Outdoors and Digital Tools in Youthwork

Training Course: 7–15 August 2022, Kuusamo, Finland

Online Seminar: 4 working days, (dates tbc)



NUORISOKESKUS OIVANKI KUUSAMO

LUONTOMATKAILUKESKUS OIVANKI RUKA-KUUSAMO

Erasmus+

Context and background

Every day our world is filled more and more with smartphones, tablets, video game systems, and virtual reality, it's more crucial than ever that kids get outdoors because lack of exposure to nature impacts their health and social competencies.

The issue became even more important since 2020 when many kids stayed locked inside, without the possibility to visit nature and interact with their peers.

There are numerous studies that have proven that being in the outdoors can decrease one's stress level, accelerate healing from an injury or illness, increase one's ability to focus, communicate and express freely.

But not all youth workers and educators are aware in the youth work field can afford to take the risk and replace good old methodology with digital tools (web pages, apps, etc).

Through our project, we would like to change this situation, by showing youth workers and educators a variety of ways how they can organise outdoors learning experiences while using digital tools.

Our project aims

to increase the quality of the outdoors learning experience provided by youth workers and educators to target groups that they work with.

The objectives of the project are:

- To exchange tools, experience and know-how related to outdoors learning
- To develop competencies in identifying the needs of various target groups and adaptation of activities according to them
- To develop competencies in developing own outdoor learning activities combining them with digital tools
- Build a community that supports the quality of outdoors learning projects and activities for young people.



Project timeline

July

Preparation

To prepare before the training, various tasks would be shared in the Facebook group of the project

August

Training course

To equip participants with competencies to develop their own outdoor learning activities combining them with digital tools, based on the needs of their target groups.

September

Local phase

To implement local outdoor learning activities (including combined with digital tools) in each partner country

October

online seminar

To wrap up learning, listen to Experts' inputs, prepare materials for dissemination, find partners for new international projects and start developing them.

November

dissemination

To share the project results, including an invitation to a wider audience to join the community (Project's Facebook group)

Approach and content

During the Training Course participants will experience and learn some types of outdoor activities (Camping, Hiking, Building a shelter, Solo time, Photo hunting, etc.)

Exchange the experience related to the outdoors; empathise with and define the needs of various target groups; explore various digital tools that can be used for outdoors; develop their own outdoors learning activities, and are introduced to methodological and safety aspects.

Please note that there would be one and a half-full day stay complete outdoors, including cooking, sleeping outside and other group activities.



Approach and content

During the Online Seminar participants will be able to reflect on the lessons learned during the local implementation stage, receive valuable inputs from the Experts, find partners for international projects and start developing new project ideas together.

In the content of nature baste 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 general success of the project depends on the active participation of everybody present.



Profile of the participants

Youth/social workers, youth leaders, and educators, who are:

-familiar with outdoor learning activities or motivated to acquire them to use in daily work

-familiar with various digital tools available or motivated to acquire them to use in daily work

-have little or no experience in combining outdoor learning activities with digital tools

-eager to transfer gained knowledge to their organizations and communities

-committed to working during the whole project duration, meaning also the implementing outdoor activities in their local communities, online Seminar, activeness and contribution to the community building and follow-up activities.

Financial costs

The costs for food, accommodation and programme materials are fully covered by the grant received from the Erasmus+.

We have a flexible participation fee of 30-50€ (pay as you can) that needs to be paid by each participant on the spot. This fee goes as a contribution to the administrative costs of the project.

Austria	3 person 360€/person*
Finland	7 person 180€/person
Georgia	2 person 360€/person*
Italy	3 person 360€/person*
Morocco	2 person 820€/person
The Republic of North Macedonia	2x360€/person*
Poland	2 person 275€/person*
Spain	3 person 530€/person
Ukraine	3 person 275€/person*

*Because the venue is located remotely, we applied for "Expensive travel costs due to remote location", follow the link for a detailed explanation http://bit.ly/etceOaI

Visa costs for participants from Morocco 100€/person

Before purchasing any tickets consult with organisers and wait until they are approved by email.
Tickets that were not approved are not subject to reimbursement.

Boarding and lodging

Accommodation, activities and meals will be happening at Oivanki Outdoor Education Centre (https://oivanki.fi/) which is located 17 km from the city of Kuusamo.

Rooms are equipped with towels and bed linen, you will be accommodated mainly 2–3 persons.

If you need any special medical, hygiene and other important items with you since in Oivanki there are no shops or other services additionally to our youth centre.

Later we will send the list of things to bring to selected participants.



Travel information

The Training Course starts on 7th August (arrival day) with dinner and ends on the morning of 15th August 2022 (departure day) with breakfast.
Full participation is mandatory, you cannot arrive later or leave earlier!

There is no public transport to the project venue, thus make sure you arrive at the Kuusamo airport (either city bus station), from there we will organise common transportation to the project venue.

Flights schedules: https://www.finnair.com/ Bus schedules: https://www.matkahuolto.fi/
Train schedules: https://www.vr.fi/

You are allowed to spend additional days in Finland 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). This can make it more flexible for you to find suitably priced travel tickets.

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.

Reimbursement Procedure

The reimbursement of the travel costs will be done through a bank transfer within 2 weeks after the end of the Online Seminar. By this time organisers must receive all the original travel/visa documentation and proofs of dissemination activities and exploitation of the project results.

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.

Requirements for reimbursement:
✓You have submitted the individual participant report (an email titled "Erasmus+ participant report" with the link for the EU survey);
✓ You filled out the reimbursement form;
✓ You send proofs of dissemination activities implemented.



Dissemination

Dissemination and exploitation of the activity results are a key feature in the Erasmus+ programme, therefore, partner organisations and participants are inquired to organise such activities after both activities (Training Course and Seminar).

The project results shall be disseminated and exploited at a minimum to other members of the organisation, various stakeholders and young people in the local community.

Participants and their sending organisation must send the organisers a proof of their measures to disseminate and exploit the results of both activities (Training Course and Seminar).



Trainers team



Vitalii Volodchenko

An experienced trainer and youth worker from Ukraine who have a passion for non-formal education. Member of the International Youth Work Trainers Guild and Trainers Learning Community. During the 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.

Michael Scheuchenegger

A social worker in a special team with "at high risk" kids. Responsible for outdoor activities in the organisation, focused on adventure therapy, as a member of the outdoor trainer's team. Since 2006 worked as a whitewater rafting guide in the high mountains of Austria. Next, to this, gathered practice working as a Kayak Trainer. In October 2018 I finished the certificate program in outdoor and experiential education at the University of Applied Sciences of Upper Austria.

Trainers team



Panu Päivärinta

Manager of the youth work of Oivanki, taking care of international activities too.
He has graduated from Humanities Polytechnic (civic and international youth work 1999-2003).
The daily work includes activities with the visiting groups in the youth centre as well as project work with young people and hosting Oivanki´s incoming international groups from various countries. Many visitors come from Finnish education and youth work sector.

Host organisation

Nuoriso-ja luontomatkailukeskus Oivanki is on of the Finnish Youth Centres. It is a non-profit organisation and it is owned by the town of Kuusamo. It is run as an LTD-company, with a separate budget for youth activities which are controlled by the Ministry of Education and Culture. Yearly there is approx. 12000 contacts/overnight stays/contacts of young people in the center. One of our key values and main topics is to serve and support the youth work and education sector.

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Application form

Each participant shall read carefully and agree to the Participant Declaration that could be found in the application form

https://forms.gle/iBmfsRceFZJCN8rMA

Accepting the Participant Declaration is a requirement of participation.

Contacts

For any questions or concerns, please do not hesitate to contact Vitalii Volodchenko or/and Panu Päivärinta at

erasmus.oivanki@gmail.com

