

Erasmus+ Training Course

# VOLUME

(Value of Outdoor Learning - Unfolding the Methodology & Experience)

**20th-28th of July 2019**

**Bakuriani, Georgia**

"Experience is not what happens to you; It's what you do with what happens to you..."

Aldous Huxley



## About the project:

VOLUME - (Value of Outdoor Learning - Unfolding the Methodology & Experience) is 8 days semi-outdoor training course gathering 30 youth workers, social workers and teachers from 9 countries in Bakuriani/Borjom-Kharagauli National Park, Georgia, from 20th to 28th of July 2019. (The program finishes in the evening of July 27th, morning of 28th is the departure time.)

The main focus of VOLUME is to introduce Experiential Learning and specifically, Outdoor Adventure Education as an inclusive and efficient methodologies while working with young migrants, refugees and young people from different minority groups such as cultural minorities, IDPs, language minorities, etc.. Thus, the training course will train its participants in using this methodology in their work.

The training approach will be experiential and practical, providing the theoretical framework and focusing on its practical appliance. This will enable participants not only to fully participate in the learning process, but also take an ownership on their experience and be its craftsmen.

Participants will spend part of the training course outdoors, in Borjom-Kharagauli National Park. This element serves as a practical experience withing the training module.



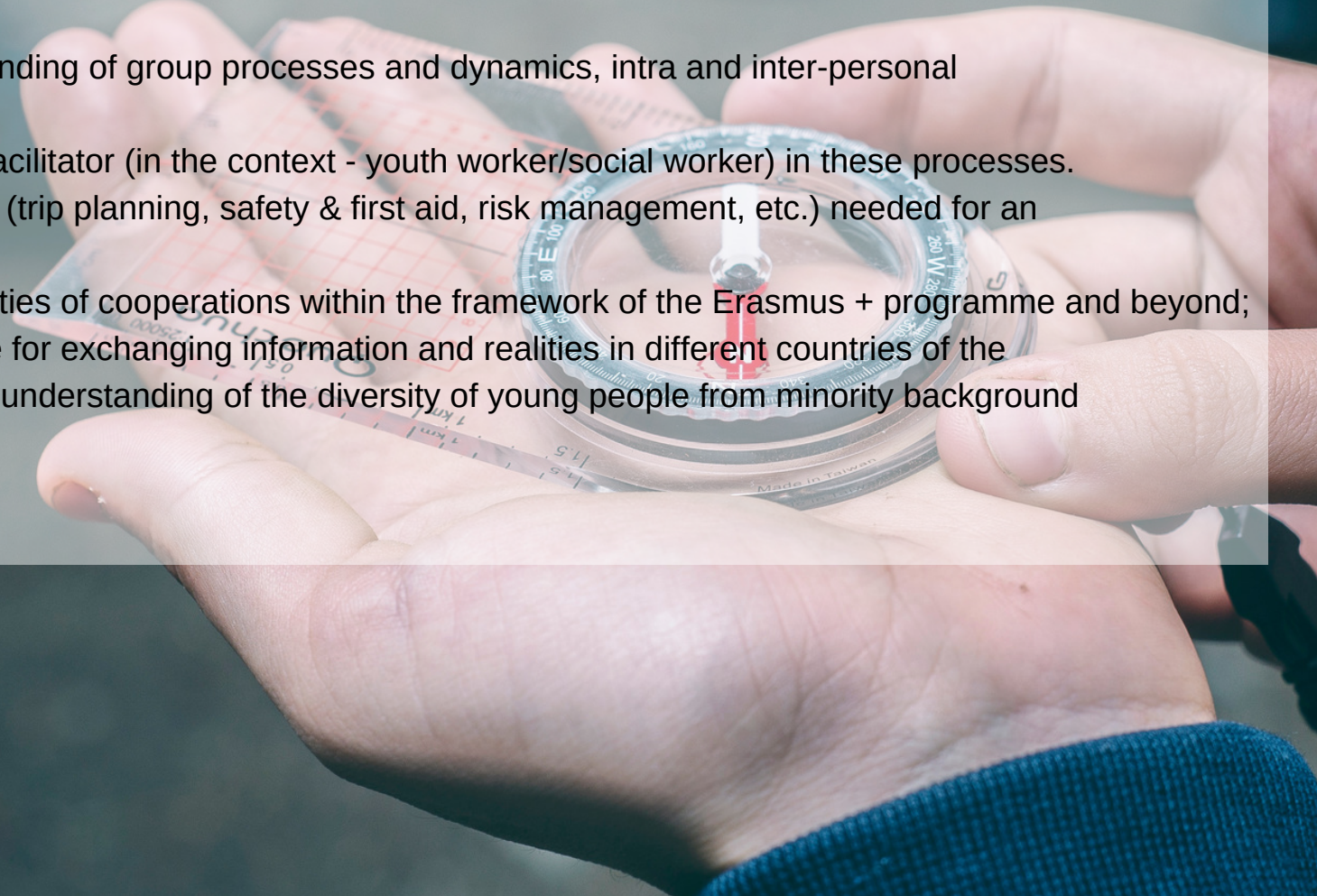


# Aim & objectives:

**The main aim of the project is to improve the quality of inclusive youth work by training youth workers & social workers, giving them competences and tools of using outdoor adventure education in their work.**

## **Objectives:**

- To deepen the understanding of main concepts of inclusive youthwork, outdoor and experiential learning;
- To explore the role(s) of a youth worker in the inclusion process;
- To share good practices, tools, methods relevant for youth workers involved in inclusive youth work;
- To develop participants' soft skills & competences relevant for their work with youngsters from minority backgrounds;
- to provide deeper understanding of group processes and dynamics, intra and inter-personal awareness and role of the facilitator (in the context - youth worker/social worker) in these processes.
- to develop basic hard skills (trip planning, safety & first aid, risk management, etc.) needed for an outdoor youth leader.
- To explore further possibilities of cooperations within the framework of the Erasmus + programme and beyond;
- to provide facilitated space for exchanging information and realities in different countries of the participants to get a deeper understanding of the diversity of young people from minority background





## Participant's Profile:

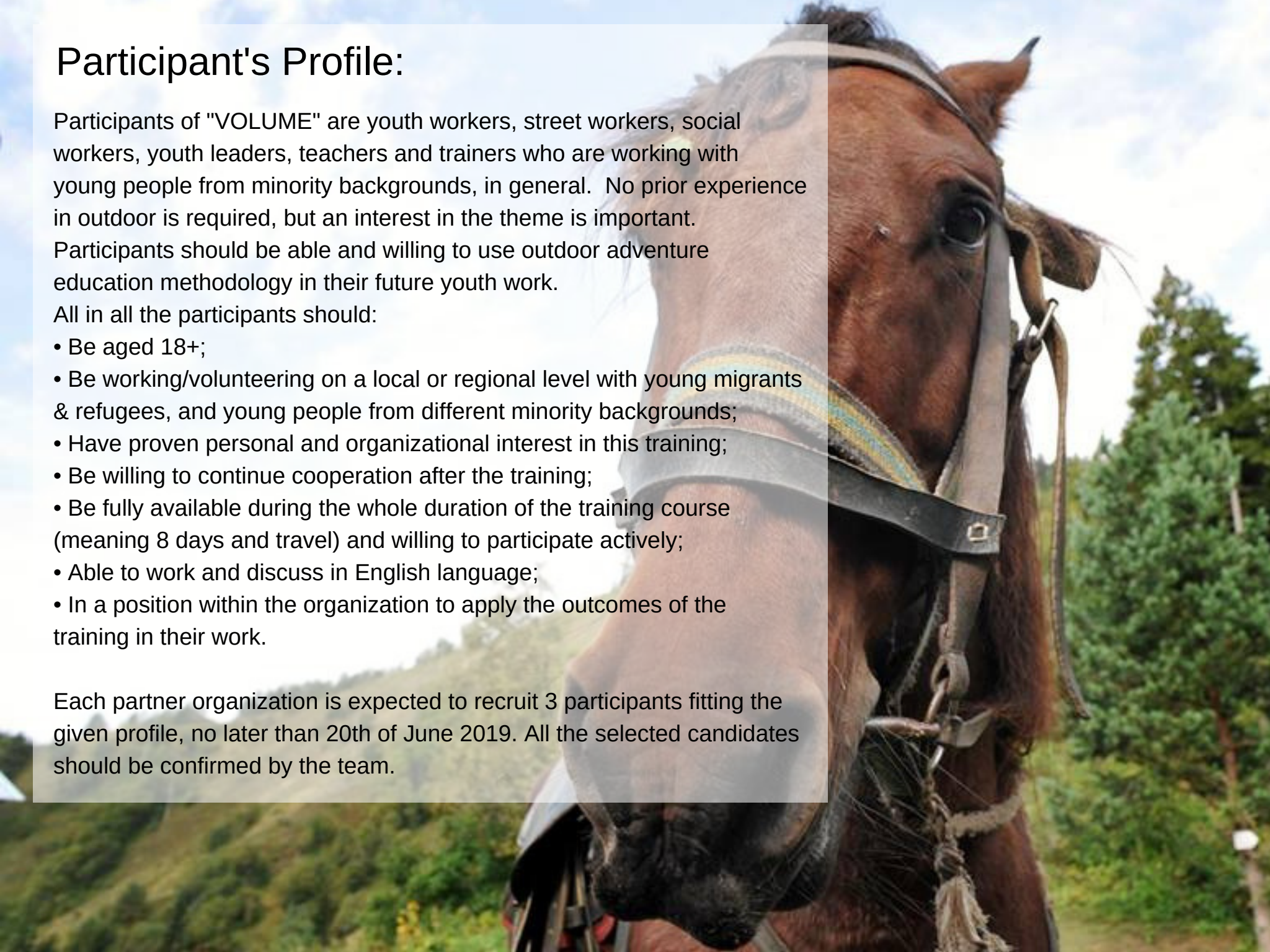
Participants of "VOLUME" are youth workers, street workers, social workers, youth leaders, teachers and trainers who are working with young people from minority backgrounds, in general. No prior experience in outdoor is required, but an interest in the theme is important.

Participants should be able and willing to use outdoor adventure education methodology in their future youth work.

All in all the participants should:

- Be aged 18+;
- Be working/volunteering on a local or regional level with young migrants & refugees, and young people from different minority backgrounds;
- Have proven personal and organizational interest in this training;
- Be willing to continue cooperation after the training;
- Be fully available during the whole duration of the training course (meaning 8 days and travel) and willing to participate actively;
- Able to work and discuss in English language;
- In a position within the organization to apply the outcomes of the training in their work.

Each partner organization is expected to recruit 3 participants fitting the given profile, no later than 20th of June 2019. All the selected candidates should be confirmed by the team.





# Venue of the Project:

VOLUME is a semi-outdoor training course, therefore it also changes its venues during the course. The first and last few days participants will be accommodated in a hotel in Bakuriani, which is a mountain resort in Southern Georgia.

During the outdoor part of the training course, participants will spend few days & nights in Borjom-Kharagauli National park. which is one of the 15 Pan-parks in Europe. ([https://en.wikipedia.org/wiki/PAN\\_Parks](https://en.wikipedia.org/wiki/PAN_Parks)) It offers unique untouched nature and possibility for hiking and camping. When outdoors - we will be accommodated in tents provided by the organizers.

More detailed information update focusing on practical part will follow when we are close to the training dates.





# Travel Arrangements:

None of the participant country residents require a visa for Georgia, so there is no need for you to make any measures in this regard. Please just make sure you take your international passport with you while traveling... :)

You are expected to arrive in Tbilisi, capital of Georgia no later than 13:00 p.m. on 20th of July, and depart no earlier than 12:00 a.m. on 28th of July. (Exceptions should be agreed with the organizers in advance.) If you plan to visit some other places in Georgia, or meet your friends, you can arrive 2 days earlier or leave 2 days later after the project.

While planning your travel please keep in mind, that the project covers the accommodation costs only for the project dates, 20-27th of July. (In case of extra days you will have to cover your own costs.)

We strongly advise purchasing the tickets ASAP in order to fit into your travel reimbursement limit, since July is a high touristic season, usually the prices of the tickets are high. In case of further questions please feel free to contact the organizers.

**!Note:** Please be informed, that the project doesn't cover travel insurance costs. Therefore participants are strictly asked to obtain travel insurance during the visit to Georgia.





## Finances:

During the training course your accommodation, food and all the other project related expenses are covered by Erasmus+ programme grant. Reimbursement of your travel costs will be done according to the rules and procedures of the programme. You will be reimbursed for your travel costs from your home city to the venue and back. Reimbursement will only be done upon presenting all (including return tickets) original tickets, receipts/invoices and boarding passes.

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

- Spain - 820 EUR
- Belgium, Norway - 530 EUR
- Germany, Hungary, Slovenia - 360 EUR
- Bulgaria, Ukraine - 275 EUR

**Note:** Please note, that for your own comfort transportation from Tbilisi to the project venue will be arranged by the organizers, although the transportation cost on this route will be deducted from your travel cost.

**Participation Fee:** There will be "undefined" fee for participation in the training course, which means that you will be asked to contribute with as much amount as you think is relevant for this training.





## Preparation:

Please be prepared for the project outdoors for any kind of weather conditions. The weather in this region of Georgia in September is usually around 25-30 degrees, but be prepared for various climate changes (the sun, the wind, rainy days and cold nights.)

Below there is a list of the things, make sure you don't forget anything:

- Comfortable rucksack for hiking, at least 60 liters in size.
- Sleeping bag and sleeping pad.
- Warm clothes, fleece or woolen sweaters. as well as summer clothes.
- Wind and rainproof jacket.
- HIKING SHOES (Proper shoes are very important!!!)
- Waterproof cases for your gadgets.
- Lots of socks, preferably warm/woolen together with thin summer ones.
- Sun cap or headscarf.
- Sunglasses and sun creme.
- Loose and comfortable indoor clothes & shoes.
- Swimming costume and towel.
- Toilet bag with the things you need inside.
- Box of PRIVATE medicines, in case you need any specific medication.  
(Otherwise, there will be a general first aid kit during the whole project.)
- Pocket light/Head Flash.

! Tents are provided! But if you want to bring your own feel free to do so.

!!! Warning: There will be no internet access during most of the outdoor part, as we will be staying in nature. Participants will be provided with the phone number of the hosting coordinator in case of emergency calls from family & friends.



# Safety:

During the project we will be staying in a wild nature. We will be sleeping in tents, will cook, wash and do different workshops and activities there. "Safety comes first" - therefore the organizers will ensure the safety on the highest level possible by taking measures before and during the main activity.

Namely:

- There will always be the first aid kit around, with a person able to provide the first aid.
- Most of the time there will be a local guide with us, who knows the area well and can provide support.
- Participants will be told about the basic camp rules and safety issues from the very beginning. (Such as what to do in case of thunder, fire, hail, etc.)
- Project team will always be there to make sure everything goes smooth and safe.

Yet, no outdoor program in the world can guarantee 100% safety in the field. Spending time outdoors in a beautiful nature is a pleasure for body and soul, but its cost might be different hazards that usually come with it. Participant signing up for this project should be aware of having a higher risk of mainly physical and possibly psychological damage in outdoors. (Rather than in "usual" urban areas.)

Possible risks include:

- Physical/mechanical damages; (Twisted ankle, scratching body, slipping on the wet stone, etc.)
- Health problems; (Catching a cold after a rainy night, getting burned by the sun, intoxication by food, etc.)
- Possible personal issues/anxiety; (For those who doesn't feel comfortable with basic conditions, possible bad weather, etc. Especially for the ones who has never tried living in an outdoor camp before,.) (Though, not to be understood wrong, we very much welcome the first time campers especially! :) )
- Other hazards, that come countless in outdoors.

It's very important that a person signing up for this training course realizes that the participation is at their own risk. Therefore, in the application form that comes together with this info pack, you are asked to tick the box by which you confirm that you had been informed by the organizers about the higher possible hazards (mentioned above) and you agree to participate in the project at your own risk.

What's more, in order to minimize all the risks, it is strictly required to mention in the application form if a participant has any allergies, food intolerances, needs a specific medication, etc. This will be absolutely confidential, only for the safety reasons and it will enable the organizers to take needed measures and prepare themselves better for possible challenges. Moreover, as mentioned above, each person joining the project is strictly required to have valid travel insurance!





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