



Co-funded by the
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Infopack

TRAINING COURSE FOR 24 EDUCATORS AND YOUTH WORKERS

"OUTDOOR EXPERIENTIAL LEARNING – FOR BEGINNERS"

Including travel days
5th of June - 13th of June
Zmajevac, Croatia

2022



MAIN IDEA

WHY?

There are countless researches on the power of nature to reduce stress, improve the mood, increase the creativity and promote general human well-being. Although also in youth work and education field there are more and more initiatives appearing that promote being outdoors, using this as a conscious educational approach is still very under-developed.



Experience the power of learning OUTDOORS on YOU!

Discover that it is not that very complicated to design and organize Outdoor Experiential Learning activities in the nature!

With this training course for “outdoor beginners” (people, who are relatively new to it) we want to promote the idea that Outdoor Experiential learning (OEL) can be a powerful tool for empowering young people and, if carefully designed, doesn’t need to require expensive equipment, clothing, and physical skills! We believe that with the motivation and skills of youth workers and educators, even seemingly simple activities outdoors can be very attractive for the involvement of young people and generate powerful learning outcomes. So, this potential should be more widely used by youth work practitioners to give young people better opportunities to learn.

AIM



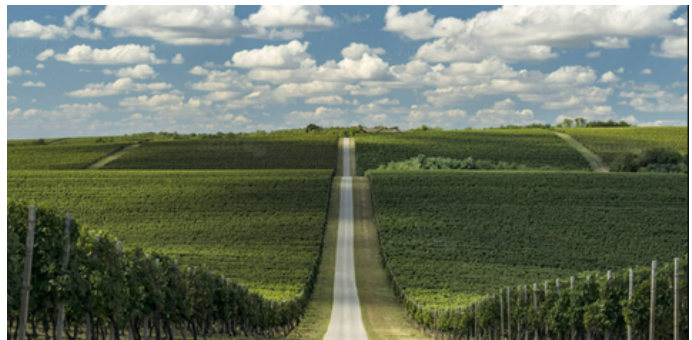
With this training course we want to give chance for 24 youth workers, educators and youth leaders that work with young people on the daily basis to experience the power of learning in/from the nature and outdoor approach for the personal and social development and motivate them to use it more often in work with young people.

Become more skilled and confident to bring the young people in the Nature /Outdoors!

OBJECTIVES



- Exchanging **challenges** of youth work at the local level and identifying how **OEL could be used as an effective NFL approach and tool** for promoting the personal development of youngsters, cooperation with peers, inclusion and becoming more connected to the community and surroundings.
- Providing a space for youth workers to “**live through**” **OEL activities in nature** and thus allowing them to experience the power of such learning in order to motivate them to use this approach for their daily youth work.
- Raising **confidence and skills** of youth workers to design and facilitate NFL activities with OEL elements and provide tools that later on could be easily adapted for local youth work needs.
- Implement concrete **follow-up** activities in each country (within 2 months after the training) and agree on starting to use OEL as a regular approach to reaching the young people in the community.



ALSO....

We will take part in a wine fest that will take place that weekend when we will stay in Zmajevac. Region is well known wine region and we will stay in accomodation that is minutes away from the cultural site of wine celars that are protected cultural heritage. Beautiful Danube is some 5 minutes away from us by car or somewhat more if you are for a longer walk.



HOW?

APPROACH

To make the learning more powerful and transformational, during this training course we have chosen to combine more common **non-formal learning methods** with **Outdoor Experiential Learning (OEL)** and **hiking experience** in nature in Croatia.

- This will allow, on the one hand, to connect with **oneself**, with **each other** and **world around** in a deeper level.
- On the other hand, being in the nature for extended period of time allow experiencing situations that are **out of comfort zone** thus creating great chance for learning.



OUTDOORS, but NOT EXTREME!

While we DO plan that approximately half of programme activities will be implemented in the nature /outdoors, it will not be based on physically hard survival type of activities that require very specific equipment, skills and experiences.

We believe that strong effects of learning in the nature can be reached without pushing oneself to the extremes!

In this training, we want to put emphasis on developing sensitivity and making relationships with nature closer. Yes, the program includes hikes and yes, the weather is unpredictable but we believe that this is nothing extreme if you are prepared for it. And it is surely great learning!

To avoid the situations, when participants experience great things during the training, but then they go home and don't feel confident to use the same approaches, we also want to make sure that **all the methods we try out during the training are easy to transfer to all (youth work) realities and do not require specific outdoor skills.**



WHEN?

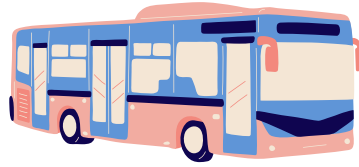
DATES

Arrival day:

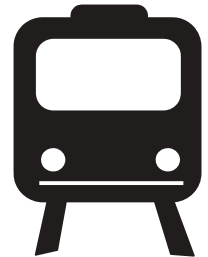
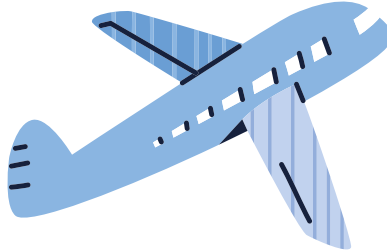
Sunday, 5th of June 2022

Departure day:

Monday, 13th of June 2022



** You can arrive in Croatia earlier and leave few days later at your own expense.*

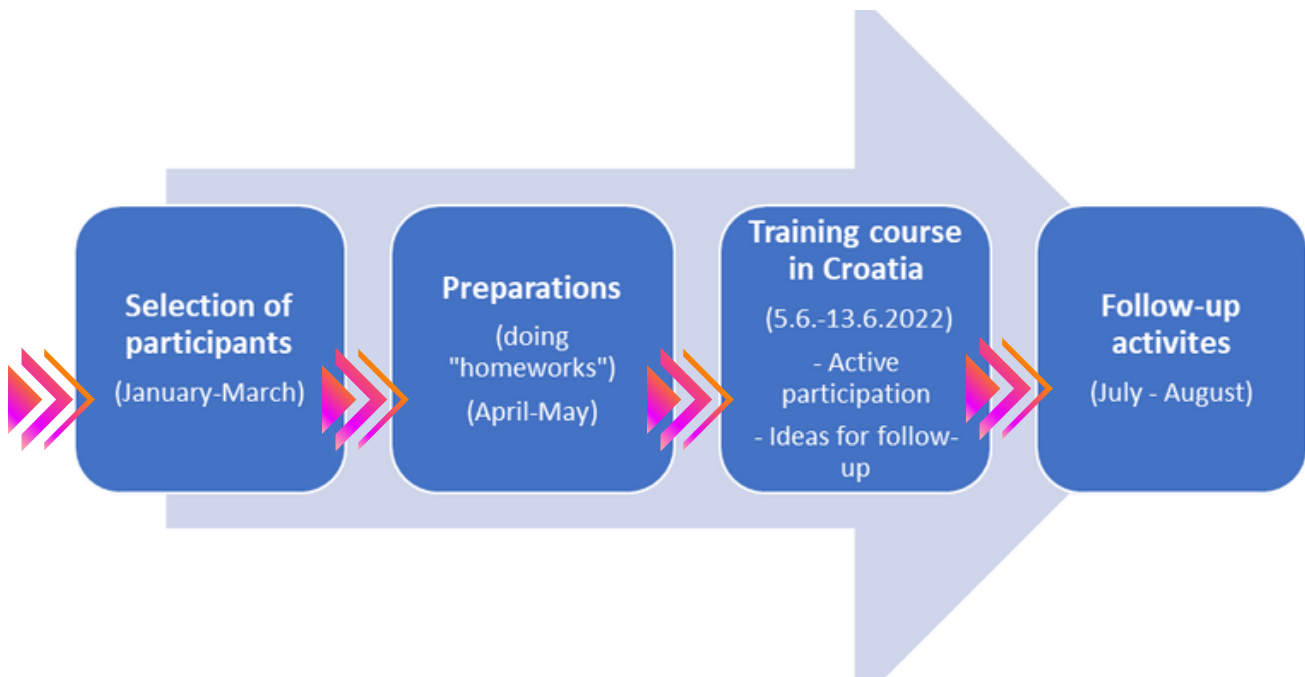


9 DAYS of RETREAT?!

*With its' intensive programme for sure this training **will not be holidays**. Nevertheless, we can imagine (basing on our own feelings and how we want it to be) that this training can be a very valuable "investment" in order to change environment, meet colleagues, gain new ideas and re-charge your batteries...*

TIMELINE

Be ready that when you decide to apply for participation in this project, you are ready to devote also some time for preparations for the training as well as doing follow-up activities.



WHO?

Erasmus+ project tourists - people who go to many projects and do not actually work with youth on regular basis



**NOT
WELCOME!**

PARTICIPANTS

- Teachers, social workers, youth workers, peer-leaders, youth organization/club activists, scout leaders, educators, etc.
- Working with **young people** (13-30 years old; not children) in schools and/or in non-formal education system (as volunteers or paid workers) on regular basis
- **Interested** in exploring power of learning outdoors/in nature for developing Emotional Intelligence and young peoples' mental and physical well-being
- Ready to organize at least **3 follow-up activity** using the experience from this training (individually or together with another person from the same country) within 3 months after the training
- Ready to prepare **1 post/article** for publicity to share results from the training and applying EI in their daily youth work
- Committed to learning and working together for quite long hours every day and being **outdoors**
- Aged **18+**
- Good skills of communication in **English**



COUNTRIES

Latvia 2 pax 275 eur	Estonia 3 pax 275 eur	Italy 2 pax 275 eur	Cyprus 2 pax 275 eur	Croatia 3 pax 0 eur	Romania 3 pax 275 eur	Hungary 2 pax 20 eur	Greece 2 pax 275 eur	Lithuania 2 pax 275 eur	Portugal 3 pax 360 eur

Participating countries - number of participants - limit of travel costs per participant



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PRACTICALITIES



This project is implemented in the framework of EU “ERASMUS+” Programme (mobility of youth workers, key action 1). The accommodation and food will be covered fully. Travel expenses will be reimbursed at flat rates (mentioned in the previous page).

TRAVEL AND REIMBURSEMENT

When you look for travel connection, please choose Budapest or Zagreb as a destination. Traveling from there to the training location will cost you about 25-60 € in one direction. We will assist you in finding the best possible option.

If possible, coordinate your travel together with other participants from your country. We recommend to use search engines like [kiwi.com](https://www.kiwi.com) or [skyscanner.com](https://www.skyscanner.com) to search the options, but to buy the tickets directly from airline websites (not kiwi.com). Adjust the search parameters as you need - you can arrive in Croatia earlier and leave later at your own expense.

Try to book all your tickets online before April **28th**. Reimbursement will be transferred to the maximum limit in EUR currency to your bank account as soon as you have submitted all the tickets, boarding passes, invoices and receipts, fully participated in the training till its last day and sent the information about the implemented follow-up activities.

According to the restrictions of the Erasmus+ Programme we can only refund up to some of the travel cost, if the following points are fulfilled:

- Before you get the tickets, you must have approval from Kreaktiva (sanelaaaa@gmail.com)
- Your travel route is from your hometown to Osijek and back
- You have chosen reasonable and economic means of transportation.
- Your travel dates are according to the programme (2-3 days more is possible if the transport costs is reasonable and not more than original dates. Please talk to the Kreaktiva team)
- You have a receipt or invoice for the cost of your plane ticket and the boarding cards or the train/bus tickets. If you go by plane and book an e-ticket, please send us a copy by email (sanelaaaa@gmail.com).

After you have booked your tickets, please send us the following details as soon as possible:

- Name of the traveler (Participant)
- Date and time of the Arrival and Departure
- Price of the tickets



TRAVEL AND REIMBURSEMENT

Some info about transportation:

1. Airport to bus station in Zagreb timetable:

<http://www.plesoprijevoz.hr/en/page/timetable>

2. Main bus station Zagreb: www.akz.hr

3. Main train station Zagreb: <http://www.hzpp.hr/en>

Should you need any assistance please do not hesitate to contact Sanela.

IMPORTANT!

- Make sure you have a valid (not expired) ID card or a valid Passport
- Make sure to have your European Health Card in your wallet, but we also recommend travel insurance
- Only public transportation will be reimbursed (e.g.: taxi at your own expense)

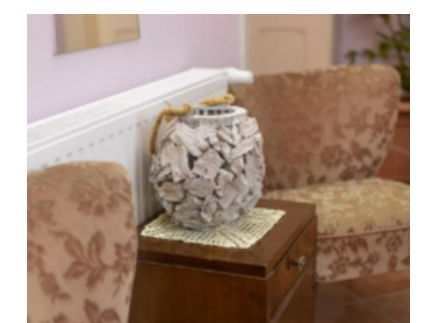
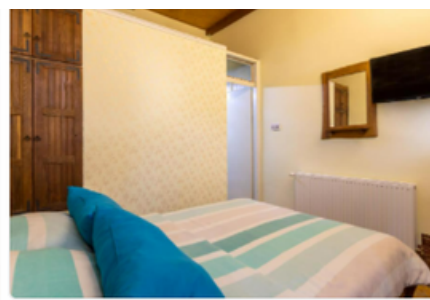
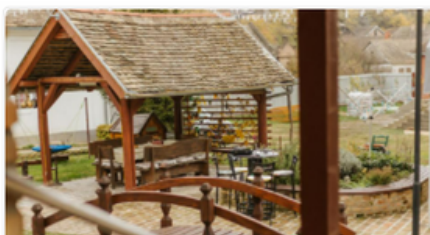
LOCATION AND ACCOMODATION

We will host you in accomodation Baranjski dvori in Zmajevac.



ABOUT ACCOMMODATION

Participants will share rooms of 2 - 4 beds (some with separate shower/bathroom). Free Wi-Fi will be available (not sure about strengths of the signal though). If you already have a mobile data plan from another EU/EFTA country mobile operator - you can use it in Croatia without additional roaming charges.



COVID SAFETY

Entrance rules into Croatia



Before boarding the plane/bus/train you will have to present either:

- EU Digital COVID certificate (download it on your phone from your national authority by clicking on your country in the map)
- Or a negative RT-PCR test result taken less than 72h before boarding, or Rapid Antigen Test taken less than 48h before boarding (cheaper, ready in 20 minutes)
- You don't have to fill any passenger locator form when entering Croatia

INSURANCE



- EEA residents must bring their **European Health Insurance Card** too (otherwise most travel insurances don't cover them). Get it for free from you national authorities.

WHAT TO TAKE WITH YOU?

We will prepare a more detailed list of what you should bring along a few weeks before the training, nevertheless, as we will be spending much time outdoors, be ready to have comfortable, rain-proof and warm enough clothes (layers).



PROGAMME

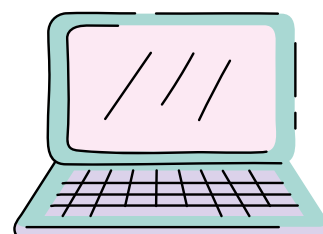


Changes are surely still possible - this is just to give you a general insight.

June 5 and June 13 - travel days.

Time / day	June 6	June 7	June 8	June 9	June 10	June 11	June 12
8.30 - 9.15	Breakfast						
9.30-11.30	Intro and ice-breaking	Practice: Challenge vs. Comfort	Intro to Hike Risk and safety	Returning from Hike	Free morning	OEL LAB	Summing up OEL LAB experience
11.30	Coffee break						
12.00-13.30	Motivation Connection with Nature	Basic Theories on OEL	Skills workshops for Hike	Recovering	Power of OEL	OEL LAB	Me @Nature = ?! Reflection
13.30	Lunch						
15.00-16.30	Group building outdoors	Practice: Nature elements and senses	Preparations for Hike	Reflection in Hike groups	Intro to OEL Laboratory and quality learning	OEL LAB	Follow-up planning
16.30	Coffee break						
17.00-18.30	Group building outdoors	Local Discoveries	Preparations for Hike	Summing up the Hike experience	Preparations for OEL LAB	OEL LAB	Summing up Evaluation
18.30	Time for reflection in group						
~19.15	Dinner						
~ 21.00	Integration evening	Self-organized time	Night Hike in Nature	Relaxing evening	Croatian evening	Local Festival	Farewell evening

APPLYING



Deadline: **Thursday, March 31st, 2022**

Application form online: bit.ly/34LJJKa

Looking forward to **SEE YOU IN CROATIA!**



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HOSTED BY:



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