

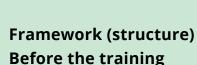
SOVI 10-Day Training on Adventure Education (Youth Workers)

Type of event: Intensive residential training with preparatory online activities and structured follow-up

Target group: Youth workers

Short description of the training:

The training immerses youth workers in the principles and practices of adventure education, using outdoor experiences as tools for personal growth, team building, and youth empowerment. Through a blend of pre-training engagement, experiential activities during the programme, and guided followup, participants strengthen facilitation skills, gain practical outdoor methods, and learn how to integrate adventure-based learning into their youth work. The programme emphasises peer exchange, creativity in natural settings, and long-term impact.



- Map of participants (Google My Maps): Participants share where they are coming from and their favourite nature spot.
- Selfie video task: "Tell us about a time nature taught you something."
- Introductory Zoom call: Meet each other, outline the programme, and ensure everyone is aware of the necessary equipment they need to bring.

During the training

- 1. Online "Adventure Diary" (shared blog): Participants upload daily photos and one key insight or reflection from their experience.
- 2. Resource folder (Notion or Google Drive): Shared space for outdoor games, tools, and methods - participants can add resources and comment in real time.

After the training

- Peer coaching pairs: Meet online 2-3 times to support the integration of adventure education methods in their local context.
- "Trail markers" email series: Four follow-up emails over six weeks with reflective prompts and practical challenges to maintain engagement and learning momentum.



