

Let's Outdoor

- Youth Exchange -



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16-24 July 2022, Bicăcel - Lăzăreni (Bihor), Romania

How about a great Erasmus+ outdoor experience in Romania? We created an experience in the middle of the nature with a wide range of activities that you could explore! In simple words, Let's Outdoor is a project that aims at addressing the high incidence of sedentarism among young people, as a factor that deteriorates the life conditions of a large part of the young generation nowadays and that increases the risk of social exclusion.

Dates: 16 – 24 July, in Romania (including travel days), 30 youngsters + 7 GLs (Group Leaders) will go through a memorable outdoor experience in Romania. The age of the participants is 18-30, mainly young people who are facing various sources of disadvantages, such as economic obstacles and unemployment, social or educational obstacles. Each national group is formed by 5 participants + 1 GL (and 2 GLs for Romania). Each partner will select and prepare the group for the YE.

The YE methodology is based on NFL, outdoor and indoor education tools, seeding in the participants' consciousness the benefits of physical activities. We are focusing on young people from both urban and rural areas. The COVID-19 pandemic amplified the phenomenon of sedentarism lately, with 'negative effects on the health, well-being and quality of life of individuals as WHO indicates. You, as a participant, will be part of a great opportunity to reflect on the benefits of physical activities, outdoor living, green farming and ecological life in general.

Important aspects to consider before sending your intention to attend the Youth Exchange.

This YE (Youth Exchange) is dedicated to young people who are highly motivated to explore their personal development process in a non-formal way, by exploring the beauty of outdoor education and green farming. We expect to have a group of motivated young people who need this experience for their life, irrespective of their understanding on outdoor education.

The working language will be English, therefore an average level of speaking, reading and listening is desirable. Nevertheless, should any confirmed participant need support for translation and interpretation, we will be happy to assist with this aspect during the YE.

Homework: before arriving to the event, please prepare the homework with the following elements:

1. Prepare a national play/game
2. Read about the benefits of sport and how to bring outside activities inside your home.

Send the homework to the facilitation team before the first day of the Youth Exchange at projects@ipta.ro. It will be used as a basis for the intercultural learning process.

Participation during the Training Course:

1. Full attendance at sessions is mandatory and it is a condition for reimbursing of travel costs.
2. Active involvement. During the week, you will be assigned with different roles that will stimulate the overall group dynamic. Stay tuned for more details ☺

Follow-up activities: the participants at the Youth Exchange are expected to:

1. Share after the mobility pictures and videos with each other and to their online communities, to create as much media content as possible as promoters of a more active lifestyle. They will search for new activities and share at least one other sport related experience that developed from the YE.
2. Share their experience in the YE in schools, with their colleagues, by finding new opportunities and challenges. They will also be actively involved in the online groups created for the project and constantly endorsed by the partners to stimulate them to disseminate further their experience from the YE even after the end of the project.

A learning agreement will be signed with each participant before attending the Youth Exchange, including all the above mentioned aspects.

Logistic aspects to consider before confirming your intention to attend the event

Dates: the YE will happen during **16-24 July 2022**, including the travel days. That means seven full days of activities, with a daily schedule from 09:30 AM to 7 PM. The travel reimbursement limit is 275 EUR for Latvia, Estonia, Denmark, Slovenia and 180 EUR for Macedonia.

We will have four daily sessions, a morning warming up moment and a daily reflection time at the end of each day. Evenings are free, but we have some plans to have fun and we will.

Location: we will stay in a rural area named Bicăcel (Lăzăreni), în Bihor County (<https://goo.gl/maps/DmhFY8ZMRdoBiW6M6>), 30 km away from Oradea, the main city nearby. We will be hosted in new wooden houses, with 2-3-4 beds in one room (single person beds). Each house is equipped with one bathroom and all needed facilities.



About the surroundings: we will stay in a semi-remote area, in a green farm (expect to see and hear animals) next to the village, 30 km from the city of Oradea. Not many people to meet around, but animals and a lot of sounds from the forest. Weather might be tricky: I cannot promise a sunny week or a rainy one, it's a high-hilly area. The temperature might range from 10° C to 30° C (night – day). Bring a rain jacket and shoes that enable you to have a walk in the forest. The mobile connection should work 24/7, as well as the mobile data. Nevertheless, in some spots you might face some limitations. We will have a functional Wi-Fi connection mainly next to the common working spaces only. On the other hand, you have plenty of options to explore the forest, to disconnect from the daily routine and to re-connect to nature, have a long talk at bonfires, meditate, draw. The venue is children and family (pets are also family) friendly, so if you want to have your little one with you, tell us in advance so we can accommodate this.

We will cook our own meals, please keep this in mind!!! We will also take care of the coffee breaks daily. It will be a self-owned experience from all the perspectives. The tap water is drinkable.

What to bring with you: we are in the middle of the nature + we will also work quite a lot:

Mandatory list:

- Rain jacket, warm coat, hat, scarf
- Head torch (besides the moon and the stars, the outdoor space is a dream place)
- Proper shoes for wet terrain
- Shoes for inside spaces (we will not use the same shoes for indoor)
- Medicines (you know better your medical condition)
- Towel + personal hygiene products
- Comfortable clothing (the parliamentary sessions are not for us 😊)
- Any products that you really need for yourself (we don't have a shop in the proximity of the venue)

Optional but highly recommended:

- Laptop, tablet or personal diary for taking all the inspiration needed for the follow-up activities
- Trekking clothes and shoes

Optional:

- A gift for our location, as we are still decorating it

** We are in the middle of creating a rural hub community, so if you could contribute with a small donation in cash, 20-40 EUR, that would really help us in our efforts. If not, we are more than happy to receive your ideas on how to grow our project.

MANDATORY!!!

Register yourself in this form, this is your boarding pass for this Training Course.

<https://forms.gle/jFBYo93FQvfcWC3w7>

The timetable of the YE will be provided to the selected participants.

See you soon!!