

LONG TERM TRAINING PROJECT

# *Inclusive Outdoors*

11-20 June, 2019 | South England, UK  
27-31 August, 2019 | London, UK



# *Inclusive Outdoors*

## 4 PHASED PROJECT

1

Preparation

2

Training course  
11 - 20 June 2019  
South England, UK

3

Local Action Phase in partner  
country

4

Evaluation seminar  
27-31 August 2019  
London, UK





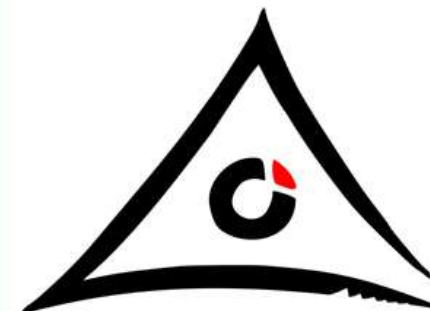
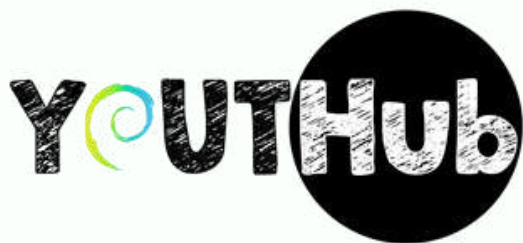
INOVATYVI KARTA  
INNOVATIVE GENERATION



Erasmus+



ReCreativity



Do you love **outdoors**?

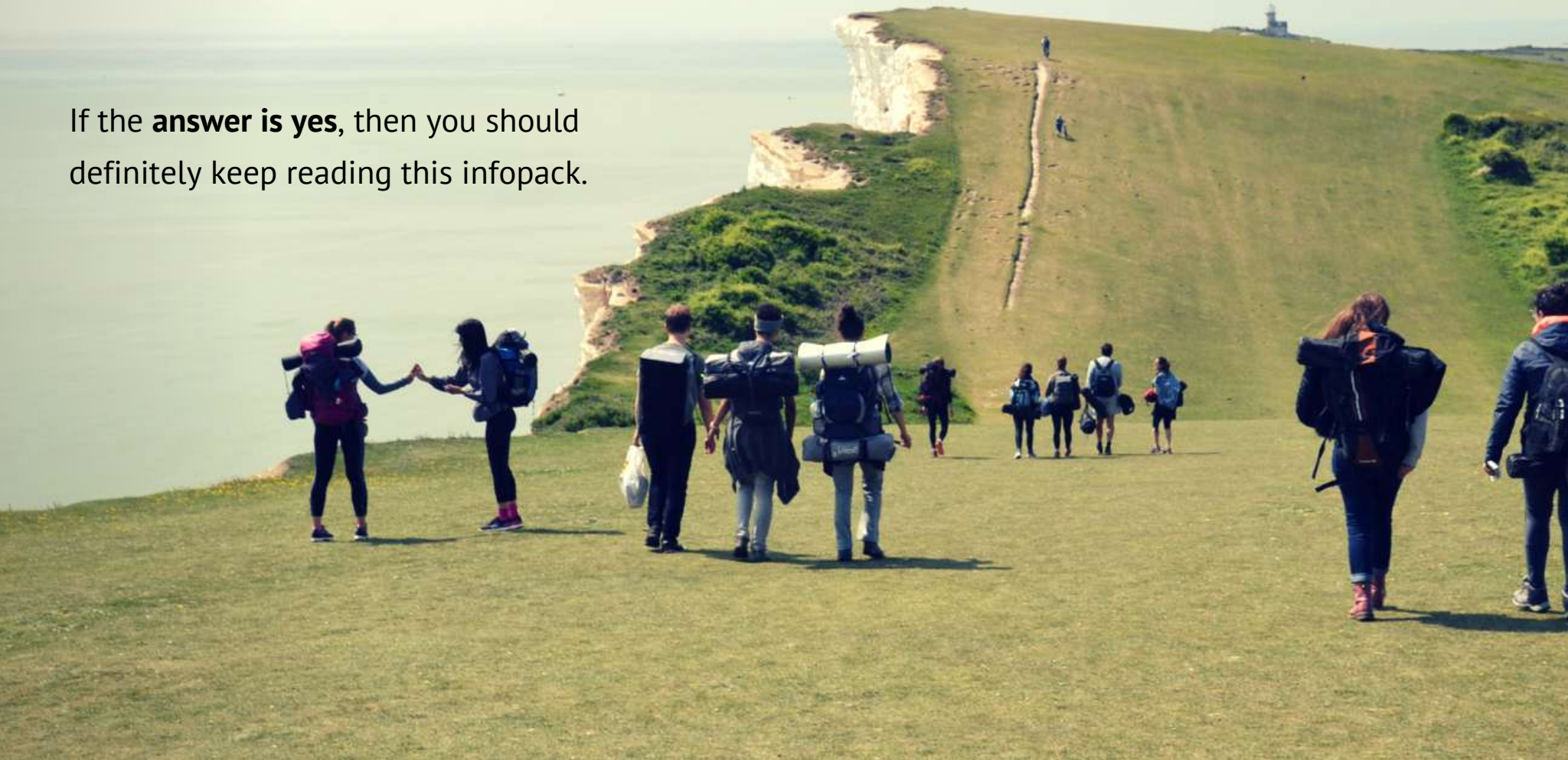
Do you work with **diversity**?

Are you up for **inclusion**?

Do you want to expand your learning when it gets to **development of outdoor activities**?

Do you want to **camp and train yourself** in the places you see on this infopack?

If the **answer is yes**, then you should definitely keep reading this infopack.





# **GOAL & OBJECTIVES**

The project “Inclusive Outdoors” aims to educate and support youth workers, trainers and educators on how to use outdoors for social inclusion and education in their youth work.

- To bring together 31 youth workers, trainers and educators from 12 European countries
- To acquire and improve competences for using outdoors as a method for social inclusion in youth work
- To create minimum of 20 local activities in each partner community focused on social inclusion and non-formal learning
- To create a project video with educational and awareness building purposes towards outdoors & social inclusion
- To have at least two publications about the project and related topics to reach wider audience.

*The earth has music for those who listen*

William Shakespeare



# Who Should Attend?

- 18+ years old
- **Youth worker, trainer and/or educator**, planning to use outdoors in youth work & educational activities.
- Interested to acquire & improve competences for using **outdoors as a method for social inclusion**, cooperation and education.
- Committed to fully attend **all phases** and create local activities, want to develop & love challenges.
- Ready to participate in an **intercultural environment** and **challenge yourself** in working on a high intensity programme full of practical assignments
- **Resident** of Spain, Italy, Greece, Romania, Croatia, Bulgaria, Lithuania, Hungary, Latvia and United Kingdom.
- Able to work and **communicate in English**





# PROGRAMME

4 PHASES TO COMPLETE

1

**Preparation** at home / online before arrival.

2

**Training course (TC)** / intensive programme in United Kingdom divided into three parts:

- 5 days guided training to acquire & develop competences, skills and behaviours for using outdoors as a method for social inclusion
- Challenge part by planning and delivering a programme
- Evaluation of learning & planning of the local activities part

3

**Local Action Phase** / organising local activities in each partner country by using new competences and methods acquired during TC.

4

**Evaluation seminar** / participants both finalize learnings by creating their own individualised outdoor methods and by sharing their results in London.



# ***DELIVERY STYLE***

- "Learning by experience" - learning from experiencing different activities and putting them into practice;
- "Learning to play, playing to learn" - connected with learning through games, from actions and playful environment;
- "Learning through outdoor" - learning sensitive and challenging topics while being outdoors
- "Learning with nature" - being aware of the environment and its stimulus to brains, mental and physical condition





# ***METHODS USED***

- **Outdoors** methods have benefits physical-, emotional- and mind- wise, creating an instant equality and with proper preparation - equity.
- **Challenges** focused on learning and education are powerful to ignite growth and development inside a group.
- **Creativity** enables reaching a state of “flow”, where cooperation, idea-building & different perspective sprouting become effortless.
- **Local activities & evaluation** through individual practice and support from trainers, peers and partners allows to really know the method. Creating and implementing own initiatives on a local basis challenges to learn better.
- **Reflections** create culture of learning. By sharing and conceptualising, we raise the impact of the experience and the quality of learning.
- **Media** is used for documentation, reflection, feedback of learning, visibility & promotion.
- **Mini-conference** is used to empower to implement local activities to the highest standards and share experience with the attendants, thus reaching a wider audience.

# TEAM



PANAGIOTIS MAMOOUZAKIS

An experienced Trainer and Youth Worker from Athens. Started as a Scout leader for teenagers 19 years ago, now trainer in: Coaching, Outdoor education, NLP, Systemic work, Non-violent communication, DISC profiles, self-organised learning systems. Developed 15 moving expeditions, numerous activities and outdoor challenges for young scouts and young people in the context of personal development trainings. Uses a lot of New Media (social media, video making etc.), assignments, games, challenges and role-play games. Nowadays works as a freelance trainer & coach, delivers trainings and workshops throughout Europe for non-profit organizations.



ILZE BERGMANE

A personal development and team trainer focused on sustainable & value based living. Works in Latvian outdoor organisation “Adventure Spirit” and by using outdoors as a tool brings individual and group development to pupils, youth and adults through informal and non-formal learning. Besides outdoors she uses such methods as somatic coaching, mindfulness, value based leadership, life vision, drama, music & art therapy practices, EQ and many more. Her belief is that by living through our values, each day is another step closer to our life vision. Core value - light.



JUSTINAS BRIKYS

Social entrepreneur, investor and founder of Abroadship.org, a centre of learning through mobility. He is based between London and Panevėžys, although lots of time spends traveling. Justinas is fond of - technology, -eco and -authenticity driven actions: manages R&D projects, cycles every day, eats pescetarian, documents his adventures on his blogs [developingmoneyideas.com](http://developingmoneyideas.com), [foundship.org](http://foundship.org), [investorship.uk](http://investorship.uk)



## **FINANCIAL COSTS**

- 100% accommodation, food and program materials are covered by the grant from Erasmus+.
- 80% traveling costs (only pre-approved and the most economical - no first class, no taxi, no special seats, insurances, etc.) are covered up to a limit of:  
€20/participant for UK  
€275/participant for Spain, Italy, Latvia, Hungary, Lithuania, Croatia.  
€360/participant for Greece, Romania, Bulgaria
- €40 fee to be paid by each participant on the spot for all phases together. This fee goes as a contribution to the administrative costs of the project.
- For traveling reimbursement, it is mandatory to send all your e-tickets, e-invoices, e-boarding passes and e-receipts. If e-documents are not issued, then originals are accepted. Without these documents, traveling costs cannot be reimbursed.
- Reimbursement will be done via bank transfer after Phase 3 for Phase 2 and after Phase 4 for Phase 4.

# ACCOMMODATION

## PHASE 2: TRAINING COURSE

**Training course** will happen in a Foxhole campsite (campsite, barn, courtyard & facilities), which is located in the middle of a very high conservational value Seven Sisters National Park, few hundred meters from the English Channel Sea and world famous Seven Sisters White Cliffs:

- Campsite contains a relatively sheltered flat area for the tents. Here you will spend 9 nights in tents of 3 or 4 persons. Organizers will provide tents and mats, but participants should bring their own sleeping bags.

- A camping barn is a large traditional barn with 2 raised sleeping platforms. Here you will eat, have sessions and also can sleep in case of bad weather or personal preference.

- A courtyard is a lovely sheltered place for training activities to take place.

- Facilities include 3 toilets, 1 coldwater shower (and few extra portable), waste recycling, 2 sinks of drinkable water and a space for cooking. Experienced outdoor chef will make sure that we get delicious food with the support of participants.

- Participants will need to take care of accommodation in terms of cleaning, cooking, and other indoor and outdoor tasks needed for the smooth flow of the TC.



# ACCOMMODATION

## PHASE 4: EVALUATION SEMINAR

**Evaluation seminar** takes place at the Lodge of Crystal Palace, South London, UK, which is in the middle of a large park with National Sports Centre and athletics stadium:

- The lodge will accommodate you in rooms of 1, 2 or 3 persons. Bedding and towels are provided, you will need only toiletries to bring.
- There is a conference room and lots of green grass to play and fauna to observe around.





# HOW TO GET THERE?

- We will send the traveling information once you are accepted to participate.
- Traveling involves flying to one of London airports using [azair.com](http://azair.com) and arranging a coach to Seven Sisters (for training) and Crystal Palace (for evaluation seminar) with [nationalexpress.com](http://nationalexpress.com).
- Travel will be reimbursed only for the most economical means of transportation (see conditions).
- Traveling options must be confirmed at [hello@abroadship.org](mailto:hello@abroadship.org) prior to the purchase of tickets.

# WHEN TO GET THERE?

## Phase II: Training course

Arrival Day: **11th June**

Programme: **12-19 June, in total 8 full days**

Departure Day: **20th June**

## Phase IV: Evaluation seminar:

Arrival Day: **27th August**

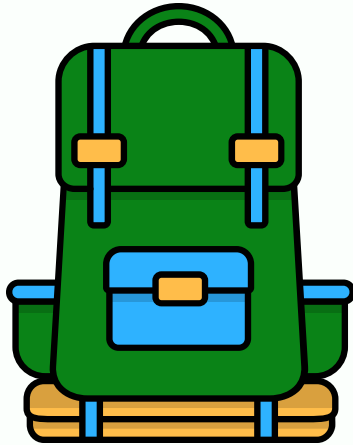
Programme: **28-30 August, in total 3 full days**

Departure Day: **31st August**

**Days allowed to stay in United Kingdom:** We will not have a lot of free time during the programme, thus if you want to explore country (London, Brighton, etc.), please arrange extra days. You are allowed to come max 6 days before the TC (ES) or leave after max 6 days after the TC (ES), but the total amount of the days that are not part of the programme is max 6 days. If you decide to stay more than 6 days longer than the official programme, you will have to cover the traveling expenses yourself. During these extra days, you have to find your own accommodation and no other expenses are covered (we will cover just flights on different days).







# ***PRACTICALS - WHAT TO BRING!***

- For the training course please bring a sleeping bag and towel. Plus, we advice to bring a backpack for hiking. We provide tents and mats.
- For both training and evaluation seminar please bring toiletries.
- It is a country of rain and wind, so prepare well with raincoat for yourself and your backpack! Bring waterproof sturdy and comfy shoes to hike.
- Your personal things, sport clothes, warm clothes for the evenings, swimwear, sunny clothing for warm days.
- Sun cream
- Head lamp-torch
- Insurance - this is critical! Please arrange insurance, because we do not provide and are not liable for any incidents.
- Bring camera - lots of great shots to make
- Prepare endurance, Good spirit and Positive vibes!



# ***MEDICINE, ALLERGIES & DIET***

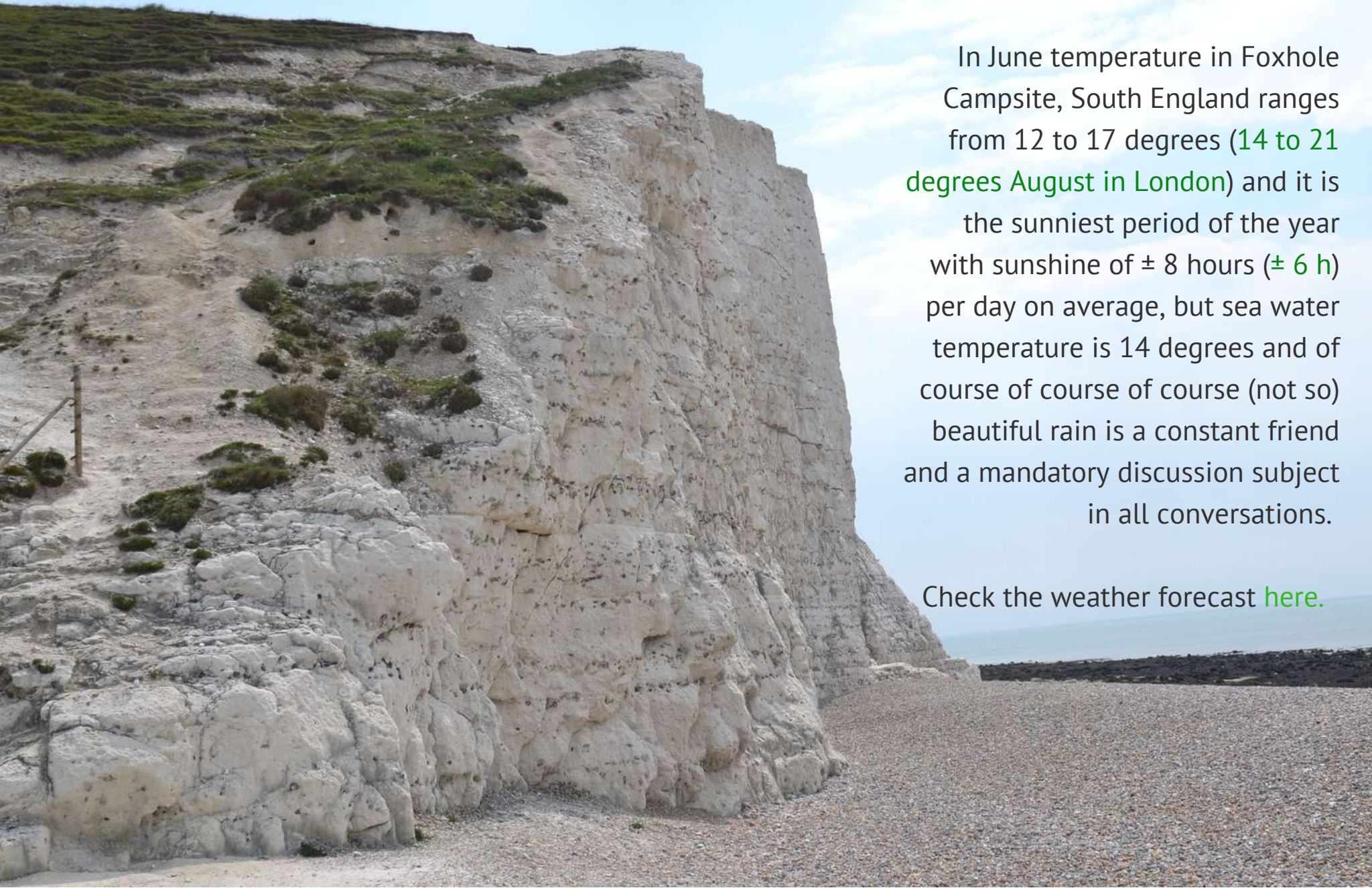
**If you have illness, physical limitations and/or use the medicine, we need to know about, please let us know.**

If you are vegan or have special diet, let us know, indicating what you can and cannot eat, so that we can arrange the suitable food.

# WEATHER

In June temperature in Foxhole Campsite, South England ranges from 12 to 17 degrees (14 to 21 degrees August in London) and it is the sunniest period of the year with sunshine of  $\pm 8$  hours ( $\pm 6$  h) per day on average, but sea water temperature is 14 degrees and of course of course of course (not so) beautiful rain is a constant friend and a mandatory discussion subject in all conversations.

Check the weather forecast [here](#).



# HOW TO APPLY?

Fill in the application here:

<https://forms.gle/7d2eUdZPHeAaCxLz8>

In order to apply for Inclusive Outdoors project, you must be over 18 years old and resident of one of the partner countries. Contact partner organisation from the list below if you need any support.

Abroadship.org

UGNG

Zig Zag Prin Romania

YOUTHub

Ticket2Europe

Inovatyvi karta

Solidarity Mission Academy

Vagamondo

Piedzivojuma Gars

Recreativity

UK

Croatia

Romania

Bulgaria

Spain

Lithuania

Greece

Italy

Latvia

Hungary

hello@abroadship.org

Udruga.gluhih.ng@gmail.com

cosmina@zigzagprinromania.com

office@youthub.bg

ana.delvalle@ticket2europe.eu

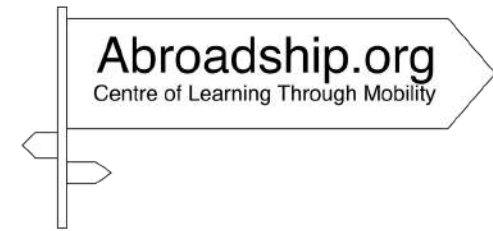
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infoyouthprojects@gmail.com

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anna.sipos1@gmail.com



Global online platform of  
opportunities abroad.

[Abroadship.org](https://abroadship.org)  
[@abroadship](https://twitter.com/abroadship)





For information,  
clarification, logistics,  
general questions, please  
contact us at:

[hello@abroadship.org](mailto:hello@abroadship.org)

See you in United Kingdom!

