

**!FALL**  
Integration För Alla



# ENGAGE IN NATURE



An Erasmus + Youth Exchange

2018-2-SE02-KA105-002223



AGRUPAMENTO  
DE ESCOLAS DE  
RIBEIRA DE PENHA

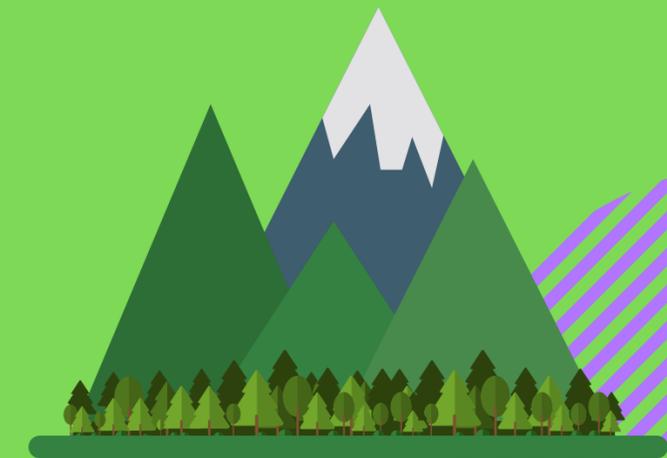
MANOR  
CHURCH OF  
ENGLAND  
ACADEMY, YORK





# ABOUT THE PROJECT

## ENGAGE IN NATURE



Young people today face some issues when it comes to accessing and connecting positively with nature. In today's society there are many stresses which mean it can be difficult for engagement or participation. There is a lack of knowledge also whereby a significant number of young people don't have the capacity or way of knowing how to survive or spend their time within nature. Therefore, this youth exchange will take place in Örkelljunga, Sweden and aims to support young people's lives in the natural and rural areas and will attempt to revive their desire to be in natural environments. It will raise young people's awareness of nature and the important value that it holds.



# ABOUT THE PROJECT

## ENGAGE IN NATURE



The participants that will be taking part in the project will be young people 13-17 who:

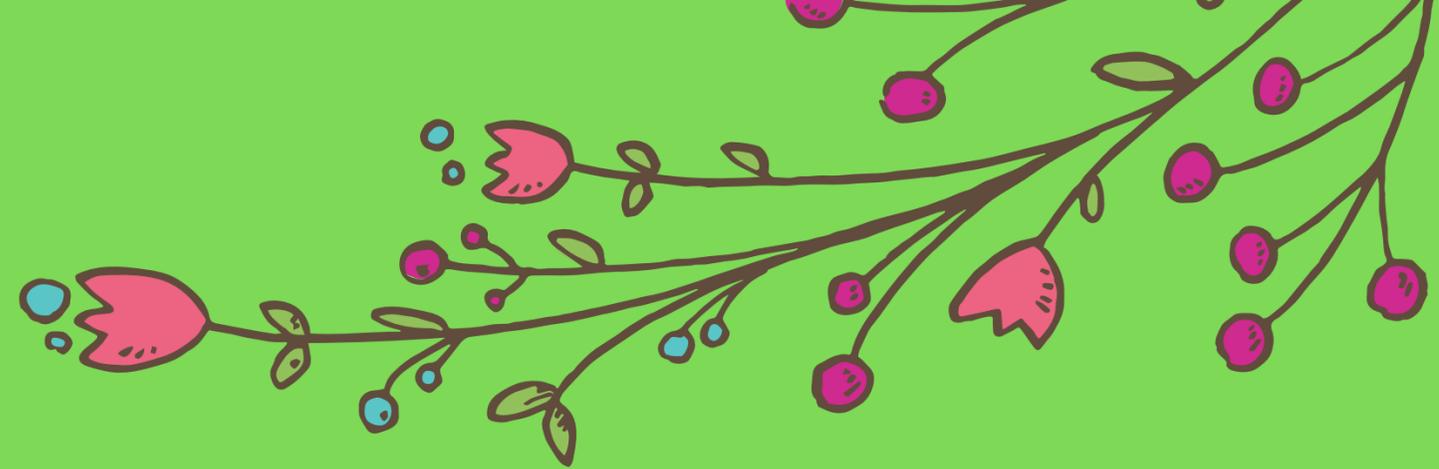
- Are geographical disadvantaged and have challenges to engage the natural environment (for urban or industrial areas)
- Young people from rural and natural areas who need motivation and inspiration from their European peers to reconnect to their local area.

The young people will be 13-17, after further needs analysis within the local area we recognized this is the age that are forgotten. There are limited resources and services for them yet they require specific and tailor made activities just for them so they can develop their own skills and awareness's. This will in turn encourage young people to support and participate in environmental protection and increase their connection "Into the Nature" as we believe the two can coincide and work together.



# ABOUT THE PROJECT

## ENGAGE IN NATURE



The objectives of this project will be the following; towards nature.

Objectives:

- Increase awareness about environmental issues.
- Increase practical knowledge in the nature.
- Combine sport and non-formal learning with nature
- Increase problem solving skills
- Expand meaning of nature among young people and connect with daily life
- Challenge young people to go out of their comfort zone.
- Provide youth leader tools to work in Nature
- To experience different natural environments; in the lake and in the forest.

Engage in Nature is a Youth Exchange that will bring together 32 young participants from Sweden, Turkey, UK, Italy and Portugal.



Fire is very important in daily life in nature

fire

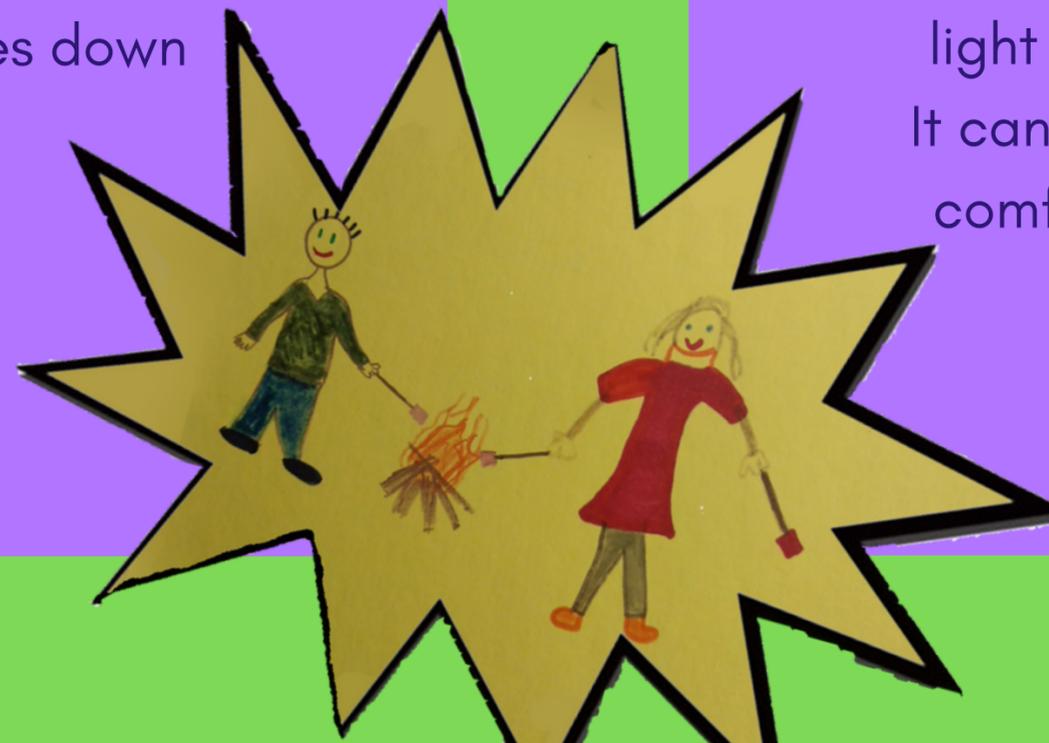
## COOKING

We can cook with the help of fire.  
From boiling water to making it drinkable to cooking fish or meat



## HEATING

Fire protects us from the cold when the sun goes down



## LIGHTING

It allows us to be enlightened by the light it gives.  
It can be very comfortable





# Fire

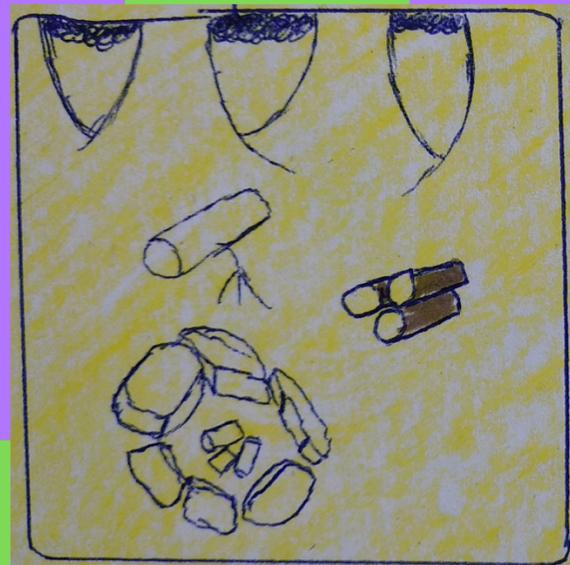


## How to make fire



### STEP 1

Collect dry wood and sticks to generate the fire and some small rocks to put wood in and protect the fire



### STEP 2

Light the fire by using a lighter or banging two rocks together



### STEP 3

Now you can keep warm in the cold and cook food if you want to

# SHELTER BUILDING



## You will need

## KEY WORDS



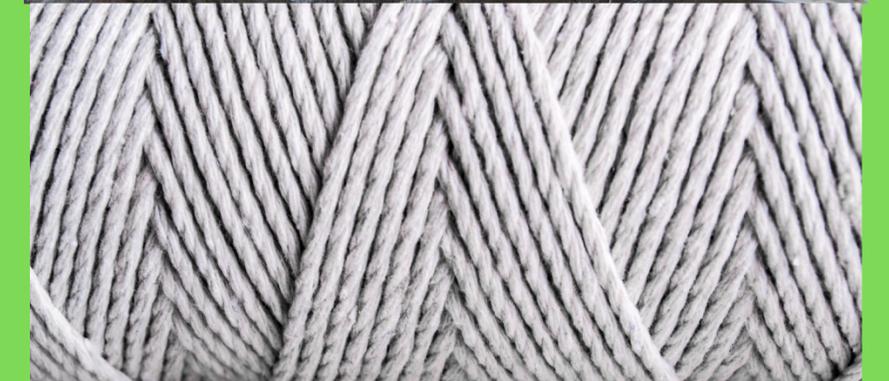
- Survival
- Resources
- Warmth
- Nature
- Fun

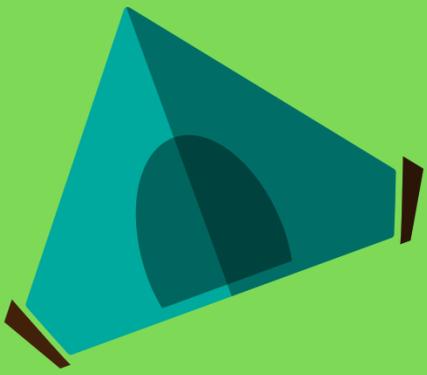
- Bonding
- People
- Fire
- Anywhere

Long sticks from a strong tree

A plastic sheet as long as possible

Some string





# SHELTER BUILDING

Consider the following during the construction of a shelter:

- How big does the shelter need to be to be comfortable?
- How will the shelter stay up in different weather conditions such as rain, wind and snow?
- What makes a house a home? What living areas do we need? For example, toilet, sleeping, carpets, food preparation etc. What will these be constructed from?
- Where will we get water and food? What food will we eat?

Avoid areas that are prone to problems, such as:

- Next to things which may fall, such as dead trees/crumbling infrastructure.
- Avalanche/Rock-slide/Drought areas.
- Flash flood areas.



## BE PATIENT!

It is very difficult to build a good shelter in the first try, keep trying!



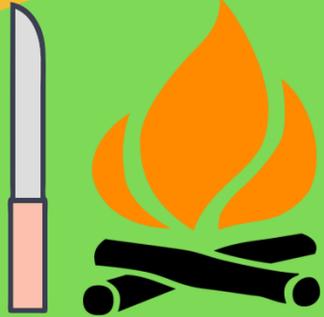
1. Make the structure with the sticks

2. Put the plastic sheet on the structure and make sure it is fastened

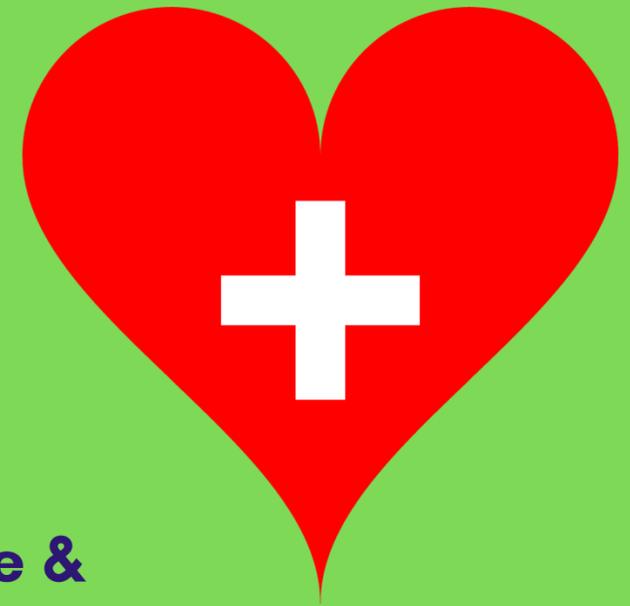


3. Enjoy your new home! And keep making it better.

Things to be careful with  
**GET AWAY!!**



# FIRST AID



**Ambulance &  
Emergency numbers**

Always have your phone  
charged and ready!



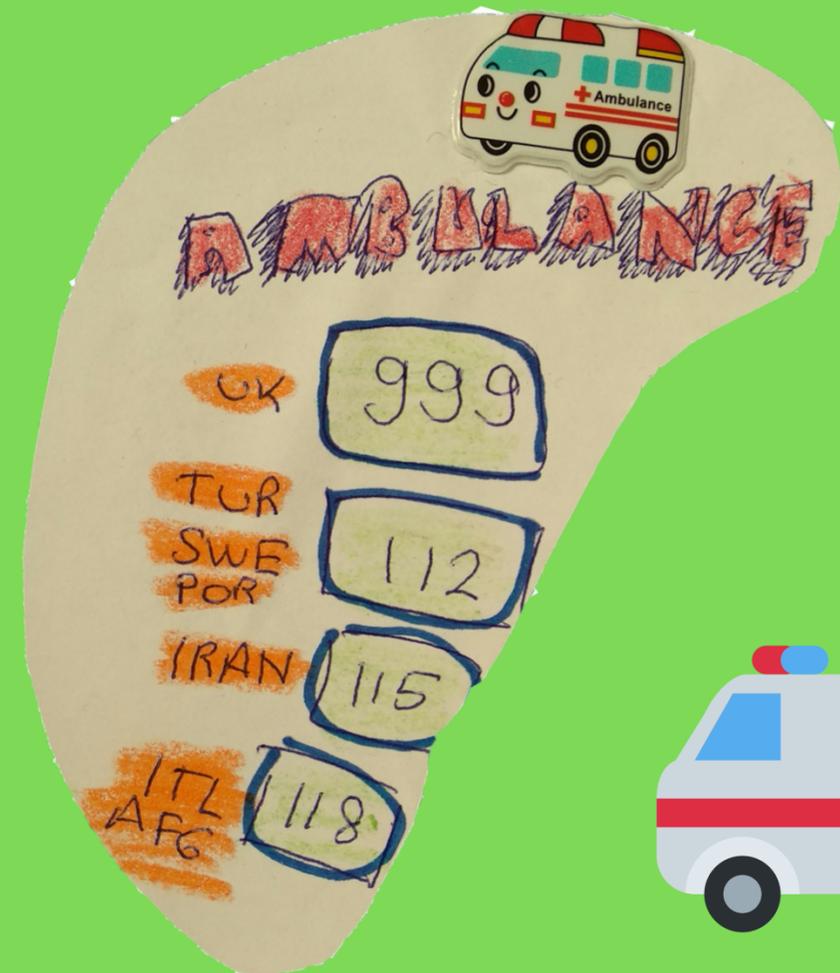
## Prepare a first aid kit

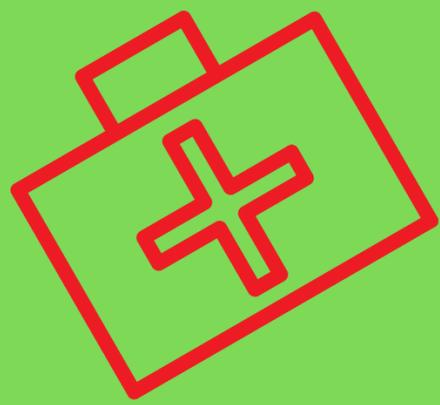
basic first aid kit may contain:

- plasters in a variety of different sizes and shapes
- small, medium and large sterile gauze dressings
- at least 2 sterile eye dressings
- triangular bandages
- crêpe rolled bandages
- safety pins
- disposable sterile gloves
- tweezers
- scissors



- alcohol-free cleansing wipes
- sticky tape
- thermometer (preferably digital)
- skin rash cream, such as hydrocortisone or calendula
- cream or spray to relieve insect bites and stings
- antiseptic cream
- painkillers such as paracetamol, aspirin, or ibuprofen
- cough medicine
- antihistamine cream or tablets
- distilled water for cleaning wounds
- eye wash and eye bath





# FIRST AID



some advice for different unwanted situations...

1. He felt down and broke his arm



2. His friend comes to help



3. Check the breathing



4. Put the arm like in the picture



5. Call emergency





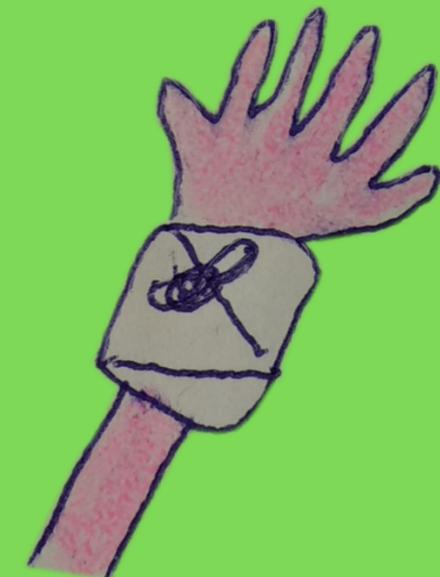
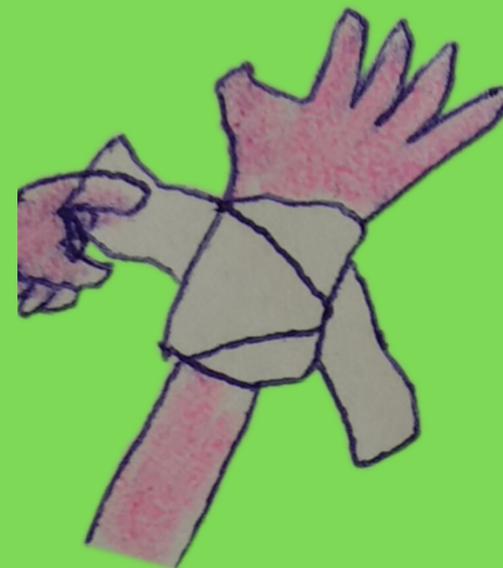
# FIRST AID

**FIRST AID**  
CASE

1) If you cut your arm with something, hold it up to slowdown the bleeding and put a hand on the wound

2) After doing this you must wrap the wound with a bandage, leaving a finger of a space between bandage and arm

3) To close the bandage just tie first end of the bandage with the last. The pressure of the knot will help us stop the blood





# FIRST AID



If you find someone on the floor...

1- Check if he is asleep by pinching his ear and hitting him gently on the shoulders



2- If he is not asleep put three fingers under his chin and push slightly to open his airways



3- Check if he is breathing for 10 seconds and keep your fingers under his chin



4- Put his hand on his opposite cheek and hold it there



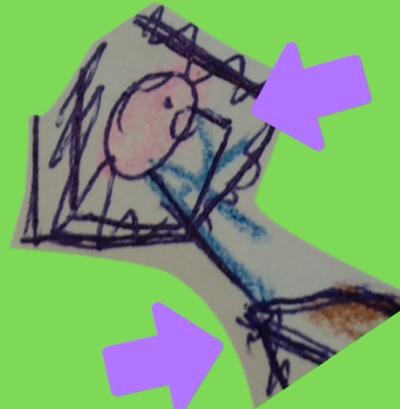
5- Put his other hand above his head in a waving position



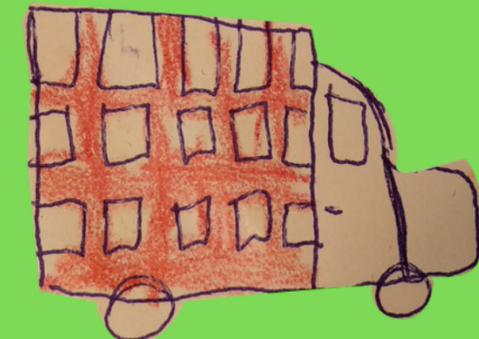
6- Lift his knee up into a triangle shape using the knee that is on the same side as the hand on the cheek

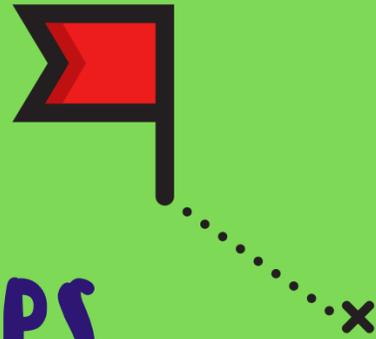
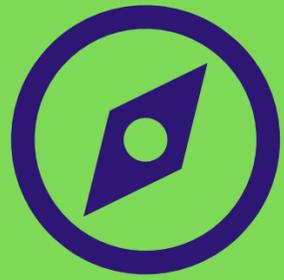


7- Roll him onto his side, resting his head on his hand and making sure his leg is not on the other

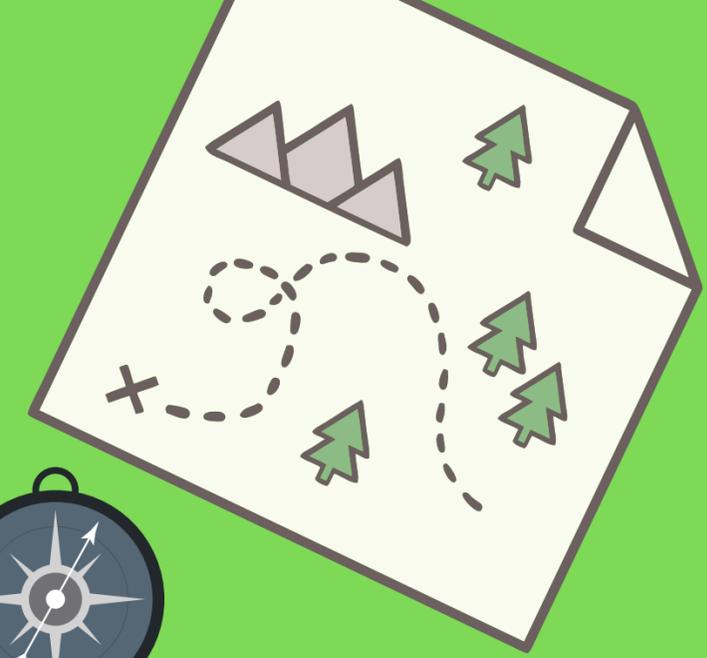
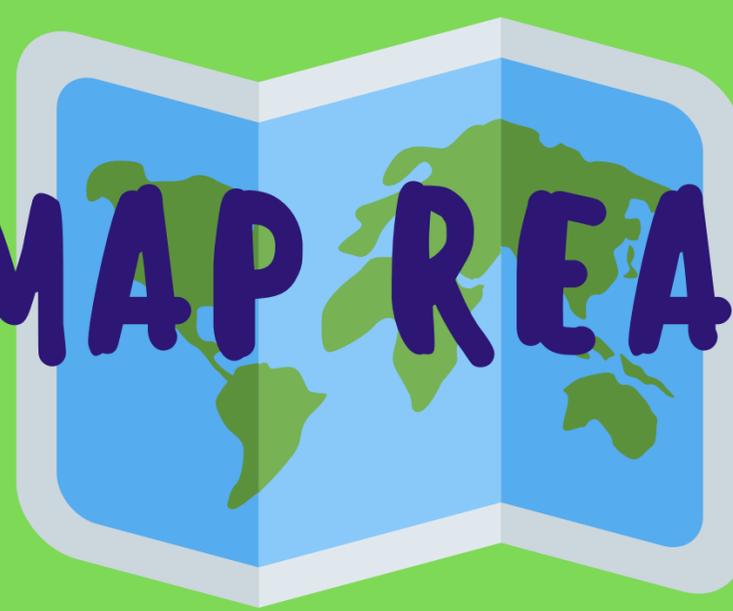


8- Make sure you have called an ambulance.





# MAP READING



## SOME TIPS...

- Make sure you type in the coordinates correctly
- Keep to the path if you can
- Take pictures so you remember where you have been
- Follow any signs
- Be careful of sharp plants
- Stick together
- Keep referring to the map
- Be prepared with food and a first aid kit in case you get lost on your way
- Learn how to use a compass and the sun to tell direction

## THE COMPASS

A compass is a tool for finding direction. A simple compass is a magnetic needle mounted on a pivot, or short pin. The needle, which can spin freely, always points north. The pivot is attached to a compass card. It is very useful for determining your position

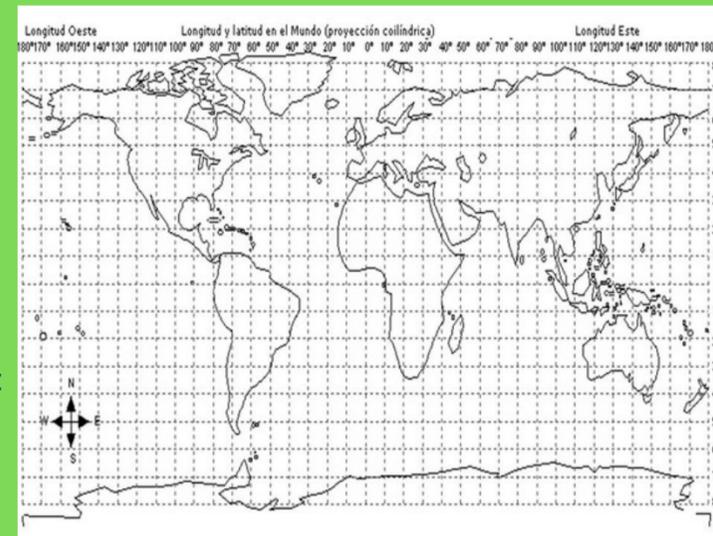


## COORDINATES

Coordinates are a set of numbers or numbers and letters together that show you a position on a map. They can help you find a specific place or object that you are looking for. Learning how to specify and read coordinates on a map could be very helpful for your orientation

## TAKE ADVANTAGE OF TECHNOLOGY

There are a bunch of apps, such as Google Maps, that you can use for visualize maps, guide yourself throw different places and knowing the time that it will take to you to arrive to your destination.



# ABOUT THE PARTNERS



IFALL – Integration För Alla is founded 2013 in south of Sweden in Örkelljunga as well as IFALL Klippan too. We have been working with several local organizations Refugee Centre, Employment Centre, Örkelljunga Education Centre, Municipalities in order to enlarge our network and experiences. There are 25 active volunteers, 10 staff and 15 weekly activities that works with integration.

The main objective of the organization is to promote integration between cultures and counteract violence between cultures in Sweden and in other countries. With culture we mean individual. In this way we would like state that we are not only working with integration of refugees/minorities/immigrants but also we are working with integration of cultures in different level.



AGRUPAMENTO  
DE ESCOLAS DE  
RIBEIRA DE PENÁ

Located in the inner north of Portugal, the Agrupamento de Escola de Ribeira de Pena is a 36-year-old educational institution that is deeply committed in the harmonious development of its pupils and students. In terms of educational strategy our organisation is focused on the pupil/student- centered approach in learning and in the development of pupils/students as a whole. To achieve these goals our planning and curricula are varied. Pupils/ Students attend to music lessons, physical education, arts and crafts , besides the more academic subjects. Multiculturalism and respect for diversity are our the motos of our Activity/Projects year plan and this is one of the reasons why we want to embrace Erasmus projects.

# ABOUT THE PARTNERS



Bauhaus Café CIC/ is community pop up Café and art collective in Kent. It is organised and delivered by a group of young creatives and entrepreneurial individuals of all disciplines, who work together to create high quality educational and artistic opportunities for the most vulnerable and excluded residents of the county.

MANOR  
CHURCH OF  
ENGLAND  
ACADEMY, YORK



Manor (Church of England Academy York). Manor has a proud history, having served the young people of York since 1812. They are a Church of England academy and our Christian values guide, influence and underpin all that we do. They proudly strive to provide a 21st century education for our young people.

PrimOlio

PrimOlio is active in the field of European Mobility promotes non-formal education projects with the aim of developing a set of skills (creativity, initiative taking, teamwork, communication, abilities to interpret and take decisions, etc) for future trainers, even orientated to research between European countries.

# ABOUT THE PARTNERS



FAAL is situated in the Kecioren area which is one of the biggest district in Ankara. The organization has board and most of the board member are diverse background. Organization founded at the end of 2013. The other activities which Faal is conducting are: educational activities at local level and in network with local, European and International organisations, awareness raising activities, seminars and conferences, learning mobility, training courses and workshops oriented to capacity building of young people and exchange of good practice among professionals in different areas.



SOPRO – Solidariedade e Promoção is a Non-Governmental Organization for Development, nonprofit- making, founded in 1996, situated in Barcelos, Portugal. The SOPRO's mission is the "youth's education on solidarity and promotion of cooperation projects for human development in the world". As inspiration to future work, SOPRO has a vision: "to be recognized as a NGO consistent with its mission and values in its activities. To be a promoting actor of the participation of all and, in particular, of young people as witnesses and channel for the solidarity". SOPRO develops its activities at local and international level.



## WHAT IS ERASMUS+?

Erasmus + is the European Union's programme to support education, training, youth work and sport across Europe. The aim of the programme is to contribute to the Europe 2020 strategy for growth, jobs, social equity and inclusion. Erasmus + provides several different opportunities for a wide range of individuals and organisations.

The programme tackles specific issues such as the aim to reduce unemployment and early school leaving; to promote adult learning and the cooperation and mobility with the European Union's partner countries; to support innovation, cooperation and reform between organisations and institutions; to encourage young people to take part in European democracy. Erasmus + has exciting opportunities for people of all ages to study, work, volunteer, train and teach abroad. Students, teachers, staff, trainees, volunteers and more can access different programmes in Europe or outside of Europe.





# Erasmus+

## OPPORTUNITIES FOR YOUNG PEOPLE

Erasmus+ is open to all young people who would like to volunteer in Europe or outside of Europe or participate in a youth exchange abroad.

**Volunteering Activities:** Erasmus+ Volunteering Activities are open to young people aged 17-30 and let you travel abroad for a period between 2 weeks and 12 months to participate in a project on a voluntary basis. A wide variety of projects are available in many areas such as social care, the environment and culture. **Youth Exchanges:** Youth exchanges allow groups of young people from different countries to meet and live together for up to 21 days. On a youth exchange, you can expect to participate in activities such as workshops, exercises, debates, role-plays, outdoor activities, etc.



## OPPORTUNITIES FOR ORGANISATIONS

Universities, education and training providers, think-tanks, research organisations, and private businesses can apply for funding each year to undertake activities

Organisations wanting to participate in Erasmus+ may engage in a number of development and networking activities, including strategic improvement of the professional skills of their staff, organisational capacity building, and creating transnational cooperative partnerships with organisations from other countries in order to produce innovative outputs or exchange best practices. In addition, organisations facilitate the learning mobility opportunities for students, education staff, trainees, apprentices, volunteers, youth workers and young people. The benefits for involved organisations include an increased capacity to operate at an international level, improved management methods, access to more funding opportunities and projects, increased ability to prepare, manage, and follow-up projects, as well as a more attractive portfolio of opportunities for learners and staff at participating organisations.

