

# Outdoor Emotions

## 10-day training course for trainers

### Description:

Based on our experience, outdoor trainers deal not too much with emotions during their training. We believe emotions are very important also in outdoor trainings.

Therefore we organize a training for trainers to focus on emotions in the trainings.

### Aims:

- to show and to have experience how emotions are important
- to show methods for evaluating emotions and feeling after activities
- to have experience outdoor activities where everyone feels differently and evaluate these differences in feelings
- to show some relaxing methods to be able to acknowledge their feelings and emotions

### Methods:

- relaxation
- meditation
- nordic walking
- horse riding
- expedition in forest
- rope exercises
- yoga
- tai chi
- discussion and a lot of EVALUATION

### Target group:

- trainers (especially outdoor trainers) experienced in experience based and non formal learning methods

### Date:

03.10.2016-12.10.2016

### Place:

Eger and surroundings, Hungary