

A training course for youth workers/leaders

"Learning Inside OUT"

[Lake Pinku near Edole, Latvia](#)

September 10-18, 2017



SHORT DESCRIPTION OF THE PROJECT:

This training course will bring together youth leaders and youth workers that have been involved in youth work and are **looking for new inspiration and ideas for work with young people.**

We believe that developing youth workers competencies of building educational process via outdoor experiential learning, could give the chance for young people to become more aware and confident about themselves, improve interpersonal relationship and teamwork as well as promote their greater inclusion.

There are countless research studies on the power of nature to reduce stress, improve the mood, increase creativity and promote general human wellbeing. Nature can be easily available for everyone, so, we could use outdoors for effective and holistic learning!

Preparations

(May-August)

- "Home-works"
- Physical preparations and clothing/equipment
- Discussing follow-up ideas with organization

Training

(10-18 September)

- Active participation in activities and hike
- Working on more detailed plan of follow-up activities

Follow-up activities in your country

(October-December)

- Adventure Hike for local youngsters
- Other follow-up activities

During this unique training we want all participants to experience **adventure type of Experiential learning activities outdoors** as an educational tool (24 hour hike in the Latvian wilderness) in order later on to adapt this experience and use it with young people "at home".

So, after this seminar, we expect ALL participants to be actively involved in sharing the experiences from this training. Within 3 months after the project (October, November, December) participants (alone or in cooperation with other persons from the same country) are expected to organize **follow-up activities**, organizing Adventure Hike with youngsters in your country – including also some young people with fewer opportunities. In addition you can choose (what is more relevant for you) to write an article, make an outdoor workshop, develop an international cooperation project (for example, youth exchange), etc.

OBJECTIVES that we have set for this training:

This training course includes partners from vastly different regions – Nordic, Mediterranean, Balkans, as well other parts of Europe and even beyond – participants with diverse cultural and professional backgrounds, which will be a unique learning opportunity for all of us that we are going to use.

1. Exploring and building common understanding on the power and potential of non-formal learning in the nature and outdoors as an effective way for youth work – as a tool for personal development of youngsters, cooperation with peers, inclusion and becoming more connected to the community and surroundings.
2. Providing a space for youth workers to participate in outdoor 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 NFL activities related to learning in/from nature and outdoors and giving them a chance to develop skills on facilitating such activities by trying them out.
4. To develop and implement concrete follow-up activities applying the experience from this training course in the local youth work realities.

The training programme will be based on Experiential Learning approach, where you can expect to learn personally and professionally. The course will be implemented in unique environmental settings in Latvian wilderness – [Lake Pinku protected area](#) under NATURA 2000 programme, which will provide participants with unique opportunity to experience the natural environment and thus the power of learning in/from nature and outdoors.

PROFILE OF PARTICIPANTS:

Due to unique character of the project, it is very crucial for us that Partner organisations select EXPERIENCED members of the organisation who directly work with groups of young people and have reflections about it. NO BEGINNERS or seminar tourists, please! 😊

Depending on the partner organization, the participants would include youth workers, youth leaders, youth club leaders, extra-curricular activity providers, potential peer-to-peer educators, active members from your organizations that wish to be more actively involved in using NFL activities that involve learning in/from nature and outdoors with young people.

THE PARTICIPANTS SHOULD:

- Have at least 1 year experience working with youth in non-formal settings (not just as participant, but in an active role of providing activities for and with the young people – either as a volunteer or a paid worker).
- Represent an organization that works with young people. Ideally this should be official partner organization of this project, but if not possible to get enough strong candidates, please involve your friend organisations.
- Be ready to do follow-up activities with local young people after coming back from the training (October-December).
- Interested and ready to discover outdoor approach (physically and mentally :)). Be open for outdoor activities in autumn weather, survive limited level of comfort, ready to go for a hike for 2days and 1 night in the wilderness, carry your (heavy) backpack, cook dinner on bonfire and sleep in tent.
- Be fluent in English

WORKING LANGUAGE: English

Participant Countries and number of participants:

Participating countries	Number of participants
Latvia	2 + 3 trainers/staff
Lithuania	1 (UP) + 1 (MOPT) + 1 trainer
Estonia	2
Denmark	2
Poland	2
Czechia	2
Macedonia	2
Greece	2
Bulgaria	2
Romania	2
Italy	2
Turkey	2
Portugal	2

TRAVEL COSTS AND REIMBURSEMENTS:

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 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 (Ēdole)	0
Latvia (Rīga)	180.00
Lithuania	180.00
Estonia	180.00
Denmark	275.00
Poland	275.00
Czechia	275.00
Macedonia	275.00
Greece	275.00
Bulgaria	275.00
Romania	275.00
Italy	275.00
Turkey	275.00
Portugal	530.00

ACCOMODATION:

The venue we chose for this project is a [rural guest house “Pinka”](#) by the Lake Pinku near village Ēdole, located in Latvia’s westernmost region – Kurzeme (170 km from the capital Riga). See [map](#).



Lake Pinku



Training centre (with outdoor dining terrace)



Indoor training room



Outdoor training room (Sauna by the lake)

Please take under the consideration:

- All the participants will sleep, learn and dine in a single big house (in the picture).
- Each room can accommodate 2-3 participants.
- Each room has a bathroom with a shower cabin.
- 3 meals a day and 2 coffee breaks taking into account everyone’s dietary preferences.
- There is a Wi-Fi which you probably won’t need much.

Hiking and camping

Our programme includes two days of hiking and one night of camping in the wilderness of NATURA 2000 protected area near Lake Pinku which hosts predominantly, forests, scrubs, meadows, swamps, small rivers and ditches. For some visual insight look here: <https://www.facebook.com/pg/tekupataku/photos>.

Dangers and annoyances

There is no deadly wildlife in Latvia, 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

Organizers will provide the necessary group equipment:

- tent
- sleeping mats
- cooking pot
- knife
- axe or saw
- mosquito repellent
- safety matches or lighter
- map

However, you should bring your own:

- sleeping bag
- personal utensils (dish, cup, spoon, water bottle)
- comfortable and weather-proof clothing (a raincoat or even a cheap waterproof polyethylene poncho may suffice, if you are careful not to tear against the vegetation)
- towel and swimsuit for hot sauna after freezing 24 hours hike
- personal hygiene products (toothbrush, toothpaste)
- medication (anti-allergy pills, pain killers, aspirin etc. if you need such)
- other items that you personally consider necessary to carry with
- comfortable backpack to stuff in all your personal and a fair share of the group equipment (even a school backpack may suffice)

We think that camping is possible even without any special equipment, which isn't at your home already, but if you miss something from this list and can't borrow it from a friend, please specify it in the application form so we can help you to get it.

What else to bring:

- First of all - bring yourself with all your best talents and ideas to share.
- Information about your organisation (workplace) with an aim to present your youth work achievements.
- 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 September

- Maximum (day) temperature: +15.6°C
- Minimum (night) temperature: +11.1 °C
- Rainy days: 11 (out of 30) which means 37% chance of rain every day
- Precipitation: 31 mm (mostly short showers)
- Dawn: 06:22, Sunrise: 07:01, Sunset: 20:00, Dusk: 20:39

Please check [the up to date weather forecast](#) before you leave but be prepared for everything.

INFO ABOUT THE HOSTING ORGANIZATION:

Association for Outdoor sports "Teku Taku" from Ēdole, Latvia.

We are:

- Nature experts and friends
- Sports organizers and participants
- Non-formal educators
- Non-profit and non-government
- Over 40 volunteers (anyone can join)

We organize:

- Outdoor sports events
- Nature education tours
- Wilderness expeditions
- Team building
- Youth work

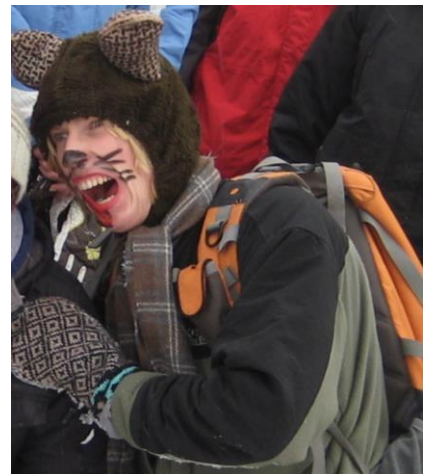
TRAINERS AND COORDINATORS OF THE PROJECT:



Ieva Grundsteine, Trainer (Latvia) – Ieva has been working in the youth field since 2001 and last 8 years is a trainer of non-formal learning in the field of youth – as a local and European project initiator and manager. She has carried already more than 100 international trainings for different target groups (youth workers, teachers and others).



Donatas Petkauskas, Trainer (Lithuania) – experiential learning trainer and supervisor, specialized on topics of group/team building, leadership, decision making and conflict solving, training of trainers and training of youth workers. Involved in the training field since 2002. He has conducted numerous trainings using the outdoor approach.



Reinis Berzins, Project Coordinator (Latvia) – extracurricular tutor in earth and environmental sciences, organizer of educational wildlife expeditions and outdoor sports events, mentor of youth science research projects.

How to apply:

All you need is to be INTERESTED, MOTIVATED and meet our participant's criteria. To apply, please fill in the online application form: <https://goo.gl/forms/dzt3xYaJigjJ87l2> to be submitted no later than **Wednesday, 10 May 2017** (results on 17 May 2017). 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 Reinis Berzins: reinis.berzins@gmail.com or +371 27784119.

Looking forward to see you in Latvia!!!

Preliminary Programme of the Training Course (changes, of course, are possible)

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	Breakfast							
9.30-11.30		Intro Getting-to-know each other Ice-breaking	The Basic Concepts and Theories on “Learning from the Nature”, “Learning in the Nature” and needs of young people	Debriefing about orienteering experience and preparations for Adventure/Challenge hike in the nature	Adventure/Challenge Expedition in the Nature – EXPERIENCE	Free morning (to regain energy)	Continuation of working in groups – preparing the activities	Summing up of practical phase – lessons learnt and how to apply it in “my reality” with “my youngsters”	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		Programme, approach, motivation and Youthpass Team building activities	Importance of different senses in outdoor & environmental education and different types of learning Experiential learning	Preparing for Adventure/Challenge hike in the nature	Returning to hotel and having a short rest	Self-directed learning session (trainers and coordinators are open to share their experiences)	Implementation of NFL activities for youth involving learning in/from nature and outdoors prepared by participants - I	Reflection: Me as a youth worker applying learning in/from nature and outdoors as an approach Erasmus+ opportunities	
13.30-15.30		Lunch							
15.30-17.00		Team building activities	Risk and safety measures in outdoor & environmental education	Start of Adventure/Challenge hike in the nature – EXPERIENCE	Reflection on the experience in smaller groups - personal and group experience	Theory input on designing and planning good quality NFL activities for youth Intro to Lab phase and division in groups	Implementation of NFL activities for youth involving learning in/from nature and outdoors prepared by participants - II	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	Opening discussion: Nature, Learning, "Outdoor for Everyone" approach	Tour by a nature guide	Adventure/Challenge hike in the nature – EXPERIENCE	Sharing of Experience Summing up - why is Learning in the Nature/Outdoors so Powerful?!	Working in smaller teams – designing NFL activities for youth involving learning in/from nature and outdoors	Implementation of NFL activities for youth involving learning in/from nature and outdoors prepared by participants - III	
19.00-19.30	Time for reflection in group								
20.00	Welcome Dinner	Dinner						Farewell dinner and evening	
After 21.00		Story evening - own adventures in nature	Surprise	Adventure/Challenge Expedition in the Nature – EXPERIENCE	Sauna evening	Continuation of working in groups	Initiative evening		