

Long term multi-stage project "Outdoor Activities for inclusion"

Training Course 3rd - 11th October 2019 (including travel days) Kuusamo, Finland.

Seminar 7th - 13th December 2019 (including travel days) Kuusamo, Finland.



SUOMEN
NUORISOKESKUKSET



Erasmus+

Background

Outdoor games and activities are important for the physical and cognitive development of children and teenagers. Being active in nature or in a semi-natural environment, implementing tasks promote active learning with direct personal experience. Being given a challenge, which an outdoor adventure can provide, young people learn to overcome their challenges and fears, and are given opportunities to develop their independence, which will help to build their confidence. Taking into consideration that children and youngsters are at the age when they make most of their friends, and get to know other cultures by themselves, the outdoor activities can also be used as a tool for inclusion and integration of youngsters with fewer opportunities.

Unfortunately, the potential for outdoor activities and games as a tool for inclusion and integration is not fully used. Youngsters facing cultural differences, social obstacles or educational difficulties will increase their opportunities for inclusion or integration, if outdoor games or activities are constructed or adjusted in a way to support this goal, or comprise of elements supporting it.





Objectives

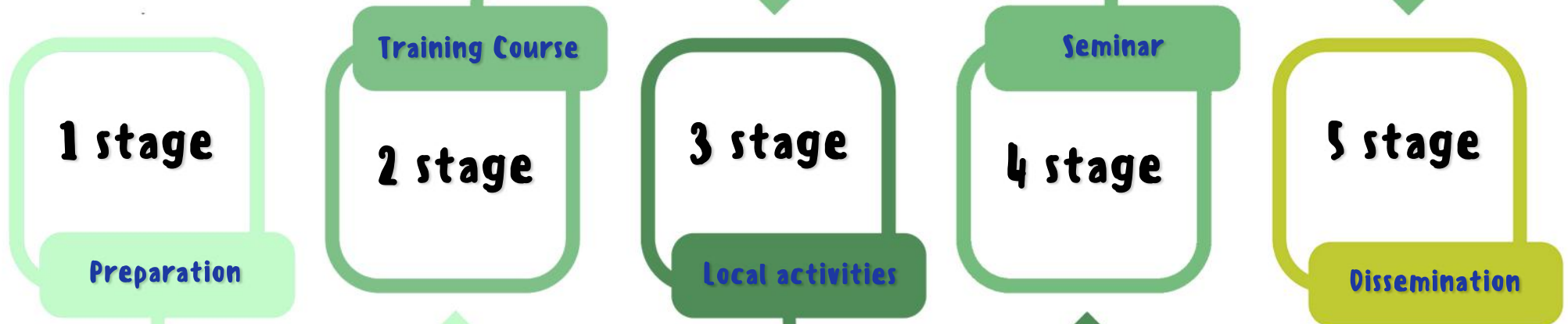
"Outdoor Activities for inclusion" is a multi-stage project that aims to expand the use of outdoor activities as a tool supporting inclusion in youth work.

- To acquire and improve competencies for using outdoor activities as a tool for inclusion in youth work
- To acquire and improve competences on empathizing and defining the needs of target groups
- To acquire and improve competences on developing, prototyping and testing outdoor activities supporting the inclusion in local communities
- To acquire and improve competences on involving youth in developing Erasmus+ projects supporting inclusion through outdoor activities
- To develop and disseminate a toolbox of outdoor games and activities supporting the inclusion

Stages

Training Course that will equip participants with competencies to develop outdoor activities supporting inclusion, based on the needs of their target groups.

Seminar, to share experience about implemented outdoor activities, develop new international projects and the Toolbox



Preparation at home before the arrival.

Implementation of local outdoor activities supporting inclusion in each partner country by using new competencies gained.

Dissemination of the results of the project, including the Toolbox of outdoor games and activities supporting the inclusion in the local communities.

Content

The project structured in learning by doing and self experiential way. Which means applicable, transferable, nature-based and action-oriented working for all of the activity days.

During the Training Course participants will experience and learn different types of outdoor activities (Hiking, Boating, Solo time, Photo hunting, etc.); empathize and define the needs of various target groups; develop, prototype and test their own outdoor activities supporting inclusion; introduced to methodological and safety aspects.

The Solo time will offer some specific ways to question yourself as a professional Youth Worker in the field of experiential education.



An aerial photograph showing a dense forest of green trees. In the upper left, a small village with several buildings is visible. A river flows through the center of the image, reflecting the sky. The lighting suggests a bright, sunny day.

Content

During the Seminar participants will be able to reflect the lessons learned during the local implementation stage, to dive deeper into Erasmus programme, project development and writing, project management, development of Toolbox and planning of dissemination actions.

In the content of nature baste activities, the program will offer reflection methods based on self-reflection in a natural surrounding, to calm down and listen to yourself in nature.

Please be aware that the Training Course and the Seminar will not provide you with academic knowledge as it is a purely non-formal activity, and its success depends on the active participation of everybody present.

Profile of the participants

We consider that the project will serve at its best when the participants (youth workers, trainers, etc.) will be involved in all stages of the project. During the third stage (Implementation of local outdoor activities), participants will recruit young persons (one per country) among participants of implemented outdoor games and activities or/and most active youngster inside the organisation, who will take part in the Seminar.

Which means that one participant of the Training Course would be replaced with a young person during the Seminar.

We are looking for **youth/social workers, youth leaders, trainers and educators**, who:

- are familiar with outdoor games and activities or motivated to acquire them as an educational method
- eager to transfer gained knowledge to the youth in their organizations and countries
- ready to engage themselves in different local and international projects using outdoor activities as a learning method
- committed to working during the whole project, meaning also the implementation of outdoor activities in local communities, Seminar, and follow-up activities
- are interested in providing short testimonials on their impression about the project,
- are ready to support development and dissemination of the toolbox of outdoor games and activities supporting the inclusion
- have a good level of English
- are aged 18+

The nominated participants shall apply using the following form: <https://forms.gle/jokaijNFP2gtTsa6>

During the selection process, we will take into account the criteria listed above.

Boarding and lodging

The Training Course starts on 3rd October (arrival day) with lunch and ends on the morning of **11th October 2019** (departure day) with breakfast. Full participation in the Training Course for its full duration is mandatory, you cannot arrive later or leave earlier.

We will stay and work in Oivanki Outdoor Education Centre (www.oivanki.fi)

Rooms are equipped with towels and bed-linen, you will be accommodated mainly 2-3 persons each.

If you need any special medical or other personal items please take those with you.





Travel information

Make sure you arrive at the Kuusamo airport (either city bus station) until 13:30, from there we will organize common transportation to the project venue.

The most convenient way to get to the project venue is to fly via Helsinki to Kuusamo airport. More information about flights: www.finnair.com. Bus schedules: www.matkahuolto.fi

You are allowed to spend additional days in Finland outside of the indicated period of the training course, in this case, it is the participant's responsibility to cover the additional costs (accommodation, food, etc). But in the best case, this can make it more flexible for you to find suitably priced travel tickets.

Please be aware that you are in charge of arranging your own insurance (health, accident, liability) for the whole duration of the activity. Insurance is a mandatory requirement of participation. The costs for the insurance are not subject to reimbursement.

Financial costs

The costs for food, accommodation and programme materials are fully covered by the grant received from the Erasmus+.

€40 fee to be paid by each participant (except young persons one per country, that will join the Seminar) on the spot for all stages together. This fee goes as a contribution to the administrative costs of the project.



Maximum reimbursement of your travel cost

Country	Number of Participants	Standard travel reimbursement
Armenia (ARMENIAN PROGRESSIVE YOUTH NGO)	3	530€/person
Austria (Arbeitskreis Noah)	3	360€/person
Azerbaijan (Unistudy)	2	530€/person
France (EUROCIRCLE)	3	360€/person
Italy (P.E.CO.)	3	360€/person
Russia (Academy of innovation)	2	275€/person
Spain (Matadero Lab)	3	360€/person
Ukraine (Vzayemopomich)	4	275€/person
Turkey (Modern Youth Academy)	2	360€/person
Finland (Nuoriso – ja luontomatkailukeskus Oivanki)	4	20€/person



Visa costs for participants from Armenia, Azerbaijan, Turkey, Ukraine 60€/person, for participants from Russia 100€/person

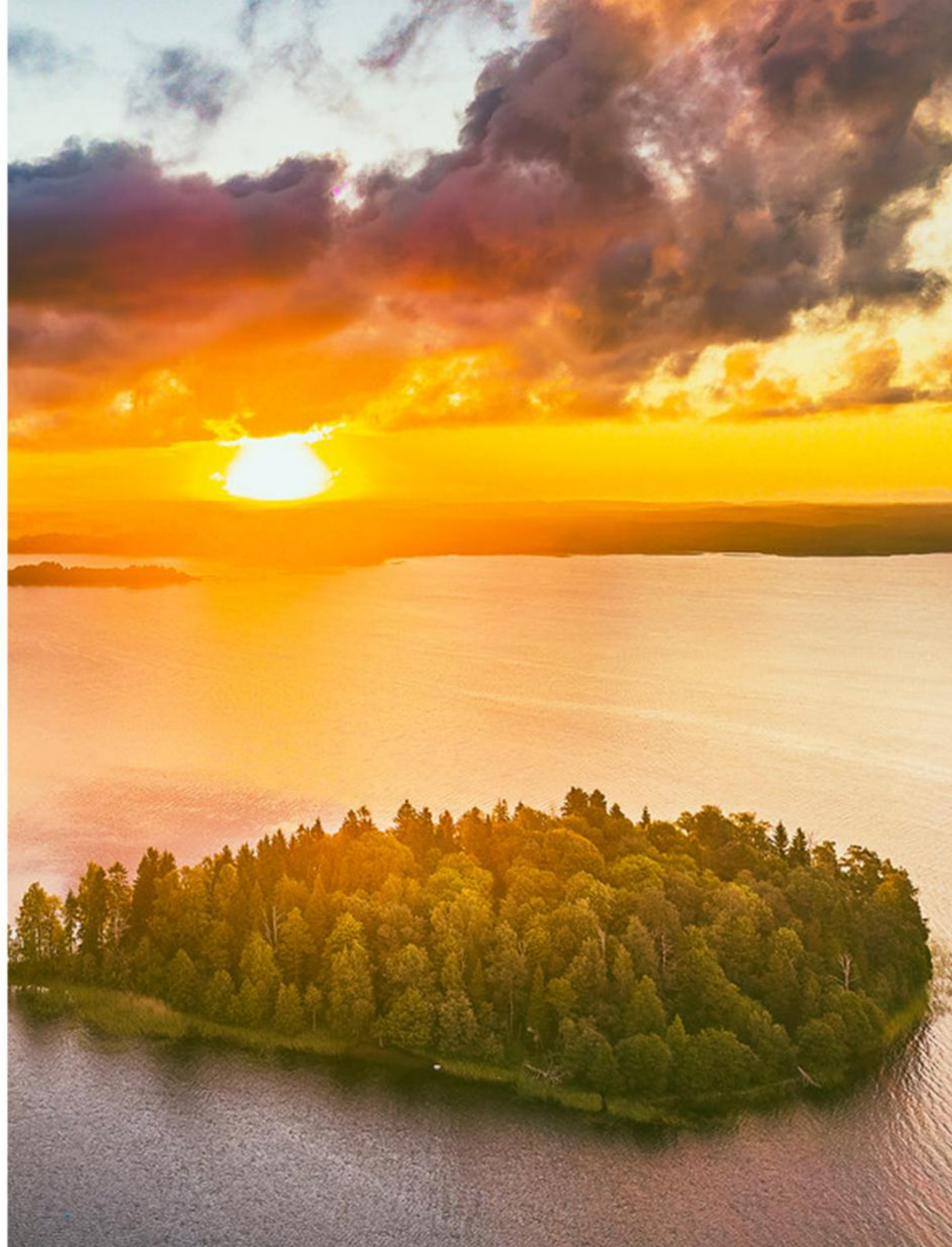
Because the venue located remotely, we applied for “Expensive travel costs due to remote location”. Please check the following link for a detailed explanation. <http://bit.ly/etceOaI>

If the travel expenses exceed the contribution available, the participant shall cover the extra costs from own financial resources.

Reimbursement Procedure

The reimbursement of the travel costs will be done through a bank transfer after the activity. The reimbursements will be made within 2 months after the organizer has received all the original documentation and proofs of dissemination activities and exploitation of the project results.

Participants will be reimbursed for their travel expenses up to the amount available for their countries and no more than their real costs. Should the travel expenses exceed the contribution available, participants shall cover the extra costs from own resources.



A scenic landscape photograph showing a river or stream in the foreground, surrounded by lush green trees and a misty or hazy background. The scene is captured in a soft, natural light, possibly during early morning or late afternoon. The image is positioned on the left side of the slide, with a large green triangle graphic on the right side.

Requirements for reimbursement:

1. Your travel ticket is verified by organizers before purchase.
2. Second class tickets (taxi fares are not reimbursed);
3. Arrival at the venue should be no later than 3rd October;
4. Departure from the venue should not be before 11th October;
5. Bring documentation for all travel made to the project venue (e.g. boarding passes, bus/train tickets, invoice etc.);
6. Fill and sign the reimbursement form,
7. Where applicable, send by post all the originals of their travel documentation.

Additionally, the reimbursement will be performed only if the following conditions are met:

- You have submitted the individual participant report as requested by the European Commission;
- You send proofs of dissemination activities.



Dissemination and exploitation

Dissemination and exploitation of the activity results are a key feature in the Erasmus+ programme, therefore, partner organizations and participants are inquired to organize such activities after both activities (Training Course and Seminar). The project results shall be disseminated and exploited as a minimum to other members of the organisation, various stakeholders and young people in the local community.

Participants and their sending organization must send the organizers a proof of their measures to disseminate and exploit the results of both activities (Training Course and Seminar).



The applicant and the host organization



Nuoriso-ja luontomatkailukeskus Oivanki is a Youth Centre. It is a non-profit organization and it is owned by the town of Kuusamo. It is run as an LTD-company, with a separate budget for youth activities which are controlled by the Ministry of Education and Culture.

Yearly there is approx. 12000 contacts/overnight stays/contacts of young people in the center. One of our key values and main topics is to serve and support the youth work and education sector. As one of Finnish Youth Centres, Oivanki works as a regional resource center for youth work development, for example, organizing seminars, training courses, thematic projects, and international cooperation among youth work and education.

Contacts

For any questions or concerns, please do not hesitate to contact Vitalii Volodchenko and Panu Päivärinta at outdoor4inclusion@gmail.com

We look forward to hearing from you!

