



Essence of outdoor experiential education

Training of Trainers
Outdoor Education Programme

24th October - 2nd November
2023, Hungary



**Essence
of outdoor
experiential
education**

Future is YOUth is funded
by the Erasmus + program
of the European Union.

2023-1-HU01-KA151-YOU-000127465



**Future
is
YOUth**



Erasmus+

Welcome



Dear Participants,

We are happy to invite you to the **Essence of Outdoor Experiential Education Training Course** supported by the **Erasmus+ Programme of the EU!**

Let us share some useful information:

1. Dates and Application
2. Goals & Learning Outcomes
3. Participants profile
4. Preparation
5. Program
6. Accommodation and venue
7. The Team
8. Reimbursement of travel tickets for participants & travel budget

1 Dates and Application

Arrival day - 23/10/2023

Program days - 24/10-02/11/2023

Departure day - 3/11/2023

[the Application Form](#)

<https://forms.gle/eA1a2fzPoEEYSYuBA>

Application deadline: 12/09/2023 - confirmation of selection is ongoing, latest until 14/09/2023

Contribution fee: 30,00 €

The participation fee can be paid during the registration on the arrival day.

If your financial situation is limited, please email us at titanilla.garabas@elmenyakademia.hu.



2

Goals & Learning Outcomes

The training program spans over ten days, focusing on the in-depth understanding of outdoor experiential education, including group-building activities, outdoor expeditions, and high and low-rope elements.

The program was designed **to achieve the following:**

- Provide Strong Self-Experience: Engage participants in outdoor experiential activities to strengthen their understanding of the methods and self-awareness.
- Introduce Experiential Education Concepts: Reflect on experiences and discuss the basic concepts and models of experiential education.
- Introduce the framework of the European Training Strategy (ETS): Share insights about the ETS, supporting the self-reflection and assessment of participants.
- Nature as a Tool: Inspire participants to use nature as a tool while working with groups, fostering a connection between nature and learning.
- Develop Facilitation Skills: Enhance the skills required for the efficient facilitation of educational programs.
- Increase awareness and share the basics of wilderness first aid and outdoor risk management,
- Create an environment to share good practices and among participants.

Methods:

- The program employs various methods to ensure a practical and engaging experience:
- Experiential Learning: Learning by doing.
- Reflective Sessions: Individual, small, and big group reflections.
- Rope Elements: High and low rope activities.
- Outdoor Expedition: A two-night expedition in the forest.
- Meta Reflection: Analysis of the overall learning process.



Learning Outcomes

- Improved competencies in facilitating groups' and individuals' learning processes.
- Ability to apply experiential educational approaches to program designs.
- Understanding ETS: A basic comprehension of the European Training Strategy framework.
- Enhanced self-reflection based on the ETS competence areas and understanding of how to facilitate group reflection processes.
- A more profound insight into the roles and responsibilities of a facilitator.
- Development of skills and capabilities specifically for working with young people, especially those from disadvantaged backgrounds.
- Experience in designing experiential learning programs



3 Participants profile

We are looking for trainers, educators, youth workers or volunteers working with youth, instructors, facilitators, teachers, coaches, and psychologists who are interested in the topic and who:

- Who are interested in outdoor activities and motivated to learn new methods of experiential education
- Motivated to learn hard and soft skills of outdoor education
- Their physical condition allows them to hike longer distances, spending a night under the sky, carrying 50l backpacks.
- Have experience in facilitating groups and designing educational programmes
- Motivated to gain new competences as a facilitator
- Being able to communicate and express themselves in English
- Age above 21

4 Preparation

What to bring with you?

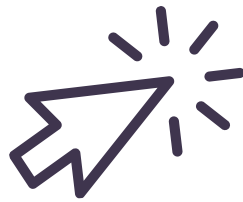
1. For the training activities, we recommend you to bring the following:

- Clothes and comfortable sports shoes for movement work outdoors and being comfortable and suitable for the weather.
- Waterproof jacket.
- Hiking waterproof shoes.
- Waterbottle.
- Backpack NOT smaller than 40-50l (if you have).
- If you have your own sleeping bag.
- Headlamp.
- Notebook if you need.

2. For the trip itself, remember to bring/check:

- Your valid (during the whole event days) ID or Passport
- Your boarding pass printed (please check if you should do your check-in online)
- Luggage size - please check the correct measures that you are allowed to bring.
- The European Health Card for the whole duration of the training
- HUF money! At Liszt Ferenc Airport it is possible to change (expensive), but we advise you to change some money in your country or in Hungary on the way to the venue.

5 Program



Click [HERE](#) for the daily program draft.



6 Accomodation & venue

Venue: Pénzpaták Vadászház - Bükk Mountain, Hungary

Address: Hungary, Répáshuta, 48.061028,20.549083

<https://goo.gl/maps/43cM1gqETCQEuwyCA>

- Rooms with 2-4 beds are available with private or shared bathrooms.
- The water is drinkable from the taps.
- Bedsheets are provided, but you should bring your own towel.

You are going to be provided food (breakfast, lunch, dinner, and some snacks) and accommodation for the whole period of the training. On the arrival day, dinner will be the 1st meal to be served. On the departure day, breakfast is your last meal.

After the selection of the participants, we provide you with all the information and the options for how to get to the venue by regional transportation.

.

7 The Team

Trainers



Árpád Bárnai

I am a youth worker, trainer, outdoor educator, so I have many “hats”. My journey started in local youth work in a foster home in Hungary and since then I keep on learning about learning and growth. Be it on a national level or in international projects, in programs serving the growth of youth, disadvantaged youth or professionals working with young people.

I am passionate about learning in nature and in groups. My hope is that we will learn about how we can create meaningful learning experiences in nature for ourselves, and for others after the training course. For more information about my professional background:

<https://www.linkedin.com/in/arpadbarnai/>

<http://trainers.salto-youth.net/ArpadBarnai/>

Titanilla Garabás

I am an outdoor trainer, youth worker, dancer and many more. I have always wanted to be a trainer in the Erasmus+ world. I always felt the challenges of such a programme are just for me: I love designing learning programs for international group of people. It gives me thrills. Involving body movements, physical strength, or soft skills turn my experience into a dream where the playground is there with watching eyes assuring safety. Also love to discover new competencies that I lack, and these programmes provide a huge opportunity of growth for me not only professionally but personally, too.

I can promise you that this training course is gonna be full of adventurous challenges, strong connections with nature, with other people and most importantly with yourself through a lot of reflection possibilities. It is up to you if you give this gift to yourself.

<https://linkedin.com/in/titanilla-garabás>



8

Reimbursement of travel tickets for participants/ travel budget

Travel costs will be reimbursed up to 100% if you manage your travel within the allocated budget

Please keep in mind that only direct travel costs between your "home location" and the venue of the event can be reimbursed (private traveling cannot be financed by the fund).

Travel costs will be reimbursed only for the cheapest way of transport. Please, take into consideration eco-friendly types of transportation. We cant cover taxi costs.

You are entitled to the reimbursement of your travel costs if you present the tickets themselves.

The allocated travel budget is calculated by the Distance Calculator.

[Please check it out here.](#) Once you know the distance between your location and the venue's you can check the allocated costs for your travels.

10-99 km.....	23 €
100-499 km.....	180 €
500-1999 km.....	275 €
2000-2999 km.....	360 €

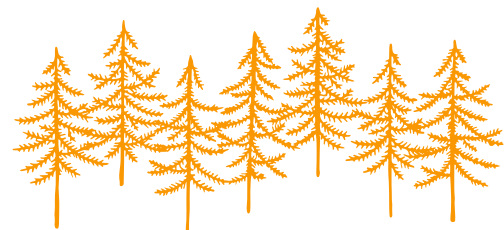
Green travel means car sharing (but at least more people traveling by the same car), bus, train.

If you are planning green travel, please let us know!

Please be aware if you do not have the receipt AND the tickets we CAN NOT reimburse your expenses!



Travel cost reimbursement will be done via bank transfer to your sending organization after having received all your travel documents.





Application Form deadline:

09/12/2023

<https://forms.gle/eA1a2fzPoEEYS>

YuBA

In case of questions,
please feel free to
contact us.

E-mail:
titanilla.garabas@elmenyakademia.hu

WhatsApp
0036202913326
Titanilla

Future
is
YOUTH



Essence
of outdoor
experiential
education



É L M É N Y A K A D É M I A



Erasmus+