## Outdoor as a means.

**For whom is this interesting ?**

This 4-day course is designed for anyone who wants to learn bets than for just outdooraktivitys, wider recreational and leisure use.

To:

● Instructors/assistants of climb parks/outdoorcentra.

● People who work within the framework of appropriate education.

● Work with specific target groups (addiction problems/assesment routes)

Outdoor activities are a very good form of to with different aspects of behavior to work.

During this course the participant knowledge with various options to outdooraktivitys as a means to bet.

As a supporting medium can be a positive contribution to behavioural problems, participants learn boundaries to explore, to experiment with social skills and success experiences.

This may be combined with social skills training, anxiety reduction training and help with aggression regulation.

For these specific target groups should have sufficient escorts (sport) technical skills to be able to accompany this training. Many outdoor activities questions ask additional security measures and sufficient knowledge of the escorts on the possible risks. In addition, supervisors/instructors are in possession of sufficient skills in the area of organization and instruction and obviously they are able social adult educational processes to guide and therapeutic interventions. Properties as humor, creativity, clarity and can work together are indispensable.

**Discusses where the medium for can be used, e.g.:**

-          Various forms of behavioural problems.

-          Outdoor as part of assessment-what.

-          Leadership training.

-          Team coaching/group dynamics.

**In the theoretical part will be to:**

-          How can competency based outdooraktivitys be used?

-          The importance of experiencing learning.

-          Brief explanation about risks, pitfalls and benefits of outdoor and behavior problems.

-          Outdoor as a metaphor for reality.

-          Explanation of when to use which activity.

-          Observation and registration methods.

**Reader with articles on:**

-          Observation/registration methods/resources

-          Background information on various behavior problems

-          Outdoor as a means

-          Experiencing learning.

**Practice area.**

-          Observe, record and evaluate targeted during various activities.

-          Preparing, organizing and hosting activity t.b.v. a chosen specific target group and according to case.

**End of the right evaluation of:**

-          Use of various observation methods-possibilities.

-          Deployment of the medium within own field of work.

**Term of the day:**

-          5/7 days max. 8 hours.

-          Possibly in consultation 1 day max. 5 hours.