

Outdoor Gives More! Training Course



– Dear potential participants! –

In this booklet, you will find more information on Training Course Outdoor Gives more, that will take place in Liptovsky Mikulas, Slovakia from Oct 1 (arrival) to Oct 10 (departure)

WHAT IS THE PROJECT ABOUT / WHO IS IT FOR / WHAT TO EXPECT

Many people think that playing is just about the game. We believe that people learn effectively when they do not even realize they learn. With proper techniques used, youth workers can educate young people by playing games and doing fun, adventure and sport activities.

Main aim of this Training Course is therefore to provide participants quality course where they experience various outdoor based methods, techniques, tools and develop their competencies to apply new competencies in their practices. Methods used in outdoor education include skills-focused learning, team building, problem solving, trust building and cooperative games, high adventure activities such as rope course and wilderness expeditions.

This Training Course is open for all youth workers (NGO members, voluntary workers, teachers and other people actively working with young people) as well as **people who are interested in this topic** and plan to use skills they gain during the project in their future life and career.

- What can you expect from the project -

- ❖ you will get new information & practical tools and methods in outdoor-based education. Practical means that we will use outdoor methods to teach you how to use them. Get ready for adventure outdoor activities full of challenges.
- ❖ you meet awesome similar-minded people from Slovakia, Bulgaria, Czech Republic, France, Italy, Lithuania, Romania, Spain, Slovenia, United Kingdom, Macedonia and Turkey, discover Slovakia and get a lot of new skills and know-how during quality and well-prepared sessions.
- ❖ you will be treated as adults. We will not ask you to attend sessions. We will not motivate you to listen and participate. Make sure you are interested in the project itself and not in visiting Slovakia for free. If you attend less than 80% of sessions, your travel costs will not be reimbursed. However, if you participate, you learn so much, you meet awesome people and improve your life greatly.

- What do we expect from you? -

- ❖ your **level of English** is fluent and you can communicate without difficulties. Project is very interactive and in order to get 100% from it, you need to be able to express your opinions and discuss with others. Therefore, if your level of English is lower than B2, it is probably not a good idea to apply.
- ❖ you have **previous experience** with youth work, you work with young people or you plan to work with young people and you will use outdoor-based education in your future.

If you like the project and what we offer and fulfill our criteria , you may be a good candidate for the project! Keep on reading!

- When? -

Start:
End:

October 1st, 2016 (Sat) - arrival day

October 10th, 2016 (Mon) - departure day

On Oct 1st, you can arrive anytime , but you will get room after 16:00. However, if you arrive earlier, you can stay at the reception, leave your bags there and enjoy your time.



- Project venue -

Project takes place in the city of Liptovský Mikuláš, in Penzion Maria***, www.penzionmaria.eu.

Our accommodation is 4,5km far from the city centre, located in the touristic centre, surrounded by other hotels and pensions.

Liptovský Mikuláš is a city surrounded by mountains. It has 30.000 inhabitants, which means a middle-size city in Slovakia. You will find there all amenities, such as cafes, bars, shops, shopping centres, souvenir shops...

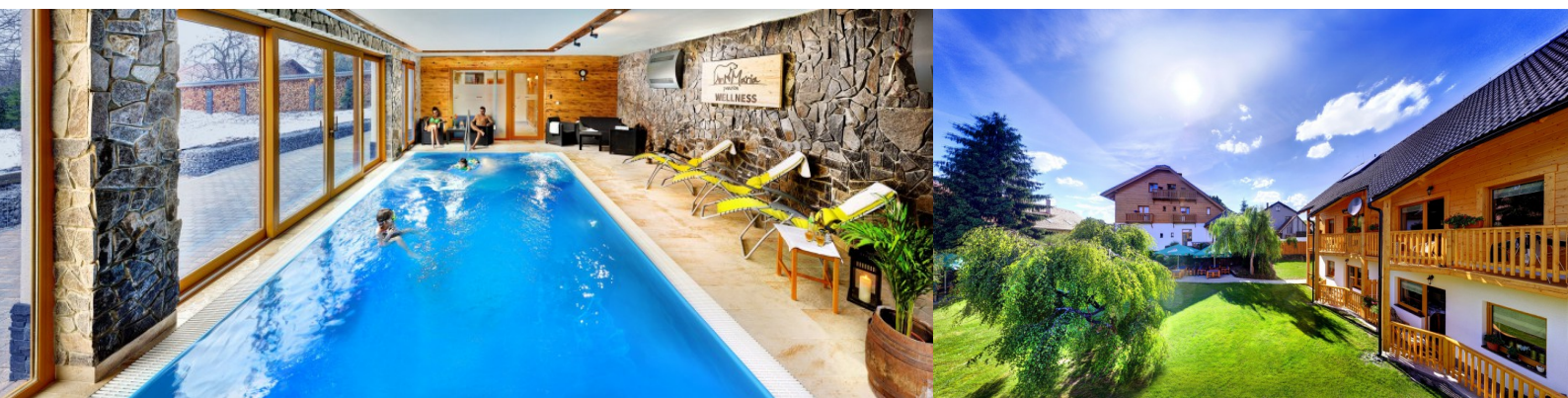


- Accommodation -

Whole project will take place in Pension Maria***. We have prepared accommodation in rooms for 3 people and in large apartments for 4 and 8 people. They are equipped with toilet and shower.



There is a huge garden, swimming pool, mini ZOO, conference room, lobby bar, wine bar and Wi-Fi at our disposal. We will be served full board, breakfast will comprise of swedish tables - wide variety of food that you can choose on your own. For lunch, we will have selection of two meals, salads and side-dishes as rice and potatoes. For dinner, we will also choose from menu.



PROGRAMME AGENDA

Please take a look at the programme. It might change slightly, but core timeline remains the same.

	WELCOME DAY – Oct 1
	Welcome to Penzion Maria! Get accommodated at the reception, they will show you your room. Enjoy your free time. We see each other tomorrow morning! 10AM
	DAY 1 – 2.10. Sunday
10:00 – 11:30	Let's start! Opening of the course
11:30 - 13:00	Meet the fears and expectations
15:30 - 18:00	Realities in participant's countries
21:00	Night team challenge
	DAY 2 – 3.10. Monday
10:00 – 13:00	Introduction to Outdoor Education/Outdoor Based Learning
15:30 – 17:30	Challenges and Obstacles of Outdoor Based Education
17:30 – 18:00	Reflection
20:00	Intercultural Night + Dinner - Slovakia
	DAY3 – 4.10. Tuesday
10:00 – 17:30	Outdoor education in Practice I
17:30 – 18:00	Reflection
20:00	Intercultural Night – Turkey, Spain, Lithuania, United Kingdom
	DAY 4 – 5.10. Wednesday
10:00 – 13:00	Erasmus+ Programme
15:30 – 17:00	Youth Ladder
17:00 – 18:00	Mid-term evaluation
	Grillparty & chillout night
	DAY 5 – 6.10. Thursday
10:00 – 17:00	Outdoor education in Practice II
17:00 – 18:00	Reflection
20:00	Intercultural Night + Dinner - Romania, Macedonia, Italy

	DAY 6 – 7.10. Friday
10:00 – 13:00	Tools, Methods, Techniques: How to Transfer Them to Participant's Realities
15:30 – 18:00	Gathering Lessons Learned for Booklet of Good Practices
22:30	Friday Night out – Route 66
	DAY 7 – 8.10. Saturday
10:00 – 17:00	Working for Future: Brainstorming Ideas for Future Projects, Working on the Ideas in Project Teams.
17:00 – 18:00	Reflection & presenting results
20:00	Dinner + Intercultural Night - Bulgaria, Czech Republic, France, Slovenia
	DAY 8 – 9.10. Sunday
10:00 – 13:00	Presentation of Project Ideas. Working on Action Plans.
15:30 – 17:00	Final Evaluation of the Project
17:00 – 18:00	Closing of the Training Course - Youth Pass Ceremony
21:00	Farewell Party

- Reimbursement conditions -

This project is financed by European Union. Therefore, you do not pay for accommodation (from Oct 1 to Oct 10), food during the project (breakfast, lunch, dinner, coffee breaks and snacks) and we will also reimburse you travel costs up to specific amount of money.

There is also **NO PARTICIPATION FEE or ANY OTHER HIDDEN FEES.** We want the project to be opened for anyone, not regarding money. However, you might still have to pay participation fee to your sending organisation. This is usually 10€ - 20€, not more than 30€.

Extras not included in the project and you would have to pay for them:

- ❖ food & accommodation before or after the project
- ❖ souvenirs, gifts, free-time activities
- ❖ drinks and food outside the hotel

TRAVEL COSTS

We will accept flight tickets/train tickets/bus tickets/fuel costs few days before/after project start - we are open for people to travel around. We do not accept the taxi invoices, City public transport tickets or flight tickets in Premium/first/business class! (we accept only economy class flight tickets)

We will reimburse all travel costs DURING THE PROJECT. Make sure that you have all documents with you - in printed form or on USB / email.

LIMIT FOR TRAVEL COSTS REIMBURSEMENT:

275€ upper limit for participants from: Bulgaria, France, Italy, Lithuania, Romania, Spain, Slovenia, UK, Macedonia and Turkey. For Turkey, also visa will be reimbursed (visa + travel costs up to max 275€)

180 € upper limit for participants from: Slovakia & Czech republic

Please, try to find as cheap flight tickets as possible. If there is some money left from travel costs, we will use it to finance free-time activities for you and Friday Party Night in the club.

- How to apply -

For each county, there are **2 places for participants** eligible. We accept participants above 18 years old, both men and women.

Application process:

Instead of filling in the application form, we would like to ask you to shoot a short video for us. Please do not be afraid, this video will be private and only project coordinators will see it.

In the video, please:

1. **Introduce yourself** - what you do, what is your background and your connection to outdoor education. ,
2. Tell us **Your motivation** to participate - what do you expect from the project, why should we choose you?

The video should not be **longer than 3 minutes but not shorter than 20 seconds**. Bear in mind that we do not expect professional videos, however, we will value effort you put in shooting the video. You should strive to present yourself in the best view.

Please, **be yourself in the video**. We understand if you are nervous or if you make mistakes. That is normal. Try to be authentic. And - if you want to read the text from paper or monitor, do so, but please, don't pretend you do not read it - we can see it :)

Please send the video application directly to your national partner organisation per email (e.g. if you are Macedonian, you apply to Macedonian partner)

You can either upload it in Google Documents or on Youtube /Vimeo (if you do not want the video to be public, set it as "unlisted" video (this way, only people with direct link will be able to see it and find it).

DEADLINE FOR APPLYING IS 31.07. 23:59 CET.

After this date, we will not accept applications anymore.

These are national partner organisations:

- **For Bulgaria:** The Change is in You // Sdruzhenie promyanata e vteb
- **For Czech republic:** Evropské centrum mládeže Břeclav z.s. (EYCB)
- **For France:** Maison de l'Europe de Tours Centre Val de Loire
- **For Italy:** Associazione Culturale Eufemia
- **For Lithuania:** ASOCIACIJA APKABINK EUROPA
- **For Macedonia:** Zdruzhenie na Alumnisti na programata SVT Skopje
- **For Romania:** Adtre Romania
- **For Slovakia:** Akadémia proaktivty o.z.
- **For Slovenia:** Druzstvo Sirena
- **For Turkey:** Sistem ve Jenerasyon Dernegi (S&G)
- **For Spain:** Asociacio Juvenil Adalet
- **For United Kingdom:** AR Vocational Education & Training Ltd

We look forward to your video applications and hopefully see you in Liptovsky Mikulas, Slovakia!

