

TRAINING COURSE

Including YOU!

Phase 1: 11 - 19 July 2023

Phase 2: 28 August - 5 September 2023

Volda, Norway



Erasmus+
ungdom



About the project

Including YOU! is a KA1 mobility of youth workers, which is a chain of two main activities, with inter-phase assignments in between.

Phase 1: 11 - 19 July 2023

- Arrival date: 11 July
- Departure date: 19 July

Interphase: at home.

Phase 2: 28 August - 5 September 2023

- Arrival date: 28 August
- Departure date: 5 September

Phase 3: Dissemination at home & evaluation

Phase 1 & 2 are taking place in Volda, Norway.



Aims of the project

The Training Course sets the following aims:

- to invite representatives of organizations, who work in the field of outdoor & experiential learning and develop competences related to it;
- to encourage the use of outdoor & experiential learning in youth work with fewer opportunities young people (FOY) and youngsters with special needs;
- to inspire to create and implement more international projects and different possibilities for young people with fewer opportunities and special needs.

Objectives of 1st phase:

- To bring together organizations that have a wide range of youth work and are willing to obtain new practices in outdoor education & experiential learning methodology in order to bring more variety to their work;
- To reflect on best practices, evaluate and share the accumulated experience of the partners in order to boost the synergy among them;
- To create new partnerships and set new strategies for increasing inclusion;
- To design new activities and methodologies to be used with young people with special needs, in order to include them in outdoor projects;
- To equip youth workers with soft & hard skills within Outdoor Education.



Objectives of interphase (at home):

- To evaluate the process, tools, and methodologies created during the first phase;
- To reflect, specify and choose the target group for designing the activities for the toolbox in the second phase.



Objectives of 2nd phase:

- To evaluate the ongoing process including the outcomes of PDA and interphase;
- To start designing activities for the different relevant target groups;
- To test the activities created during the PDA outdoors;
- To work on the structure, components, and design of the toolbox;
- To create a final version of the digital toolbox and start spreading and sharing it in different networks.
- To create a toolbox of ready-to-go activities for outdoor and experiential learning projects, in order to maintain the active participation of people with special needs and to share among other organizations.



Follow-up activities after training

- Finalizing the toolbox;
- Local workshop to share knowhow gained during the training course;
- Online evaluation meeting.



Participant's profile

We welcome teachers, youth workers, educators, youth leaders, and social workers from partner organizations who want to share their skills and knowledge regarding the topic and acquire new skills and competencies.

In order to participate in the training, you should:

- Be 18+;
- Be able to communicate and work in English;
- Be fully available and participate in all phases of the project;
- Be motivated to develop your soft & hard skills and to bring innovative methodologies to your organization;
- Be eager to spend time outdoors;
- Be willing to continue cooperation after the training.



Project venue

The project will take place in Volda, Norway at a farm called "Rysta Gård". It is situated in the mountain range of Sunnmøre Alps. It is characterised by a landscape with steep high mountain peaks rising over 1800 metres straight up from the fjords.

We will be staying at the farm and will be sleeping outdoors in tents. All needed equipment (tents etc.) will be provided by the hosting organisation.

As we will spend most (99%) time outdoor, please be prepared as Norway's weather that can be very unpredictable.

It is possible to have all types of weather and nights can be cold.



Preparation & Equipment

- Comfortable backpack (minimum 60L)
- Hiking shoes!!!
No sneakers - proper shoes are very important!
- Wind and rainproof jacket and pants
- Comfortable clothes for hiking
- Thermal underwear (preferably merino wool)
- Sleeping bag (> 0 C) and sleeping mat
- Hat, gloves and sun cap or headscarf
- Warm clothes, woolen sweaters
- Water bottle
- Sun lotion and mosquito spray
- Lots of socks, preferably warm/woolen together with thin summer ones.
- Headtorch
- Personal hygiene: toothbrush, eco-soap, towel
- Personal medication
- Swimming suit & towel





Keep in mind...

Proper personal equipment is really necessary. You will not be allowed to participate in the outdoor activities without needed equipment.

Tents and all camping equipment are provided! But if you want to bring your own tent/hammock - feel free to do so. Please bring your sleeping bag & mat.

Internet access is restricted but in almost all places mobile internet coverage. Participants will be provided with a phone number of the hosting coordinator in case of emergency calls from family & friends.

Travel & health insurance is obligatory and the responsibility of each participant.

English is the common language on the project.



Travel

During the training course , your accommodation, food, and all the other project-related expenses are covered by the Erasmus+ program grant.

Reimbursement of your travel costs from your home city to venue and back will be done according the funding-limits. Reimbursement will only be done by bank transfer after the project if you fully participate and give all original tickets, receipts/invoices and boarding passes. (including return tickets).

Feel free to arrive or depart a maximum of 2 days before or after the project, otherwise, communicate & agree with the organizers. But note that additional time spent will have to be covered at your own costs.

Travel: How to get there?

Flights can be taken to Ålesund/Molde or also Volda/Sandane airport.

If you are younger than 25 years old you can travel on a CHEAP youth ticket flying with Scandinavian Airlines/Wideroe.
Only valid if booking via www.sas.no // www.wideroe.no

If you are younger than 31 years old (and student), you can fly also CHEAPER by booking a student ticket flying with Widerøe.

Other possibility is to fly to Oslo and take nightbuss to Volda.
(www.vy.no)

We strongly advise you not to buy tickets without letting know to the organisers.



A hand holding a metal plate with white food against a blue background.

Travel reimbursement limits:

Travel reimbursement limits for participants for each partner country are given below:

Norway: 18 EUR

Hungary: 275 EUR

Belgium: 275 EUR

Italy: 360 EUR

Bulgaria: 360 EUR

Ukraine: 360 EUR

Georgia: 530 EUR



Participation fee

Free for participation fee.

We invite you to donate 10% of your overall travel costs, (travel reimbursement limit for your country) to support the local project organisation as organising in Norway is very expensive...

We strongly believe that modest contribution from participants to the overall costs of a project helps to create a sense of investment and ownership of the project. Our main goal is to create for you an amazing project where YOU get the power to decide how you can to influence the project and with what level you want to contribute.

However if you feel that you are a motivated participant who would be unable to come without full travel support, please let us know in the application form, so we can consider your full reimbursement of travel costs.



Partners involved (1)

- **NORWAY - RE:ACT VOLDA**
4 participants
- **ITALY - Coda di Lupo**
4 participants
- **BELGIUM - Joetz vzw**
4 participants
- **UKRAINE - NGO PEOPLE**
4 participants

Partners involved (2)

- **HUNGARY - Hidak Ifjúsági Alapítvány**
4 participants
- **BULGARIA - Arteam**
4 participants
- **GEORGIA - Start Now**
4 participants



Staff



ARNOUT SWANNET

+4798857492
swannet_arnout@hotmail.com



MARIAM RAPHAVA

+34643423712
mariam.raphava@gmail.com



ACHI OTARASHVILI

Please feel free to write us an email, Facebook, Telegram, whatsapp or just call in case of questions :)

