

Training Course EXPEDITION – Designing adventures in rural environments for Youth  
2016 May 14-22<sup>nd</sup> 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>Laimonas Ragauskas, <a href="mailto:info@nectarus.lt">info@nectarus.lt</a></p>
<p>Title of your expedition Choose clear, concise and catchy name</p>	<p>Going OUT for getting IN</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 inner and outer dynamics, 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. 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 using variety of transports; To provide opportunity to explore personal challenges and deal with them throughout the expedition To link environment with various topics emerging from it (e.g. use of abandoned building, the role of religion; the interaction among humans and nature, 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 <a href="http://www.actionbound.com">www.actionbound.com</a> website. It can be found at <a href="https://actionbound.com/bound/expedition1">https://actionbound.com/bound/expedition1</a></p> <p>PREPARATION PHASE</p>

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Participants got the following tasks:

- Download and test Actionbound app
- 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

EXPEDITION on the MOVE

Group started with short a hike, then they met local people, who showed how to prepare a horse for the ride. Then all the group went by horse carriage to the local shop. The next task was to agree what food is needed for making lunch and managing it with a limited budget.

Afterwards group went through variety of spots in the forest and local villages. Part of the journey was in silence, other parts were asking people to hold a thematic discussion on the way.

After 5 hours group reached the place for making lunch and later on continued the trip by boats through several islands in the lake and finally returned back to the venue.

REFLECTION PHASE

Reflect about your own experience, feelings and dynamic:

- Focus on your own circle of influence
- Identify your emotional Up's and Down's
- Reflect on your personal Achievements and challenges accomplished.

Target group and group size	Up to 15 people, youth workers
Materials needed	Few smartphones or tablet computers, first aid kit, some money for food, boats, safety vests, raincoats, basic grilling equipment, cutlery.
Duration (time)	Preparation – 10 hours Expedition – 10 hours Reflection – 2,5 hours.
Further Info/Sources	<a href="http://www.actionbound.com">www.actionbound.com</a> <a href="http://www.nectarus.lt/en/english-expeditions-learning-on-the-move/">http://www.nectarus.lt/en/english-expeditions-learning-on-the-move/</a>