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**STAND WITH  
UKRAINE**



**NATURE AS A CLASSROOM:  
DEVELOPING SKILLS AND  
CONFIDENCE  
THROUGH EXPERIENTIAL LEARNING**

*16-25 September 2023  
Dilijan, Armenia*

INTERNATIONAL TRAINING COURSE

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# PROJECT DESCRIPTION

"Nature as a Classroom: Developing Skills and Confidence through Experiential Learning" (Nature as a Classroom) addresses a range of health-related issues among young people in EU and EaP countries. These issues include physical inactivity, mental health, stress, social isolation, lack of skills and confidence. By addressing these health-related issues, the project on outdoor education and experiential learning can help young people lead healthier, more fulfilling lives, and contribute to the wider goals of the Erasmus+ programme.

"Nature as a Classroom " aims to promote the physical and mental well-being of young people through innovative teaching and learning practices, and to enhance the professional skills and competencies of educators and trainers in the field of outdoor education.



## OUR GOALS AND OBJECTIVES

- To provide participants with an understanding of the principles and practices of outdoor education and experiential learning
- To equip participants with the skills and knowledge to design and implement effective outdoor education and experiential learning programs
- To promote the exchange of good practices in outdoor education and experiential learning among participants from different countries
- To enhance the professional skills and competencies of participants in the field of education and training
- To promote the Erasmus+ programme and its values of internationalization, cooperation, and innovation in education and training.

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# OUR PARTNERS

## THE AWESOME PARTNERS BEHIND THIS PROJECT



# PARTICIPANTS PROFILE

Our target audience includes trainers, educators, youth leaders, facilitators, work camp leaders, etc.

- a) Who are interested in the topics of outdoor education and experiential learning.
- b) Who have a good command of English.
- c) who have fewer opportunities.

- d) Who are aged 18 and more (we prefer the involvement of participants starting from the age of 21).
- e) Who shows a big motivation for participation and are available for the whole duration of the training,
- f) Who are citizens/residents of one of the participating countries.

Each partner organization should be represented by --3-- participants.

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# DATES AND VENUE



## "ПОПОК " DILIJAN, ARMENIA

Kalinini street 12/1, 3903

**16 SEP - ARRIVAL DAY**  
**25 SEP - DEPARTURE DAY**

Participants will be accommodated in double/triple rooms. They will be provided with 3-time buffet food and 1 coffee break per day. The hotel provides bed sheets and towels as well.

We strongly ask group leaders to inform the host organization about participants' special needs, such as allergies, special diets, food, etc.

A separate menu will be prepared for vegetarians.

Please note, that the organizers are not responsible for participants' accommodation, food, transport and other expenses for extra days both before and after the project dates .

# FINANCIAL CONDITIONS

## THIS SECTION INCLUDES COSTS AND TRAVEL REIMBURSEMENT

The training will be implemented in the frames of the ERASMUS+ Programme. Board and accommodation will be covered by the hosting organization. The travel costs will be reimbursed for the cheapest and direct way of transport and only under the condition that the participant will take part in the whole project. The travel costs will be reimbursed up to a certain amount. **Only the tickets that were confirmed by the organizing team will be reimbursed.**

Participants travel from Yerevan to the project venue on **16 Sep**, as well as their departure from the venue on **25 Sep**, will be organized by the host organization. The cost of those trips (**30 Eur/person**) will be deducted from the reimbursement amount. Further details will be provided as soon as the national teams are formed and the tickets are booked. Thus, the maximum travel reimbursement per person is as follows:

COUNTRY	MAX. TRAVEL REIMB. /EUR	TOTAL NUMBER OF PARTICIPANTS
Netherlands	500	4
Greece	245	3
Portugal	500	3
Spain	500	3
North Macedonia	330	3
Armenia	0	5
Belarus	245	3
Georgia	180	3
Moldova	245	3
Ukraine	245	3

**Travel reimbursement:** Travel expenses will be reimbursed **via bank transfer** after the project, upon presentation of all necessary documents (next sections).

All tickets' costs purchased in a local currency will be converted and calculated according to the exchange rate of the month given by the European Commission (<https://bit.ly/384sXo0>).

# METHODOLOGY

The whole training course will be based on non-formal education.

Different methods, such as outdoor education, bivouac, hiking trips, rafting, simulation activities, cooperative games, individual work, small discussion groups, plenary work, group dynamics and etc. will be used.

Please get acquainted with key components of non-formal education through the following resource: <https://www.youtube.com/watch?v=Xm7PioKwkGo&t=3s>

# DRAFT AGENDA

## The home tasks to prepare.\*

- Sharing local realities: Each national team will be given a stage to present youth involvement in sports activities, interconnection, and statistics of outdoor education and mental/physical health, success stories in their respective countries.

\*Each session should last no more than **15** minutes. The sessions should be based on interactive methods of nonformal education.

- Organizing cultural evening. Here participants are free to present their culture, national dances, cuisine, music, etc.

\* Each session should last no more than 30 minutes. The sessions should be based on interactive methods of nonformal education.

- Presenting their organization/non-formal group.

	16.Sep	17.Sep	18.Sep	19.Sep	20.Sep	21.Sep	22.Sep	23.Sep	24.Sep	25.Sep		
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10		
09:00-10:00	Breakfast											
10:00-12:00	Arrival and registration	Getting to know each other.	Introduction to the project	Technical skills	Bivouac - day 1	Bivouac - day 2	Reflection processes and skills	Group work on disseminational materials	Group work on disseminational materials	Departures		
12:00-12:30		☕ Coffee break					☕ Coffee break					
12:30-14:00		Team building Rule of conduct Expectations /fears/ contributions	Introduction to the non-formal, informal education in outdoor domain	Technical skills	Hiking Technical skills First aid and safety aspects	Judgment skills Interpersonal skills Activities runned by participants	Multi-step reflection on the Bivouac	Open Space	"Erasmus +" & "Youthpass Transfer & Follow Up			
14:00-15:00		Lunch			Lunch							
15:00-17:00		Working groups			Working groups							
17:00-18:30		"City quizz"	Local realities	Preparation for the outdoor expedition (Bivouac)	Activities runned by participants		Hiking	NGO fair	Open Space		Final evaluation & closing	
18:30-19:00		Welcome to the "Wilderness Ventures"	Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups	Reflection groups			
19:00		Dinner										
20:30-23:00		Welcome evening "My name is"	One minute of fame	Intercultural evening	Preparation for the outdoor expedition (Bivouac)	Storytelling around the bonfire	Participants' space	Intercultural evening	Participants' space		Farewell evening "See you soon".	

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# FURTHER RULES

## TICKETS / REIMBURSEMENT

- The selected participants choose flight connections and send them to us or via the partners for confirmation. **Please don't book any tickets without our confirmation.**
- Only the cheapest tickets will be reimbursed. Tickets with the deviation from the direct route, extra unnecessary stops and layovers will not be reimbursed. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, etc. Only 1 piece of checked-in baggage of a maximum of 15-23 kg will be covered.
- Only tickets purchased online will be reimbursed. We can't cover travel agencies' fees, thus, their invoices won't be accepted for reimbursement.
- We can't reimburse taxi or private cars, only public transport will be covered.
- You can arrive 2-3 days before the activity and depart 2-3 days after if you want to spend more time in Armenia on your own, provided that the tickets on these days are not more expensive than on the official travel days.
- Eurowings, Ryanair, Wizzair tickets should be purchased only on the websites of the airlines. Tickets purchased via the KIWI website are not very much reliable.
- PRINT your flight tickets and invoices and provide them at the training course. Online Check-in (per email in PDF) is highly recommended, then you can't lose the boarding passes.
- Travelling through **Tbilisi, Georgia** is also possible. The project venue is 3 hours of driving distance from Tbilisi.

Participants, who are **citizens** in project partner countries (**except North Macedonia**) **DO NOT NEED A VISA** to enter the Republic of Armenia. Participants should only present a **valid International Passport**.

Participants from **North Macedonia** should apply for E-visa. Visa-related costs will be reimbursed to a maximum **30 Eur/person**, upon presentation of necessary payment invoices. The host organization will provide necessary invitation letters. More information at <http://www.mfa.am/en/visa/>

# VISA



## TRAVEL DOCUMENTS

International travel expenses can be reimbursed **ONLY** upon presentation of **ALL ORIGINAL DOCUMENTS** stating your travel data and costs, namely:

1. Boarding passes (For round trip),
2. Tickets for plane/bus/train (also e-tickets),
3. Invoices,
4. Payment checks.

Participants are requested to bring with them all mentioned documents, likewise, any other payment bills, checks, tickets and payment proves that you will get during your travel.

## THINGS TO BRING

- Valid international passport for travel;
- Travel insurance;
- All required travel documents;
- **Note!** Sleeping bags, comfortable shoes, outdoor suits, mats, raincoats, and backpacks are needed for outdoor activities and **Bivouacs**;
- Laptop (at least 1 per national team);
- Photo cameras and photo/video editing programs you may need;
- Personal hygiene items
- What can entertain participants during free time, e.g. games, music, musical instruments, etc.;
- Group activities and new ideas are welcome;
- Traditional food, drinks, music, dances, songs, etc.
- The medicine you may need, etc.



# MONEY

The Armenian Currency is called ARMENIAN DRAM.  
If you want to see the specimens of banknotes and coins access the website: [www.cba.am](http://www.cba.am).

The approximate exchange rate is:

1 USD = app. 380 AMD

1 EUR = app. 420 AMD

In the shops, US dollars and Euros are not accepted. ATMs are widely spread. However, the interest is taken for cashing if using ATM.

In public transport and small shops, only cash is accepted!



# COMMUNICATION / WIFI



## Communication

In case you need an Armenian Sim card, please look for operators at the airport arrival hall directly. There are 3 operators in Armenia: Vivacell-MTS, U-Com and Beeline. The network in Armenia is pretty good, nevertheless, we advise taking Vivacell-MTS.

The cost for a SIM card with 5GB Internet is around 7 Eur.

## Internet Access

There is a free WiFi network in the hotel territory. Nevertheless, for your own convenience, we highly advise buying a Sim card.

# POWER PLUGS / ELECTRICITY



In Armenia, the power plugs and sockets are of type C and F. The standard voltage is 230 V and the standard frequency is 50 Hz.

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# IMPORTANT NOTES

## PARTICIPANTS' SELECTION

Participants' selection should be finalized by **13 August 2023**, by using the below-mentioned form.

Partners are free to use any selection procedure/form, making sure that at the end the selected candidates have filled in the provided application form.

**Note! The organizing team reserves the right to the final selection/rejection of participants.** Thus, please make sure, that the candidates correspond to the minimal requirements:

- Experience in youth work (trainers, educators, youth leaders, facilitators, work camp leaders, etc);
- Strong interest in the project topic;
- Full engagement in all activities (36 hours of full outdoor bivouac activity in the wild, mountain hiking, etc.)
- Availability during the whole project;
- At least an intermediate level of English;
- Awareness of the project details provided in the info pack;
- At least 18 y.o. (priority group: at least 21)

## BIVOUAC / HIKING

The project agenda includes **36 hours of bivouac activity in a full outdoor and wild environment, with self-made tents.** Also, mountain hiking activities are planned. Please, make sure that your candidates are well aware of the agenda, ready to be involved in all activities, and have the necessary equipment (see in the previous sections).

## TIMELINE

Activity	Deadline	Form
Participants' Selection	<b>13 August 2023</b>	<b>***</b>
Purchasing tickets and filling in the travel form	<b>16 August 2023</b>	<b><a href="https://bit.ly/44S0tJo">https://bit.ly/44S0tJo</a></b>

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# FURTHER INFORMATION

## PICK UP PLAN

Participants' pick up will be organized from **Yerevan city centre / Zvartnots Airport on 16 Sep.**

Departures from the venue on **25 Sep** will be provided by the organizers as well.

Details on participants' pick-up and departures will be provided in the project's **Facebook group**, as soon as the national teams are formed and all tickets are purchased.

## FACEBOOK GROUP

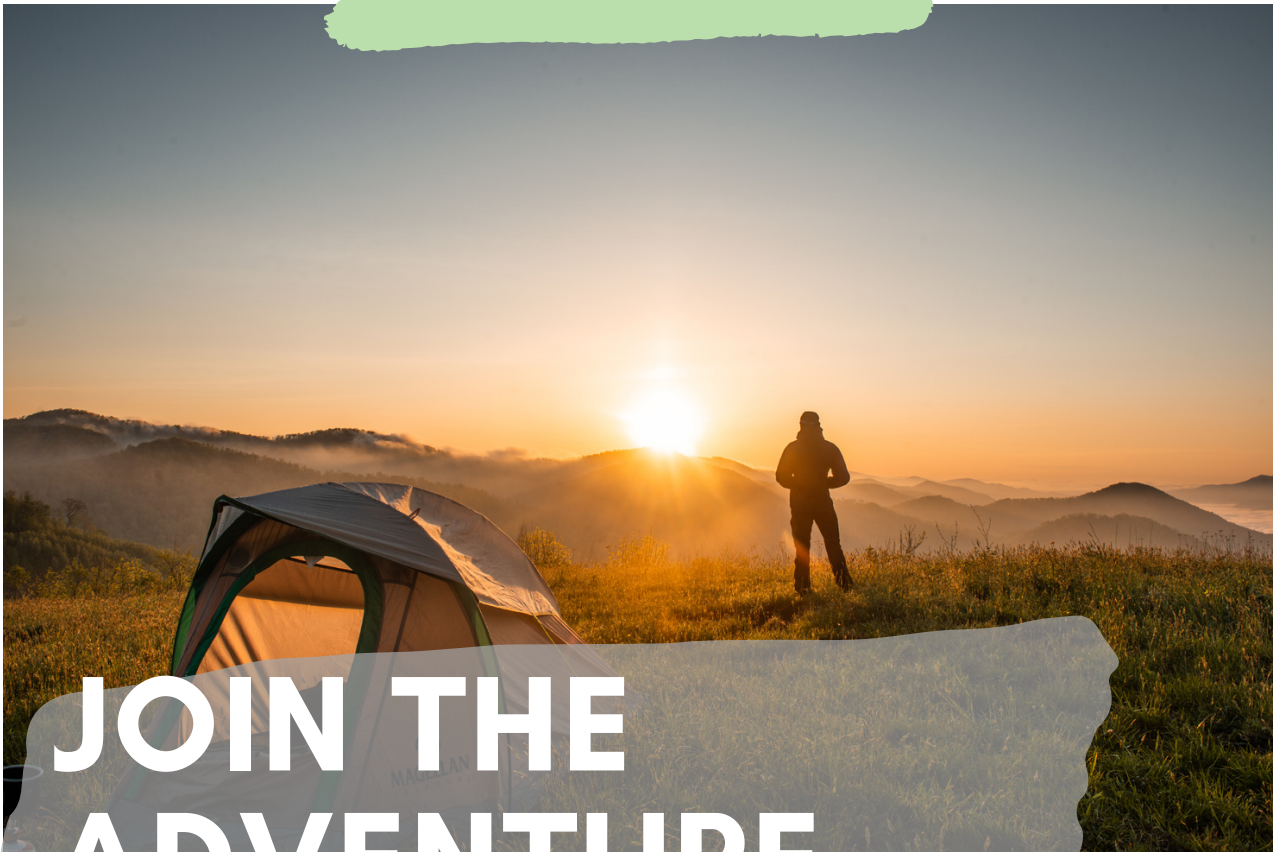
All the selected participants are requested to join the Facebook group of the Training Course to stay tuned to the latest updates and news.

<https://www.facebook.com/groups/1236753866877017>

## TRAVEL FORM

As soon as the tickets are booked, participants are requested to fill in the following travel form. This is needed for practical/logistic arrangements.

<https://bit.ly/44S0tJo>



# JOIN THE ADVENTURE



STICHTING  
LEARNING BY  
OUTDOOR AND  
EXPERIENCE



Nederlands  
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## CONTACT US

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