



## **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 follow-up, 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.

### **Framework (structure)**

#### **Before the training**

- **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.

