



Outdoor Hard Skills Training Course

14th March - 22nd March 2025.

(incl. travel days)

Matra mountains,

Hungary



Funded by
the European Union

INFORMATION FOR APPLICATION

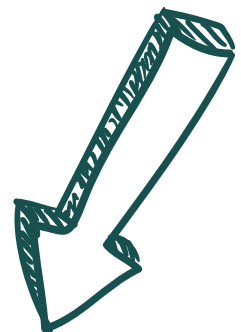


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1 Application deadline: 14th January, 2025

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

Selection deadline: 31st January, 2025



Please apply by filling in this
Application Form



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Goals & Learning Outcomes

The training program spans over seven days, focusing on the in depth understanding of outdoor experiential education, including low rope courses, group-building activities, spending overnight in the woods (short expedition).

The program was designed to achieve the following:

- Provide Strong Self-Experience: Engage participants in outdoor experiential activities to strengthen their self-awareness.
- Develop the Competence of using low rope elements: Enhance the skills required to use low rope elements as an educational tool.
- Develop the Competence of using expedition: Enhance the skills required to use spending an overnight in the woods (short expedition) as an educational tool.
- Increase awareness of the importance of wilderness first aid and outdoor risk management. (the course will not develop competence in wilderness first aid and in risk management)



Some of the 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.
- **Meta Reflection:** Analysis of the overall learning process.
- **Spending time in nature:** A one-night stayover in the forest, even under uncomfortable weather conditions.

Learning Outcomes

- Competence in using low-rope elements as part of your program.
- Competence in using sleeping out in the woods as a part of your program on a basic level.
- Gain basic understanding and competence in facilitating outdoor experiential learning activities.
- Understanding the very basics of outdoor risk management.
- Gain basic understanding and competence in 'leave no trace' practice in outdoor activities.
- Gain basic understanding of high-rope activities through experiencing it as a participant (the course will not focus on teaching the building of high rope elements).





3 Participants profile

We are looking for youth workers, trainers, educators, working with youth and highly vulnerable youth. The educational background and professional role can be diverse (eg. instructors, facilitators, teachers, coaches, psychologists, etc), the important criteria are: that you are working with young people and are planning to use the competencies gained in your educational programmes.

More concretely we are looking for participants who:

- Work with youth groups and will use experiential and outdoor elements in his/her/their programmes.
- Motivated to learn hard and soft skills of outdoor education.
- Their physical condition allows them to hike longer distances with substantial elevation (8-12 km/day), potentially spending a night under the sky, carrying a minimum 50l backpacks.
- Have experience in facilitating groups and designing educational programmes.
- Will be using the gained competencies in their daily work
- 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:
hello@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 double beds are available with private bathrooms. Some rooms have an additional sofa.



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Planned Program

Day 1:

Opening
Outdoor
experiential
education

Day 2:

Outdoor
experiential
education
Low rope course
own experience

Day 3:

High rope course
own experience
How to build low
rope courses

Day 7:

Meta reflection
Closing and
evaluation of the
course

Day 4:

How to facilitate
low rope courses
Risk management

Day 6:

Expedition
Reflection of
Expedition

Days 5:

Preparation for the
expedition
Leave no trace
Expedition



7 The Team

Trainers

Ágnes Lebovits

I have been working in a variety of roles for many years: HR expert, OD professional, consultant, mentor, coach, trainer. In addition I am a mother, a child, a wife, a sister, a friend, a helper, a companion, a clown etc.

I have seen people change& develop, loose and find their ways in all of my roles. I do not find anything else more inspiring and moving than accompanying people on their road of change and learning and being a companion/witness of these moments. I look for these opportunities and hand myself over to these moments with my whole being. I believe I gain from these moments not less than those people who are in the center of these experiences.

I met The Academy of Experiences in 2017 and fell in love with this community of professionals that create a super professional and supporting environment for learning. I am proud to be part of this team.

I have experience in a variety of group and coaching methods, I am a master practitioner in NLP and have experience in working with traumatized old aged people -a knowledge that partially comes from my experience in working for a foundation providing social care for Hungarian Holocaust Survivors. I have also worked with disadvantaged youth, youth in foster care and with managers of companies. I believe I have seen many forms of being resilient, people getting up from the most desperate situations as well as carrying everyday burdens.

I love hiking and rock climbing and have been doing sports since my childhood. I recharge myself on long walks in the forest.

I love laughing and I believe in the power of human relations.



Szabolcs Lövei

I have been a member of the Élményakadémia since 2019, and prior to that, I collaborated with many other organizations. In my work, I primarily use experiential learning and outdoor tools.

Since childhood, I've been interested in everything related to nature and outdoor activities. Wilderness camps, hiking trips, mountaineering, kayaking, wild camping, etc. – all year round.



In my work as a trainer, it was a natural fit to apply these experiences and organize outdoor programs.

I work as a freelance trainer, so alongside my work at the Élményakadémia, I also collaborate with several other organizations and work independently as a youth worker, community developer, and consultant. Additionally, I teach alpine and rope techniques to professional alpinists and climbers.

I believe that by respecting and wisely utilizing the wild nature, we can gain incredible experiences and valuable learning opportunities.

Through my work, I can help and guide people on their journey toward becoming a more complete version of themselves, both professionally and personally.

This process is one of the things that truly fuels my inner fire. I'm really looking forward to meet our group and working, playing, learning together in the wilderness.

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 Kijárat Projekt.





Application Deadline:
14th January 2025
[APPLY HERE](#)

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

E-mail: hello@elmenyakademia.hu



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