


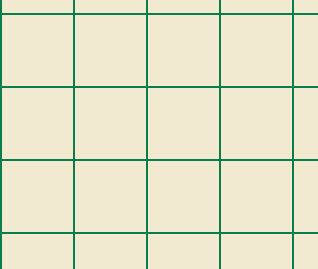
Erasmus + training  
course

# NATURAL PROGRESSION

## vol.2




28/02-08/03/2026 | Potsdam, Germany




## **About Natural Progression**


Natural Progression is an experiential learning project that uses Outdoor Adventure Education as a practical and meaningful tool in youth work.

-  When & where


The first part of the project took place in Bakuriani, Georgia, from 23–29 June 2025 (with travel days on 22 and 30 June).

-  Who was involved


Youth workers, educators, and trainers from several European countries came together to learn, exchange, and work in nature.

-  What happened

During seven intensive days in the mountains, participants took part in outdoor expeditions, hiking, and hands-on learning processes. We focused on leadership, group management, communication, navigation, first aid, risk assessment, and outdoor safety. A key part of the process was also designing and testing our own educational activities in nature, followed by shared reflection circles that helped connect personal experience with professional practice.








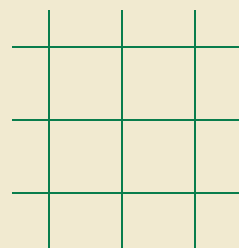
-  Why it matters

The first phase of Natural Progression laid a strong foundation for translating outdoor experiences into concrete tools that can be used in daily youth work with young people.




## **What is ahead of us in Potsdam, Germany?**


The second part of Natural Progression will focus on building the group further and translating our shared outdoor experience into concrete educational practice.

-  Getting to know each other - We'll start by welcoming new members into the group, creating trust, shared understanding, and a strong team dynamic.
  -  Outdoor education in an urban setting - We will explore and experience outdoor and adventure-based methods that can be applied within the city, proving that meaningful outdoor learning doesn't only happen in the mountains.
  -  Visits & local inspiration - Planned visits to local places and initiatives will help us connect theory with real-life practice and broaden our perspective.
  -  Communication & cooperation - Through experiential activities, we'll work on communication styles, teamwork, leadership, and cooperation in diverse groups.
  -  Designing educational sessions - In small teams, we will design, test, and refine outdoor-based educational activities, with space for feedback and improvement.
  -  Erasmus+ focus - We will also dedicate time to understanding Erasmus+, including how projects are developed, written, and applied for — with practical insights based on real experience.
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- 


**The main venue of the PDA will be Potsdam, capital city of the federal state Brandenburg, just right next to Berlin in Germany.**


 The next Airport is BER Berlin Airport

You may arrive up to 3 days before or leave up to 3 days after the project dates, but this must be agreed with the organizers.

 Transport from Airport BER to the venue you will need to take the public transport. There is a station directly in the airport. From there you can find a direct regional train (RB22) which brings you to Potsdam HBF (main station). Check for more detailed information at [vbb.de](https://www.vbb.de).

From Potsdam HBF/train station you can take the tram 93, 94 or 99 to the stop called **Holzmarktstraße**. From there you walk 2 minutes by foot.

 Accommodation and food are provided but only covered during the official project dates.

 We highly recommend booking your tickets ASAP to stay within the reimbursement limit.

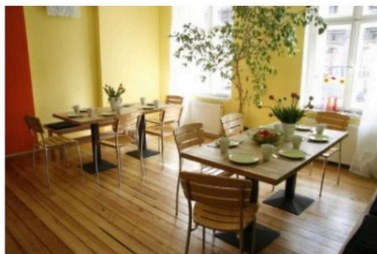
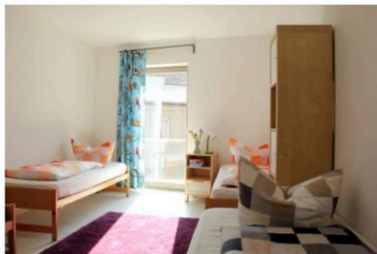
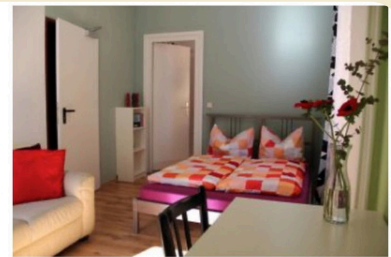
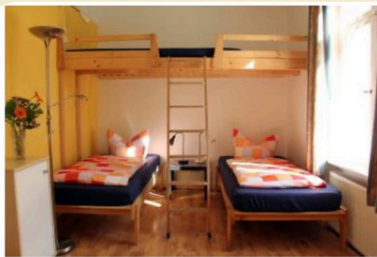
Country	Number of Participants	Reimbursement Limit
Germany	4	0 EUR
Georgia	4	580 EUR
Armenia	4	580 EUR
Spain	4	309 EUR
Romania	4	309 EUR
Croatia	4	309 EUR

We will have shared rooms (2-4 beds per room) and bedsheets will be there, so no need to bring. The house and also part of the non formal educational work at HochDrei is about selforganisation.

That means we will buy groceries, cook all the meals together and clean up in teams!



Bildungsstätte HochDrei e.V.  
Holzmarktstraße 11/12  
14467 Potsdam



Check in time : 4pm on 28.02.26  
Check out time : 11/12 am on 08.03.26

Additional information/tips: if you arrive in Berlin in the morning , take your time to explore or have a coffee in town before coming to Potsdam  
first dinner will be at 8pm at HochDrei e.v.

# CHECK LIST

	What to Bring
	Warm clothes!!!
	Warm clothes, fleece or woolen.
	Wind and Rainproof jackets.
	WINTER BOOTS/SHOES (must be waterproof, proper shoes are very important)
	Indoor clothes and shoes,
	Towels
	Your personal medicine/hygine products
	Electronics - headphones, laptops, tablets (for individual and group projects)

**APPLY HERE: [Application Form](#)**

## CONTACT US:

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Erasmus+

BILDEN UND  
BEGEGNEN MIT  
**HOCH<sup>3</sup>**

 **JUGEND**  
für Europa