



Operationalizing Experiential Learning in youth work

training course

infopack

Borjomi, Georgia

11-18 June 2023



Funded by
the European Union

Project's Ambitions

The goal of this training course is to help participants improve their youth work practice by using experiential learning and outdoor adventure education. We want to show that these methods are effective and holistic, and encourage organizations to use them in their work.

In this course, you will learn:

- How to use outdoor adventure education to help young people learn in a fun and engaging way
- How to use non-formal education to support youth work
- How to connect with young people and design activities that meet their needs
- How to improve your skills in designing and leading outdoor adventure education programs
- How to develop important soft skills like communication, leadership, and adaptability that will help you in your work with young people
- How outdoor adventure education can help you improve your well-being, especially after the COVID-19 pandemic.

Participants' Profile

This training course is designed for people who work with young people, including youth workers, street workers, social workers, teachers, and trainers. The participants will come from different countries and have different levels of experience in youth work. Some countries may not have established youth work programs, while others may have a long tradition in this field.

To participate in this course, you must:

- Be at least 21 years old
- Have experience working with young people, preferably those who face challenges
- Have a personal and organizational interest in this training course and be able to apply what you learn in your work
- Continue working with the other partner organizations after the course
- Be available for the entire 8-day course and willing to participate actively
- Be able to communicate in English. However, if necessary, interpretation will be provided to ensure everyone can fully participate (check with organisers before).

Pedagogical Aspects

We want you to join us in the educational journey to improve your work with young people by using fun and exciting outdoor activities to help them learn. We'll actually spend time outside, camping in a national park for three days!

Here's what we'll do:

- We'll start by getting to know each other and building trust as a team.
- We'll share our experiences working with young people and learn about the different needs they have in different countries.
- We'll learn about different ways to help young people learn while having fun outside, and we'll try them out ourselves. We'll also learn some important safety skills, like first aid and risk management.
- We'll go on a two-day hike led by the participants themselves, with guidance from our team of trainers. We'll also practice preparing for trips and packing gear. After the hike, we'll reflect on what we learned and how we worked together as a team.
- Then, we'll use what we learned to design our own educational activities using outdoor adventure education methods.
- Finally, we'll make a plan for how to use what we learned in our own work with young people, and we'll talk about how outdoor activities can be good for our mental health and overall well-being.

You don't need to be an expert to join us, just be willing to learn and have fun!



Trainers

Nik Paddison is a full-time freelance trainer, writer, and editor with a background in youth work from the UK. He develops educational games, activities, theories, and approaches related to non-formal learning in the European youth field. He works with various youth sector institutions and local youth NGOs across Europe, focusing on topics such as reflection in learning, learning to learn, and accessible education and training materials.

Ucha Burduli has almost 10 years of experience in youth work and specializes in Outdoor Adventure Education methodology, soft skills development, group dynamics, and game-based learning. He has worked on over 15 Outdoor and Semi-Outdoor projects within the international youth worker mobility programs and is a certified trekking guide who knows the area where the outdoor expedition takes place well. He can support the group to safely and smoothly arrange the trip.

Partner Organisations:

France - Youth Peace Ambassadors Network (3 participants)
Armenia - Intercultural Research and Development (3 participants)
Spain - Libre-pensadores de la sierra de Madrid (3 participants)
Georgia - Praxis for Change (3 participants)
Montenegro - Nasa akcija (3 participants)
Germany - Peace UP! (3 participants)
Ukraine - Foundation of Regional Initiatives (3 participants)
Estonia - EESTI VAIMUPUUDEGA INIMESTE TUGILIIT (6 participants)

Funding

The funding for this project is provided by the European Commission through Erasmus+ youth programme.

This project was supported by the Estonian National Agency of Erasmus + Erasmus+ is a program by the European Union that aims to support the development of young people in various fields, such as education, training, and social activities. The program provides opportunities for young people to engage in international mobility activities, such as study abroad, work placements, volunteering, and youth exchanges.

Through these activities, young people can gain valuable skills, knowledge, and experiences, enhance their intercultural understanding, and contribute to building a more inclusive and cohesive Europe.

The funding covers participants' travel, stay, meals, and other training expenses.

Planning your journey

Travel dates are 10th of June and 19th of June. This means, we expect you to arrive on 10th of June before dinner (18:00), and depart in the morning of 19th (10:00). We will provide further information regarding the local transportation within Georgia. If you are interested in staying longer in Georgia, we welcome that, but you should secure funds for that yourself.

You should plan your trip in the as economical and eco-friendly way (i.e. reduce the number of flights, taking trains etc) as possible.

This is the financial allowance for the travel:

180 EUR - Armenia, Georgia

275 EUR - Ukraine

360 EUR - Estonia, Germany, Montenegro

530 EUR - France

820 EUR - Spain.

Before purchasing the tickets, run it through the contact person for approval.

Packing

The following equipment is required for participation, for reasons of safety.

- Participants should bring a comfortable hiking rucksack (50-70 litres), as well as a sleeping bag and pad suitable for 0-10 degrees Celsius
- Warm clothes, both summer and fleece or woollen sweaters, and a raincoat or waterproof jacket are recommended
- Proper hiking shoes are essential
- Waterproof cases for gadgets are recommended
- Participants should bring plenty of socks, both warm and thin
- A sun cap or headscarf, sunglasses, and sunscreen are recommended
- Participants should also bring loose and comfortable indoor clothes and shoes, toiletries, and any necessary prescribed medicines (which should be stored and transported properly)
- A headlight or pocket torch is necessary, and trekking poles are optional

Preparation

Before participating in the project, it is important to prepare for outdoor activities, such as hiking, in various weather conditions. Participants may hike up to 35 km and experience sun, wind, rain, and cold temperatures. The project provides tents for accommodation, but if you prefer to bring your own tent or hammock, you are welcome to do so. Internet access will be limited during the outdoor part of the project, and, however, a communication line will be made available in case of emergency contact with family and friends. You may leave any unnecessary items in the hotel as we will return to the same location. The hiking distance and specific details will depend on participants' decisions on the spot, so we cannot provide exact information until then.

Safety first:

Part of the project takes place in nature, which is why we prioritise safety. We will hike, sleep in tents, cook, and do various activities while outdoors. Our team will ensure a high level of safety by taking measures before and during the main activity, such as providing a first aid kit and personnel, having a local guide with us most of the time, and informing participants about basic safety rules and issues from the beginning. Our project team will always be present to make sure everything goes smoothly and safely. However, no outdoor program can guarantee 100% safety in the field. Nature brings different hazards that could cause mainly physical and possibly psychological damage. This is why participants must be aware of the higher risks associated with outdoor activities rather than "usual" urban areas.

These risks may include physical or mechanical damage (twisted ankle, scratches, slipping on a wet stone, etc.), health problems (cold, sunburn, food and water intoxication, etc.), personal issues or anxiety (for those who are not comfortable with basic conditions or bad weather), and other potential hazards. By signing up for this project, participants confirm that they understand the higher possible hazards and that they agree to participate at their own risk. The application form will ask about allergies, intolerances, specific medication needs, and other relevant information to minimize potential risks. All of this information is kept confidential and only used to ensure participants' safety. Each person joining the project must have valid travel insurance. Check that your travel insurance covers mountain hiking and not just lost luggage



Apply here

Application link: <https://forms.gle/n6hw9EWc1QJAnbJ4A>

Deadline: May 7, 2023.

Questions?

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