



Erasmus+

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Outdoor Emotions

Training Course

3th-12th October, 2016

Szarvaskő (Eger) forests, Hungary

Purpose:

- to show and to have experience how emotions are important
- to show methods for evaluating emotions and feeling after activities
- to have experience outdoor activities where everyone feels differently and evaluate these differences in feelings
- to show some relaxing methods to be able to acknowledge their feelings and emotions

Participants:

- Outdoor trainers who are not afraid of physical activities, extreme weather (hot, cold, rain, mud, etc.), and openminded for outdoor activities.
- 18+ years old
- 3 participants from each country
- 11 countries (Hungary, Greece, Romania, Slovenia, Turkey, Spain, Italy, Czech Republic, Cyprus, Poland, Croatia)

Methods:

- relaxation
- meditation
- nordic walking
- horse riding
- expedition in forest
- rope exercises
- yoga
- tai chi
- discussion and a lot of EVALUATION

The training is an outdoor training with a lot of experience in the woods, nature. There are always evaluations after activities.

Accommodation:

In tents. Sleeping bags will be necessary.

The training is nomadic so be prepared for it. In the forest there is no electricity, water, internet, mobile network. In case of emergency the closest town is very close, we can reach it in 15 minutes, and also the place can be reached. Showers and toilets will be provided but not as in hotels. The mobile network can be used in case of emergency.

The training is also to show healthy lifestyle and food. Please see below some explanations of nomadic life and healthy food:

Nomadic:

- Sleeping in tents for two.
- Outdoor nomadic kitchen with a cook.
- Activities outside (or in very extreme weather in jurtas)
- Drinking water in bottles of mineral water.
- Shower in water heated by the sun (the water amount is limited).
- No wifi, electricity is very limited.

Healthy food:

- No sweets.
- No chips.
- No drinks with sugar (just mineral water, tea and coffee).
- In coffee breaks there are fruits and/or cakes.
- Allergies, special diets in application form in advance.
- Meat, vegetables, fruits, carbohydrates, fat in healthy balance.

Reimbursement:

The accommodation, activities, meals, costs of safety equipment, trainers are covered by Erasmus Plus project.

Travelling will be reimbursed after the project, after receiving all travelling tickets, and documents in original copy. Reimbursement happens for partner organizations in one amount, and partners will forward it to the participants.

If the cost of travelling is above the limits, then participants shall cover the difference.

Contacts:

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