

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>Janosch Dietrich <a href="mailto:janosch@moviemiento.org">janosch@moviemiento.org</a>          Fotini Komninou <a href="mailto:fkominou@hotmail.com">fkominou@hotmail.com</a>          Rosalia Quartana <a href="mailto:rosalia.quartana@gmail.com">rosalia.quartana@gmail.com</a>          Jitka Richterova <a href="mailto:jrichterova95@gmail.com">jrichterova95@gmail.com</a>          Diana Peutl <a href="mailto:dianapeutl@gmx.at">dianapeutl@gmx.at</a></p>
<p>Title of your expedition Choose clear, concise and catchy name</p>	<p><i>Forest IKEA</i> – an outdoor-challenge located in a post-apocalyptic setting</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 “<b>Apocalypse Survival Expedition</b>” aims to promote basic survival skills, team work and motivate youngsters to spend time in nature by including productive tasks such as building a shelter, using appealing digital tools and creating an apocalypse storyline.</p>
<p>Aim(s) of the tool Specify what are the thing that learners could acquire by using such tool.</p>	<ul style="list-style-type: none"> <li>• Develop collaboration and raise team building spirit within group participants</li> <li>• Practise time management and distribution of task within the group</li> <li>• Gain knowledge and skills on how to collect materials and to build a shelter in the forest</li> <li>• Empower individuals by strengthening self-confidence</li> </ul>

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	<ul style="list-style-type: none"> <li>• Acquire transversal skills for young people</li> <li>• Reflect critically on the meaning of “home” from a personal, social and political point of view</li> </ul>
<p>Full description of the tool step-by-step</p> <p>Include information on preparation, implementation and debriefing</p>	<p><b>(1) <u>Preparation Phase</u></b></p> <ul style="list-style-type: none"> <li>- Step one: brainstorming, outline of the projects;</li> <li>- Step two: planning and looking around the terrain to find a suitable place;</li> <li>- Step three: preparing the terrain, making the surroundings safe;</li> <li>- Step four: marking spots for tasks, check points and navigation points including their GPS navigation information needed for Action Bound application;</li> <li>- Step five: Preparing tools necessary for participants of the expedition;</li> <li>- Step six: Hiding tools at marked places;</li> <li>- Step seven: Preparing <a href="#">Action Bound</a> application, including tasks and additional “Zombie Apocalypse” story to make the expedition more entertaining and motivating for the target group;             <ul style="list-style-type: none"> <li>▪ Action Bound is a mobile application available for android and iOS for free which offers interactive learning experience by gaming relays, quizzes, adding tasks, pictures, pathways, stories to the task, etc.;</li> <li>▪ Action Bound allows organisers to take participants on real world treasure hunt while acting only like neutral intermediates and creating an appealing story line;</li> </ul> </li> <li>- Step eight: testing the Action Bound and final check of the tools.</li> </ul> <p><b>(2) <u>Carrying out of the Expedition</u></b></p> <ul style="list-style-type: none"> <li>- Participants were given basic instructions to work with Action Bound application which guided them through tasks and the story;</li> <li>- First task for the participants was to get away from the metropolis place given that it is not safe after apocalypse and zombies might attack soon; The story in the app was accompanied by a story told by the organisers in the beginning of the challenge “Good luck in surviving”.</li> <li>- Second task after participants arrived at first check in point was to find basic aid and tools for emergency situations;</li> <li>- Similar tasks with different story-line repeated to discover more tools and move alongside the planned way closer to the place of building the shelter;</li> </ul>

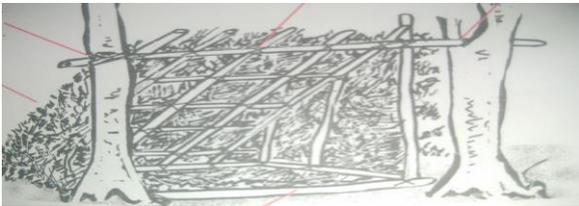
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- The last point discovered offered participants a basic instructions including visual aids advising how to build a shelter;
- After arriving at the marked place participants were given a suggested time frame (around 1 hour) to complete the task of building the shelter;
- When participants finished the shelter they were guided to last point where they discovered “comfort pack” which included some food and drinks as a motivation trait;
- Participants were invited to enjoy the gifts while sitting in the shelter and discussing the concept of ‘home’, what it means to them and what would they need in this place in order for it to feel like home;
- After completing the tasks participants were offered a chance to spend a night in the shelter based on their decision, alternative solution was also provided (such as tents or bungalows);
- As an additional task participants found garbage bags in the first check point and were asked to collect any garbage they encounter on the route.

**(3) Evaluation & Outcome Phase**

- After the expedition reflection and feedback joint session of organisers and participants was carried out;
- Participants were given questions such as but not limited to:
  - What did you like, or not like?
  - What were the learning outcomes for you?
  - What role did you take in the group?
  - How did you feel in the group, was the fictional storyline helpful for finding a role in a group?
  - Do you have any recommendations?
  - + Feedback from organisers to participants both individually and as a group;
- Comments were collected, participants mostly commented positively on the zombie apocalypse storyline, practical, well planned, creative and meaningful tasks as well as the award offered at the end;
- Negative comments mostly included minor problems with GPS navigation in the Action Bound application & better communication among participants during the shelter construction;
- Suggestions included better ending to the apocalyptic scenario, more distant presence of the designers or taking up

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	<p>the role as a zombie to further entertain and motivate participants;</p> <ul style="list-style-type: none"> <li>- Learning outcomes included collaboration &amp; team work, time management skills, survival and transversal skills; Collecting of results and outcomes.</li> </ul>
Target group and group size	Young people above 13 years, 4-6 participants
Materials needed	<p>Technical equipment</p> <ul style="list-style-type: none"> <li>- Minimum one smart phone (IOS or Android)</li> <li>- Actionbound App (free of charge)</li> <li>- GPS-signal (might be complicated in dense forests)</li> </ul> <p>Expedition equipment</p> <ul style="list-style-type: none"> <li>- outdoor clothing (hiking shoes, jacket, hat, etc.)</li> <li>- (mosquito repellent)</li> <li>- water and snacks</li> </ul> <p>Construction material</p> <ul style="list-style-type: none"> <li>- natural materials available in the forest</li> <li>- sample picture(s) of survival shelter(s)</li> <li>- optional ropes, foil, rubbish bags and other tools and materials</li> </ul>  <p>Picture: example of a possible way of construction of the shelter (see book by Tawrell below)</p>
Duration (time)	At least 90 minutes, actual duration depends on walking distances
Further Info/Sources	<p>Book: Camping &amp; Wilderness Survival, by Paul Tawrell, Shelburne/Canada 1996</p> <p>Information on and download of the app: <a href="https://actionbound.com/">https://actionbound.com/</a></p> <p>Flow model by Mihaly Csikszentmihalyi: <a href="https://en.wikipedia.org/wiki/Flow_%28psychology%29">https://en.wikipedia.org/wiki/Flow_%28psychology%29</a></p>