

ERASMUS + TRAINING OF
TRAINERS

HOLP

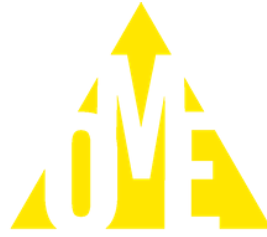
HOLISTIC OUTDOOR
LEADERSHIP PROGRAM

PUEBLA DE LA SIERRA (MADRID)
25/06 - 1/07 2021



Co-funded by the
Erasmus+ Programme
of the European Union





MADRID OUTDOOR EDUCATION

At MOE we strive to inspire people in our community to discover and develop their natural potential, through challenging and learning experiences, in order to create a more resilient, empathetic and supportive world. With nature at our heart, we base our methodology on facilitating challenging experiences that stimulate and promote the integral development of people.



OUR VALUES: RESILIENCE, EMPATHY AND SOLIDARITY

Our main priority is the physical, mental and emotional safety of the people involved. To this end, we follow individualized processes and risk management systems for each activity. Our aim is to facilitate learning experiences in a safe space. We believe that the key to change is education. An holistic education based on experiential learning, promoting introspection and learning by discovery. Encouraging and developing the competence of learning to learn, essential in a world of constant change.

THE PROJECT



THROUGH OUTDOOR
EXPERIENTIAL
LEARNING ACTIVITIES,
YOUNGSTERS LEARN
NEW SKILLS FOR LIFE



Nowadays, we have the privilege to enjoy big opportunities, such as the ones offered by **Erasmus+ Programme**. And we must take advantage of them, we should work together in order to create a better world. There are many projects in need of Young Leaders, people who can empower people and help its community towards a brighter future.

MOE Holistic Outdoor Leadership Programme is an **experiential education Training Course** adventure. All along this journey, we will discover the different components that build up leadership and the essential capabilities to promote and consolidate an intelligent group.

During the process, we will experiment with different **non-formal education** techniques contextualized in an **Emotional Intelligence** based perspective that promote a collaborative learning. All of it, with the main aim of reinforce the intelligence of our group, as an example of how to carry out the impact that we are expecting to set out in our own social communities.

We believe in **Outdoor Education** and all the benefits they bring to a whole new level of learning by doing. **All along the 5 days of the project we will spend 4 days living in the Outdoors in a self-sustainable** way cooking our own food and dealing with having to prepare our sleeping tent or bivouac tarp.

Our programs are developed in **natural outdoor spaces** in our community, which offer us unlimited opportunities for reflection and learning. We interact with them, learn from them and strive to share their benefits, admiration, respect and protection.

Because we love nature, we encourage and promote its care and protection through educational experiences that cultivate wonder and curiosity about our habitat. As part of an active environmental approach, we not only seek to leave no trace, but also believe in the opportunity to **have a positive impact on our environment**.

THE OBJECTIVES

The project seeks to promote a **new concept of leadership**, based on behavior rather than power figures. Starting from the fact that we are all capable of developing those behaviours and what is more important, that we need references capable of facilitating and developing leadership behaviours in others, so that we can build a collective leadership in which everyone can be a leader.

To this end, the following objectives are proposed:

General objectives:

-To develop an integral formative adventure that favours **the empowerment of educators so that they can develop and facilitate leadership behaviours** in their community.

Specific Objectives:

- International educators will be connected through a network of interassociative collaboration. In which educators and organizations will **collaborate to improve the quality of future training actions, sharing resources and facilitating the creation of support structures for young people**. This will multiply the connections and increase the possibilities for action.

- Organizations and **educators will be trained with resources and skills to encourage and develop leadership behaviours in their communities**. Through the use of experiential methodologies, such as Outdoor Education, along with the use of non-formal education techniques. For the further development and recognition of a different way of learning from experience.

- During the process It will be remarked **the importance of the Erasmus+ programme as an opportunity to develop actions**, through our own example as young people who design and lead projects successfully. With the aim of inspiring other educators to become actively involved in their community by promoting the values of the European Union.

Consequently, these are some of the selected topics:

Leader vs. leadership - Collective leadership - Roles - Assertive communication - Conflict transformation - Decision making - The power of language - Emotional management - Group intelligence.

THE ACTIVITY STRUCTURE



- First stage (Day 1-2)
During this part an expert trainer will help us to discover through non-formal education techniques and several workshops the different components of a group and the most important aspects of leadership.
- Second stage: (Day 3-5)
We will lead a 3-days long hiking experience in which we will work all together in the mountain, while discovering and putting into practice all what has been learnt.
- Third stage: (Day 5)
Finally, we will crystallize all the knowledge gained into a communitary action plan.

METODOLOGY :

The methodology developed in the project reflects a modular and flexible composition. Divided into four modules (Introduction, Challenge, Overcoming and Reflection) of gradual difficulty, through which a challenging process will be proposed based on the previous knowledge of the participants.

Therefore, an approach based on the different learning models, as well as the different intelligences is proposed in order to facilitate the acquisition of knowledge and maximize the consolidation of learning.

Two trainers, will facilitate the youth-workers helping them to switch their vision from a participant perspective to an educator perspective. To this end, continuous pedagogical analysis and the acquisition of the necessary skills will be developed so that educators can facilitate the learning and acquisition of leadership behaviours among young people in their community.

Finally, it is necessary to emphasize the importance given to language as a tool for social transformation. Therefore, emphasis will be placed throughout the project with the aim of inspiring participants and stimulating their capacity to inspire others.



PARTNER ORGANIZATIONS



MADRID
OUTDOOR
EDUCATION

Madrid Outdoor Education
Spain



Baltic Youth Way
Latvia



Fundacja Centrum Aktywności Twórczej
Poland



Be Visible Be You
Greece



NaturKultur
Germany



MOJU
Portugal



Youth for Exchange and Understanding
Cyprus



Giovani iddocca
Italy

PARTICIPANTS PROFILE

- **2 participants** per country + **5 Spanish** (21 total)
- Age from 18 to **no limit**.
- **Active persons** in the field of **education and training** capable to **share their learnings** in their communities.
 - **Volunteers** in the field of education and youth work.
 - **Facilitators and trainers** in the field of Formal and Non-Formal Education.
 - **Social workers**.
- **Experience** in the field of NGO and youth work is required.
- **Responsibility and commitment** to all the activities of the project (before, during and after the main activity)
- People with **few opportunities** will be given priority
- **English language** enough to communicate and share opinions.
- **Passion and motivation** to learn, share and enjoy :)



PRACTICAL INFORMATION

- DATES: **26th - 30th June 2021** (25th June - 1st July travel days).
- VENUE: "**El Molino de Arriba**" in Puebla de la Sierra - Madrid.

We will have an actual **wilderness experience** sleeping in **individual tents and bivouacs**. The food will be **cook by us** using stoves.

<https://goo.gl/maps/JNgXjbpTLfhKuDsC8>



PRACTICAL INFORMATION: TRAVEL AND FINANCIAL CONDITIONS

The Training Course will be implemented in the frames of the **ERASMUS+ Programme**.

Board and accommodation will be covered by the organizers. The travel costs will be reimbursed for the **cheapest and direct way of transport** and only under the condition that the participant will take part in the whole project. Before purchasing any ticket the participant will have to send their travel proposal. **Make a copy of the document in the following link, fill it and sent it by email to javi@madridoutdooreducation.com**

https://docs.google.com/spreadsheets/d/1gAA5ICzTPa9OrTVTlv_6B8aOrZcAcgCA23rx_-FGGQ/edit?usp=sharing

The travel costs will be reimbursed up to the certain **amount according to Erasmus+ rules**. Only the tickets that **were confirmed** by organizers will be reimbursed.

The maximum travel reimbursement per person is as follows:

Germany - 275 Eur.

Latvia - 360 Eur.

Greece - 360 Eur.

Italy - 275 Eur.

Cyprus - 530 Eur.

Poland - 275 Eur.

Portugal - 275 Eur.

Travel expenses will be reimbursed in Euro after the end of the project, and only upon submission of all necessary documents (see the next sections) through **BANK TRANSFER** (clarify with the different partners)

All tickets' costs purchased in a local currency will be converted and calculated according to the **exchange rate of the month given by the European Commission** (<https://goo.gl/HinFm6>)

The participants will have to get to Madrid **before 16:00**, where the organization vehicle will pick up them to **Puebla de la Sierra**.

PRACTICAL INFORMATION: TRAVEL DOCUMENTS AND REINBURSEMENT

International travel expenses can be reimbursed **ONLY** upon presentation of **ALL ORIGINAL DOCUMENTS** stating your travel data and costs, namely:

1. Boarding passes (For round trip);
2. Tickets for plane/bus/train (also e-tickets);
3. Invoices;

Participants are requested to bring with them **all the mentioned documents**, likewise any other payment bills, checks, tickets and payment proves that they will get during their travel.

Regarding way-back tickets and boarding passes, they should be firstly scanned and then sent by registered post to this address: Calle Ricardo Ortiz, 116 2º B, 28017, Madrid, España



COVID-19 UPDATED

From the beginning of the pandemic, we have always believed in a **safe and high-quality education Outdoors**.

That's why following always the best safety standards **MOE is doing activities** with youngsters from **September 2020** with no covid contagious case on them.

Regarding the Holistic Outdoor Leadership Program (HOLP) we have decided to **go ahead and deliver it** following the next measures:

- The whole program will be held **outdoors**
 - We will sleep in **individual tents/bivouacs**
- We will follow the **safety measures recommended for the Health Institutions** at that moment.
 - **Use of the mask** at all times when there is no safe distance.
 - **Do not share** equipment or personal items
 - Continuous **surface and hand disinfection**.
- All participants will have to present a negative **PCR* done 72 hours before flying** to Spain.
 - The PCR will be covered using the **left money for the travel budget up to the maximum per country**.
- All participants will be required to **have travel insurance** covering:
 - **Cancellation of flights** in case of positive PCR.
 - **Hospitalization** expenses in Spain.
 - Expenses derived from a **possible quarantine** in the case of positive PCR in Spain.

EQUIPMENT NEEDED

This is truly a **Wilderness Experience**, so please read the following information carefully!

What to bring:

- **Sleeping bag (suitable for as low as 0 degrees).**
- **Backpack (minimum size, 40L)**
- **Camping mattress.**
- **Good walking shoes -preferably waterproof, suitable for, walking long distances in a mountainous, rocky area.**
- **Walking socks.**
- **Slippers**
- **Outdoor clothes -all-weather (waterproof) jacket and pants, warm gloves, warm hat, sun hat. Also warm clothes and thermal underwear.**
- **Sunglasses and sunscreen.**
- **Headlamp or battery-torch.**
- **Water Bottle.**
- **Camping Pot Set (To cook by yourself), mug and cutlery.**
- **Towel**
- **Toiletry bag with the things you need inside.**
- **Medicines that you usually use and need**
- **Passport and medical insurance card.**
- **Personal Notebook.**
- **Covid-19 prevention kit (hydroalcoholic gel and mask)**

We will provide you with a **tent/bivouacs** where sleep every day and stoves with to cook.

In the case that **you do not have** a backpack, sleeping mattress, or sleeping bag, Madrid Outdoor Education will provide one for you. **Please communicate with us about what equipment you need.**

READY FOR THE ADVENTURE?

CONTACT THE PARTNER ASSOCIATION IN YOUR
COUNTRY ASAP!

ANY DOUBT?

DONT HESITATE TO WRITE US TO
HOLA@MADRIDOUTDOOREDUCATION.COM

