



# Essence of Outdoor Experiential Education Training Course

11th November - 22nd November 2024  
(incl. travel days)  
Matra mountains, Hungary



Funded by  
the European Union



Essence  
of outdoor  
experiential  
education



# INFORMATION FOR APPLICATION



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## 1 Participants' recruitment and selection

Application deadline: 26th August, 2024

We'll select participants based on your profile and motivation.

Selection deadline: 30th August, 2024

Please apply by filling in  
this Application Form:  
[Application form](#)



## 2

# Goals & Learning Outcomes

The training program spans over ten days, focusing on the in-depth understanding of outdoor experiential education, including group-building activities, outdoor expedition, and high and low-rope elements.

The program was designed to achieve the following:

- **Nature as a Tool:** Inspire participants to use nature as a tool while working with groups, fostering a connection between nature and learning.
- **Provide Strong Self-Experience:** Engage participants in outdoor experiential activities to strengthen their understanding of the methods and self-awareness.
- Increase awareness and share the basics of **wilderness first aid and outdoor risk management**.
- **Introduce Experiential Education Concepts:** Reflect on experiences and discuss the basic concepts and models of experiential education.
- **Develop the Competence of Facilitation:** Enhance the skills required for the efficient facilitation of educational programs.
- **Develop the Competence of Designing Programs:** Enhance the skills required to efficiently plan and design educational programs.
- Introduce the framework of the European Training Strategy (ETS): Share insights about the ETS, supporting the self-reflection and assessment of participants.

## Methods:

The program employs various methods to ensure a practical and engaging experience:

- **Experiential Learning:** Learning by doing.
- **Reflective Sessions:** Individual, small, and big group reflections.
- **Rope Elements:** High and low rope activities.
- **Outdoor Expedition:** A two-night expedition in the forest.
- **Meta Reflection:** Analysis of the overall learning process.
- **Sharing good practices** among participants.







## Learning Outcomes

### In outdoor education:

- Competence in facilitating outdoor experiential learning activities on a basic level.
- Competence in using low-rope elements as part of your program on a basic level.
- Competence in using hiking and expeditions as a part of your program on a basic level.
- Gain knowledge and competence in the basics of outdoor risk management.
- Gain basic understanding and competence in 'leave no trace' practice in outdoor activities.
- Learn about the importance and topics of wilderness first aid that will allow participants to explore this topic and gain more competence later, outside of this training course.
- Gain basic understanding of high-ropes activities through experiencing it as a participant that will allow them to explore this topic and gain more competence later, outside of this training course.

### In non-formal education:

- Improved competencies in facilitating groups' and individuals' learning processes.
- Ability to apply experiential educational approaches to program designs.
- Understanding ETS: A basic comprehension of the European Training Strategy framework.
- Enhanced self-reflection based on the ETS competence areas and understanding of how to
- facilitate group reflection processes.
- A more profound insight into the roles and responsibilities of a facilitator.
- Ability to apply outdoor experiential learning in youth work
- Gain a basic understanding of working with highly vulnerable youth and how this can influence our work as outdoor educators. The course doesn't aim to provide in depth learning about trauma informed care or related topics. It only aims to introduce these topics.

## 3

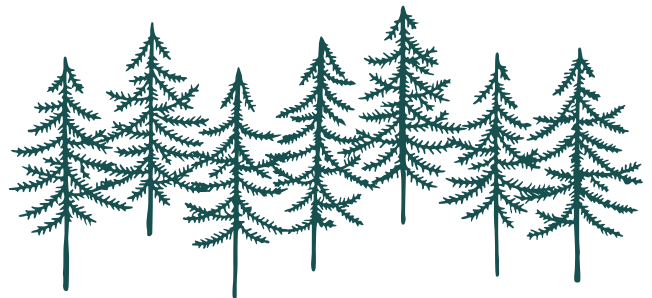
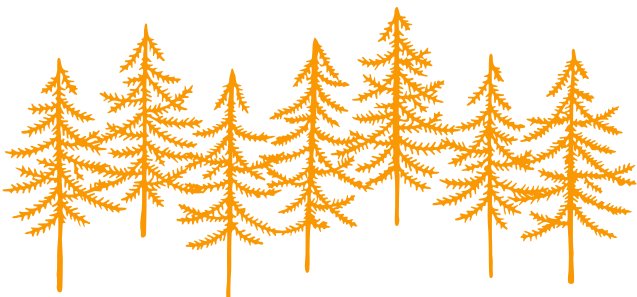
# Participants profile

We are looking for youth workers, trainers, educators, working with youth. The educational background and professional role can be diverse (instructors, facilitators, teachers, coaches, and psychologists), the important criteria are if you are working with young people and are interested in the topic. If you are at the beginning of your youth worker career, this course might also be for you.

More concretely we are looking for participants who:

- Are interested in outdoor activities and motivated to learn methods of experiential education
- Motivated to learn hard and soft skills of outdoor education
- Their physical condition allows them to hike longer distances (15-20 km/day), spending a night under the sky, carrying 50l backpacks.
- Have experience in facilitating groups and designing educational programmes
- Motivated to gain new competences as a facilitator
- Are able to communicate and express themselves in English
- Age above 21

Eligible countries: Erasmus+ Programme countries





## 4 Participation Costs

### Participation fee:

Participation fee is 30,00€ that can be paid during the registration on the arrival day. If your financial situation is limited, please email us at: [erzsebet.czinger@elmenyakademia.hu](mailto:erzsebet.czinger@elmenyakademia.hu)

### Accommodation & food:

This course is co-funded by the Erasmus+ programme of the European Union, and therefore, most of the costs will be covered by the organisers.

Board, lodging, travel and programme costs will be covered upon full participation in the course.

On the arrival day, dinner will be the 1st meal to be served. On the departure day, breakfast is your last meal.

### Travel costs:

Travel costs will be reimbursed based on the real costs not exceeding the lump sums based on the travel distances (by EU distance Calculator), in Euro:

- 10-99 km - 28 €/ green travel - 56 €
- 100-499 km - 211 €/ green travel - 285 €
- 500-1999 km - 309 €/ green travel 417 €
- 2000-2999 km - 395 €/green travel 535 €

Only justified costs will be eligible for reimbursement. Local transfer costs will be included in the overall travel costs. If your travel will exceed the lump sums above, the remaining costs shall be covered by the participant or their sending organisation.

## 5 Training Venue

Venue: Fogadó a Táncoló Kecskékhez - Mátra Mountain, Hungary

Address: 3234 Galyatető, Madách u. 7.  
Hungary  
[Fogadó a Táncoló Kecskékhez](#)

Rooms with 2-4 beds are available with private bathrooms.



# 6

## Planned Program

### Day 1:

Opening  
Experiential  
Learning  
Meta reflection  
ETS competences

### Day 2:

What is youth work  
Experiential Learning  
Low rope course  
Meta reflection

### Day 3:

High rope course  
Experiential Learning  
Team Leading  
Competences  
Wilderness First Aid  
Meta reflection

### Day 4:

Outdoor Risk  
Management and  
Leave No Trace  
Preparation for the  
expedition  
Expedition

### Day 10:

Closing and  
evaluation of the  
course

### Days 8-9:

Workshops by  
participants

### Day 7:

Reflection of  
Expedition  
Experiential  
Learning  
Meta reflection

### Days 5-6:

Expedition



# 7 The Team

## Trainers

### Árpád Bárnai



I am a youth worker, trainer, outdoor educator, so I have many “hats”. My journey started in local youth work in a foster home in Hungary and since then I keep on learning about learning and growth. Be it on a national level or in international projects, in programs serving the growth of youth, disadvantaged youth or professionals working with young people. I am passionate about learning in nature and in groups. My hope is that we will learn about how we can create meaningful learning experiences in nature for ourselves, and for others after the training course.

For more information about my professional background:

<https://www.linkedin.com/in/arpadbarnai/>

<http://trainers.salto-youth.net/ArpadBarnai/>

### Zoltán Kozár

My guiding vision in life is to improve myself and help others to develop. Before I first encountered the experiential education approach at Élményakadémia's (Academy of Experience's) training of trainers in 2016, I worked as a professional soldier. I have been straight into it ever since. Although I had already delivered several training and education courses on various topics, the magic of experiential development immediately struck me. Since I was young, I've been a fan of being outdoors, playing and wandering in the deep woods. In 2017, I joined the Academy of Experience team as a trainer and youth worker, and I currently work for the association as a program coordinator and youth worker. As a trainer, I mainly work as a freelance trainer and for the KijáratProjekt.







Application Deadline:

26th August, 2024

<https://forms.gle/FFcwA8NWTv5R>

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In case of questions,  
please feel free to  
contact us.

E-mail:  
[erzsebet.czinger@elmenyakademia.hu](mailto:erzsebet.czinger@elmenyakademia.hu)

Future  
is  
YOUTH

 Essence  
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