

BOOKLET

OUTDOOR GIVES MORE

training course

1. - 10. October 2016, Slovakia

Outdoor based education can be powerful stimulus for learning and activating inactive young people including these with fewer opportunities unfortunately youth workers are not familiar with outdoor based learning and do not have needed competencies to apply outdoor based learning in their practices even if outdoor based learning is powerful tool in youth work. Main motivation to carry out training course **"Outdoor Gives More! Training course on Outdoor Methods for Active Participation"** was to provide youth workers actively working with young people an opportunity to experience various outdoor based methods, techniques, tools and secondly to develop their competencies to apply new gained knowledge in their practices especially in relation of activating inactive youth.

The training course "Outdoor Gives More" was implemented by Slovak organization 'Akademie Proaktivita' with support of Erasmus + Programme of the European Commission.

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Besides participants from Slovakia, in the training course took part participants representing following Programme countries: Bulgaria, Czech Republic, France, Italy, Lithuania, Macedonia, Romania, Slovenia, Turkey, Spain and United Kingdom.

List of Partner Organizations:

The Change is in You, Bulgaria
 Evropske Centre Mladeze Breclav, Czech Republic
 Maison de l'Europe de Tours Centre Val de Loire, France
 Associazione Culturale Eufemia, Italy
 Asociacija Apkabink Europe, Lithuania
 Association of SVT Programme Alumni Skopje, Republic of Macedonia
 ADTRE Romania, Romania
 Druzstvo Sirena, Slovenia
 Sistem ve Jenerasyon Dernegi, Turkey
 Asociacio Juvenil Adalet, Spain
 AR Vocational Education & Training Ltd, United Kingdom



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The training course "Outdoor Gives More" was developed with aim to reach following objectives:

- To raise understanding of the participants on outdoor methods and techniques in relation with active youth participation and fighting youth unemployment and encourage the participants to apply outdoor based learning in their practices;
- To give the participants an opportunity to directly experience various outdoor methods and techniques and reflect on ways of incorporating these methods and techniques into their daily youth work with young people including young people with fewer opportunities;
- To support exchanging and sharing practices, experiences, methods and techniques of outdoor education across and increasing the quality of youth work in participant's countries;

about?
what you can find inside?

- To develop participants' teamwork, leadership and problem solving skills in intercultural settings;
- To increase knowledge of the participants on Erasmus + Programme, support creating new project ideas based on using outdoor methods and techniques and facilitate creating new partnerships.

One of the objectives aimed also to support exchanging good practices and experiences and increasing the quality of youth work in participants' countries. And this booklet is one of the ways how we would like to meet this objective.

In the booklet you can find description of activities implemented during the project, impressions of the participants and links to various learning resources. **Thank you to all participants and partners for support and contribution and do not forget:**

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impressions of participants



This training course has been a surprise especially regarding the knowledge acquired in Erasmus+ project management skills. I got incredible tips and perfect network of people to work with in the future. See you around beautiful people. Here is my project in the Pacific island if Vanuatu. (For link, check out the project blog: <http://outdoortc.tumblr.com/>). I'm almost naked...

Daniele, Italy

Could young people have a real influence on their local communities?

Thanks to this training and great people I met here, I am sure that the answer is a big YES. We can even be more ambitious than local scale, we can shape the Europe that we want. It will of course pass through education - outdoor education gives more- but also through our mobilization and motivation. Erasmus+ and this project are great tools to empower young people to be leader of their future.

I would like to give a huge thanks for the three organisers, they were serious and professional, we have at the same time a lot of fun and knowledge and skills development. We will come back home full of idea and project for developing Erasmus+.

French kiss

Yanis, France



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article of **Yanis Lammari**,
participant of training course

More and more people contest the idea that young people are not experienced enough to make important decisions. Indeed, after a long time of praising experience and maturity, we have to admit that making bad decisions is not a question of age. If we want proof, we just have to open our eyes to our unfair and unsustainable global system. The current system, which gives power of decision mainly to those who are part of the current paradigm, is responsible for our crisis. So let us work together to change it. **But how do we do this when the actors of the future, young people, are not part of the decision-making process?**

Indeed, whatever the field, it is an almost impossible mission to find young people who reach the top of the hierarchy. The 'glass ceiling' is a reality for the young (both boys and girls)! There are some initiatives that could change this. Inviting young people to international conferences is one of them. However, the true question is not whether young people are present, but in what capacity and also what kind of young people. Most of the time when young people are invited they are still considered to be spectators who have everything to learn and nothing to share, even though many of them participate in the green transition and sustainable development. They would be able to offer inspiring ideas, especially if the organisers of such conferences would stop always going through the traditional system which does not allow the diversity among the youth to be represented. Indeed, nobody says that young people are going to do better than others, firstly because, unfortunately, some of them do not care about sustainable development or political decisions, and secondly because young people who want to participate in this change of paradigm will not be able to do it alone, they need their more experienced elders.

That is why the Erasmus+ Programme could really empower young people: its young participants are not only observers, and they are not all from the same background and type of education. They have worked together before and give their vision. Outdoor gives more able us to learn and put in practice what we learnt. If we want to change our system and refuse to allow the lack of interest in politics keep growing, young people have to be fully involved and taken into account in political decision making together with their elders. (to continue please check out project blog: <http://outdoortc.tumblr.com>).



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energizers
team builders, ice-breaking
activities

The training course "Outdoor Gives More" was opened by series of getting to know each other activities that were implemented with aim to break the barriers between the participants and to establish positive and open atmosphere.

Here goes description of several activities:

Change the Place: setting in the circle, the facilitator says statement that make participants change place. After each change the participants are asked to introduce yourself to the colleague on the right and colleague on left. The activity is repeating for three times so the participants have an opportunity to get to know each other.

Map of Connections: the facilitator introduces the task: each participant is asked to write down his/her name on flipchart and share any information about himself/herself. At moment when other participants hear anything what also apply to him/her he raises his hand and continues e.g. participants is saying I like to travel, I was participating in Erasmus + projects and any other person who also likes to travel stand up, write his/her name and continue the activity. Main aim is to make the participants realize that they have something in common with other person in the group and encourage the participants to get to know each other.

Backpack Activity: the participants draw backpack during drawing game. The participants sit in one line and the participants on the sides see the picture of the backpack. Each participant is asked just to draw what he/she sees on his/her right side. After drawing the backpacks participants work in pairs and are asked to reflect on their learning goals, contributions and also learning blocks and make their backpack full.

After working in pairs, several participants have an opportunity to share e.g. the participants are sharing that they can contribute by their knowledge of Erasmus + Programme, salsa or Zumba class, they knowledge of marketing. Regarding learning goals the participants of the training course 'OGM' mentioned that they would like to learn more about the ways of applying outdoor education in their realities.

Regarding the blocks the participants mentioned the psychological blocks e.g. being tired, weather but also blocks connected with the groups (not feeling comfortable, possibility of conflict).



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energizers
team builders, ice-breaking
activities

Blind Walk: the participants work in pairs. They receive following instructions: one of you will close eyes and with close eyes explore space around. You can feel free to walk, sit. The second person in the pair need to take care about your safety but he/she should not restrict your movement. You are experiencing the space for 5 minutes. After that you change your rules. Once the activity is finished the participants have an opportunity to reflect on their roles, the issue of trust and the experience.

Do not be afraid to fall:

Participants work in pairs. One participants stands in front of the other one. At any moment when the first participant feels comfortable he/she can fall back. The second participant provides support and make sure that the participants enjoy 'falling' moment and feel fully support.

After working in pair. The participants can take step forward and work in groups of up to 8 people. In this case, one participant is standing in the middle and is being supported by other members of the team in his/her movements.



Resources and Links:

Energizers: https://sixth.ucsd.edu/_files/_home/student-life/icebreakers-teambuilding-activities-energizers.pdf

100 ways to energizer groups:
<http://www.slideshare.net/vickthorr/100-energizers>



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impressions of participants

Peter, Slovenia

Training course "Outdoor Gives More" was not my first Erasmus+ project and hopefully not the last one, as I really enjoyed it. The activities were carefully studied and well prepared, unfortunately weather wasn't on our side most of the time.

I applied for this project because I enjoy spending time outside and I see the learning potential when activities are realized in the nature.

The games we were playing, including energizes, all had a message to deliver or a point to present and everytime I learned something new. This something is sometimes of a spiritual nature because it makes you rich on the inside, sometimes there is a bunch of useful information which are the key to new achievements.

I made lots of new friends and widen my network. It's awesome as each of us has a different life story, experience and...

(for rest of Peter impressions check out the project blog: <http://outdoortc.tumblr.com/>).



Albert, Matas, Peter



Sara, Italy

Outdoor is breathing pure air. Pure air is a cold morning. A cold morning is snow. Snow is Slovacchia. Slovacchia are cute people like Jana and Silvia. Jana and Silvia are sharing. Sharing is interculture. Interculture is fun. Fun is Erasmus+. Erasmus+ is being part of a big family...us!



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outdoor education:
what it is?

Essential part of the training course was exploring the concept of outdoor education. Besides taking part in outdoor activities including hiking trip the participants explored outdoor based education through following activities:

Outdoor Education: Exploring the Concept

The participants are divided into 5 working groups. Each group receives following task: to define outdoor education and think about the key added value that makes outdoor education different from other ways of education. Besides this question each team receives one more specific question:

1. What are the positives of outdoor education?
2. What are the challenges of outdoor education?
3. What is the link between outdoor education and personal and professional development?
4. What is the link between outdoor education and environmental education?
5. What is the added value of outdoor education when working with young people?

Each team works separately and after time for preparation presentations of team work follows.

Participants of the training course 'OGM' shared following comments during the presentations:
Challenges of outdoor education:
Natural conditions (weather), injuries, getting lost, different capacities and abilities, need for planning, take care about each other, experiences

In case of personal and social development through outdoor education we can develop following skills: teamwork, communication, leadership, public speaking, we can work on development of our body but also mind, networking, building communities, improving organisation knowledge, overcoming fears, knowing limits, strength and character.

Regarding environmental education, the participants mentioned e.g. feel respect to nature and experiences things in practice. skills.



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outdoor education:
what it is?

In way to learn and explore the concept of outdoor education we recommend following resources:

Links Outdoor Education:

Learning through Outdoor Education: A Guide for Schools and Youth Groups,

http://www.infed.org/outdoorlearning/learning_through_outdoor_experience_print.pdf.

High Quality Outdoor Education,

<http://www.englishoutdoorcouncil.org/HQOE.pdf>.

John Dewey and Education Outdoors: Making Sense of the 'Educational Situation' through More Than a Century of Progressive Reforms: Quay, J., & Seaman, J. (2013).

Games for Nature. Environmental Education through Eyes of Young People,

http://oakrakow.pttk.pl/j/images/stories/games_for_nature.pdf

http://www.backcountryattitude.com/outdoor_education.html.

In case you are wondering how to create outdoor activities we would also recommend to firstly think how **you can adjust some well-known activities and transfer them outdoor** e.g. if you take following task: please build the highest tower for the egg you can just add that for building the tower you can use just natural materials....



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outdoor education:
ideas for activities

Rope Challenge

This activity requires rope and two trees or any other constructions. It is a great activity to work on teamwork, leadership or communication. The task can be adjusted and the team can be asked to transfer each member of the team or the task can be done in form of competition between two or more teams.

Run How Fast You Can

Other activity tackling the group team spirit and trust is based on creating two rows of people who are putting their hands up when the running person is getting closer. How fast you will run is after an question closely connected with level of trust in your team.



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outdoor education:
what it is?

Past A Person

is another teamwork activity that can be implemented indoor as outdoor. In this case, the participants laid down and by using just their hands they are passing each member of the team. This activity can challenge the level of the trust in the team and it also requires high level of attention for whole time. It also important to have at the start of the line and at the end two persons who can help the person who is being transfer laid down and after again stand up.



Blind Walk

We already mentioned walk with close in pairs. In case of working with team of people you can adjust this activity to team one. There can be many variations e.g. just the leader can see and navigate the team through obstacles or the task can be also done in form of competitions between more teams. Essential part of the task is the debriefing and reflecting on the role of the leader, team players, issue of trust and communication. If possible, it is also great if more members of the team has the possibility to experience the leading role and afterwards to reflect on the change.



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impressions of participants



I've decided to choose this training course because I really like outdoor activities, especially in the nature. Before the course has started, I read a lot of information why outdoor activities are so important. As I was reading and thinking about their advantages, I've agreed with all of them. But now I'm feeling their real value. I learnt so much during this week and a lot of things helped me to open my mind. Yesterday, one of my friends posted on Facebook that she is looking for volunteers for work with children, they are living in the foster home. I think, this is not a coincidence, this is a fate. Therefore I filled the application form and now I'm waiting for their answer. This project has shown me how I could put myself in the good direction. Thanks! **Jana, Slovakia**

There are some places in the world that simply take your breath away. And as you can see in the picture, Demanovska Dolina is definitely one of those magical breath-taking spots. Where to find this little hidden treasure? In Slovakia! Thanks to Erasmus+ I was so lucky to visit it for free with more than 20 other participants from different countries all around the Europe. But Training Course Outdoor Gives More! offered us way more than that, though. We experienced salsa dance classes with Turkish dance-teacher Caner, outdoor work out with our trainer Miso and many other outdoor activities including teambuilding and hiking. We were also given an opportunity to write our own projects that we are interested in and to enjoy trust-building activities and games. These moments are priceless, aren't they? **Kristyna, Czech Republic**



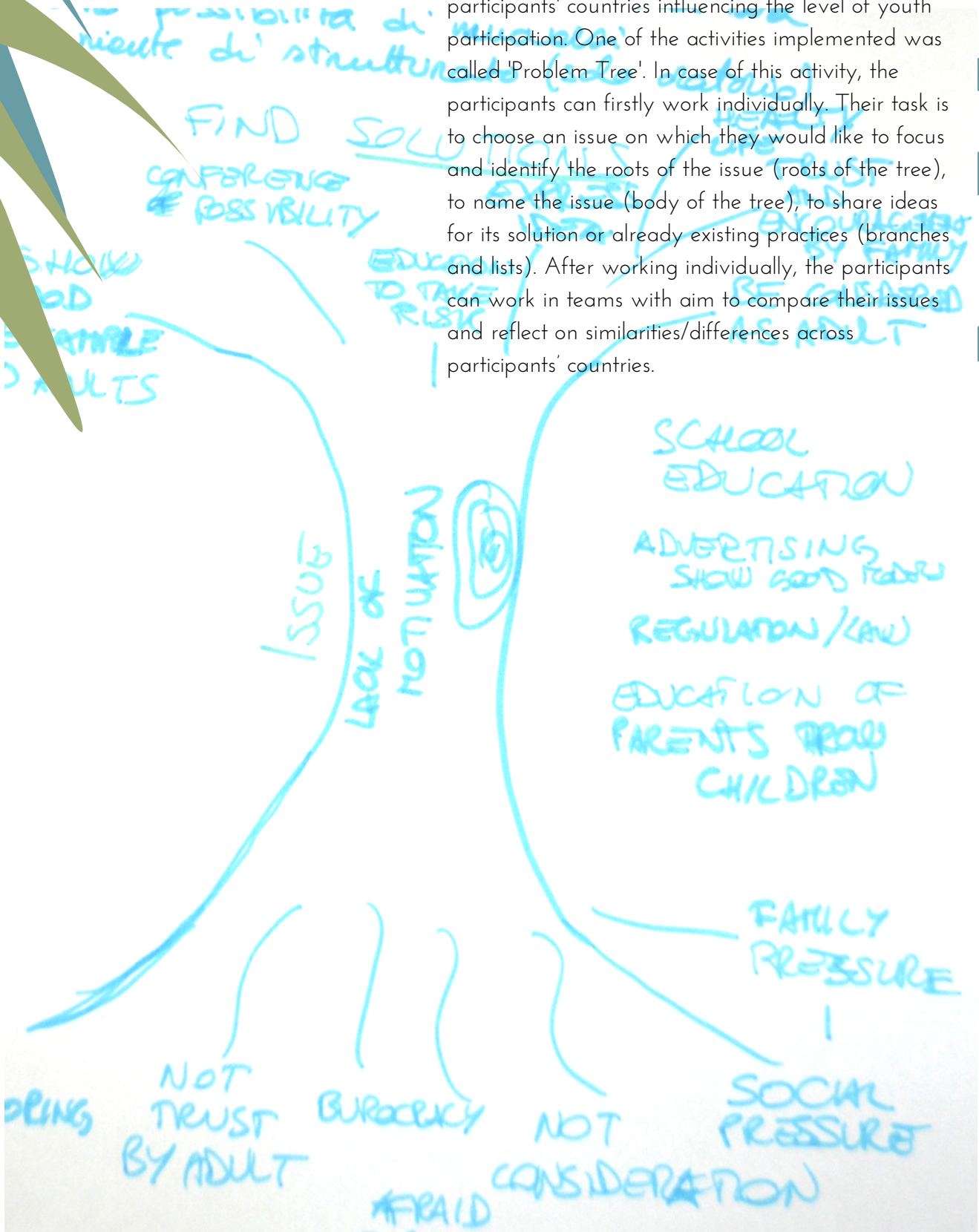
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outdoor education
and active youth
participation

Problem Tree of Youth Participation

In case of the training course 'Outdoor Gives More' we reflected on the concept of outdoor education also in connection with active youth participation. The first step in this case was reflecting on the issues in participants' countries influencing the level of youth participation. One of the activities implemented was called 'Problem Tree'. In case of this activity, the participants can firstly work individually. Their task is to choose an issue on which they would like to focus and identify the roots of the issue (roots of the tree), to name the issue (body of the tree), to share ideas for its solution or already existing practices (branches and lists). After working individually, the participants can work in teams with aim to compare their issues and reflect on similarities/differences across participants' countries.



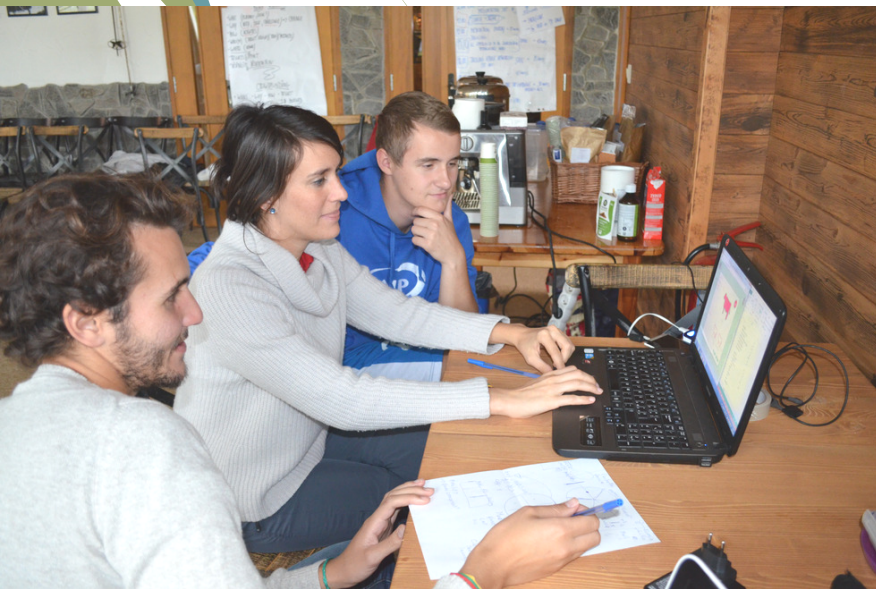
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reflection and sharing

Reflection Groups

In case of the training course 'Outdoor Gives More' we used various activities to support reflection of the participants e.g. activities were closed by reflection circle that provided the participants an opportunity to share their feedback on the activity or the day of the training course were closed by reflection during which the participants could individually or in group reflect on the day, its activities, work of the team and other aspects of the training course including following key questions:
How did you feel? How did you participate? What did you learn? How you can apply your learning in practice?



Working on Session on Sustainable Development

Open Space

In case of the training course 'Outdoor Gives More' we used the concept of open space to support active involvement of the participants and sharing good practices, knowledge and skills. Open space is methodology based on idea that everyone can contribute to the programme and share with others any skills, experience or knowledge. It is great way how the participants can develop their facilitation and communication skills and also it is great way how to explore and learn about various issues outside of the planned programme. In case of the training course we have possibility to learn salsa, juggling, meditation, get to know more about upcycling or sustainable development or heard and learn from experiences of the participants who realized project focus on permaculture on island in Pacific Ocean or took part in humanitarian mission in Burkina Faso...

Salsa Workshop



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outdoor education:
Erasmus + Programme



Exploring Erasmus + Programme

The training course 'Outdoor Gives More' was implemented with the support of Erasmus + Programme. During the training course, the participants had an opportunity to learn more about the Programme in the session 'Erasmus + Sharing' based on sharing experiences, information about activities such as youth exchange, training course or EVS. Also, the training course gave the participants an opportunity to work on new project ideas and develop their project management skills.

Resources: Erasmus + Programme

Main website of Erasmus + Programme:

https://ec.europa.eu/programmes/erasmus-plus/node_en

Erasmus + Programme Guide 2017:

http://ec.europa.eu/programmes/erasmus-plus/sites/erasmusplus/files/files/resources/erasmus-plus-programme-guide_en.pdf

List of National Agencies of Programme Countries:

https://ec.europa.eu/programmes/erasmus-plus/contact_en

SALTO YOUTH website:

<https://www.salto-youth.net/>

EVS database:

https://europa.eu/youth/volunteering/evs-organisation_en

Presentation of Project Ideas



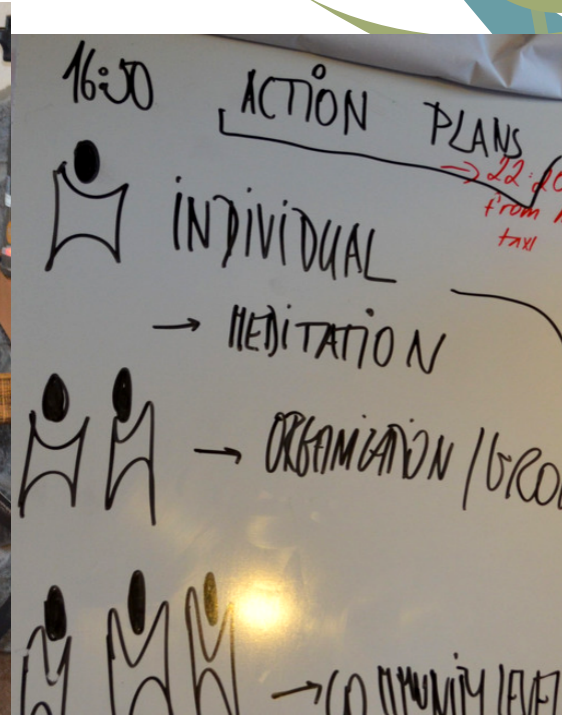
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working for future - Action Plans



In way to encourage the participants to transfer learned practices in their daily realities and to support realization of new project ideas at the end of the project the participants were asked to write down their action plans. The action plan had three level: individual, organizational and community level. In case of individual level the participants had an opportunity to think how they can transfer lessons learned to their daily practices e.g. in way to start with daily meditation. In case of organizational level, the participants were asked how they can transfer lessons learned to their organizations and in case of the last level the participants were asked how they can transfer lessons learned to their communities. After creating action plans, the participants were also encouraged to pair with a person who can remind them their action plans once they will be back home.



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evaluation activities

Essential part of each activity is final evaluation. If you are curious what kind of activities we used to evaluate training course 'Outdoor Gives More' here goes few of them.

Training Tour

Final evaluation started by reflecting on the program blocks and the project activities. The participants were asked to reflect on the days of the training course and to share information about the sessions and key topics.

Backpacks (Learning goals, contributions, blocks)

After reviewing and remembering the program the participants were invited to go back to their backpacks and reflect on their learning goals, contributions and learning blocks. The activity was done in interactive way and the participants had the opportunity to share their impressions with others.

Next step of final evaluation was sharing written feedback. In the working room four flipcharts were putted around:

How I actively I participated... in this case the participants were reflecting on own contribution and captured their level of participation in form of graphic.

Message Board... in case of this part the participants could leave message for the project team. Following messages were left: Thank you for your good mood, smile. It was awesome. "Do not be shy try our best"...

I would take out... in this case the participants could pointed the elements of the training course that they would like to change or take out bad weather, "some people were a bit selfish and their care too much about their personal fun that someone that ruins some activities, hiking in freezing weather..."

I will take back home... in this case the participants were pointing out new connections, friends, improving language skills, positivity (I will take back all of you in my heart) and inspiration, volunteering in Barcelon with Yanis, project management competencies, new activities and inspiration, new methods, new ideas, Erasmus + knowledge, motivation to travel alone in Asia and Japan, the tool called 'Action Plan'...



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