

**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><b>Creators of the expedition</b> Name Surname and e-mail</p>	<p>Karel Janásek <a href="mailto:JanasKolos@seznam.cz">JanasKolos@seznam.cz</a>, Emily Gkritzela <a href="mailto:emily.gritzela@gmail.com">emily.gritzela@gmail.com</a>, Dejan Prednik <a href="mailto:dejan.prednik@gmail.com">dejan.prednik@gmail.com</a>, Mariana Boboc <a href="mailto:mariana_b7@yahoo.com">mariana_b7@yahoo.com</a>, Constantinescu Andreia Natalia nataliacn@yahoo.com</p>
<p><b>Title of your expedition</b> Choose clear, concise and catchy name</p>	<p>Stressing Diversity expedition</p>
<p><b>Image (optional)</b> You can upload an image or even logo that represents your tool.</p>	
<p><b>Short description</b> Summarize the expedition in max. 255 characters. This text will appear in search result lists. You can still write 255 characters.</p>	<p>Evening expedition for active people. Activities including limited timeframe, physical, emotional and mental pressure. Reduced resources were provided to make participants experience even more stressful and real. Various tasks were created in order to give a chance to participants to react to unexpected circumstances.</p>
<p><b>Aim(s) of the tool</b> Specify what are the thing that learners could acquire by using such tool.</p>	<p>Team spirit, better stress management, better control of emotions, resourceful thinking, risk taking, cultural awareness</p>
<p><b>Full description of the tool step-by-step</b> Include information on preparation, implementation and debriefing</p>	<ol style="list-style-type: none"> <li>1. Participants can choose 3 objects out of 12, objects include rope, lighter, saw, big wooden hammer, rake, candles, jar, garbage, raincoat, tools for barbecue, scissors and marker. Each participant receives a wooden stick.</li> <li>2. Participants receive GPS coordinates with geocache and they need to find it.</li> <li>3. Participants will find a puzzle hidden in the geocache and they need to solve it to find new coordinates (you can choose puzzle of your decision), they should also run to the new place after finishing the puzzle.</li> <li>4. Take empty plastic bottle put a piece of paper with puzzle inside (in this puzzle there will be a message containing one wise sentence of your choice, every word in this sentence will be from different language and participants will need to translate it and find the meaning of the sentence). Throw this bottle to the middle of the pond, now the participants will need to find a way to get it out from the water and solve the</li> </ol>

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	<p>puzzle.</p> <ol style="list-style-type: none"> <li>5. Let the participants to solve the puzzle and to discover and translate the wise sentence.</li> <li>6. Debriefing and reflection.</li> </ol> <p>We recommend to put timeframe of your decision for this expedition, we tested it with timeframe of 40minutes and it was great.</p>
Target group and group size	5-6 active people
Materials needed	Rope, lighter, saw, big wooden hammer, rake, candles, jar, garbage, raincoat, tools for barbecue, scissors, market, smartphone with working GPS, wooden sticks, pond, empty plastic bottle, pieces of paper
Duration (time)	40 minutes
Further Info/Sources	