for providing the first aid - Think individual about your personal goal or challenge to deal with <p>EXPEDITION on the MOVE</p> <p>Group started by picking up the bikes from the rental place. Then the task was to agree what food is needed for making lunch and buying it with a limited budget.</p> <p>Afterwards group went through variety of spots in the rural surroundings and local villages. Most of the stops had thematic discussion on the way.</p> <p>REFLECTION PHASE</p> <p>Reflect about your own experience, feelings and dynamic:</p> <ul style="list-style-type: none"> - Focus on your own circle of influence (What were you doing/What could have you done) - Identify your emotional Up's and Down's - Reflect on your personal Achievements and challenges accomplished.
Target group and group size	Up to 15 youth workers
Materials needed	Few smartphones or tablet computers, first aid kit, some money for food, bikes, raincoats, basic grilling equipment, cutlery.
Duration (time)	Preparation – 10 hours Expedition – 10 hours Reflection – 2,5 hours.
Further Info/Sources	https://actionbound.com/bound/expeditionmove http://www.nectarus.lt/en/english-expeditions-learning-on-the-move/