



Co-funded by
the European Union

REVITALIZING ECOSYSTEMS THROUGH EXPERIENTIALISATION

PROFESSIONAL TRAINING COURSE

13 - 20 OCTOBER 2024



PARTNER ORGANIZATIONS



Germany
Citizens of Europe



Austria
EMOTiC



Croatia
EAST



Greece
Active Green Solution



Slovenia
EPEKA



Hungary
Szatyor Egyesület



Slovakia
OTI



Czechia
EYCB



Poland
LevelUp



Italy
ICSE & co

ABOUT THE PROJECT

Our European Ecosystems are facing increased challenges that affect 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 due to overconsumption and overproduction. These challenges have affected the social and mental health of youth and youth workers as well as the wellbeing of the whole ecosystem including nature. Several studies have witnessed these effects and, in this regard, highlighted the need to enhance the capacity to support those at risk of mental health and inclusion issues. Given the intricate nature of youth work, a compelling question arises: should we prioritize the care of youth workers or young people? Or are they two inseparable elements of a greater equation? Our team concluded that the initial focus should be on equipping youth workers with essential tools and support, enabling them to effectively assist young individuals. Providing care without adequate competencies could potentially lead to unintended negative outcomes. Our solution-focused project addresses crucial and pressing issues, emphasizing social wellbeing and human wellbeing through the "Experientialisation" approach. This approach lies in Experiential Outdoor Education (EOE), where youth workers learn how to design and lead outdoor nature-based activities to enhance youth inclusion and wellbeing, while acting for the environment. In our use of the EOE approach, we use experiential outdoor activities to boost personal growth and group development through authentic experiences, group interactions, and self-exploration. The significance of EOE has increased due to the pandemic, which has led to high levels of stress, anxiety, and over-digitalization and even accelerated 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 attitudes, and a willingness to step out of one's comfort zone. And as Margaret McMillan says "The best classroom and the richest cupboard are roofed only by the sky."

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	13 Oct	14 Oct	15 Oct	16 Oct	17 Oct	18 Oct	19 Oct	20 Oct
10:00 11:30	Arrival to the venue	Welcoming and teambuilding	Youth work challenges with young people	Design of Outdoor Educational Programs	Nature Excursion	Nature Reconnection	Outdoor Education Piloting	Departure from the venue
12:00 13:00		Introduction to the Training and Program	Role of youth work in tackling youth issues	Activities of Outdoor Education (Communication and Team)	Nature Excursion	Nature Reconnection	Outdoor Education Piloting	
15:00 16:30		Youthpass & Reflections	Principles of Outdoor Education	Activities of Outdoor Education (Self-development & Inclusion)	Activities of Outdoor Education (Wellbeing and Health)	Outdoor Education in Practice	Transfer to local Youth Work and Followups	
17:00 18:15		Country Realities	Theories and Methods of Outdoor Education	Mid-Term Evaluation	Open space for new ideas	Outdoor Education Hackathon	Harvesting learning & Evaluation	
18:15 18:30		Reflection time	Reflection time	Reflection time	Reflection time	Reflection time	Closing the journey	
20:00		Intercultural Talks	Community Time	Community Time	Community Time	Community Time	Farewell Party	
06:45-08:45 Breakfast 11:30-12:00 Break (JUST Coffee & Tea) 13:00 to 15:00 LUNCH Break 16:30-17:00 Break (JUST Coffee & Tea) 19:00 - 20:00 Dinner Time								

PARTICIPANTS

This training course mobility is open to youth workers between 20 and 35 years old. We are looking for 3 participants from each of the following countries: Austria, Germany, Greece, Italy, Poland, Croatia, Czechia, Slovakia, Hungary, and Slovenia.

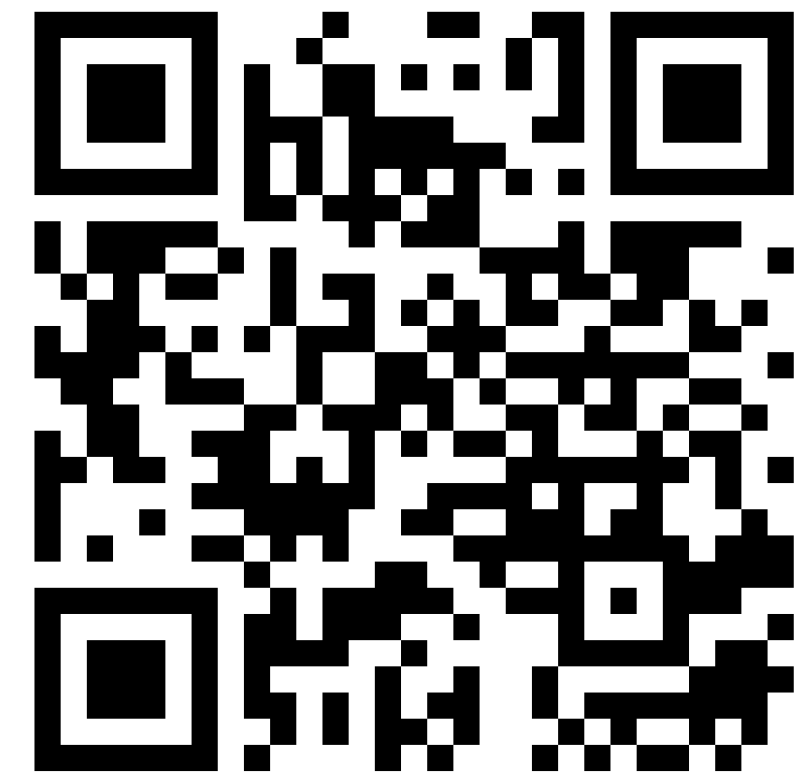


You can participate if you are:

- 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 2 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 **30. September 2024** in order to be considered for the selection.



Form link is [here](#).

Project page: <https://www.emotic.org/outdoor-education-2024>

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 (EMOTiC) & coordinating organisation (Citizens of Europe).

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 October 13th 2024 and depart no earlier than October 20th 2024.



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 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 13 October 2024 and official departure day is 20 October 2024. 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 & Train travel)
- Czechia - 100 € (Bus & Train travel)
- Slovakia - 100 € (Bus & Train travel)
- Slovenia - 100 € (Bus & Train travel)
- Hungary - 100 € (Bus & Train travel)
- Poland - 200 € (Bus & Train travel)
- Greece - 250 €
- Italy - 250 €
- Germany - 250 €

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!



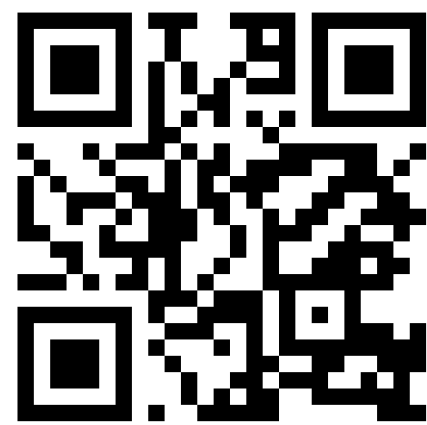
HOW TO REACH US

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