

TRAINING COURSE



ENHANCING YOUTH WORKERS' CAPACITY TO ORGANISE OUTDOOR ACTIVITIES TRAINING COURSE

Vanue: Göstling an der Ybbs / Hochkar, Austria

Date : 17-26 July 2025



Erasmus+

TUGVA



ABOUT THE PROJECT

"Enhancing Youth Workers' Capacity to Organise Outdoor Activities" is a 8 day (+2 travel days) Erasmus+ KA153 training course designed to equip 36 youth workers with the practical and pedagogical tools they need to run safe, inclusive, and sustainable outdoor education programmes.

Taking place from 17–26 July 2025 in the stunning alpine landscape of **Göstling an der Ybbs / Hochkar, Austria**, this project combines hands-on wilderness training with non-formal learning methods to build competence, confidence, and cooperation among youth workers.

Participants will:

- Master map & compass navigation, GPS use and digital tracking tools
- Learn and apply outdoor risk management, first aid and emergency planning
- Explore rock and rafting safety, equipment inspection and PPE use
- Integrate “Leave No Trace” principles for eco-friendly program design
- Gain inclusive facilitation tools and team-building strategies adaptable to various youth contexts

Outdoor education is more than just being in nature. It's about learning through nature. This project embraces experiential learning methods that develop critical thinking, leadership, adaptability and emotional resilience. In real-life scenarios like night navigation, weather-based route adjustments or team-led mini-expeditions, youth workers step out of their comfort zones to develop real-world skills.

By combining adventure-based learning with Erasmus+ youth priorities—like inclusion, sustainability and digital transformation—this training empowers youth workers to foster stronger, safer and greener communities through outdoor education.





METHODS TO BE USED IN THE PROJECT

EXPERIENTIAL LEARNING

Participants learn through real-life outdoor activities such as navigation, risk planning, rafting, climbing and emergency response. This method supports the development of confidence and competence.

SCENARIO-BASED LEARNING

Realistic scenario simulations (such as missing person searches, injury response and challenging weather conditions) help participants improve their decision-making and risk assessment skills.

LEARNING WITH DIGITAL TOOLS

Participants use tools like GPS, digital maps, satellite devices and e-Youthpass to develop digital competences and enhance outdoor safety skills.

REFLECTIVE LEARNING

Daily evaluation sessions, personal self-assessment tools and digital journals help participants reflect on their learning process and monitor their personal development.





LEARNING OUTCOMES OF THE PROJECT



01

OUTDOOR SKILLS

Participants will acquire and apply core outdoor competencies such as map reading, compass use, GPS navigation, route planning and personal protective equipment (PPE) inspection.

02

RISK MANAGEMENT AND SAFETY AWARENESS

Youth workers will develop the ability to identify and assess risks in outdoor environments, take preventive measures, respond to emergencies and apply basic first aid techniques.

03

INCLUSIVE ACTIVITY DESIGN

Participants will improve their capacity to plan nature-based activities that are accessible, inclusive and responsive to the diverse needs of young people with different abilities and backgrounds.

04

LEADERSHIP AND GROUP MANAGEMENT

Through field-based tasks, participants will strengthen their leadership skills, decision-making abilities and group coordination competences.

05

ENVIRONMENTAL AWARENESS AND SUSTAINABILITY

Participants will deepen their understanding of environmental responsibility by applying “Leave No Trace” principles and designing eco-friendly outdoor programmes.

06

DIGITAL COMPETENCE

Participants will enhance their ability to use digital tools safely and effectively in outdoor contexts, including GPS devices, weather apps, satellite communication tools and digital Youthpass.



PARTICIPANTS PROFILE

Youth Workers and Leaders: The project is open to active youth workers, group leaders, mentors and trainers who work directly with young people, either on a professional or voluntary basis.

Interest in Outdoor Education: Participants should have a genuine interest in nature-based learning, outdoor activities and experiential education. Prior experience is welcome but not mandatory.

Willingness to Learn and Contribute: Participants are expected to actively engage in the training, be open to new learning experiences and collaborate within an international team. They should also be motivated to share and implement what they learn in their local communities and organisations.

English Communication Skills: A working level of English is recommended to ensure effective communication, participation in group tasks and meaningful intercultural exchange.

Minimum Age Requirement: Participants must be at least 18 years old, in line with Erasmus+ guidelines. There is no upper age limit, but active involvement in youth work is required.

Physical Readiness: Participants should be in suitable physical condition to take part in outdoor activities such as hiking, camping and climbing. Serious medical conditions that may limit participation should be communicated in advance.



TIMETABLE

DAY 1

Arrival Day, welcome, accommodation check-in, informal get-together

DAY 2

Course Introduction, Ice-breakers, Navigation Basics, Route Card, Risk Matrix

DAY 3

Micro-Navigation Hike, GPS Track, Night Orienteering

DAY 4

Rock Safety Training, Knots & Anchors, PPE Inspection, Leave No Trace Workshop

DAY 5

Full-Day Rafting Activity



DAY 6

Scenario-Based Risk Management, Digital Tools (Weather, OSM, PLB)

DAY 7

Wilderness First Aid, Improvised Rescue, Night Search Simulation

DAY 8

Participant-Led Expedition, Field Leadership, Youthpass Self-Assessment

DAY 9

Reflection, Visibility Activities (drone, social media), Certificates, Closing

DAY 10

Departure Day



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PARTICIPATION COSTS

This project includes a unique opportunity to experience full-day outdoor activities in the heart of the Austrian Alps, such as rafting, climbing and high-altitude navigation. These experiences are mandatory, and highly recommended as they are an integral part of the learning process and group bonding.

While the Erasmus+ budget fully covers accommodation, food, local transport, training, and facilitation, it does not cover external service costs related to certain outdoor activities. Therefore:

- The full-day rafting experience has an approximate cost of €100
- Equipment rental (e.g. harnesses, helmets, GPS units) may cost around €20
- Other potential small costs may include local access fees or activity insurance

We kindly ask you to contribute only €100 for these activities. Any additional costs beyond this amount will be covered by the project budget. These costs will be paid directly by participants to service providers, not to the project organisers. This is not a participant fee, but a contribution to optional outdoor adventures that are difficult to experience again in such a unique Alpine setting. We believe this is a once-in-a-lifetime opportunity to try activities many of us may never have access to again — and we want to live this unforgettable adventure together as a team.

TRAVEL REIMBURSEMENT

Travel costs will be reimbursed based on real expenses, provided they do not exceed the maximum lump sums determined by the European Commission using the EU Distance Calculator. Reimbursement will be made in Euro (€), and only for justified and documented costs (e.g. tickets, invoices, boarding passes).

The maximum eligible travel reimbursement amounts per participant are as follows:

Travel Distance	Standard Travel
10 – 99 km	€28
100 – 499 km	€211
500 – 1999 km	€309
2090 – 2999 km	€395

- ◆ Local transportation costs (e.g. bus/train from airport to venue) will be included in the total travel cost.
- ◆ If your total travel expenses exceed the maximum amounts, the difference must be covered by the participant or their sending organisation.



WHAT TO BRING

01

CLOTHING & OUTDOOR GEAR

- Waterproof jacket and pants (essential for mountain weather)
- Comfortable hiking shoes or boots (already broken-in)
- Warm layers (fleece, thermal underwear, hoodie, etc.)
- Lightweight clothes for sunny days
- Hat, gloves, and scarf (yes, even in July – it gets cold at Hochkar)
- Sunglasses and sunscreen
- A reusable water bottle (min. 1L)
- Headlamp or flashlight (with extra batteries)
- Swimwear and towel (for rafting or water activities)

3

OPTIONAL BUT RECOMMENDED

- Trekking poles
- Notebook and pen
- National snacks or cultural items for the intercultural evening
- A small first-aid kit

02

PERSONAL ITEMS

- Personal hygiene products (toothbrush, soap, etc.)
- Any personal medication you may need
- European Health Insurance Card (or private insurance documents)
- Passport or national ID
- Power adapter (Austria uses type F sockets)

02

PERSONAL ITEMS

- Documents
- Travel tickets and boarding passes
- Invoices for travel expenses (for reimbursement)
- Youthpass details (will be prepared during the training)



ACCOMODATION & VENUE

Vanue

JUFA Hotel Hochkar

Lassing 49, 3345 Göstling an der Ybbs, Avusturya

Accomodation

This training course is co-funded by the Erasmus+ programme of the European Union. Therefore, most of the costs will be covered by the organisers.

Board, lodging, travel, and programme costs will be covered upon full participation in the course.

You will be provided with:

- Accommodation in rooms of 4 people
- Three meals per day + snacks
- Towels

On the arrival day, dinner will be the first meal served. On the departure day, breakfast will be the last meal.

After the selection of participants, we will provide all the necessary information and options on how to reach the venue by regional transportation.





THE TEAM



TRAINER
KAREL STERCKX



TRAINER
ALI TELLİ



COORDINATOR
ÖMER FARUK SEVER



FACILITATOR
HALİL İBRAHİM BEKTAŞ



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APPLICATION DEADLINE : ALL PARTICIPANTS MUST BE IDENTIFIED BY **JUNE 20, 2025**. PARTNERS ARE RESPONSIBLE FOR FINDING SUITABLE PARTICIPANTS FOR THE PROJECT. EACH PARTNER MUST PAY ATTENTION TO GENDER DISTRIBUTION. COMMUNICATION WILL BE CONDUCTED VIA THE MAIL GROUP UNTIL JUNE 21.

FOR FURTHER QUESTIONS DON'T HESITATE TO CONTACT US.

SEE YOU SOON!

E-MAIL : OMERSEVER@TUGVA.ORG



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