

Train The Trainer

Explore experiential education in Romanian and German nature



Infoletter



Co-funded by
the European Union



Hi,
thanks for taking the time to read through this infopack about the upcoming Train the Trainer (TTT) Romania–Germany course.

Over two weeks, you'll dive deep into the world of experiential learning — spending time outdoors in both warm and cold conditions, meeting inspiring people from across Europe and explore new methods, tools, and activities to enrich your professional and/or volunteer work.

We're confident this experience will help you grow as a practitioner and as a person.

My name is Samuel, and I coordinate this programme on behalf of the Institute of Outdoor Education Germany, together with our international partners.

This project is funded by the European Union through Erasmus+ mobilities for youth workers (KA151-YOU).



**Institut für Erlebnispädagogik
Im Drusteltal 8, 34131 Kassel
Germany**



pohlmann@cvjm-hochschule.de



+49 561 3087532



**[https://erasmus-
ttt.mystrikingly.com/](https://erasmus-ttt.mystrikingly.com/)**



The TTT Romania–Germany course is a two-week professional development programme, taking place partly in winter in the mountains of Romania and continuing in spring in Germany in a very basic camp in the middle of nature. It is designed for trainers, facilitators and educators who want to explore and strengthen the use of experiential education and outdoor education as a tool for learning and growth.



Over the course of two weeks, participants will engage with methods, tools and theories of experiential and outdoor education, dive into facilitation and learning processes, and connect these with their own personal story and professional practice. The training combines theoretical input with hands-on experience: from expedition elements, rope techniques, and survival basics to facilitation, reflection and real-life application.

What is the TTT Romania - Germany?

Objectives

Those are our objectives for the two weeks:

- **Develop Skills in Outdoor Education:** Gain practical knowledge and techniques to integrate nature-based activities into your training repertoire with a specific focus on how to use those skills with (youth) groups.
- **Enhance Personal Development:** Learn how outdoor experiences can be used to facilitate personal growth and self-awareness among participants.
- **Foster Social Learning:** Discover strategies for using group dynamics in natural settings to promote teamwork, communication, and social skills.
- **Build Resilience:** Understand how outdoor challenges and experiences can strengthen individual resilience and coping strategies.
- **Connect with Nature:** Cultivate a deeper appreciation and connection to the natural environment, encouraging participants to respect and engage with nature.



About the format:

Week One begins with an introduction to methods and tools that form the foundation of our experiential approach. Participants will explore the principles of experiential education and gain a deeper understanding of how and why we work the way we do. This is followed by a 1.5-day expedition into the Romanian wilderness, where participants step out of their comfort zones and engage with topics such as boundary experiences, leadership, and personal growth. The week concludes with reflection and evaluation, as well as preparation for the second part of the course.

Week Two focuses on further tools and methods, this time in different settings: in the air, on the water, and through working with a basic outdoor lifestyle (sleeping in tents or under tarps) . The emphasis lies on applying what has been learned in real-life contexts, working with an actual group, and testing the transferability of skills and knowledge. The week ends with a structured evaluation and feedback process.

Both weeks are shaped not only by professional and methodological learning, but also by strong elements of personal development. Reflection phases, facilitated feedback, and peer exchange run throughout the programme, ensuring that participants leave with practical skills, personal growth, and confidence to implement experiential education in their own contexts.



Overview on the content

Week 1 – Learn, Experience, Try

- Group dynamics and team roles
- Problem-solving and cooperative challenges
- Learning theory and scaling models
- Trainer personality and facilitation style
- Expedition in the Romanian winter
- Risk optimization

Week 2 – Deepen, Practice, Real Life Action

- Orientation in the wild
- Fire making, shelter building, and outdoor cooking
- Living simply in nature with groups
- Plant knowledge
- Applying methods in real training settings

... and so much more.



How will be support participants?

There is a support system created especially for our professional growth programs, in order to ensure that you are safe regardless of the circumstances, and we are up to date with whatever is going on with you. This way, we maximize the support that we feel you need. As an example we will implement small family groups at the end of the days in order to integrate a safe space to talk about learnings, feelings and everything else that needs to be said after a long day of training .



FOR WHOM?

We have developed this program to expand the knowledge of experienced trainers, facilitators, and coaches and to inspire them to try something new while enhancing their professional toolkit.

We invite participants from the fields of youth work, facilitation, group training, and (non-)formal education—whether in schools or adult education, including teachers and social workers. Ideal participants should have a foundational understanding of action-based learning and possess basic knowledge of group dynamics, as well as an affinity for the outdoors.

This seminar is perfect for those looking to enhance their practical skills in the outdoors while applying and expanding their expertise in teamwork, cooperation, and effective communication within diverse group settings. Feel free to contact us for further information.

We invite people from: Bulgaria, Slovenia, The Netherlands, Italy, Poland, Germany and Romania.

You don't belong to any of the mentioned categories? Contact us in order to find out whether we recommend this training for you!



What will you unlock by participating TTT?

You will have the chance to

- have a hands-on outdoor experience on land expeditions in winter/ spring conditions
- have the knowledge to do proper risk assessment & the importance of it
- learn to plan nature in your programs
- learn new activities
- learn new facilitation and training tools
- facilitate workshops
- facilitate expedition-segments
- learn to deal with challenges in a sustainable manner
- learn to stay professional & perform even when out of your comfort zone
- handle unexpected situations as a facilitator & co-facilitator



TTT FACTS

Venues/ Accommodation

In Romania, we'll be staying in a cozy seminar house. The rooms vary in size and number of beds, and catering will be provided for us.

In Germany, we'll learn how to build a basic shelter, or you can bring your own tent. We'll live right in the middle of nature, cooking over the fire and experiencing a simple, back-to-basics lifestyle.

What to bring?

There will be a detailed list for you once you applied for the training.

FACTS



FACTS

A photograph of a person lying on their back in a deep snowdrift in a forest. The person is wearing a dark jacket, dark pants, and a black beanie, and is smiling. Their arms are outstretched in the snow. In the foreground, three blue ski poles with red straps are stuck upright in the snow. The background shows snow-covered evergreen trees and a small red and white target mark on a tree trunk.

TTT FACTS

Dates:

Week 1 (Romania - Sovata) : 01.02.26
- 08.02.26

Week 2 (Germany - Kassel): 09.05.26
- 16.05.26

You need to participate in both weeks.

Costs:

Most of your participant cost will be covered by Erasmus Funding however we ask a fee of 80 € per week (we do have options for participants with fewer chances)

OUR TEAM

The facilitating trainers are with two main organizations that provide the training for you:

1. YMCA - Institute for outdoor education - Germany
2. Asociatia Experientia Docet - Romania

Leslie - 35, Leslie explores the world with curiosity (for group dynamics), sees the bigger picture and owns a huge plant at home

Sam - 33, passionate about the effects of outdoor trainings, loves nature and music

Szil - 39, observer, reader, photographer, hiker, and learning-through-experience enthusiast

Team



Leslie



Sam



Szil

INTERESTED?

This link will lead you to the application form. We're looking forward to get to know you. Once you applied we will review your application and let you know soon after if you are a participant.



<https://forms.gle/z5JR8se39jrB1Wue9>

I'm interested but I need more info...

No problem! Feel free to check out our website:

<https://erasmus-ttt.mystrikingly.com/>

Or go ahead and contact us for clarification of all your questions.

We'd love to have you on board! 😊

Wanna join?

