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YOUTH CENTRE

Roots & Routes

Adventure and Outdoor Education

Training for Youth Work

Professionals – Fostering Nature

Connection 12.-18.10.2026

(including travel days)

@Metsäkartano Youth Center

in Rautavaara, Finland

About the Training course

Roots & Routes - Adventure and Outdoor Education Training for Youth Work Professionals – Fostering Nature Connection.

Roots & Routes is an international professional training programme grounded in adventure and outdoor education. The training focuses on strengthening participants' personal nature connection as a foundation for pedagogical work with young people. Through experiential learning, reflection, and nature-based methods, participants deepen their professional competences in outdoor education, well-being, inclusion, and sustainable youth work.



Our team



Tanja

Bachelor of social services Tanja Liimatainen has more than 25 years' experience of leading groups of different ages.

Love for nature has also led 20 years ago to adventure education, experiential learning and environmental education studies and during the past ten year also training subjects to youth workers and teachers.



Huck

Huck is a wilderness guide, rope work professional, world traveller, survival- and sustainable living expert, RHIB-, canoe & kayak trainer, hitchhiker, and experienced with solos & vision quests.

Huck lives in a yurt and carries a deep passion for nature connection mentoring, survival, sufficiency and peace on all levels, and is always happy to find (and cause) smiles and question marks.

Huck is a changemaker by heart, exploring possible routes while staying rooted on the common ground.





WELCOME TO METSÄKARTANO YOUTH CENTER!

We are happy to invite you to Rautavaara, Eastern Finland. Municipality of Rautavaara is a little place surrounded by lakes, forests and swamps. We are going to stay in Metsäkartano Youth Centre and Nature Holiday Resort, located next to a National Park.

Here is a YouTube video about the place:

https://www.youtube.com/watch?v=4sv_PDIdVWc

Read more about Metsäkartano Youth Center:

<https://www.metsakartano.com/en>



Metsäkartano Youth Center is holding an Erasmus+ accreditation and an annual budget for Erasmus+ activities and therefore we already have the funding for this activity.

Metsäkartano host also European Solidarity Corps volunteers, long-term and team-volunteers. During the training there will also be hosted our annual volunteering project called Poke the Globe. In addition to international youth work, we are famous for our camp schools, social youth work groups, family work and event management.

PROGRAMME

Day 1 – Personal Nature Connection and Group Formation

- Me and My Nature - Participants explore their personal relationship with nature and build group connection through reflection and outdoor activities.
- Theoretical Foundations - Introduction to key concepts of nature connection, outdoor education, and experiential learning in youth work.
- Reflection - Guided individual and group reflection to deepen learning and strengthen group cohesion.

Day 2 – Experiential Learning and Adventure Pedagogy

- Practical Skills - Participants practice essential outdoor facilitation, safety awareness, and adventure education skills.
- Elements of Adventure Education - Exploration of challenge, perceived risk, comfort zones, group dynamics, and reflection in learning processes.

Day 3 – Well-being: Nature and Humans

- Outdoor Experiencing Day - A full immersive outdoor day focusing on wellbeing, ecological interdependence, and responsible interaction with nature.
- Evening Reflection - Structured reflection linking personal nature experiences to professional youth work practice.

Day 4 – Inclusion: Inclusive and Empowering Outdoor Youth Work

- Empowerment in Outdoor Context - Exploration of how outdoor education can strengthen young people's agency, participation, and self-confidence.
- Planning Inclusive Outdoor Practices - Designing accessible and meaningful outdoor activities for diverse youth groups.
- Reflection - Reflection on inclusion, empowerment, and the professional role of youth workers in outdoor settings.

Day 5 – Integration: From Personal Experience to Professional Practice

- Group Reflection - Participants reflect on their overall learning journey and share key insights.
- Action Planning - Development of concrete plans for applying outdoor and adventure education methods in participants' own contexts.
- Closing Evening - Informal celebration of learning and strengthening of professional networks.

Meal times

Meals are served at the Metsäkartano main building as follows:

- breakfast from 08:00 to 9:30
- lunch at 13:00
- dinner at 18:00
- evening snack is self-served

There are always various food options available, and dietary restrictions and allergies are taken into account. **Please make sure to inform us about them!**



PARTICIPATION IS FREE OF CHARGE – Accommodation, meals, travel covered

Participating the the training course is free and all essential costs are covered by Erasmus+ grant*.

*Breakfast, lunch and dinner will be provided to all participants and leaders by Metsäkartano restaurant. Accommodation is organised in shared rooms in The Lumberjacks' Lodge – Metsäkämpä. For travel costs there is a fixed grant which is possible maximum. Travel insurance participants have to organise by themselves.

About the accommodation:

During this training course, the participants will be staying in shared rooms in our Wilderness Hotel Sirnikka.

The accommodation building Sirnikka, located in the courtyard area, offers a total of 17 cozy rooms. Each room has its own toilet and shower. In the building there is also a common meeting room which can be used in the evenings and in our programme. Lobby for a hangout area and little kitchenette also exists.

Sauna

The sauna will be prepared for the group during the training course.



Green Travel

When selecting participants for this training course, priority is given to those travelling according to the green travel principle.

This means that the main part of the journey, or at least one direction of a return trip, is made using low-emission transport such as train, bus, or car-pooling. Ferry or ship travel may be included when the primary mode is low-emission. **The aim is to reduce travel-related emissions and minimise flying whenever possible.**

If the whole journey is made using low-emission transport, participants could be able to receive travel allowance for few extra days if needed to stay in a cheap hostel on the way, etc. Ask more from the coordinator if needed.

Otherwise the maximum amounts that EU can cover for the travel costs, are listed here below:



www.greenerasmus.org/

Travel budget:

All participants will get a grant to cover most of the travel costs (as following the EU rules). (check the distance: <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>)

10–99 km 28 € - **Green 56 €**
100–499 km 211 € - **Green: 285 €**
500–1 999 km 309 € - **Green: 417 €**
2 000–2 999 km 395 € - **Green: 535 €**
3 000–3 999 km 580 € - **Green: 785 €**

Please note that the travel budget must also cover domestic train and bus trips within Finland. Train fares can become quite high (from 15 € to 80 €), so we recommend purchasing tickets as soon as possible. The bus transfer from Kuopio to Metsäkartano in a shared transport costs approximately 50 € per person for a round trip.

It is possible to include participants with fewer opportunities and extra support and finances can be organised if needed. If more staff resources or financial resources are needed, support must be requested before confirming the participation.

TRAVELING TO FINLAND AND METSÄKARTANO

All the participants **MEET IN KUOPIO RAILWAY/BUS STATION on 12th of October at 22:30.**

You must arrive by the same agreed time to Kuopio, as Metsäkartano Youth Center has organised a charter bus to pick up and bring everyone to the youth center. There is no public transportation to arrive to the youth center.

IMPORTANT

The travel arrangements need to be made by the participants ACCORDING TO THE INSTRUCTIONS until Kuopio train station.

HOW TO GET TO THE VENUE?

- If traveling green: You can either come to Kuopio by train or bus. All bus routes and ticket sale in Finland <https://www.matkahuolto.fi/en>, there is a direct bus from Warsaw.
- If traveling by land from Central Europe, also a train to Stockholm and then ferry to Turku is a good option.
- If flying to Helsinki, then there is a train from the airport to Kuopio. All trains in Finland are listed on the same website: **www.vr.fi/en**



Domestic flights are never covered by our project funds.

IMPORTANT TO READ BEFORE BUYING THE TICKETS:



- Please make sure you reach Kuopio no later than 12th of October before 23:30.
- Return train from Kuopio to Helsinki: choose the train which leaves from Kuopio earliest at 7:28. This means, you will be at the airport in Helsinki around 13:00. This means, you should buy your return flight not earlier than 15:00.

Before buying the tickets, send your chosen travel options including travel times and ticket prices to international@metsakartano.com and wait for approval.

Participants traveling internationally need to take care of their own travel documents (ID/Passport) and a travel insurance.

All international participants who are resident of EU should also carry with them the EHIC card (European Health Insurance Card, free for all EU citizens).

WHAT TO BRING

October in Metsäkartano is beautiful but can be cold. Inside our houses it is warm, but outside you can never know what the weather is like. Normally in October the temperature is between 0-10 Celsius. Take care what to pack, we made a list to help with packing:

- Outdoor clothes: wind/rainproof jacket, scarf, hat, gloves, outdoor shoes
- Indoor sport clothes (for climbing, sports, etc.)
- Swimming suit for sauna and swimming, slippers for sauna
- Personal things: hygiene, medication (no shop anywhere nearby)
- European Health Insurance Card
- Additional insurance as needed, do not buy extra insurances for individual flights/train tickets/bus tickets, but travel insurance for a whole journey is encouraged
- Indoor shoes or warm socks (we do not use shoes indoors)
- Water bottle, we drink tap water everywhere in Finland
- Day bag for outdoor adventures as we will spend a lot of time in the nature

No need to bring bed linen, towels or hair dryer. Metsäkartano will provide those.

Please do not pack perfumes, Metsäkartano is a perfume free area and has a green key certificate to guarantee all of its users and staff members a perfume free environment!

MORE ABOUT THE VENUE

Youth center Metsäkartano is located on the side of Tiilikajärvi national park in Rautavaara municipality. The youth center is located 25 kilometers from the closest village - center of Rautavaara, and it is completely surrounded by a lake and the forests.

Metsäkartano's work is supported by the Finnish Ministry of Education and Culture and Metsäkartano is specialized in activities using the nature around with non-formal learning methods, international youth work, outdoor and adventure education activities and social youth work. Metsäkartano is one of the eight national youth centers with the status of a national outdoor education youth center. Metsäkartano's work is guided and supported by the Youth Act. Read more about the Finnish Outdoor Youth Centers snk.fi.

Follow Metsäkartano in English in Instagram @metsakartanointernational

Metsäkartano Youth Center

Address: Metsäkartanontie 700, Rautavaara

Website: <https://www.metsakartano.com/>

Instagram, Facebook, LinkedIn /@Metsakartano

Email: international@metsakartano.com



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