



2-8 October 2019
(excluding traveling days)
Hopeland, Argos, Greece



No Box

TRAINING PROGRAMME FOR OUTDOOR LEADERS



Co-funded by the
Erasmus+ Programme
of the European Union



“Don't think outside the box.
Think like there is no box.”

~ ZIAD K. ABDELNOUR

No Box

TRAINING PROJECT

is a learning experience that aims to train youth educators on how to bring personal development elements while working in outdoor context

Do you love outdoors?

Do you want to create more impactful activities outdoors?

Are you up for personal development?

Do you want to expand your learning when it gets to development of outdoor activities?

Do you want to camp and train yourself in a sustainable eco-house?

If the answer is yes, then No Box is for you..

Timeline

ONLINE PREPARATION

1 - 28 September 2019

Home, Online & Surroundings

TRAINING COURSE

1 - 9 October 2019

(including traveling days)

Hopeland, Argos, Greece

LOCAL ACTIVITY

October - December 2019

Home & surroundings

FOLLOW UP

January 2020

Online



What can outdoors bring to you as an individual?

ONLINE PREPARATION:

Be outside

Discover

Explore

Absorb

Be

During this part of the project you will have the chance to pack your backpack with all the necessary outdoor equipment, some practices and tools you already use and bring them to Hopeland.

Who can you be as outdoors educator?

TRAINING COURSE

- What if you take people outside to explore and play?
- What if you learn to use all that surrounds you?
- What if you are part of a sustainable community?
- What if you hold space where everyone is included?
- What if you know how to do it all and more?

During this part you will develop professionally and personally and it will require your involvement and investment in your own learning process and growth. You will live outdoors, you will receive outdoor activities, you will create and deliver outdoor activities, you will form a sustainable community, you will be challenged to grow and take the next step as an outdoor trainer.

What can you bring to people around you?

LOCAL ACTIVITY

How do you influence those around you?

What can you create in your local community?

How do you combine what you know with what you learnt and create even more for those in need?

During this part you will share your experience of No Box training course with your community. You will be asked to create and perform an outdoor activity with the skills acquired during the previous stages of the project.

Who can you be after all this time together?

FOLLOW UP

What do you create after?

How do you share with your successes?

What have you learnt?

And where this learning can take you?

During this part you will be the author of your own learning and you will share it with the world. You will have the chance to unpack your stuff and put them into your reality while co-creating and sharing outputs created during the previous phases of the project. (Videos, Manuals etc).



Methods

NO BOX

PARTICIPATIONAL LEARNING

We combine experience, continuous improvements & active participation in a wide variety of activities through-out the whole project to create professional and personal growth

OUTDOORS

Our playground and main context is outdoors that creates learning, curiosity & inclusion

SIMPLY DOING


Doing is what brings real life results. We focus on experimenting, testing, implementing and improving what and how we do what we do



for whom?

YOUTH WORKERS, TRAINERS AND EDUCATORS

who actively work with young people and groups on a regular basis & are interested to (re)discover outdoors as a tool for growth and learning

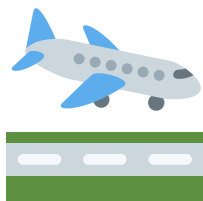


REQUIREMENTS

- Your age is 18+
- You are able to work and communicate in English
- You want to use outdoors in youth work & educational activities
- You are a resident of Greece, Bulgaria, Romania, Italy, Czechia, Lithuania, the Netherlands, Latvia, Spain or the United Kingdom.
- You are committed, want to develop & love challenges

NO BOX training course

TIMELINE



Arrival

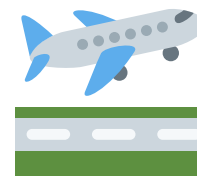
1st of October until 17:00

You have to be able to reach the centre of Athens by 16:00 when our bus will depart to Hopeland. Arriving later is not an option.



Programme

1st of October 20:30 –
8th of October 20:30



Departure

9th of October

There will be a bus taking you to Athens centre and airport arriving earliest at 11:00 at the airport. Leaving earlier is impossible.



Practicals

COSTS - ACCOMMODATION, FOOD

and training material are provided through co-funding from Erasmus+ programme

TRAVEL REIMBURSEMENT

Greece 0€, Bulgaria, Romania, Italy, Czechia, Lithuania 245€, the Netherlands, Latvia, Spain and the United Kingdom 330€.

Keep in mind that we already keep 30€ from your travel budget in order to pay a dedicated bus for Athens - Hopeland - Athens routes. Thus you will have no costs between Athens - Hopeland - Athens.

PARTICIPANTS CONTRIBUTION

We ask from participants to contribute to the programme by investing 50€. We are open to alternative ways of contribution.

This programme is for everyone.



HOPELAND

THE PLACE

Hopeland is situated on a hill near the village Malandreni which is 4 km away. Basically, it is in the middle of nowhere because in the nearest village you can find only a few small shops for limited shopping and coffee. The nearest town is Argos which is 12 km away where you can find anything from small shops to supermarkets, banks, post office, and bus station.

Hopeland itself is located inside a 7.7-acre piece of land, with age-long olive trees and other fruit trees as well as native herbs and it is surrounded by a forest and boasts for 5 oversize yew trees (which are protected by the local Forest Protection Service), as well as a 400-year-old oak tree.


There is an accommodation in Hopeland is in the two-story open area with shared decks in basic conditions and has been built with the strawbale technique. However for this project sleeping will happen in tents. There is an open area with greenery for tents, olive and almond trees.

There is an organic farm and some chickens in the garden. In the area, there is a lot of greenery, old

oaks, olive trees and almond trees and in general mediterranean flora which makes the venue a real sustainable place.

Food will be only vegetarian, because of the sustainability focus of the venture, however, it will include every kind of food groups like vegetables, eggs, fruits, dairy, bread with all the essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals. We will take into consideration any specific diets of the participants, food intolerances and allergies. The food material will be locally produced in the farm or it will be locally sourced.

The training site of Hopeland is an alcohol-free and drug-free area. We believe that human beings can reach the utmost of their potential without consumption of substances.



Hopeland

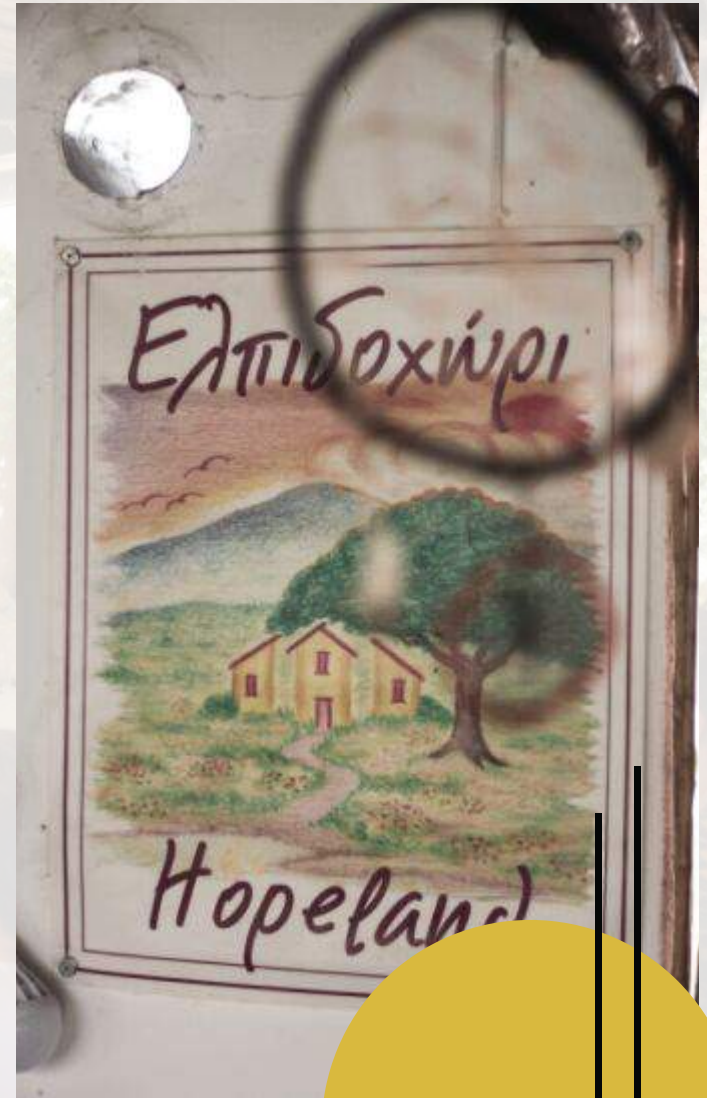
THE NGO

Hopeland-Elpidohori is a venture that aims at creating and supporting activities for parents children and youth regarding the Environment, Tradition, Culture and Personal Development, while also promoting sustainability in all levels. It aims at setting an example of self-sufficiency.

Some of its main objectives are natural building, natural farming, recycling, respect for nature and reducing the ecological footprint. Its facilities are also offered to other projects that share common goals and values.

Starting in 2018, it marks its second seven-year period, focusing on strengthening relations abroad, hosting young people seeking knowledge by participating in actions organized through various programs such as Erasmus+, World School Project, environmental excursions for Greek or European students, and others. The original vision of it being a family refuge remains active and optimistic, hoping that the Greek parent will perceive the greater part of how good relationships with their children and informal learning are more important concepts than performance in formal education.

Considering optimism, hope and faith as the main components of life, despite all the harsh conditions, Hopeland will be, as much as life allows it, what its name signifies. It is and will remain the land of Luminous Hope



Hopeland

THE TEAM



ILZE BERGMANE

Trainer

A personal development and team trainer focused on sustainable & value based living. Works in Latvian outdoor organisation "Adventure Spirit" and by using the outdoors as a tool brings individual and group development to pupils, youth and adults through informal and non-formal learning. Her belief is that by living through our values, each day is another step closer to our life vision. Core value – light.



PANAGIOTIS MAMOUZAKIS

Trainer

An experienced Trainer and Youth Worker from Athens. Started as a Scout leader for teenagers 19 years ago, now trainer in: Coaching, Outdoor education, NLP, Systemic work, Non-violent communication and, self-organised learning systems. Developed 15 moving expeditions, numerous activities and outdoor challenges for young scouts and young people in the context of personal development trainings. Uses a lot of New Media (social media, video making etc.), assignments, games, challenges and role-play games.



ATHANASIA KARAMEROU

Project Manager – Logistics

a sustainability expert working with organizations and social enterprises to help them enhance and promote sustainability in practice. She is an environmental and sustainable enthusiast as long as she remembers herself and she loves to combine her passion and professional skills to promote sustainability in every aspect of life. She has experience in both business and nonprofit sector She has the role of the project manager in Hopeland managing the European and sustainability projects.

Contact List

Organisation

Hopeland

Smokinya Foundation

Heimat Foundation

Brno Connected

Vagamondo

Piedzīvojuma Gars

Synergy LT

Ticket2Europe

Abroadship.org

Zig Zag prin Romania

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Bulgaria

Netherlands

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Italy

Latvia

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Ready to look for the box?

Apply here



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