



Erasmus+



KA1 youth workers mobility

Bushcraft DNA

Developing Non-formal Activities in Nature

Arrival Date: 8th June 2016 **Departure Date: 15th June 2016**
Birmingham, United Kingdom

INTRODUCTION

'**Bushcraft DNA - Developing Non-formal Activities in Nature**' is an international training course which will take place in **Worcester** and **the Wyre Forest in West Midlands** on **8-15 June 2016**. The mobility will bring together **30 participants** from **16 countries** across Europe to explore the ways in which the natural environment can be used as an effective tool for youth workers to engage with their young people. Outdoor activities such as bushcraft, survival skills and sustainable environmental management skills have been crucial to mankind in the past and are being re-discovered by a new generation as awareness grows about the impact of human activities on the finite resources of our planet.

Outdoor activities in this field are a great informal learning tool, helping to develop a whole range of practical social and cognitive skills as they involve working together as well as individually on a variety of tasks.

OBJECTIVES

- equipping participants with background knowledge and theory behind outdoor learning (for example the development of 'Forest Schools' in an informal context both in the UK and Scandinavia)
- exploring the practicalities such as health and safety issues involved in running outdoor activities and residential youth camps
- discussing the issues around inclusion when planning and delivering outdoor activities
- developing practical competences related to implementation of non-formal outdoor and sports activities in nature (including relevant knowledge, practical skills, delivery skills and confidence)
- facilitating networking and exploring the opportunities presented by the Erasmus+ as a means of promoting healthy lifestyles and well-being.

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PARTICIPANTS

The very course is aimed at:

- youth workers and youth leaders involved in day-to-day work with young people
- trainers, educators, mentors, coaches
- volunteers engaged in supporting youth groups as well as preparation and implementation of youth projects at the local and international level
- project coordinators and those involved in and/or responsible for setting direction for the development of partner organisations, etc.

All participants are to be of legal age: **18+**.

METHODOLOGY

The course is built upon the DNA idea that is developing non-formal activities in nature. Hence, the training will see a great number of NFE approaches being used. These will include:

- discussions, presentations, one-to-one, pair and group work, team-building, interactive presentations, simulation exercises, creative workshops, reflections, etc. - used particularly when discovering the theoretical backgrounds to the themes covered.
- highly practical outdoor activities such as fire-lighting without matches, building natural shelters, foraging and cooking over a camp fire, making nettle string, etc. - used as examples of bushcraft activities to be carried out with young people back home.

The process will be facilitated by the team of trainers experienced in both outdoor education and NFE.

FINANCIAL ARRANGEMENTS

The following project is financially supported by the **ERASMUS+ grant**. Hence, **100%** of food and accommodation expenses will be covered by the organisers, as well as **up to 100%** of the overall travel costs (please see the max. allowances per country listed below). In case of participants from Turkey and Macedonia visa costs shall be covered up to **250 EUR**.

No participation fees has been set for the project!

PRACTICAL ARRANGEMENTS

Training course will be held in two main locations:

- **Birmingham** - participants will be accommodated in **basic hostel rooms (4-6 beds in each)** at the **Hatters Hostel**, situated within the very centre of **Birmingham**. Additionally, all meals will be provided at the hostel or other workshop venues, depending on the daily programme.

The address of the hostel:
92-95 Livery Street
Birmingham
B3 1RJ

In order to find **directions to the hostel**, please follow the link:
<http://hattershostels.com/birmingham-livery-street/find-us/>



- **Wyre Forest near Bewdley** (3-night accommodation at Cooper's Mill).

Please note – When in the Wyre Forest participants will be staying both inside the cottage (**Cooper's Mill**), in tents or out in the forest in shelters made by themselves should they wish to do so!





TRAVELLING TO THE UK

Wednesday 8th June – Please arrive to Birmingham by **6pm the latest**. The meeting place will be **the Hatters Hostel**, where you will all stay at the beginning and at the end of the course.

Wednesday 15th June – To allow time to get to the airports, your return flight must be after 8 am from Birmingham Airport, or later from other airports. If unsure, please consult us before purchasing any tickets.

In order to find suitable connections between your airport of arrival and Birmingham please check:

- trains - <http://www.thetrainline.com>
- coaches - <http://www.nationalexpress.com> or <http://uk.megabus.com/>

IMPORTANT NOTE

- You are allowed to arrive OR depart max. 2 days before OR 2 days after the training course. Extra stay will not be supported with food or accommodation, yet you can use this time to visit some places around the UK. Should your stay be longer than 2 days (unless necessary!) we do reserve the right not to reimburse part of your travel costs.
- In line with the rules of the ERASMUS+ Programme, we would like you to make your travel arrangements using the cheapest travel options. Also, before purchasing any tickets, please make sure that your travel times/cost are approved by us in advance!
- In order to receive up to 100% reimbursement of your travel costs, please ensure that your expenses fit in within the max. budget allocated per country. Should you go over the limit, the excess will constitute your own contribution to the project.

TRAVEL LIMITS:

- > 275 EUR - Portugal, Czech Republic, Estonia, Latvia, Slovenia, Croatia, Spain, Italy, Poland, Slovakia
- > 360 EUR - Romania, Greece, Bulgaria, Macedonia
- > 530 EUR - Turkey

- All participants requiring visa to the UK are kindly asked to fill in the 'Visa Info' excel spreadsheet which will help us prepare appropriate invitation letters. Visa costs will be reimbursed up to max. 250 EUR.

SOME PRACTICAL INFORMATION ABOUT THE UK ...

Weather:



British people always talk about the weather because it is very changeable and unpredictable. June itself is usually already warm with lots of sunny days, but also possibly of heavy rain....we never know ;) Therefore, **when packing your backpacks (leave the suitcase at home!) make sure you have enough clothing to wear during mild, cold or rainy days.** Also, do not forget about a **raincoat and/or umbrella.**

Typical Food:

Because the British diet is so varied and multi-cultural it is difficult to define a typical meal. Britain is quite famous for its fish and chips, which is cod or haddock deep fried in batter and served with chips (fries). Food served in pubs is also popular because it is cheap and is the most representative of what British people like to eat. In large cities and towns you can eat anything from Lebanese food to Sushi. For more information about the British food, please check this website:

<http://www.iamintheuk.com/957/british-foods-favourite-drinks/>



Money and Currency Exchange:



British currency is **Pound Sterling (GBP or £)**. You can easily exchange foreign currency into sterling at banks, post offices, travel agents and exchange office. All towns have at least one facility where you will be able to exchange your money. Exchange rates for the most popular currencies will be displayed on a board and travel agents tend to have this board on display in their shop window.

Electricity

When coming to the UK make sure you **buy a special adapter** for all your electrical appliances e.g. laptops, driers. The sockets here are different than in other parts of Europe and use standard 3-pin square plugs. NOTE: no access to electricity and WIFI in the forest! ;)



Traffic Rules

In the UK we drive on the **left side of the road** ... but we also have one-way streets so here traffic may be traveling from the right or the left! Please make sure you **pay attention to the traffic** and always look both to the right and to the left before crossing - we want you to arrive safely!



HEALTH INSURANCE

Health insurance will not be provided or reimbursed by the organisers (unless it is required in the visa process). All participants are required to purchase health insurance individually. If you live in an EU country and use a national health insurance system there, please apply for a FREE European Health Insurance Card: <http://ehic.europa.eu>

PREPARATIONS

Closer to the training course, a list of things to prepare/do before the course shall be sent out to all participants. Also, a provisional timetable has been attached. Please note that slight changes may appear in the programme. Once we receive applications of all participants we will do our best to adjust the course to your needs and to make it as practical as possible.

CONTACT

In case of any queries please contact the project coordinator **Basia Ligas** on: eu.consiliiumdt@gmail.com or call **0044 7411322252**.

We'll appreciate any **ideas and suggestions** of yours that could be incorporated at the time of preparations to the project or during the activity itself. This is going to be a **training course** which we wish to implement in **NOT FOR YOU but TOGETHER WITH YOU!** Let's make it an exciting learning journey!

We're looking forward to hearing from you ☺

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