



ASSOCIATION LOJTRA  
A SPACE FOR EXPLORATION

# Adventure education in youth work

EXPLORATIVE TRAINING COURSE

11. - 21. 6. 2024, PONOVIČE, SLOVENIA

[www.drustvolojtra.si](http://www.drustvolojtra.si)

#LOJTRA  
prostor za raziskovanje



Co-funded by  
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# General description and objectives



## “Adventure education...

...is a variety of teaching and learning activities and experiences usually involving close interaction with the outdoor natural setting and contain elements of real or perceived danger or risk in which the outcome, although uncertain, can be influenced by the actions of the participants and circumstances” (Aga Lešny, AE online workshop).

### aim

Modern youth and the area of youth work in general face many challenges (rising mental health issues, uncertainty about the future, peer pressure, ...). Creating spaces of meaningful connection has never been more important than now. With this training, we would like to invite you to explore the potential of adventure education in youth work.

The main aim of this explorative training will be to experience different forms of adventure and to search for lessons and meaning in them for you and your youth work practice. The training is in its third edition, after its pilot in the summer of 2022. It was also presented as a good practice in the international newsletter [SangSaeng](#) (from page 25).

### objectives

- Learn about adventure education through experiencing adventure education - the training itself will be a series of little and not-so-little adventures, also in and with nature.
- Deconstruct and harvest the elements of what adventure education consists of and gain an understanding of how to use them in one’s youth work practice.
- Explore the potential of this transformational process for young people, its tangible and intangible outcomes, and the impact of adventure education.
- Invite participants to co-create the content by sharing their experiences, methods, approaches, questions, and ideas that they use, or would like to use, in their YW practice.
- Present and explore possibilities of bringing regular youth work activities into nature.
- Explore what the role of a facilitator of adventure education is and how to embody it.





## experiential learning

“Tell me and I forget, teach me and I may remember, involve me and I learn” (unknown).

Learning through experience, trying things out, playfulness, and a participatory and holistic approach embedded in non-formal education will be our guiding principles.

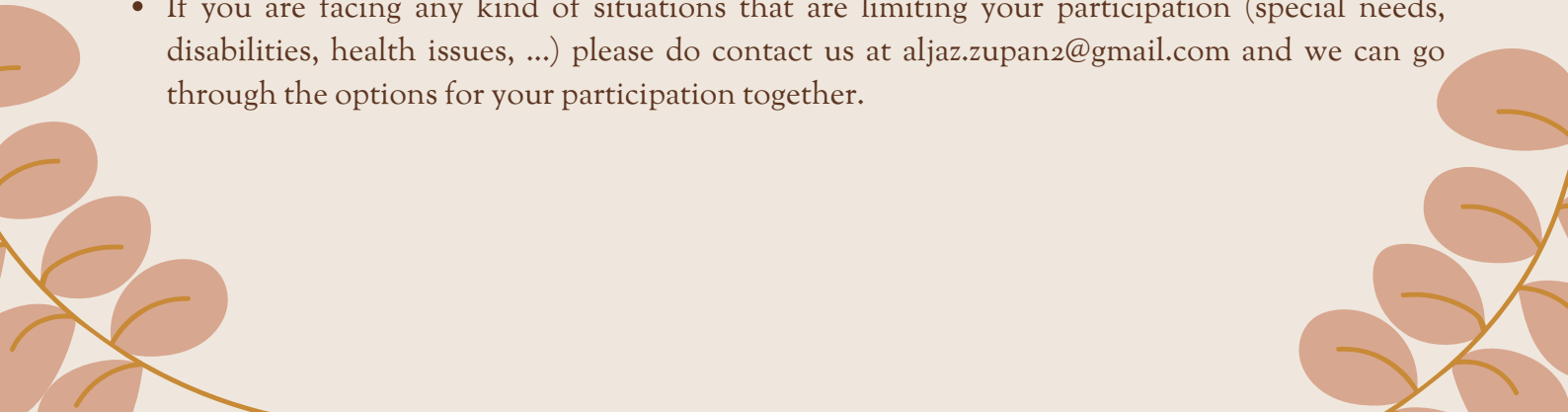
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## content

You will be invited to:

- Take advantage of the natural surroundings and do most of the activities outside and in the forest.
  - Attend a longer hike (2 days, minimum 5 hours walking per day) and sleep outside in another location for at least one night.
  - Co-create part of the schedule and present your approaches, methods, and activities.
  - Experience the low ropes methodology as one of the approaches to adventure education.
  - Take shorter and longer (intentional) hikes in nature, individually and in a group.
  - Share stories, music, and memories around the fire.
  - Experience simple breathing and meditation techniques to connect with oneself and the environment.
  - Learn how to create space for dealing with possible tensions in groups of youngsters when experiencing adventure education.
  - Take time to reflect on experiences and collective processes with the support of diverse methods.
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## target groups

- Youth workers, and youth leaders who would like to explore the potential of adventure elements in non-formal education and youth work.
  - Trainers and facilitators who would like to explore how to co-create an environment where participants and those leading the activities are willing to take risks and deal with uncertainty.
  - A conversational level of English is a requirement.
  - 18+.
  - If you are facing any kind of situations that are limiting your participation (special needs, disabilities, health issues, ...) please do contact us at [aljaz.zupan2@gmail.com](mailto:aljaz.zupan2@gmail.com) and we can go through the options for your participation together.
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## place of gathering



Training will take place near the geometrical center of Slovenia, on a hill close to the town of Litija, in the village of Ponoviče.

**Accommodation will be organized in tents (2 people per tent).**

In addition, this magical hilltop place offers:

- Spacious areas for working outdoors, surrounded by forests.
- 3 toilets and 3 showers.
- A large community kitchen.
- Teepee/wigwam.
- Lots of roofed spaces with shade and a large inside space for working (in a traditional Slovenian wooden structure called a toplar).
- Two cats that circle the surroundings and can be petted if you are a cat person. :)

## what to bring

- A smaller backpack, repellent, and sunscreen, a water bottle
- A towel
- We will go hiking in nature, so sneakers or hiking shoes are recommended
- Sleeping bag (we can also lend it to those who cannot bring it, mark it in the application)
- 70€ to contribute to the costs of the training course. You will use this money to pay for some of the food or accommodation when we travel around. (But we do not want this to be an exclusion to participation, so please do contact us and we can offer assistance if needed)
- Good vibes, openness, and a respectful attitude
- General information about your organization/work
- Medications, if you need them
- Comfortable clothes
- Warm clothes (evenings might still be a bit chilly) + rain jacket
- Personal hygiene accessories
- Board games, instruments, and anything else that will make you feel comfortable during your free time and will not disturb others





## activity dates and how to arrive



Arrival day: 11. 6. 2024.

Departure day: 21. 6. 2024.

Prior Zoom meeting with all participants: end of May (exact date to be determined).

How to arrive?

By train or bus to Ljubljana and then to Litija.

By plane to Brnik, Zagreb, Venice, or Trieste airport and then by Goopti to our location.

We will need your arrival plans confirmed by the 11th of May. Do not hesitate to contact us if you will need any help.

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## reimbursement

The project is financed by the Erasmus+ Youth program. Food (3 meals and 2 coffee breaks per day), accommodation, educational program, working materials, and extra trips will be covered.

*You are expected to have 70€ to contribute to the costs of the training course. You will use this money to pay for some of the food or accommodation when we travel around. But we do not want this to be an exclusion to participation, so please do contact us and we can offer assistance if needed.*

Regarding the Erasmus+ rules, we can cover the traveling costs up to:

10 – 99 km: 23€

99-500 km: 180€

500- 2000 km: 275€

\*The distance is calculated with the help of an EU distance band calculator. The distance is calculated from the headquarters of each partner organization to the venue.

If you are willing to travel using modes of transport that are "greener" (i.e., not flying at least 50% of your trip), please contact us and we will find some extra funds to cover that kind of travel, since the Erasmus+ program enables this possibility.

Reimbursement will be completed upon full attendance in the Erasmus+ activity and presentation of the original tickets with boarding passes and receipts/invoices. In case you would like to receive your travel funds in advance, please state this in the application form and we will do our best to make this possible. However, we will still need all the tickets, invoices, boarding passes, etc., from you.

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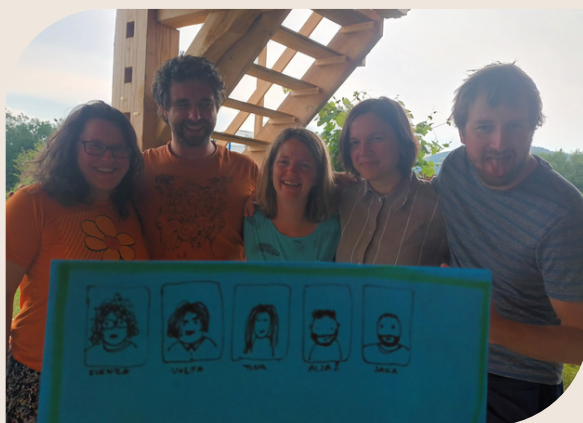
## insurance

Each participant is responsible for arranging their own health and travel insurance for their stay in Slovenia. We strongly recommend having travel and health insurance during the project dates to avoid trouble. It is inexpensive and worthwhile. The European Health Insurance Card is also an option.

# HOSTING TEAM

All of the trainers holding and co-creating the space on this training have participated in a very meaningful methodological training on adventure education in Ukraine. In addition, they are all skilled in various areas of non-formal education. We feel and we know from our own experience there is so much depth and potential in the adventure education approach for youth work. This training gives us a chance to pass this experience on and explore the field further with you!

trainers in the same order as on the photo



Alenka Oblak hosts change processes, supporting the creativity and participation of everybody involved to release the potential of co-creation. She feels at home in nature and likes moving around. She is an Art of Hosting practitioner and uses approaches that are based on embodiment, graphic facilitation, adventure education, non-violent communication, learning-in-nature, inclusion, and Systems Scribing.

Jaka Kovač is a trainer, facilitator, and youth worker, a leader of summer camps and youth exchanges, who is passionately exploring how to bring education and youth work into natural settings - the forest has been his playfield since childhood. He is a trainer in non-violent communication and a practitioner of the Art of Hosting; in his workshops, he enjoys creating a safe, yet stimulating space in which people can connect to themselves and each other.

Tina Trdin is a trainer, facilitator, and mentor of youths. She is actively exploring and creating educational activities in nature and reconnecting with the land. Her fields of activity include intercultural dialogue, outdoor learning, global citizenship education, and sustainable community development. She also enjoys picking and mixing herbs and co-creating music. Her secret plan is to influence organizations to move all their activities into the natural environment!

Olga Poddubnaya has worked in the NGO sector since 2002 and has experience in developing and coordinating local and international projects in the youth field. She currently works as a freelance facilitator of learning and has a special interest in the future of education and its various forms, outdoor education, female activism, and inclusive practices in youth work. Her fields of expertise include the facilitation of learning, different theories and approaches to learning, and the organization of educational processes.

Aljaž Zupan believes in the power of cooperation. He is passionate about hosting inclusive processes where all the stakeholders have space to feel seen and heard. He enjoys stepping on different learning journeys, especially with groups of young people. He is absolutely amazed by the beauty and greatness of nature and he loves spending time in it, for both personal and professional reasons.