

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/>

Creators of the expedition Name Surname and e-mail	Elmina Loumbardi, Orhun Yağiz, Simon Presser, Melanie Simunovic, Martha Rep
Title of your expedition Choose clear, concise and catchy name	Walk a mile in my shoes
Image (optional) You can upload an image or even logo that represents your tool.	
Short description Summarize the expedition in max. 255 characters. This text will appear in search result lists. You can still write 255 characters.	It's an integration project for migrants and locals striving to promote mutual understanding, empathy and willingness to help and understand each other. It should provide unique experience of walking a mile in somebody's shoes.
Aim(s) of the tool Specify what are the thing that learners could acquire by using such tool.	Understanding, Tolerance, Integration, Exchanging cultural knowledge, developing communication and finding creative ways to express
Full description of the tool step-by-step Include information on preparation, implementation and debriefing	<p>This project takes place in a European Country.</p> <p>Timetable: Friday noon until Monday morning.</p> <p>First day: Taking the group to a Training Centre in natural surroundings. Starting with Energizing and Icebreaking games, Teambuilding activities, fire making together at night with exchange of cultural aspects, sleep in the provided area.</p> <p>Second day: Main expedition</p> <p>Morning programme: creative reflection by painting on the first day. More advanced teambuilding experiences. Lunch at the centre.</p> <p>Splitting in two groups -></p> <p>Migrant group: Taking resources from the centre to build a shelter in a provided area in the woods, make a campfire there and prepare food while having the task of switching gender roles. Duration: 4-5 hours, walking distance: 5 km</p> <p>Local group: Task to take only 3 necessary things with them. Going with the role of a "smuggler" and another person not intervening. Hiking through a challenging area including a river (boat ride), hills and a provided barrier which they have to overcome. At a certain place they are abandoned and have to find the way to the shelter with</p>

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	<p>signs on their own. Duration: 4-5 hours, walking distance: 15-20 km</p> <p>Group reunion at the shelter. Migrant group welcomes locals with prepared food and shelter and sleep in the shelter together.</p> <p>Next morning: After breakfast reflection group activities, packing and transporting materials back the short way to the training centre, Met reflection after food, free time together, stay the night at the centre, next morning departure.</p>
Target group and group size	<p>Age/Background: 15-23 years old, Migrants and Locals balanced, gender balanced</p> <p>Group size: max. 20</p>
Materials needed	Shelter making equipment, food, creative materials, boat, signs and hints
Duration (time)	3 days (can be extended)
Further Info/Sources	Challenges: Gender roles, stereotypes, language barrier, physical and psychological risks, timing, separating groups, finding the right area and group, group dynamics