



ADAPTIVE PADDLING - Training course

CALL FOR PARTICIPANTS INFOLETTER I

General information

What?

Adaptive paddling is an outdoor training course for youth workers, trainers, therapists and experiential education instructors who would like to get new experience and knowledge or improve already existing ones in water based programs. The course is funded by Erasmus + program. The training course will be in English. Most of the activities will be outdoors, there will be very few indoor sessions.

Why?

The aim of the training course will be to develop your skills and toolboxes for working with young people with disabilities in outdoor context on water. The long term perspective is to encourage partner organizations to run water based programs and working with youth and adults with various disabilities.

For whom?

- Trainers, educators, instructors, therapists, facilitators, youth workers or volunteers working with youth and adults
- Motivated to learn new methods of experiential education
- Interested in outdoor activities



What will you get from this training course?

- Develop your capabilities and skills for work with young people and young people from disadvantaged background
- Learn new experiential education methods
- Learn basic and advanced kayaking skills
- Learn and practice new safety and technical skills for water based program
- You will receive a Youthpass certificate

Adaptive paddling workshop consist of:

The core of the workshop provides the information necessary to seamlessly integrate individuals with physical disabilities into outdoor recreation programs in the context of paddlesports. We will focus on four key topics:

1. Language, Etiquette and Interaction
2. Cultivating Seamless Integration
3. Adaptive Outfitting Concepts & Goals
4. Mechanics of Adaptive Outfitting for Paddlesports, the workshop involves hands-on learning in both a classroom and in calm, protected waters.

When?

22th - 30th June 2022

Where?

The training course will take part in Slovakia on the Orava reservoir (lake). We will use mainly sea (touring) kayaks. The kayaking will take part on flat protected water. Google maps – [link](#).



Eligible countries

Czech Republic
Germany
Slovakia
Croatia

Each partner country will be represented by 3-4 participants (youth workers, instructors, trainers).

Participant's requirements

- Able to express yourself in English
- Able to swim at least 50m
- Able to attend the whole duration of the training course
- Interested in working with experiential education methods
- Participants need to be 18+ years old
- Participants could be beginners or advanced kayakers



Accommodation & food

Accommodation will be provided from 22th – 30th June in [Guesthouse Kormorán](#) at Orava reservoir (lake) in double-bed rooms.

Full board and snacks are provided at the guesthouse. Google maps – [link](#).



Program

Arrival on 22nd June afternoon.

The program will consist of 2 parts:

KAYAKING TRAINING & ADAPTIVE PADDLING TRAINING – 5 days

ADAPTIVE PADDLING WORKSHOP FOR PEOPLE WITH DISABILITIES – 2 days

Departure 30th June in the morning.

Detailed program will follow in Infoletter 2.

Equipment & Environment

All paddling and outdoor equipment will be provided by Outward Bound Slovakia, e.g. kayaks, paddles, spray decks, drybags, stoves, sleeping bags etc. If you have your personal equipment, feel free to bring it with you if you wish.

Most of the time we will paddle on the flat water near the guest house. Please expect to be wet during several rescue trainings. The air temperature will be around 25-30°C, the water temperature around 18°C.

You will need to bring your own clothing and shoes suitable for outdoor activities and kayaking. Detailed packlist will follow in Infoletter 2.

Application and selection

The application deadline is 20th May. All selected participants will be informed about the results of selection by 25th May latest. If you would like to apply for the course, please fill in the application form – [link](#) below.

Application fee

It will be required only from accepted applicants. We will ask you to confirm your presence by payment the fee 99€ / person in advance in after confirmation of your selection. Your participation fee covers the rental of sea kayak, paddle, life jacket, drybag and spray deck, including transportation costs of the equipment.

In case you have your own kayak and other equipment mention above, the participation fee is 49€. All mentioned kayaking equipment is obligatory.

Cancelation fee

If you cancel your participation minimum 6 weeks before the training starts, we will reimburse 100% of the participation fee.

If you cancel participation 3-6 weeks before the training starts, we will reimburse 50% of the fee.

If you cancel 3 weeks of less before the start of the training course, we will not reimburse the participation fee.



Travel details

Time of arrival and departure:

You are required to arrive by 17:00 on 22th June. We will start with introduction and dinner. We will finish in morning after breakfast on 30th June around 10:00.

How to get to Orava reservoir, Námestovo?

Recommended route:

1. Train to the county city Žilina or Kraľovany
2. Transfer by bus from Žilina or Kraľovany to town Námestovo or Trstená.
3. We will pick you up and drive to our venue.

Drive: directly to guesthouse (see the map and address above).

Travel costs reimbursement:

Please consider environmentally friendly means of transport if possible (bus, train...). Reimbursement will be done only after receiving the needed reimbursement documents (tickets, invoices...).

Croatia: max. 180€/person if travelling less than 499km; 275€/person if travelling more than 500km

Germany: max. 275€/person

Slovakia: max. 180€/person

Czech Rep.: max. 180€/person

Contact:

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[Application form](#)