



Co-funded by  
the European Union

**PROFESSIONAL TRAINING COURSE**

# Outdoor Education for Wellbeing, Environment and Inclusion



**18 - 25 AUGUST 2023 : VIENNA, AUSTRIA**



# PARTNER ORGANIZATIONS



**Latvia**

**Ecological Future Education**



**Austria**

**EMOTiC for Training and Consulting**



**Greece**

**Active Green Solution**



**Croatia**

**Culture Clash Croatia**



**N. Macedonia**  
**CET PLATFORM**



**INNOWATORIUM**  
FUNDACJA WSPIERANIA EDUKACJI I ROZWOJU

**Poland**

**Innowatorium Foundation**



**Romania**

**Asociația Kasta Morrely**

# ABOUT THE PROJECT

*Europe is facing several recent challenges that impact social, personal, and professional lives, such as increased social exclusion due to heightened political tensions, exacerbated health issues due to the COVID-19 pandemic, and deteriorating economic conditions due to inflation and environmental degradation. These challenges have significantly affected the mental health and social inclusion of young people and youth workers. But who should receive care first?*

*We believe that youth workers should be equipped with the necessary tools and support first, to prepare them for working with young people. Otherwise, providing care without adequate competencies may have negative consequences. Our solution-focused intervention addresses pressing issues, emphasizing social and human wellbeing. This will be achieved through Experiential Outdoor Education (EOE), where youth workers will learn how to organize outdoor nature-based activities to enhance youth inclusion and wellbeing. Several studies also showcase how EOE in the form of experiential activities is a powerful tool for addressing wellbeing and inclusion issues, while raising awareness about the environment. EOE uses experiential outdoor challenges to boost personal growth and group development through authentic experiences, interaction with the group, and selfexploration. The significance of EOE has increased due to the pandemic, which has led to high levels of stress, anxiety, and over-digitalization and even accelerating the rates of digital gaming disorder among youth. Numerous studies have proven EOE's effectiveness in reducing stress, increasing motivation, mobilizing for the environment, and improving mental hygiene. EOE also embodies important values for youth work, such as sustainable living, respectful coexistence with nature, humble attitude, and a willingness to step out of one's comfort zone.*

# OBJECTIVES

1. reintroduce experiential outdoor education in a way that caters more for the safety and wellbeing of the participants;
2. explore experiential outdoor method in a way that does not exclude people who can not stand heavy physical pressure.
3. be able to use outdoor methods it in a proper and adequate way that matches the conditions of participants;
4. be able to make use of easily accessible outdoor places such as public yards, community gardens, and national parks;
5. allow everyone to experience outdoor education without physically demanding requirements;
6. enhance youth work practices to tackle various complex social issues (climate change, mental health, and exclusion).



# PROVISIONAL TRAINING COURSE PROGRAM

	Arrival	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	Leaving
Date Time	18 Aug	19 Aug	20 Aug	21 Aug	22 Aug	23 Aug	24 Aug	25 Aug
10:00 11:30	<b>Arrival to the venue</b>	<b>Welcoming and teambuilding</b>	<b>Youth work challenges with young people</b>	<b>Design of Outdoor Educational Programs</b>	<b>Nature Excursion</b>	<b>Nature Reconnection</b>	<b>Outdoor Education Piloting</b>	<b>Departure from the venue</b>
12:00 13:00		<b>Introduction to the Training and Program</b>	<b>Role of youth work in tackling youth issues</b>	<b>Activities of Outdoor Education (Communication and Team)</b>	<b>Nature Excursion</b>	<b>Nature Reconnection</b>	<b>Outdoor Education Piloting</b>	
15:00 16:30		<b>Youthpass &amp; Reflections</b>	<b>Principles of Outdoor Education</b>	<b>Activities of Outdoor Education (Self-development &amp; Inclusion)</b>	<b>Activities of Outdoor Education (Wellbeing and Health)</b>	<b>Outdoor Education in Practice</b>	<b>Transfer to local Youth Work and Followups</b>	
17:00 18:15		<b>Country Realities</b>	<b>Theories and Methods of Outdoor Education</b>	<b>Mid-Term Evaluation</b>	<b>Open space for new ideas</b>	<b>Outdoor Education Hackathon</b>	<b>Harvesting learning &amp; Evalua</b>	
18:15 18:30		<b>Reflection time</b>	<b>Reflection time</b>	<b>Reflection time</b>	<b>Reflection time</b>	<b>Reflection time</b>	<b>Closing the journey</b>	
20:00		<b>Intercultural Talks</b>	<b>Community Time</b>	<b>Community Time</b>	<b>Community Time</b>	<b>Community Time</b>	<b>Farewell Party</b>	
<b>06:45-08:45 Breakfast    11:30-12:00 Break (JUST Coffee &amp; Tea)    13:00 to 15:00 LUNCH Break    16:30-17:00 Break (JUST Coffee &amp; Tea)    19:00 - 20:00 Dinner Time</b>								

# PARTICIPANTS

This training course mobility is open to youth workers between 20 and 30 years old. We are looking for 3 participants from each of the following countries: Austria, Croatia, Greece, Hungary, Latvia, N.Macedonia, Poland, and Romania.

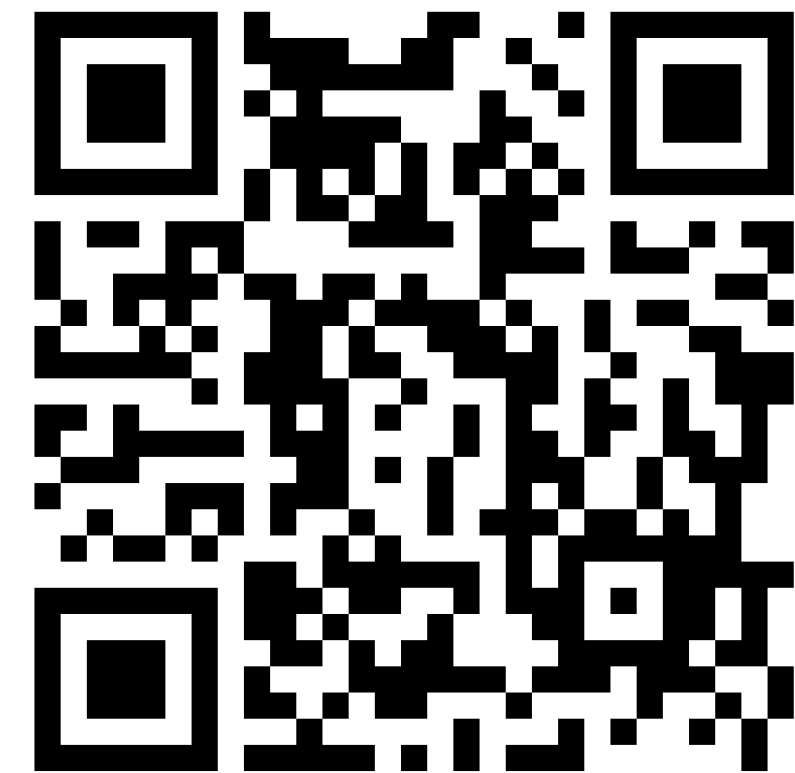


## You can participate if you are:

- Between 20 and 30 years old;
- Able to communicate in English (minimum B1 level);
- Be a citizen or a resident of one of the included countries of the participating organisations;
- Able to fully and actively participate in the whole duration of the activity and in all sessions;
- Motivated to take part in a mutual learning process in a highly intercultural setting;
- Be curious, appreciate diversity and learn about each other's realities;
- Ready to support dissemination and visibility activities online and offline.
- **Able to implement the follow-up initiative within 4 months after participation.**

# PRACTICALITIES

All those eligible for participation and interested in this training course should fill in the following application form by the latest **12.July.2023** in order to be considered for the selection.



Form link is [here](#).

Project page: <https://www.emotic.org/outdoor-education-2023>

# ONCE SELECTED

## Before the training course:

- Check the conditions for travelling to Vienna, Austria and back to your country.
- Purchase and collect all travel tickets after consultation and agreement with the coordinating organization.
- Cooperate with the participants from your country and prepare together for the trip and the mobility.
- Do the preparatory and "homework" tasks in your national group.

## During the training course:

- Actively participate in all workshop sessions and the planned activities.
- Take part in the dissemination of the results of the mobility (posts on Social Media, videos, blog posts, etc).
- Deliver all travel documents to the hosting organization (EMOTiC) & coordinating organisation (EFE).

## After the training course:

- Disseminate results, both offline and online (send all the documentation/pictures to the organizers).
- **Implement the local follow-up initiative that you designed with the national team during the training.**



# JOURNEY

## **Procedures:**

1. Fill in the application form to apply
2. Wait for the selection results

## **Once selected**

3. send us a travel route suggestion including costs,
4. wait for approval/modification of the travel plan,
5. purchase the travel tickets by yourself,
6. travel and participate in the training course,
7. send us all travel documents once back home,
8. implement the local follow-up initiative,
9. receive the refund of your travel tickets.

Participants are expected to arrive in Vienna no later than August 18th 2023 and depart no earlier than August 25th 2023.



# VENUE

The mobility will be held at the Jugendgästehaus Wien Brigittenau in Vienna, Austria. Participants are required to arrive from the airport to the venue by themselves and also depart by themselves to the airport. You will be accommodated in rooms with 2 – 4 beds, which you will be sharing with participants of the same gender, however, mixed with participants from other nationalities who are also participating in the training course. All meals will also be provided by us at the same venue.

Address of the Venue: Jugendgästehaus Wien Brigittenau, Adalbert-Stifter-Strasse 73, 1200 Vienna.



# REIMBURSEMENT

All costs related to the training course, food, accommodation, and other practicalities are covered. We (EMOTIC) are not responsible for any fee that you might have to pay for your sending organisation.

The travel costs will be reimbursed up to the determined limit. Any amounts beyond these limits must be afforded by the participants themselves. Buying tickets is the own responsibility of each participant (with the support of sending organizations, after the approval of the coordinating organisation). To be reimbursed, the participant has to provide all evidence of travel documents such as original train tickets, original boarding passes, original invoices, etc. as well as the evidence of payment (e.g.bank transcript of payment). Before purchasing the tickets you will need to send us potential routes and costs and wait for our confirmation. The implementation of the local follow-up is a must for the travel refund.

If you want to arrive earlier in Vienna, or leave later, and still receive your travel refund, it's possible to arrive max. two days in advance OR leave max. two days after the mobility, or one day before and one day after. Please be informed that participants will have to take care of own costs and expenses on these extra days. The official arrival day is 18 August 2023 and official departure day is 25 August 2023. If you arrive earlier or leave later and the cost of travel on these days is more than the cost on the official days for travel, we will consider only the costs for the travel on the official days, and you should cover the extra different amount.

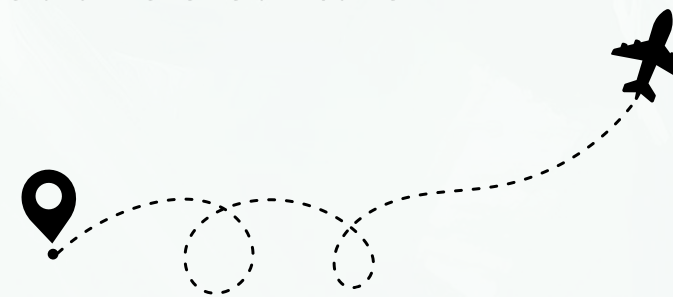
Other important details for the reimbursement of the travel costs:

- Missing or lost tickets will not be reimbursed;
- Taxi, car, or petrol costs and travel agency fee charging are not reimbursed;
- Boarding passes for all the parts of air travel are essential for reimbursement.

Limits of travel costs:

- Austria - 0
- Croatia - 100 € (Bus travel)
- Hungary - 100 € (Bus travel)
- Poland - 150 € (Bus travel)
- Greece - 225 €
- Latvia - 225 €
- N. Macedonia - 225 €
- Romania - 225 €

We recommend taking only the small personal bag and the cabin bag of 10kg, without a check-in luggage.



# PACKING LIST

- Passport/ID card;
- Any needed medicines;
- Insurance (please bring your EHIC card or the equivalent)
- Comfortable walking shoes and clothes for outdoors;
- Towels and Shampoo (***those are not provided by the hostel***);
- Sweets/Cookies from your country;
- Flags, Games, songs, dances, quizzes, and traditions to represent!.



# HOW TO REACH US

**Project Manager**

**Mohamed Sakr**

**[emotic.org@gmail.com](mailto:emotic.org@gmail.com)**

**+43 676 30 222 64**



**Project Coordinator**

**Megija Kalēja**

**[info@efe.lv](mailto:info@efe.lv)**

**+371 29 644 110**

