



Info Pack

General idea

With this training course we want to give **chance for 24 youth workers, educators and youth leaders that work with young people on the daily basis to experience the power of learning in/from the nature and outdoor approach for the personal and social development and motivate them to use it more often in work with young people.**

Although there are few initiatives appearing that promote being in the wilderness (mostly related to adventure education), using this as a conscious educational approach is still very under-developed, particularly in the youth field. This is due to the fact that educators themselves are often not aware about the power of the approach and are not confident or lacking skills to use this in a daily work with young people.

This training course will be strongly based on so called *Experiential Learning* approach for personal and professional development, with elements of experiencing different activities in the nature and outdoors and the added value given by observing and understanding the nature, challenging participants in the exploration of the natural environment as well as their inner personal and professional dimension. At the second half of the training participants will be expected to create own non-formal learning activities in/through the nature that could later on be implemented with young people.

The objectives of the training course are:

1. Exploring and building common understanding on the power of outdoor experiential learning (OEL) as an effective way for youth work
2. Providing a space for youth workers to participate in OEL activities in nature and thus allowing to experience the power of such learning and thus motivate them to use this approach for their daily youth-work
3. Equipping participants with knowledge on how to design and implement good quality OEL for young people and giving them the chance to develop skills on facilitating such activities
4. To develop and implement concrete follow-up activities in each participating country

There are countless researches on the power of nature to reduce stress, improve the mood, increase creativity and promote general human well-being. Nature can be easily available for everyone, so, we should do more activities outdoors and use it more effectively in youth work!

Participants

Due to unique character of the project, it is essential for us that partner organisations select [EXPERIENCED](#) members of the organisation – people that work with young people for some time and have reflections about it.

Depending on the partner organization, the participants would include youth workers and leaders, extra-curricula activity providers, potential peer-to-peer educators, active members from your organizations that wish to further develop their Emotional Intelligence competencies and be more actively involved in using NFL activities that involve learning in/from nature and outdoors.

The participants should be:

- Involved in working with young people since at least 6 months on the regular basis (voluntarily or paid)
- Ready to actively participate in the whole project (preparation, training course and follow-up) – not just the training days
- Open to challenge themselves and explore deeper new approach for them - OEL in order to apply it with young people
- Ready to organize at least 1 follow-up activity using the experience from this training (individually or together with another person from the same country) within 2 months after the training
- Ready to implement 1 activity for publicity to share results from the training (article, mini-workshop with colleagues, etc.)
- Fluent in communication in English

Participating Countries	Number of Participants
Slovenia	3+2 staff
Latvia	3+2 trainers
Italy	4
Poland	3
Croatia	3
Czech Rep.	3
Spain	3
Greece	3
Total	29

WORKING LANGUAGE: English

Travel costs and Reimbursement

The training course will be implemented in the framework of EU “ERASMUS+” programme (Mobility of Youth Workers, Key Action 1). The accommodation and food will be covered fully. Travel expenses will be reimbursed at flat rates depending on the [calculated travel distance](#). Please consult with us before buying any tickets and we will assist you in finding the best options.

Country of Origin	Maximum reimbursement (€ per person)
Latvia	275
Italy (Brescia)	180
Italy (Reggio Calabria)	275
Poland	275
Croatia	180
Czech Rep.	180
Spain	275
Greece	275

Included in the travel is also the transportation between Slovenj Gradec and the venue in Lešnik. This will be organized by us but an estimated cost of **10€ will be subtracted** from the maximum reimbursement to cover this.

The Venue

The venue we chose for this project is an Eco farm near the Slovenj Gradec, located about 800 meters above the sea level in the beautiful and breathtaking National Park, Pohorje. From the capital of Slovenia – Ljubljana the distance to the venue is 125 km.

<https://www.facebook.com/Ekolo%C5%A1ko-turisti%C4%8Dna-kmetija-Le%C5%A1nik-1571954619751129/>

Please take under the consideration:

- There are two houses on the venue with several rooms. Each room can accommodate 3- 4 participants. There is also old barn where is possible to sleep. Bathrooms are inside the two houses and outside on the courtyard.
- The whole camp has bathrooms and shower cabins to be shared; - Place is quiet and safe;
- Three meals a day and two-break/snack time will include diverse food for both – vegetarians and meat-eaters.
- There is a Wi-Fi but Internet is low-speed



REMEMBER!

The project only host you with accommodation between the project dates (from 8th to 16th of July). Those arriving earlier and/ or leaving later above-mentioned dates, will cover their accommodation expenses on their own.

SPECIAL NEEDS

If you have special needs such as vegetarian food, food allergies, food intolerance, etc., we would like you to formulate these in details to mitja.javornik@slovenjgradec.si. We will do our best to arrange all things with the venue.

Meals are prepared by experienced cooks using products from fresh ingredients from local farms. Meals can be tailored to suit any dietary requirement.

Hiking and Camping

Our program includes two-day hiking and camping in Pohorje National Park on the tourist trails. Those of you who want to have more information on the surroundings, can check this link: <http://www.koroska.si/en/>



Hiking and Outdoor elements

Our programme includes many activities outdoors – in the nature and one-night hike in the wilderness. There is no deadly wildlife in this part of Slovenia, only some annoying mosquitos and ticks which can transmit [Encephalitis](#) and [Lyme disease](#) which can be best prevented by tick repellent sprays tightly tucked trouser legs and sleeves and close body inspection by your peers after the hike.

Hiking equipment that the participants will be expected to bring:

- Flash light
- comfortable shoes for hiking
- anti mosquito and tick fluid
- personal medications you might need and anti-allergy drugs
- rain coat
- backpack, not too big
- warmer clothes for hike

What else to bring:

- First of all - bring yourself with all your best talents and ideas to share
- National snacks to complement our plain standard coffee breaks
- Initiatives how to spend the free time together or even complement the agenda
- We strongly recommend to obtain a standard travel health Insurance (for non-EU residents) or [European Health Insurance Card](#) (for EU/EFTA/Swiss residents, free of charge).

Average weather in June:

- Day temperature: +20 – 25 °C
- Night temperature: +14 - 18 °C
- Rainy days: 2 during our TC (let's hope ☺)

Please check the weather before you leave but be prepared for everything.

Coordinating organization

MKC Slovenj Gradec has a long history of working on youth projects on local and international level, aiming to promote intercultural dialogue, social cohesion and inclusion of young people with fewer opportunities. Many of these projects have included various forms of cultural expressions (art, dance, music, sport) as a means of reaching young people. Every summer we participate in a local

events for children where we organize workshops with the children on for example percussions, traditional and contemporary dance, calligraphy and various arts and crafts. We also use sport and music in several of our international training courses which we organize throughout the year.

One of the main missions of our organization is to encourage development of civil society.

Main activities:

- development and implementation of local, regional and international programs (delivering seminars, trainings, workshops, exchanges, round tables, conferences, public hearings, thematic meetings) aimed at development of civil society;
- information and educational activities in the field of European integration and implementation of European values in the global European society;
- promotion of culture, spirituality, civil and non-formal education, volunteering;
- preservation of cultural heritage, historical and cultural environment;

- preservation of the environment;
- prevention of negative phenomena among youth and promotion of healthy lifestyles;
- support of the development of independent mass media (music studio, digital media)

There are 10-15 volunteers involved in MKC's activities.

In the last 10 years we could collect a lot of experiences with youth work, trainings and the Erasmus+ initiative. We have created a lot of projects by ourselves but also joined projects from cooperation partners.

Members of the team



Ieva Grundsteine, Trainer (Latvia)

Ieva is involved in youth work since 2001 and an active international trainer since 2008. She has conducted more than 120 different trainings and cares a lot about such topics as promoting positive changes in the communities – more respect for diversity, inclusion, gender equality, respect for Human Rights, healthy life-style, being connected with oneself, etc. Also outdoor approach is one of her favourites. More info: <https://www.salto-youth.net/tools/toy/ieva-grundsteine.1858>



Maroš Brodanský, trainer (Slovakia)

Gained master diploma in Transcultural European Outdoor Studies and bachelour diploma from Outdoor Activities Leadership. His passion to nature and adventure keeps going from his childhood in scouts movement, where he is an active leader till nowadays. Maros is ski-instructor in the winter, but uses his skills to run adventure programs and educational seminars during the warmer periods.

Contact: marosbrodanský@gmail.com



Mitja Javornik, Project Coordinator (Slovenia).

Mitja is involved in youth work since 2008. He is an employee of MKC Slovenj Gradec and active trainer since 2012. He is very much into sport especially outdoor like mountaineering, skiing and mountainbiking.

How to apply?

All you need is to be INTERESTED, MOTIVATED and meet ALL our participant's criteria. Please apply by filling in the online application form:

https://docs.google.com/forms/d/e/1FAIpQLSfS5krJ5rqUYl1BfT0ycAhn3xbsE2ookw6j_PM7bfU3y8XOg/viewform?usp=sf_link

to be submitted no later than **Friday, 15th of February 2019**. The form is quite long and will take time, so, please don't leave it for the last minute. We will be expecting the applications.

For questions, please contact: Mitja Javornik: mitja.javornik@slovenjgradec.si (international travel, financial support).

Looking forward to see you in Slovenia!!

Preliminary programme

Time / day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	
8.30 - 9.15	Arrivals and whoever travelling together - getting to know each other on the way :)	Breakfast								
9.30 - 11.30		Intro Getting-to-know each other Ice-breaking	Continuation of group building activities - creating through Challenge	Risk and safety measures in OEL and Intro to Night Hike framework	Returning from Night Hike in the Nature	Free morning (to regain energy) or	Continuation of working in groups – preparing the activities	Summing up of practical phase – lessons learnt and how to apply it OEL "my reality" with "my youngsters" sharing ideas and tips	Final individual reflections on outcomes from the training and closing ritual of "saying goodbye to nature" Farewell and departure	
11.30 - 12.00		Coffee break								
12.00 - 13.30		Introduction to programme, approach, objectives and exploring participants motivation and learning needs (Youthpass)	The Basic Concepts and Theories on Outdoor Experiential Learning and connecting it to needs of young people	Division in groups and preparing for Night Hike	Having a rest	Self-directed learning session exploring the remaining questions about OEL approach	Implementation of NFL activities involving OEL elements prepared by participants	Reflection: Me as a youth worker applying OEL as an approach Erasmus+ opportunities		
13.30-15.30		Lunch								
15.30-17.00	Group building activities - creating trustful learning group	Importance of different senses in OEL and different types of learning Experiential learning	Preparations for Night Hike	Reflection on the experience in smaller groups - personal and group experience	Theory input on designing and planning good quality OEL activities based on needs of learners Intro to Lab phase and division in groups and start of preparations	Implementation of NFL activities involving OEL elements prepared by participants	Follow-up activity planning in national groups Reflection on learning outcomes of the training and Youthpass			
17.00 - 17.30	Coffee break									
17.30 - 19.00	Getting to know each other	Group building activities - creating trustful learning group	Sharing the experiences, feelings, thoughts	Preparations for Night Hike	Sharing of Experience Summing up - why is OEL so Powerful?!	Working in smaller teams – designing NFL activities involving OEL	Implementation of NFL activities involving OEL elements prepared by participants	Summing up Evaluation Closing		
19.00-19.30	Time for reflection in group									
20.00	Dinner									
After 21.00	Welcome Dinner	Story evening - own adventures in nature	Self-organized time	Night Hike in Nature – EXPERIENCE	Firw-place evening	Continuation of working in groups	Initiative evening	Farewell dinner and evening		