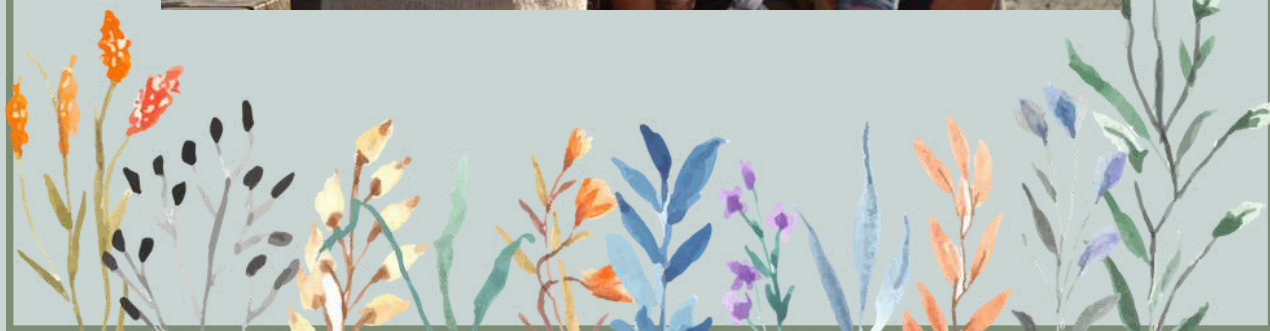


OUTDOOR EDUCATION

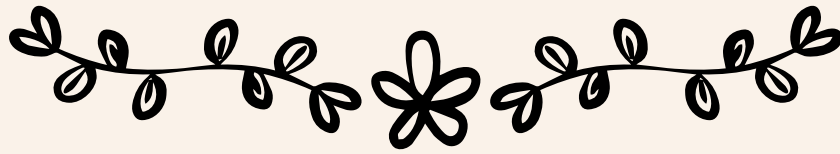
YOUTH WORKERS EXCHANGE

Passo delle Erbe, Italy (BZ)

9 > 14 OCTOBER 2023.



WHERE?



The Passo delle Erbe is an alpine pass in the Dolomites, located at 1987 m above sea level, connecting the Isarco Valley with the Badia Valley.

It is surrounded to the south by the Putia group and to the north by the Plose group. Since 1978, the surroundings have been part of the Puez-Odle Nature Park and are therefore protected from a landscape point of view.



PARTNER: NETZ - OFFENE JUGENDARBEIT

“Netz - Offene Jugendarbeit is the umbrella organisation of youth clubs, youth centres, youth cultural associations and other open youth work facilities in South Tyrol.

The association was founded in 2001 as ‘N.E.T.Z. - Network of Youth Meetings and Centres in South Tyrol’. It has been registered as a voluntary association since 2002. The umbrella organisation was founded on the initiative of committed individuals with the aim at the time of representing the interests of youth clubs and youth centres throughout the province and networking open youth work in South Tyrol. Today, the association - now called ‘netz I Offene Jugendarbeit’ - is committed to the qualitative development of open youth work in South Tyrol. It aims to strengthen work with young people and make its impact visible.”



ERASMUS +

The project was funded by the European Union through the Erasmus + programme, which for the period 2021-2027 places a strong focus on social inclusion, the green and digital transitions, and promoting young people's participation in democratic life.

It supports priorities and activities set out in the European Education Area, Digital Education Action Plan and the European Skills Agenda.

For more information, see the following link:

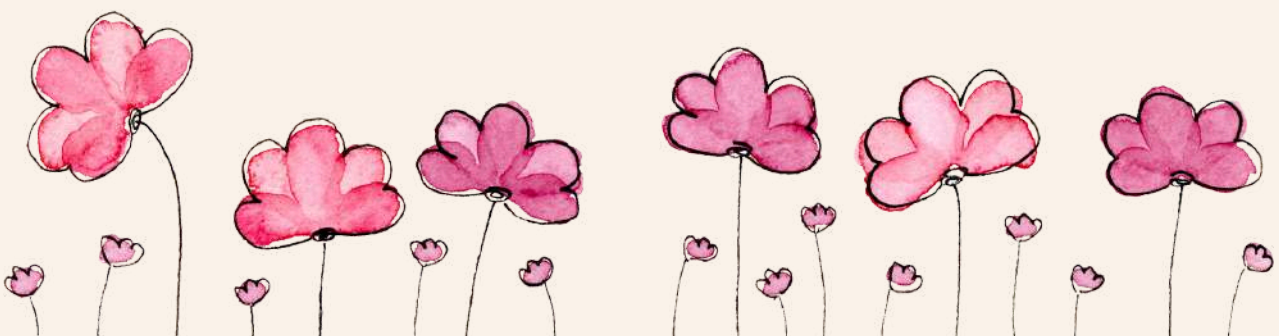
<https://erasmus-plus.ec.europa.eu/about-erasmus/what-is-erasmus>



PARTICIPANTS

24 youth workers representing 16 different associations from 10 different countries:

- Sweden
- Croatia
- Hungary
- Lithuania
- Bulgaria
- Italy
- Ireland
- Germany
- Norway
- Iceland



THE GOALS



To foster an intercultural exchange in which participants from different countries and backgrounds could share their experiences and challenges related to youth involvement in rural areas through learning-in-nature methodologies.



Identify and document best practices of activities carried out in nature, in contact with natural elements and group activities to reinforce collaboration skills among young people. This would allow participants to acquire new strategies and methods to apply in their own contexts.



Evaluate the effectiveness of outdoor education methodologies, comparing the differences and similarities of the contexts in which the present associations operate.



SCHEDULE

The exchange programme was co-designed together with the group of youth workers according to the methodologies they wanted to share and the topics they wanted to explore, and consisted mainly of a part dedicated to exchanging methodologies and a part dedicated to reflecting on the potential of outdoor education.

Everyday started with an energizer, followed by the various suggestions of the associations.

On the next page you can see some ideas of proposed activities. Some of these were tried out during the week



WHAT	HOW LONG	WHERE	MATERIALS
FIND YOUR TREE	1 h	Forest	Something to use as blindfolds
NOODLE BANDING	30-45 min	Anywhere	Noodles, camping gas, cutlery, bowl/cups for tea, water
PICNIC HIKE	3-4 h	St. John Church	All materials needed to have a fun picnic
IMPROV	1 h	Anywhere	
MINDFULNESS / MEDITATION	20-30 min	Outdoor / indoor	
TOWER OF POWER	1 h	Outdoor, maybe indoor	
LEONARDO'S BRIDGE	1 h	Outdoor	
STRING BALL	1 h	Outdoor	
MAGIC BAMBOO	30 min	Outdoor / indoor	Long stick
LAND ART	3 h	Outdoor	Nature
BREAK IT DOWN	20 min	Outdoor	A hill
THE COLD IS OUR FRIEND	30 min	Cold river, lake, water	Cold water
THE NUMBER GAME	30-60 min	Outdoor / indoor	Paper cards
WALKING ALONE VS IN GROUP	1 h	A simple path outside	
FOREST BATHING	3 h	A hike deeper into nature	
STORY TELLING WITH MASSAGE	30 min	Anywhere	Your own body + hands
MIXED YOGA CLASS	1 h	Somewhere on the ground	Mat would be nice or blanket, something where you can sit on
NIGHT WALK	45 min	Outdoor	Grave candles
TENT	60 min	Outdoor	Tent
THEATER GAMES	45-60 min	Outdoor / indoor	Space



Examples of Outdoor education activities

Breaking the task at hand into smaller bite sized pieces

Self-reflection

Hiking

- > learning about herbs/mushrooms/nature
- > - themselves/oneselfs
- > connecting with nature

transferring indoor activities into outdoor activities

- > teaching
- > martial arts
- > escape room

Trips by Bikes

Water Sports

- Sea Swimming (Cold Water)
- Kayaking
- Rafting
- Canoeing
- Canyoning
- Tubing
- Water Safety Courses
- Surfing
- SUP

Geocaching / Treasure hunting

- reading a map/compass
- orienteering
- slackline
- tree hugging
- meditation and yoga

Having picnic outdoors

- teaching kids to read the weather (weatherstation)
- how to start a fire
- what is the right equipment

outdoor education activities



Camping

- > survival skills
- > mindsets (you don't need much)
- > set up camp
- > problem solving!
- > teamwork!
- > Cooperation!
- > Improvisation!
- > Bushcraft
- > Navigation
- > Night exploration

to build a base camp with

- fire place
- chop the wood
- make food / cooking outside
- building a shelter

Taking care of a farm

First aid in nature

- climbing
- forming groups
- (urban) gardening
- Land art
- natural coloring / painting
- Quiz about birds (noise, shape, etc.)
- foraging

- Football
- Basketball
- Tag Rugby
- Group Tasks
- Treasure Hunting / orienteering

How to make musical instruments from natural materials

LAND-ART SOLO TIME

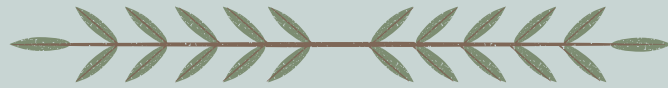
using natural elements as a form of self-sufficiency

Snowstore hiking sleep in a igloo sculpture - art

skiing avalanche courses

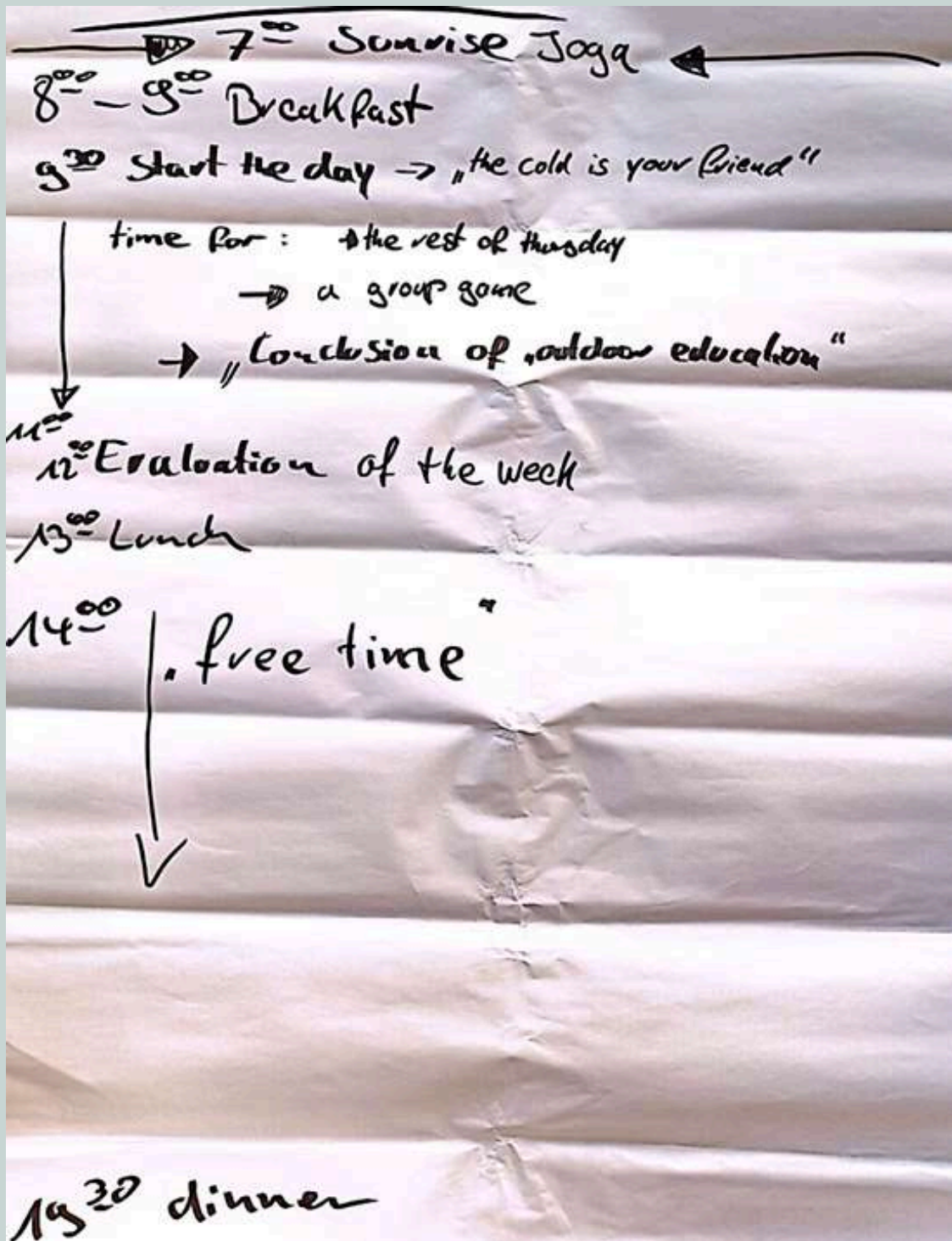
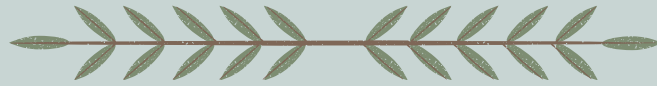
activities done in nature to improve skills & knowledge using outdoor like vocabulary, mathematics, bringing regular school subjects outdoor and passing on the concepts through interacting with nature

THURSDAY PLAN



8-9 am Breakfast
9-9³⁰ am Clean up
9³⁰-10³⁰ TENT (Kent)
10³⁰-12³⁰ MEDITATION / JOGA / MASSAGE / STORYTELLING
(Maia, Silvia, Ani)
12³⁰-13³⁰ LUNCH
13³⁰-14⁰⁰ Clean up
14⁰⁰ Meeting Point "Outdoor activity"
| Walk/hike
| forest bathings (Yana)
| find your tree (Lirene)
| → Break / Picnic / coffee break
| Walk back
18⁰⁰ Back at the house
19³⁰ Dinner
21⁰⁰ Night program = Impro / Theater games
(Maria, Andrea)

FRIDAY PLAN



SOME WORKSHOPS



01

TENT

Participants receive a tent and a secret paper which describes their role and character. As a group they need to build a tent without talking and without sharing their role with the others. At the end of the exercise, the participants who observe need to share their impression and why did the participants act they way they did. Afterwards, the participants who build the tent share their role and how they felt.



02

WIM HOF TECHNIQUE

It is a cold exposure technique were participants entered in an ice bucket with their feet and checked their emotions and physical reactions created by contact with ice water.



04

STIMULATION OF SENSES

The participants used their spatial senses to find natural elements, learnt to recognise edible plants and learn how to read constellations.



05

THE RED ELASTIC BAND

Participants used an elastic band to create a perfect balance between them in different positions (standing, sitting).



04 NATURE AND ME

Each participant need to create a representation answering to the topic “Nature and me”, using natural materials, drawing, creating a performance or an installation. Once everyone created their work of art, they share it with the others.



05 TELLING A STORY WITH NATURAL ELEMENTS AND THROUGH NATURE

The participants created an outdoor art exhibition made up of installations representing their relationship with nature; moreover they did a shinrin-yoku session by choosing a place that represented them.



SOME MORE SPECIFIC ACTIVITIES

06

FIND YOUR NUMBER

Create a space with a rope and place face down post its with numbers (as many as the number of participants). Each participant randomly picks up a post it and look at the number without anyone else seeing the number, then placing it back face down. the participants then leave the space and need to form a line in order of the numbers without talking to each other. They then need to go back to the space and find their number. They have just a few seconds to find they number. Once they do, the call the next participant, using an animal sound. The activity continues until everyone found their spot in the place.

07

DANCE AND RYTHMIC YOGA

The facilitator puts on a song and guides the participants into dancing and taking yoga positions.



08 FOREST BATHING

The participants need to find a place outdoor, in a forest or in a space immersed in the nature, which give them a sense of home. For 20 minutes they need to stay in silence and observe all the natural elements around them, using all of their senses. At the end of their session, the participants welcome others into their “homes” and share what they felt.



09 FINDING YOUR TREE

The participants create groups of two and take turns in doing the activity which consists of: one person is being blind-folded and guided by their partner to a tree, making sure they arrive there by making twists and turns, avoiding walking in a straight line.. The person who is blindfolded needs to feel the tree, the tree bark, the branches, the elements around. Once they feel they have enough information about their tree, the person who is blindfolded is taken back to the starting place, making sure not in a straight line. They take of their blindfold and need to find their tree. Once they find their tree, it's the other person's turn.

SOME REFLECTIONS

What is outdoor education?

colours
what can we do to motivate people going outside?
Does

- 1 Learning about the cycles of life
- 2 * **Experiential Learning** process that is fully immersive + Connection with NATURE.
- 3 * **Outdoor Ed.** is what you make of it.
- 4 * **Learning while doing**
- 5 * **Finding + Expanding your comfort zone.** GOING OUT OF + it makes learn something about yourself
- 6 * **GAINING Nature Literacy**
- 7 * **Informal learning** - a way to understand nature appreciate all the natural existence
- 8 * **Well-being, retreat**
- 9 * The nature is the teacher, we can learn from it. Not to use nature as a tool e.g. rafting, but i let myself guide by nature.
- 10 * **Every activity that you are doing outdoor in nature** through which you learn something new & through reflection
- experiences in nature
- professional setting
- 11 The nature have all the tools/equipment.

getting back our roots, relearning to use our body, communicate with as well as listening to ourselves, living it a real experience

what is the value of nature outdoor education

Empowerment

Pro-Social Activities
 Reduced risk of Anti-social Behaviour or reduced Recidivism.

Provides a healthy way to process "big" emotions such as anger

A tool for Communication

Provides a respite for those who have chosen homes a lives

Resilience

create positive group dynamics

the experience to feel connect and feel as part of nature us a human.

collaboration

a safe space

a place where you don't feel judged

knowing nature for knowing us
 the social of nature's

awareness of nature on our life quality
 awareness of global change

nature stories
 humans connect with nature

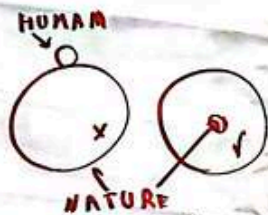
mindfulness
 reduce stress
 making friends

RESPONSIBILITY

the MAGIC of Nature

Q-CONNECT

the nature is the educator
 Helps to Progress SPACIAL awareness + Dexterity



feeling grounded

regulating the Nervous system

Respect for nature

improving cognitive & emotional knowledge
 improving abilities to find solutions

EQUALITY

understanding how little you need to be self sufficient

connection with others + yourself

change the perspective from materialism to naturalism and animalism



out of the comfort zone => growing

Disrupt for every day life



you can come as you are. as I want you to be. as a friend. as a student. as an old enemy



What are the challenges of outdoor education?

create a safe space where young people take initiative in taking part in the activity on their own pace

how to accommodate to everyone needs in terms of physical and mental capabilities...
 create an inclusive space without stigmatizing support young people into understanding how they can benefit from doing that particular activity in regular life

① The weather

② Uncomfortable clothing

Not enough supplies

④ The changes of the environment

② Kids/youth lack of motivation

⑤ Health, environment, safety, insurance

② Group dynamics → dealing with heterogeneous groups

① Lack of certifications and qualifications

③ The leader's responsibility.

③ Organising and planning

Logistics

Hard to quantify / measure success

④ Risk calculation

⑤ Money / Funding

③ Equipment

① Location Relationship

Phone Service

Planting the seed

-overwhelming experiences

Starting Conditions (pre-existing) → MISSET → lack → setbacks

CONSENSUS

group size

easy + fast

② risk & responsibility for the educator

it's difficult to teach autonomy (ownership of risk)

Now, at this time in society, we have a lot of on someone's responsibility (unlike goal sets) and this limits the reproduction of risk
 • people want something else, not the lessons that don't accept the possible consequences of the children's risk

nature vs. digital. risk & responsibility to take a lot's easier for positive feelings



Erasmus+



Funded by
the European Union