

TRAINING COURSE



# "OUTDOORS FOR INCLUSION"

20-28 APRIL 2020

**IN STRENGBERG, AUSTRIA**



# CONTEXT AND BACKGROUND

IN RECENT YEARS, THERE HAS BEEN A SHIFT IN THE LIFESTYLES OF VARIOUS AGE GROUPS, INCLUDING CHILDREN, ESPECIALLY IN THEIR LATE CHILDHOOD.

UNLIKE CHILDREN A FEW DECADES AGO, CHILDREN TODAY ARE LEADING INCREASINGLY SEDENTARY LIFESTYLES THAT INVOLVE TIME SPENT ON COMPUTERS AND WATCHING TV. THIS LIFESTYLE LEADS THEM TO NEGLECT THE PHYSICAL ACTIVITY THAT HAS BEEN TYPICAL TO THIS DEVELOPMENTAL PERIOD. LIMITED PHYSICAL ACTIVITY, OR OFTEN A COMPLETE LACK THEREOF, LEADS TO VARIOUS HEALTH PROBLEMS, INCLUDING POSTURE PROBLEMS (SUCH AS IDIOPATHIC SCOLIOSIS), SOMATIC CONDITIONS, BEING OVERWEIGHT AND OBESE, PROBLEMS WITH CIRCULATION, AND EVEN PREMATURE DEATH.

UNFORTUNATELY, THE POTENTIAL FOR OUTDOOR ACTIVITIES AND GAMES AS A TOOL FOR INCLUSION AND INTEGRATION IS NOT FULLY USED. YOUNGSTERS FACING CULTURAL DIFFERENCES, SOCIAL OBSTACLES OR EDUCATIONAL DIFFICULTIES WILL INCREASE THEIR OPPORTUNITIES FOR INCLUSION OR INTEGRATION, IF OUTDOOR GAMES OR ACTIVITIES ARE CONSTRUCTED OR ADJUSTED IN A WAY TO SUPPORT THIS GOAL, OR COMPRISE OF ELEMENTS SUPPORTING IT.



# TRAINING COURSE

## "OUTDOORS FOR INCLUSION"

IS A TRAINING COURSE THAT AIMS TO EDUCATE AND SUPPORT YOUTH WORKERS, TRAINERS AND EDUCATORS ON HOW TO USE OUTDOORS AS A TOOL FOR INCLUSION IN THEIR YOUTH WORK.

### THE OBJECTIVES OF THE PROJECT ARE:

- TO IMPROVE THE COMPETENCIES OF USING THE OUTDOORS AS A TOOL FOR INCLUSION IN YOUTH WORK
- TO IMPROVE COMPETENCIES ON EMPATHIZING AND DEFINING THE NEEDS OF TARGET GROUPS
- TO IMPROVE COMPETENCIES ON DEVELOPING, PROTOTYPING AND TESTING OUTDOOR ACTIVITIES SUPPORTING THE INCLUSION IN LOCAL COMMUNITIES



# TRAINING COURSE

**THE TRAINING COURSE FLOW CONTAINS THREE STAGES:**

**1. PREPARATION AT HOME** BEFORE THE ARRIVAL.

**2. TRAINING COURSE** THAT WILL EQUIP PARTICIPANTS WITH COMPETENCIES TO DEVELOP OUTDOOR GAMES AND ACTIVITIES SUPPORTING INCLUSION, BASED ON THE NEEDS OF THEIR TARGET GROUPS.

**3. DISSEMINATION OF THE RESULTS OF THE PROJECT** AND IMPLEMENTATION OF LOCAL OUTDOOR ACTIVITIES SUPPORTING INCLUSION IN EACH PARTNER COUNTRY BY USING NEW COMPETENCIES GAINED DURING THE TRAINING COURSE.





# APPROACH AND CONTENT OF THE TRAINING COURSE

THE PROJECT STRUCTURED IN LEARNING BY DOING AND SELF EXPERIENTIAL WAY. WHICH MEANS APPLICABLE, TRANSFERABLE, NATURE-BASED AND ACTION-ORIENTED WORKING FOR ALL OF THE ACTIVITY DAYS.

DURING THE TRAINING COURSE THE PARTICIPANTS WILL EXPERIENCE AND LEARN:

- DIFFERENT TYPES OF OUTDOOR ACTIVITIES (HIKING, BOATING, SOLO TIME, PHOTO HUNTING, ETC.);
- ONE AND A HALF-FULL DAY STAY COMPLETE OUTDOORS, INCLUDING COOKING, SLEEPING IN THE BAGS AND GROUP ACTIVITIES;
- EMPATHIZE AND DEFINE THE NEEDS OF VARIOUS TARGET GROUPS;
- DEVELOP, PROTOTYPE AND TEST THEIR OWN OUTDOOR ACTIVITIES SUPPORTING INCLUSION;
- INTRODUCED TO METHODOLOGICAL AND SAFETY ASPECTS.



# APPROACH AND CONTENT OF THE TRAINING COURSE

THE TRAINER'S TEAM WILL OFFER METHODS OF REFLECTION, WHICH CAN BE USED IN THE FOLLOW-UP MULTIPLYING EVENTS IN THE HOME COUNTRIES OF THE PARTICIPATING PARTNER ORGANISATIONS.

IN THE CONTENT OF NATURE-BASED ACTIVITIES, THE PROGRAM WILL OFFER REFLECTION METHODS BASED ON SELF-REFLECTION IN A NATURAL SURROUNDING, TO CALM DOWN AND LISTEN TO YOURSELF IN NATURE.

PLEASE BE AWARE THAT THE TRAINING COURSE WILL NOT PROVIDE YOU WITH ACADEMIC KNOWLEDGE AS IT IS A PURELY NON-FORMAL EDUCATION ACTIVITY, AND ITS SUCCESS DEPENDS ON THE ACTIVE PARTICIPATION OF EVERYBODY PRESENT.



# TEAM OF THE TRAINERS



## **MICHAEL SCHEUCHENEGGER**

MY ROLE IN AKS NOAH IS A SOCIAL WORKER IN A SPECIAL TEAM WITH "AT HIGH RISK" KIDS.

AS A MEMBER OF THE OUTDOOR TRAINER'S TEAM I'M ALSO RESPONSIBLE FOR OUTDOOR ACTIVITIES IN THE ORGANISATION, FOCUSED ON ADVENTURE THERAPY. MY EXPERIENCE IN OUTDOOR EDUCATION BEGAN IN THE YEAR OF 2006 WHEN I STARTED TO WORK AS A WHITEWATER RAFTING GUIDE IN THE HIGH MOUNTAINS OF AUSTRIA. NEXT, TO THIS, I GATHERED PRACTICE WORKING AS A KAYAK TRAINER. IN OCTOBER 2018 I FINISHED THE CERTIFICATE PROGRAM OF OUTDOOR AND EXPERIENTIAL EDUCATION AT THE UNIVERSITY OF APPLIED SCIENCES OF UPPER AUSTRIA.

**VITALII VOLODCHENKO** IS AN EXPERIENCED TRAINER AND YOUTH WORKER UKRAINE WHO HAVE A PASSION FOR NON-FORMAL EDUCATION. MEMBER OF THE INTERNATIONAL YOUTH WORK TRAINERS GUILD AND TRAINERS LEARNING COMMUNITY. DURING PAST YEARS HE IMPLEMENTED SEVERAL LONG TERM PROJECTS ON USING OUTDOORS AND SPORTS ACTIVITIES FOR RAISING AWARENESS ON HUMAN RIGHTS, INCLUSION, CONFLICT SOLVING, EQUALITY AND NON-DISCRIMINATION. CERTIFIED YOGA TEACHER, WITH EXPERIENCE LEADING YOGA AND MEDITATION CLASSES.





# TEAM OF THE TRAINERS



**YULIYA STANKEVICH** IS A TRAINER FROM BELARUS, WORKING ON A NATIONAL AND INTERNATIONAL LEVEL (IN EUROPE AND CENTRAL ASIA). YULIYA IS IN LOVE WITH NON-FORMAL EDUCATION AND YOUTH WORK, SHE SHARES HER KNOWLEDGE AND EXPERIENCE IN TRAINING COURSES FOR YOUTH WORKERS. SHE IMPLEMENTED EDUCATIONAL PROGRAMMES FOR YOUNG PEOPLE WITH DISABILITIES AND YOUTH LIVING IN RURAL AREAS. AS A MEMBER OF IYWT GUILD, YULIYA TOOK PART IN CREATING YOUTRAIN VIDEO TUTORIALS - MAKING SCRIPTS, SHOOTING, ETC - AND READY TO SHARE HER EXPERIENCE OF METHODS OF NON-FORMAL EDUCATION.



# PARTICIPANTS PROFILE

**WE ARE LOOKING FOR YOUTH/SOCIAL WORKERS, YOUTH LEADERS, TRAINERS  
AND EDUCATORS, WHO:**

- ARE FAMILIAR WITH OUTDOOR GAMES AND ACTIVITIES OR MOTIVATED TO LEARN ABOUT OUTDOOR ACTIVITIES AS AN EDUCATIONAL METHOD
- EAGER TO TRANSFER GAINED KNOWLEDGE TO THE YOUTH IN THEIR ORGANIZATIONS AND COUNTRIES
- READY TO ENGAGE THEMSELVES IN DIFFERENT LOCAL AND INTERNATIONAL PROJECTS USING OUTDOOR ACTIVITIES AS A LEARNING METHOD
- COMMITTED TO WORKING DURING THE WHOLE PROJECT, MEANING ALSO PREPARATION TO THE TRAINING AND IMPLEMENTATION OF OUTDOOR ACTIVITIES AFTER THE TRAINING COURSE
- ARE READY TO PROVIDE SHORT TESTIMONIALS AFTER THEIR PARTICIPATION IN THE PROJECT,
- ARE READY TO SUPPORT DEVELOPMENT AND DISSEMINATION OF THE TOOLBOX OF OUTDOOR GAMES AND ACTIVITIES SUPPORTING THE INCLUSION
- BE ABLE TO COMMUNICATE IN ENGLISH
- ARE AGED 18+

**DURING THE SELECTION PROCESS, WE WILL TAKE INTO ACCOUNT THE CRITERIA LISTED ABOVE.**





# CONDITIONS

**EACH PARTICIPANT SHALL READ CAREFULLY  
AND AGREE ON THE PARTICIPANT  
DECLARATION CAN BE FOUND IN THE  
APPLICATION FORM.  
ACCEPTING THE PARTICIPANT DECLARATION  
IS A REQUIREMENT OF PARTICIPATION.**



# BOARDING AND LODGING

THE MEETING WILL TAKE PLACE IN AN OLD FARM IN **STRENGBERG, A SMALL VILLAGE 150 KM AWAY FROM VIENNA**, SITUATED IN A BEAUTIFUL HILLY REGION NEXT TO THE DANUBE CALLED MOSTVIERTEL. YOU WILL FOLLOW THE STEPS OF EMPRESS MARIA THERESIA AND WOLFGANG AMADEUS MOZART, WHO ALSO CAME HERE FOR RECREATION.

**WE WILL HAVE AN OLD FARM ONLY FOR OURSELVES.** THE FARM IS SURROUNDED BY FIELDS AND FORESTS, AND WE HAVE RIVERS CLOSE BY. WE CAN ALSO GET SOME BIKES ON THE FARM TO EXPLORE THE NEIGHBOURHOOD. THERE IS A BIG LIVING ROOM AND ALSO AN ATTIC THAT WE CAN USE FOR OUR SESSIONS. THERE IS A COZY KITCHEN WITH CHIMNEY, SEVERAL SHOWERS AND TOILETS, SEVERAL BEDROOMS, A NICE TERRACE AND A BBQ PLACE.

NEXT DOOR IS A "HEURIGER", A PLACE THAT SERVES LOCAL WINE AND REGIONAL FOOD. APART FROM GOING TO THE HEURIGER, WE WILL ALSO PREPARE FOOD OURSELVES AT THE FARM, FOR INSTANCE A BBQ WITH LOCAL ORGANIC MEAT AND VEGETABLES. AND YES, THERE IS WIFI, FLIPCHART, PRINTER, WASHING MACHINE ETC, BUT **BE PREPARED FOR A VERY RUSTIC EXPERIENCE!**



# BOARDING AND LODGING

## **OUR VENUE "HOF STRENGBERG"**

IT IS VERY IMPORTANT TO POINT OUT THAT THE VENUE IS A FARM THAT IS USUALLY USED FOR YOUTH CAMPS, AND **NOT A HOTEL!**

PARTICIPANTS WILL SHARE ROOMS WITH BUNK BEDS WITH SEVERAL PERSONS, AND EVERYTHING IS AT A VERY BASIC LEVEL!

DO NOT COME IF YOU EXPECT LUXURY, VACATION AND COMFORT, IT WILL BE A VERY RURAL AND INTENSIVE GROUP LIVING EXPERIENCE!

PARTICIPANTS WILL NEED TO TAKE CARE OF ACCOMMODATION IN TERMS OF CLEANING AFTER YOURSELF, AND OTHER INDOOR AND OUTDOOR TASKS NEEDED FOR THE SMOOTH FLOW OF THE COURSE.

**FEEL FREE TO BROWSE MORE PICTURES FROM THE VENUE HERE:  
[HTTPS://TINYURL.COM/YBCZFH3N](https://tinyurl.com/ybczfh3n) ADDRESS: ARBEITSKREIS NOAH  
"HOF STRENGBERG", GRUB 12, 3314 STRENGBERG, AUSTRIA.**





# WHAT TO BRING?

- **COMFORTABLE CLOTH FOR INDOOR AND OUTDOOR.**
- **BACKPACK FOR HIKING**
- **SLEEPING BAG (IF YOU HAVE ONE)**
- **HEAD LAMP-TORCH**
- **WATER BOTTLE**
- **PERSONAL MEDICATIONS**
- **INSURANCE, BECAUSE WE DO NOT PROVIDE AND ARE NOT LIABLE FOR ANY INCIDENTS.**
- **MATERIAL AND INFORMATION TO PROMOTE AND PRESENT YOUR ORGANISATION**
- **TRAVEL DOCUMENTS AND PASSPORT**
- **LAPTOP**

THE ACTIVITIES OF THIS TRAINING COURSE WILL BE FILMED AND PHOTOGRAPHED FOR DISSEMINATION AND VISIBILITY PURPOSES AS THIS IS A PROJECT FUNDED BY THE EUROPEAN UNION. IF FOR ANY REASON YOU FEEL UNCOMFORTABLE WITH THIS, PLEASE LET US KNOW.



# TRAVEL INFORMATION

THE TRAINING COURSE STARTS ON **20TH APRIL 2020 (ARRIVAL DAY)** WITH DINNER AND ENDS WITH BREAKFAST ON **28TH APRIL 2020 (DEPARTURE DAY)**. FULL PARTICIPATION IS MANDATORY.

## HOW TO REACH THE VENUE:

FROM VIENNA WITH THE "OEBB" (AUSTRIAN RAILWAY) OR THE "WESTBAHN" (PRIVATE COMPANY) TO AMSTETTEN (ABOUT 1 HOUR AWAY FROM VIENNA).

**EARLIEST ARRIVAL IN AMSTETTEN AT 17:00 ON 20TH APRIL 2020.**

YOU ARE ALLOWED TO SPEND A MAXIMUM 2 ADDITIONAL DAYS IN AUSTRIA OUTSIDE OF THE INDICATED PERIOD OF THE TRAINING COURSE, IN THIS CASE, IT IS THE PARTICIPANT'S RESPONSIBILITY TO COVER THE ADDITIONAL COSTS (ACCOMMODATION, FOOD, ETC).

PLEASE BE AWARE THAT YOU ARE IN CHARGE OF ARRANGING YOUR OWN INSURANCE (HEALTH, ACCIDENT, LIABILITY) FOR THE WHOLE DURATION OF THE ACTIVITY. **INSURANCE IS A MANDATORY REQUIREMENT OF PARTICIPATION.** THE COSTS FOR THE INSURANCE ARE NOT SUBJECT TO REIMBURSEMENT.



# FINANCIAL COSTS

THE COSTS FOR FOOD, ACCOMMODATION AND PROGRAMME MATERIALS ARE FULLY COVERED BY THE GRANT RECEIVED FROM THE ERASMUS+. **€40 FEE TO BE PAID BY EACH PARTICIPANT ON THE SPOT IN CASH.** THIS FEE GOES AS A CONTRIBUTION TO THE ADMINISTRATIVE COSTS OF THE PROJECT.

THE FOLLOWING MAXIMUM REIMBURSEMENT OF YOUR TRAVEL COSTS:

ARMENIA, GEORGIA, TURKEY-3 PARTICIPANTS PER COUNTRY:  
360€/PERSON

BELARUS, LATVIA, POLAND-3 PARTICIPANTS PER COUNTRY: 275€/PERSON

UKRAINE-4 PARTICIPANTS PER COUNTRY: 275€/PERSON

AUSTRIA-5 PARTICIPANTS PER COUNTRY: 180€/PERSON

VISA COSTS FOR PARTICIPANTS FROM ARMENIA, BELARUS 60€/PERSON,  
TURKEY 70€/PERSON

PARTICIPANTS WILL BE REIMBURSED FOR THEIR TRAVEL EXPENSES UP TO THE AMOUNT AVAILABLE FOR THEIR COUNTRIES AND NO MORE THAN THEIR REAL COSTS.

SHOULD THE TRAVEL EXPENSES EXCEED THE CONTRIBUTION AVAILABLE, PARTICIPANTS SHALL COVER THE EXTRA COSTS FROM OWN RESOURCES.



# REIMBURSEMENT PROCEDURE

THE REIMBURSEMENT OF THE TRAVEL COSTS WILL BE DONE THROUGH A BANK TRANSFER AFTER THE ACTIVITY. IT WILL BE MADE WITHIN 2 MONTHS PERIOD AFTER THE ORGANIZER HAS RECEIVED ALL THE ORIGINAL DOCUMENTATION AND PROOFS OF DISSEMINATION ACTIVITIES AND EXPLOITATION OF THE PROJECT RESULTS.

## REQUIREMENTS FOR REIMBURSEMENT:

1. YOUR TRAVEL TICKET IS VERIFIED BY ORGANIZERS BEFORE PURCHASE.
2. SECOND CLASS TICKETS (TAXI, 1ST CLASS TICKETS ARE NOT REIMBURSED);
3. ARRIVAL AT THE VENUE SHOULD BE NO LATER THAN 20TH APRIL;
4. DEPARTURE FROM THE VENUE SHOULD NOT BE BEFORE 28TH APRIL 2020;
5. BRING DOCUMENTATION FOR ALL TRAVEL MADE TO THE PROJECT VENUE (E.G. BOARDING PASSES, BUS/TRAIN TICKETS, INVOICE ETC.);
6. FILL AND SIGN THE REIMBURSEMENT FORM
7. WHERE APPLICABLE, SEND BY POST ALL THE ORIGINALS OF TRAVEL DOCUMENTATION.

**ADDITIONALLY, THE REIMBURSEMENT WILL BE PERFORMED ONLY IF THE FOLLOWING CONDITIONS ARE MET:**

- ✓ YOU HAVE SUBMITTED THE INDIVIDUAL PARTICIPANT REPORT (AN EMAIL WITH THE LINK FOR EU SURVEY);
- ✓ ORGANISERS RECEIVED YOUR PROOFS OF DISSEMINATION ACTIVITIES IMPLEMENTED.



# DISSEMINATION AND EXPLOITATION OF THE ACTIVITY RESULTS

DISSEMINATION AND EXPLOITATION OF THE ACTIVITY RESULTS ARE A KEY FEATURE IN THE ERASMUS+ PROGRAMME, THEREFORE, PARTNER ORGANIZATIONS AND PARTICIPANTS ARE INQUIRED TO ORGANIZE SUCH ACTIVITIES AFTER PROJECT.

THE PROJECT RESULTS SHALL BE DISSEMINATED AND EXPLOITED AS A MINIMUM TO OTHER MEMBERS OF THE ORGANISATION, VARIOUS STAKEHOLDERS AND YOUNG PEOPLE IN THE LOCAL COMMUNITY. PARTICIPANTS AND THEIR SENDING ORGANIZATION MUST SEND THE ORGANIZERS A PROOF OF THEIR MEASURES TO DISSEMINATE AND EXPLOIT THE RESULTS.



FOR ANY QUESTIONS OR CONCERNS, PLEASE DO NOT HESITATE TO  
CONTACT VITALII VOLODCHENKO AND MICHAEL SCHEUCHENEGGER AT

[OUTDOORSFORINCLUSION@GMAIL.COM](mailto:OUTDOORSFORINCLUSION@GMAIL.COM)

WE LOOK FORWARD TO HEARING FROM YOU!

## CONTACTS



Erasmus+

