

# SOFT SKILLS – NATURALLY

(South Estonia, Taevaskoda)

5-13 JULY 2016



The **semi-outdoor training course** involves 25 motivated (3 per country) youth workers/youth leaders from **Estonia, Denmark, Germany, Turkey, Spain, Cyprus, United Kingdom & Poland**. Supported by the team of experts the participants will meet in a place called Taevaskoda to explore how to link outdoor educational activities to soft skill development in order to contribute to fighting youth unemployment.

Outdoor education can provide the environment of developing soft skills mentioned above. Outdoor activities have all the necessary characteristics to foster problem-solving, teamwork, communication, adaptability, critical thinking, time management and so on. The challenging environment gives the opportunity for creating strong educational sessions or activities followed up by strong reflection. If the sessions are designed and carried out with emphasis on soft skills and their development, then youngsters can benefit from them by increasing their employability and attractiveness to employers.

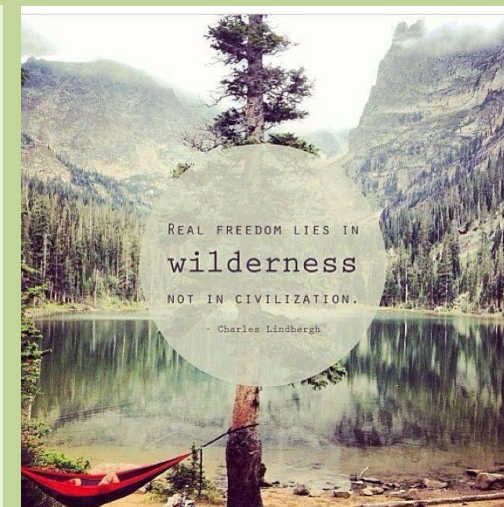
## AIMS & OBJECTIVES



The training course aims to raise young people's employability with better developed soft skills through training youth workers/youth leaders in fostering soft skills development in the outdoor setting.

The training course sets next objectives:

- To foster mutual understanding of soft skills and their role in employability of young people;
- To give knowledge regarding soft skills and their characteristics;
- To give tools to participants for contributing of soft skills development;
- To give opportunity for participants to practically experience creating an outdoor learning environment;
- To promote soft skills development to organizations and other institutions;
- To give tools to youth workers to work in the outdoor environment following the experiential learning framework



## PROFILE OF PARTICIPANTS

Participants of this training course will be **18+ youth leaders or youth workers**. Ideally involved in youth work or education of young people in their daily work. **Minimum they should be active members of their NGOs, who have the potential (according to partner expertise) to take over the outdoor education activities, that the organization will carry out.** They might have experience in doing outdoor activities themselves and be outdoor enthusiasts. But there might also be limited experience in organizing outdoor activities and probably zero experience in organizing educational activities in the outdoor scene. Thus, they should have the interest and needs to be given tools and experience and support so that they can take the lead in their organization. They will also have to be open for partnership, creating follow-up projects at an international level & carrying out outdoor activities locally as part of the dissemination.

Participants should have good command of English, and be willing and committed to work hard in a tough environment.

**NB!! Participants are responsible to prepare necessary equipment mentioned in the check-list & be ready to accept outdoor challenges & overcome them. NO MERCY WILL BE GIVEN ;) !**

## TECHNICAL INFORMATION



The plan is to be all together by 17:00 on the 5<sup>th</sup>, which means the arrivals need to be done on the 4<sup>th</sup> (We will help with cheap hostel & you will manage to see Tallinn) or 5<sup>th</sup> **before 13:00**. The first Days we stay in a hotel, then we go deep into the woods to live, cook, work, survive together. Then, we will go to magical Taevaskoja Puhkekeskus ([www.taevaskoja.ee](http://www.taevaskoja.ee)) for 11-13 July.

Time/Date	Day 0 Coming 5	Day 1 Meeting 6	Day 2 Discovering 7	Day 3 Experiencing 8	Day 4 Thinking 9	Day 5 Changing 10	Day 6 Evaluating 11	Day 7 Planning 12	Day 7 Crying 13		
Breakfast 08h30-09h30	<b>Arrivals</b>	Breakfast								<b>Departures</b>	
Morning Session 1 09h45-11h30		Intro to the concept of the TC	Outdoor Education	Skills4Jobs	Me as... (Mid-term evaluation)	Linking Skills	Multi-step Reflection	Project Tools			
Morning Session 2 12h00-13h30		Team-building	Outdoor Education & Experiential Learning	Outdoor & Career	Soft Skills – Hard Fun	Method Generation	Multi-step Reflection	Project Groups			
Lunch 13h30-15h00		Lunch									
Afternoon Session 1 15h00-16h30		Task Distribution	Into the wild	Outdoor Challenge 1	Outdoor Challenge 2	Conclusion4Future	Free Time	Pitch Perfect			
Afternoon Session 2 17h00-18h00		Preparation time	Trek & Track	Erasmus+ Opportunities	Reflection Methods & Youthpass	16:30-20:30 Back2Civilization		Final Evaluation			
Reflection Time 18h00-18h30		Reflection time									
Dinner 19h00-20h00		Dinner									
Evening 21h00-...		Hi! evening	Preparation Night	Bonfire NGO Night	Night Magic	SOLO	Late Dinner & Free evening	Intercultural Evening	Dinner		Farewell Party

This is the draft programme, that will change for sure\*

## ARRIVAL & DEPARTURE & MONEY PART



**ARRIVAL: YOU NEED TO BE IN TALLINN BEFORE 13:00 on the 5th of July, or else you will have to find your way to the woods yourself.**

**DEPARTURE: YOU NEED TO FLY AFTER 17:00 on the 13th, or else you will have to find your way out of the woods yourself.**

**NB! But, you are welcome to come earlier or leave later to see Tallinn, to chill with your new friends and have some more white night experience. (+/- 4 days)**



Country of Origin	Country of Destination	Distance Band	No. of Participants	Travel Grant per Participant	Total Travel Grant Requested
Estonia	Estonia	100 - 499 km	6	180.00	1080.00
Poland	Estonia	500 - 1999 km	3	275.00	825.00
Spain	Estonia	3000 - 3999 km	3	530.00	1590.00
Germany	Estonia	500 - 1999 km	3	275.00	825.00
United Kingdom	Estonia	500 - 1999 km	3	275.00	825.00
Cyprus	Estonia	2000 - 2999 km	3	360.00	1080.00
Turkey	Estonia	2000 - 2999 km	3	360.00	1080.00
Denmark	Estonia	500 - 1999 km	5	275.00	1375.00

- Reimbursements will be handed during the training course **ONLY** on presenting **ALL** your booking documents beforehand by email with the reimbursement sheets.
- Only the cheapest route to Tallinn will be reimbursed.
- There will be a 20 EUR participation fee, that should be brought in cash, the money will be spent on the benefit of the activity.





## WHAT TO BRING WITH YOU:

Having a proper equipment when going on hiking trip is crucial! Therefore please be prepared, we **DO** suggest you to have all the things you will find below in the list! Please note, that during the outdoor part we will have to walk through the forest path, which in case of rain can be muddy and slippery. Hence having proper shoes is essential, there are no mountains in the country, so you will be **OK** with **comfortable waterproof** trekking shoes! What's more, apart from our personal belongings we will have to carry also common things, such as food, materials, tents and etc. So please bring along a **hiking rucksack at least 60L size** and be ready to give half of space for common equipment. – The rest of your stuff will be stored in the venue.

### Equipment List:

- Comfortable rucksack for hiking at least 60L
- Warm clothes (Preferably Thermal)
- Rain coat
- Comfortable shoes (at least 2 pairs)
- Sun cap or headscarf
- Anti mosquito repellent & Sun Cream
- A pocket light
- Sleeping Bag & Rolling Pad (Mattress)
- Towel
- Medicaments (For sure we will have a box of first aid but in case you need any special medicines please bring them with you)
- Other stuff you might need – sun glasses, camera/film, toilet things.

Tents are provided! But feel free to bring your own tents in case if you would like to sleep in your own one.

## WHAT TO PREPARE:

You will receive concrete homework on the topic closer to the dates of the activity but be ready to:

- Present an outdoor tradition of your country & share some food and snacks during the Intercultural Evening;
- Present a story about your organization during the NGO bonfire night;



**SO IF YOU ARE READY TO DARE & JUMP INTO A NEW ADVENTURE, THEN WE ARE WAITING FOR YOU!**

**JOIN OUR [FACEBOOK GROUP](#)**



**Any questions you might have: Pavel Vassiljev – [pavel@shokkin.org](mailto:pavel@shokkin.org)**