



INFO PACK FOR PARTICIPANTS

TC Winter 27 Adventure and Experiential Learning for Personal Growth & Wellbeing

THE PROJECT



The **TC Winter 27 - Adventure and Experiential Learning for Personal Growth & Wellbeing** will take place in Italy at the Brownsea Base in Soriano del Cimino.

Località S. Antonio - SP31, Km 2,02, 01038, Soriano nel Cimino VT.



The training course addresses 24 professionals or volunteers who run non-formal educational activities with young people.

The mobility, including travel days, will be from 21 to 27 February 2025.

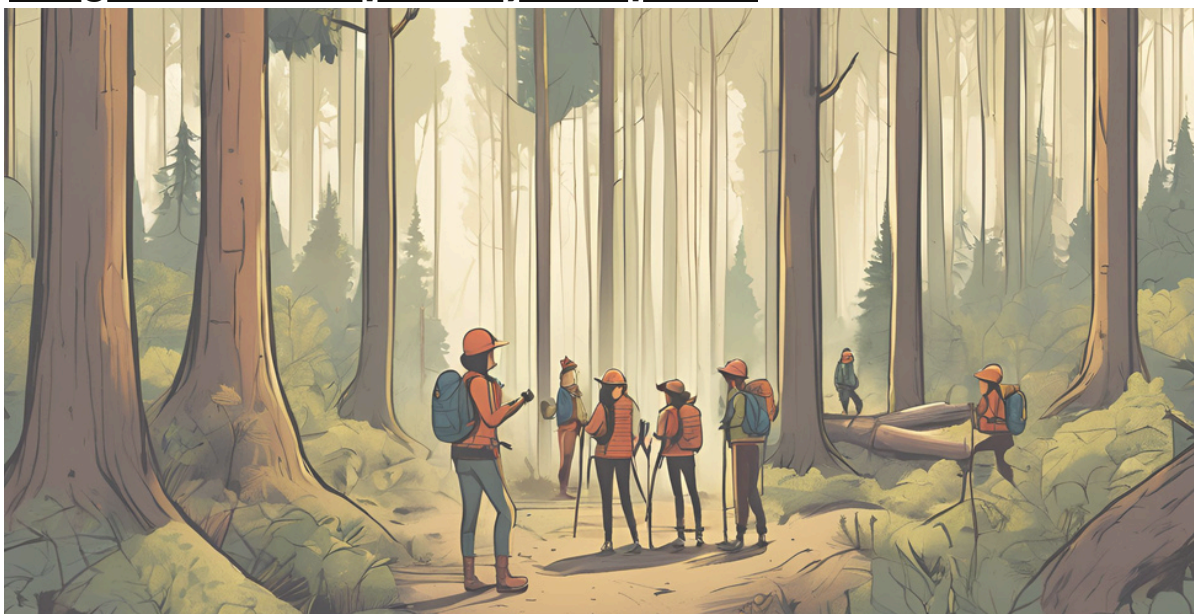


The practical activities will start on the morning of 22 and end on the evening of 26.

Arrival at the facility is allowed from 4.00 pm on the 21st, and departure before 11.00 am on the 27th.

As for the activities, we don't want to spoil anything. It must be taken into consideration that they will be outdoors and involve participants on a physical, cognitive and emotional level.

A high level of adaptability is required!



Through immersive outdoor experiences and reflective practices, participants will learn to empower young people to develop essential life skills, all while enhancing their own readiness and resilience.

Main objectives:

- **Personal Discovery and Growth:** Engage in immersive experiences designed to help participants uncover and strengthen their personal strengths while recognizing and understanding their limits.
- **Theoretical and Practical Insights:** Receive in-depth theoretical input on models used in experiential education, including group dynamics, program planning, facilitation techniques, and reflective practices. These insights will provide a foundation for applying experiential methods effectively in youth work.
- **Network Building for Experiential Organizations:** Strengthen and expand the network of organizations dedicated to experiential education, fostering collaboration and sharing of best practices to enhance the impact of experiential-based approaches across organizations.



Travel information



For those landing in Fiumicino

Train Fiumicino Airport -> Rome Trastevere

Train Rome Trastevere -> Viterbo Porta Romana



For those landing at Ciampino

Bus -> Roma Termini

Train Rome Termini -> Viterbo Porta Romana



For those arriving the night before, we recommend visiting the medieval historic centre of Viterbo, which is very beautiful and evocative.

Remember to save all the receipts for the reimbursement.

WE WILL ORGANIZE PICK-UP FROM VITERBO PORTA ROMA

USEFUL LINKS

Trenitalia for timetables and tickets till Viterbo



EQUIPMENT

The month of February in Italy is usually cold and wet, but it's used to pass from sunny days to periods of continuous rain and cold during the night.

The venue is between the mountains and has a lake, so it is humid. It is essential to be prepared for any weather conditions.

As for the activities, we will carry out different outdoor activities in different environments, so comfortable and sporty clothes.

Recommended equipment

warm sleeping suit

hygiene material

windbreaker

k-way or rain cape

trekking boot

gym shoes

shower towel

flip-flops

small backpack for daily activities

notebook and pen

water bottle/flask

torch for the night with spare batteries

hat for the cold



BEDROOMS, TOILETS AND SHOWERS ARE SHARED WITHIN THE GROUP AND DIVIDED

Registration

Each participating nation will have its reference organization.
But for specific information, you can directly contact the project manager Marcovalerio (Bigio).
battagliamarcovalerio@gmail.com

To confirm your registration, you must fill out the form at this address.



A contribution of €80 is required to participate, to be paid before the start of the mobility. The information for the payment will be sent after sending the application.

