



# Train Outdoor Trainers

1st Mobility



Start Date	End Date
24/05/2024	01/06/2024

**Project Name: Train Outdoor Trainers**

**Coordinator and Partner organisations: (NO) Bakketun Folkehogskole, (DE) HochDrei, (GE) Youth Association DRONI, (RO) Fanatic Noi Orizonturi Lupeni, (ES) Association Mojo de Cana, (AM) Youth Mix, (UA) NGO People.**

**Scope:** Train Outdoor Trainer (TOT) is a three phase training course for youth workers, youth leaders, educators and teachers who want to learn how to integrate Outdoor Adventure Learning into their work practice.

The project will be based on Adventure Education programs and provide participants with hands-on practical experience to internalize their learning. The aim of the Train Outdoor Trainer (TOT) project is to enhance the quality and relevance of youth work practices within the partner consortium by equipping participants with necessary competencies and promoting active, adventure & naturebased, learner-oriented practices in youth work.

The project aims to achieve the following objectives:

- To identify the challenges faced by young people in Europe amid the post-pandemic and current crisis; and accordingly,
- To equip youth workers and educators with effective and relevant strategies to address them in their work.
- To bring together participants from both formal and non-formal education and provide a space for sharing practices, tools, and learning methods to foster collaboration between these sub-sectors.
- To highlight the benefits of Outdoor Adventure Education as a valuable, healthy, and sustainable learning approach in education and youth work; (With a specific focus on its ability to reduce stress, improve mental health, build confidence and social skills, and enhance physical well-being.)
- To examine the use of nature in the personal and educational growth of young people.
- To upgrade participants' soft skills and competencies (Such as communication, teamwork, resilience, positive leadership, confidence, and crisis response) for working with young people.
- To improve participants' hard skills, such as trip planning, safety & first aid, and risk management, needed for running activities within an Outdoor Adventure Education framework.
- To examine the best practices of long-standing, sustainable vocational education (2nd PDA in Norway) and draw valuable examples from the partner organizations' experiences.
- To facilitate the practical application of acquired knowledge and skills by providing participants with the opportunity to engage in hands-on learning during the second phase of the project.

Participants will take part in Training Course, develop new set of skills and during the second phase they will be working in teams or individually on creating the new activities/modules they can use in their work. The last part of the project will take place in Verdal, Norway, at Bakketun Folk High School, in Autumn 2024. This PDA serves as a playground and laboratory in the context of the TOT project. Participants who undertook training during the first PDA will bring and implement their sessions, workshops, and activities based on OAE methods with the first-year students of Bakketun Outdoor Class. The TOT trainers team will monitor the process in coordination with the Bakketun school representative, who leads the mentioned outdoor class and is involved in the project from the beginning, to ensure the goals and basic framework of the outdoor class are integrated into the project design. This makes sure that the learning goals of both the school curriculum and project program are coordinated, promoting quality and innovation in youth work and education.

## Participants Profile and Preparation:

The primary focus of the project is on the direct target group, which includes youth workers, youth leaders, members of partner organizations, key individuals such as program coordinators, facilitators, and trainers. The Norwegian partner, being a vocational school, will also include finishing grade students and formal education workers, while the Spanish partner, being a municipal organization, will involve municipal youth department workers or volunteers. The selected participants are individuals who are actively involved in youth work and education practices in their respective organizations and have at least basic experience in working with youth.

Participants are expected to be prepared for the project outdoors, including hiking possibly about 35+ km in various weather conditions. (Sun, wind, rainy days and cold nights.)

Keep in mind:

- Tents are provided! But if you want to bring your own tent/hammock - feel free to do so.
- Internet access during the most of the outdoor part is restricted. Participants will be provided with the phone number of the hosting coordinator in case of emergency calls from family & friends.
- It is possible to leave the things that you don't need outdoors in the hotel, we come back at the same place.
- Hiking distance and exact details depends on participants' decisions on the spot, so until that time organizers can not provide precise information about it.

	What to Bring
<input type="checkbox"/>	Hiking Backpack at least 60 Litres volume,
<input type="checkbox"/>	Warm Sleeping back and sleeping mattress
<input type="checkbox"/>	Warm clothes, fleece or woolen, as well as summer clothes,
<input type="checkbox"/>	Wind and Rainproof jackets,
<input type="checkbox"/>	HIKING SHOES (proper shoes are very important)
<input type="checkbox"/>	Sunglasses and sunscreen,
<input type="checkbox"/>	Indoor clothes and shoes,
<input type="checkbox"/>	Swimming suite and towel,
<input type="checkbox"/>	Pocket/Headlight,
<input type="checkbox"/>	Cap or headscarf,
<input type="checkbox"/>	Lots of socks,
<input type="checkbox"/>	Toiletries,
<input type="checkbox"/>	Box of private medicine, If there is a need of specific medication.

## Venue and Traveling

- 23/05/2024 and 02/06/2024 are the travelling days for participants.

Project venue will be Bakuriani, Georgia. Participants will be accommodated in a family-style hotel, with 2-3 other people in the room. Food will be provided by the same hotel. Be aware that it will be "homestyle" cuisine, mostly

using local seasonal products. Dietary needs of the participants will be taken into consideration as much as possible.

During the outdoor part of the training course, participants will spend few days & nights in Borjom-Kharagauli National park. which is one of the 15 Pan-parks in Europe.([https://en.wikipedia.org/wiki/PAN\\_Parks](https://en.wikipedia.org/wiki/PAN_Parks)) It offers unique nature and possibility for various outdoor activities. When outdoors - we will be accommodated in tents provided by the organizers. More detailed information update focusing on practical part will follow when we are close to the training dates.

None of the participating countries residents require a visa to enter Georgia. The holder of ID cards issued by EU member states can enter Georgian border without passport but some airports for layover can require the passport, so it should be checked during purchasing the travel tickets.

Once the participant confirmation email is sent we advise to start active communication to plan the trip to Georgia as smoothly as possible. We recommend purchasing the travel health insurance with the flight/travel tickets and agreeing staying extra days with the organisers.

Mostly used airports in Georgia are Kutaisi and Tbilisi airports, where most of the flights from participating countries land. Everyone will be asked to come to Tbilisi and the local transportation will be organised by the hosts. More Travelling and logistical details and information will be sent out later when the selection of participants is complete.

Country	Travel Reimbursement Limit	Number of Participants
Germany	360	4
Romania, Ukraine	275	5,4
Norway, Spain	530	5,4
Armenia	180	4
Georgia	0	3

### **Contact information and team**

Every country has the sending organization, they will be the ones making the local call for participation and answer your questions. But for the direct communication with the organisers you can contact:

Kety - Project coordinator - on [Ketevan.jinoridze@gmail.com](mailto:Ketevan.jinoridze@gmail.com)

Ucha - Trainer - on [Uchaburduli@gmail.com](mailto:Uchaburduli@gmail.com)