

Day 1 - 06.08.2019

- **Mission Impossible:**

We had 20 minutes to pick and complete tasks, first we pick the first one, complete it and do another. For example: give name tags for every participant or to take a group selfie.

Comment:

This game was good because it gave us the possibility to get along with each other and break the ice.

- **Name game with ball:**

We needed to pass a ball to each other and tell our name, and do this as fast as we can.

During this game we had a chance to memorize the names of the other participants and to cooperate cause we had to do this really fast.

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- **Iceberg:**

Every participant get sticky notes in different colors: green, yellow and pink, that represents resources, expectations and fears then we were sticking this cards on big piece of paper. Than everyone in the circle had to present their ideas.

This activity showed us that we had the safe place to express our feelings.

- **Contract:**

We splitted into pairs in which we were writing rules we would want to put on the contract, then we united into bigger groups and compared the results to make the final contract. For example: Bora-Bora, be respectful, be involved etc.



- **Evolution game:**

You are an amoeba than chicken, monkey and human. We evolved each time we won a stone-scissors-paper round.

It was just an energizer, it is nothing special, but we had fun.

- **Gumizela games:**

- Bull Area: everyone is holding stretched gumizela inside there is one person who is a bull who tries to touch hand of one of the gumizela holders or to break the fence by pushing it to the ground
Opinion: it can be a dangerous game for children cause you can lose your teeth, but it is a nice energizer.



- Balance the ball: people holded the gumizela for both sides and tried to prevent the ball from falling down to the ground. We had to move the ball 10 times around us.



- **Base Camp:**

We have our planet (safe place), which is a circle and we can not be outside of the circle alone or longer than 30 seconds. Our task was to collect different things from outside of the circle. To do this, we had to make a chain from our hands. 2 times we had to lay on the ground to be able to get the item.

This game helped us to develop our cooperation, teamwork, leadership, communication.

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- **Lego game:**

Organizers built a random tower for us. We had to recreate it with 2 groups. Each person of both teams had an opportunity to look at this tower for 3 seconds and then he could help his team to build it. A team, who had more details positioned right won the competition.

It gave a good opportunity for the participants with good memory to show their gift from the god, but not everyone could fully participate here.

- **Evaluation:**

We were sitting in the gumizela sharing our opinions about previous games, that we had played. We talked about other participants, what we learnt and developed.

It is a very good opportunity to have an evaluation time and talk about things that we made, about processes of learning we experienced and things, that can be changed next time.

- **The stretch zone experience model:**

We had 3 circles: comfort zone, learning zone, panic zone. We had to write about situations that we could experience in the group which suit each zone. Then the organizers read these cards and everyone moved to the zone, which suit them.

It showed us, that we have a different approach in the same situations.

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- **Introduction and explanation of the outdoor education:**

We had the time to discuss what outdoor education looks like. We tried to explain what outdoor education is.

- **Evaluation with cards:**

We had to pick one card and explain why did we choose this one and relate it to the experience, that we had during this day.

Day 2 - 07.08.2019

The day begun with an energizer exercises, call: **Apple, banana, orange**. All the participants stay in the circle, touching the shoulders of the one colleague in front of him. When the facilitator call apple, all the people jump up one step in front, when call, banana, jump a step back, and when it call, orange, all the people turn around. The facilitator has the power to change the order of the words so, that people jump in a different way.

Teamnet activity

The group has to build an inter-connected structure made up of 29 individual components. The task for the team is to assemble the individual components of Teamnet following the 3 diagrams to create a single interconnected structure. The facilitator(trainer) give to the group the 29 individual components(red, blue, purple, yellow cords which are long, medium and short with a rule: the colour always connects with the same colour and the time for the planning and rehearsal of the Teamnet construction.

During the game we had the opportunity to make rules: who are the builders, who are the selectors of the cords, to communicate our intentions, to make a strategic plan, to put our resources in finished the task. We all notice that some factors been in the way for succeded: sometimes we didn't cooperate, listen each others, we split in two parts, lost the purpose of the activity. In the end , we try it again with more confidence, following the pattern structure, been more involved.



Four true and a lie

The trainers gave us one page to write down 5 sentences about the personal life, but one of them was a lie. Everybody placed it on their person with duct tape and after that we talk in pairs and the task was to find the lie.

Comment: we find more about each other and we talk with people that we didn't spoke too much.

Colour blind activity

We were blindfolded and each given a two shapes with different colour. First we had to familiarize with the shapes: description of them, talk about the colour. The rules were that the participants were not allowed to pass the shapes between each others, only the trainers talk about the colour.

The point of the game was to identify the colour and the shape of the missing pieces in 45 minutes.

Comment:

The game was pretty challenging but we managed to guess one of the two shapes correctly by a good communication, good focus on our purpose, a good memory and imagination, giving names to the shapes: butterfly, the castle, the rocket.

Body system

The trainer gave us a thread was simultaneously connected to another person in group that we didn't know at that time. Thus ten pairs were formed. Each person of the couple has therefore had the task of collaborating with the other person throughout the week and helping the other to reach the challenge he/she decided to undertake and to carry through.

Evaluation

More/Less/Start

Each person of the group was asked to indicate an element of their character that they intend to start enhancing, improving and positively implementing for the first time throughout the week. This was followed by the expression of every person who observed the great commitment of all in wanting to participate in an increasingly positive way in the progress of the group.

Day 3 - 08.08.2019

- **Energizer: Zombies in the city.**

Materials: chairs, equal to no of participants less one.

The chairs, preferably without handles, are placed on rows and columns evenly apart. A standing participant is zombie and must exit the room. During this time, other participants make their strategy to defend their city (the seats on the chair). Then when zombie enters, participants begin to change their seats, according to the strategy set. The purpose for zombie is to sit on an empty chair. The participant who remains standing becomes the new zombie and the cycle resumes. Then he/she will leave the room and the others will make a new strategy.

- **Exercise Similarities and differences:**

Objective: interpersonal knowledge, facilitating integration into the working group.

Materials: flipchart sheets, markers

Description: The participants are divided into working groups of 4 people, they will draw a sun with eight rays on the flipchart sheet. Each group created has to find eight elements that they have in common, very concrete (eg: I like Harry potter) and 4 differences that belong to each individual. After this tour, 2 or 3 groups join and they will find common elements from the already written ones and new ones. Finally, they gather in the big group and discuss the common issues for all the participants and the individualities of each one.

Working time: 30 min.

- **The balls factory**

Learning objective: improve performance.

Attitudinal objective: empathy, active listening.

Skills objective: establishing the role in a group

Materials: 1 string, 2 boxes, balls of various sizes.

Description: The playing field contains a large square formed by ropes, with two boxes located on the opposite corners. The size of the field depends on the amount of participants. The balls are in the larger box, on the beginning of the production line. Participants stand around the production line in their new factory, their task is to make the production line effective. Everybody takes place in the production, which means they have to touch the balls, but only once, in the producing line.

Rules: Participants are not allowed to cross the production line. They also can't throw the ball to their neighbours on the right and left side and can't change their position during the production. If they succeed to get a ball into the smaller box at the end of production line they earn 10 dollars, if the ball falls, they lose 5 dollars and the ball has to stay where it fell. When the box is full, the production stops and someone has to empty the box and go back to the production line. The goal is to produce as many balls as you can in the most effective way.

Ball factory rules: 10 minutes to make the strategy and 10 minutes to produce the balls.

Finally, debriefing is done in the big circle.

- **Exercise The blind listener**

Objective: active listening, interpersonal connection and emotional ventilation.

Material: blindfolders

Description: The participants are divided into dyads and have 10 minutes available to discuss the topics indicated by the trainer. One participant speaks and the other one, who is blindfolded, only listens and asks clarification questions. After 10 minutes, at the trainer's signal, the participants change roles.

- **Exercise group shapes with rope**

Objective: alternative communication channel, active listening, facilitating group dynamics.

Materials: long string, blindfolders, shaped pictures.

Description: The participants sit in a circle and put both hands on the rope. From that moment they are not allowed to change the position of their hands, only the position of the body. The objective is to achieve the drawn form being linked to the eyes. They have 10 minutes to set up a strategy, then they put on blindfolders and start carrying out the task.



Working time: 30-45 min

Lunch break

- **Climbing the beer bars**

Objective: to expertise rope techniques for climbing to manage with emotional and risk state

Materials: equipment for climbing, helmet, 11 plastic beer bars, stick to rise a bar for next level

Description: The participant tried to build a tower from beer bars and he stepped on each level from bars to be on the top of tower. Participant added new bar each time when he reached level. All bars must be set very steady.

Working time for each participant depends on him (but not more than 20 min)



Comments:

1) the task may prove difficult to organize and ensure security for participants. It can be left to another, less complicated task of trust, like a trust fall activity, where one of participants, the “faller” allows themselves to fall back towards the ground while the group of 4 catch him and customize the fall.

2) the exercise involves a small number of people at the same time, the other participants can be involved in another task. In our case it was manual work (renovation of tables in the center where we are staying)

- **Manual work - the tables renovation**



Objective: experience unknown situation with repairing of furniture.

Materials: electric drill, hammer, framing nails, jigsaw, ruler.

Description: Instructor showed/tought how to use tools and what was wrong with tables: what must be repaired. Participants made straight and equil legs for tables and bolted them to the table. As some participants had some skills for this activity, they advised another participants how to use tools.

Day 4 - 9.08.2019

Energizer

Day 4 started with an energizer Shark family. The participants are in the circle singing song "Baby shark". At the each step participants have to change movements that facilitator suggests. Movements are the same during each one.

Nature machine

30 min

Group is divided into smaller groups with the same number of participants and each little group has to build a machine or mechanism that have a function using that is found in the nature without damaging anything. Groups can walk in the park, forest and find pieces that are needed and build the mechanism. The only help is pieces of rope. In the end each group presented their project.





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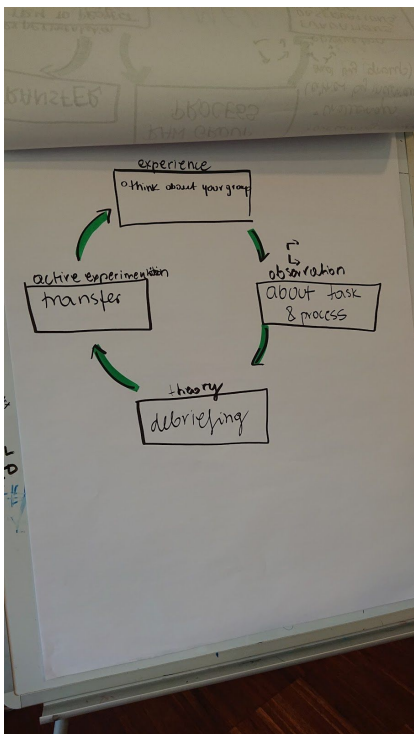
Inner circle

First we have some theory about Outdoor education and conversation about how we understand it. Outdoor education consists of two circles - inner and big one, that includes everything.

Outdoor education tree



Inner circle



After the theory we were divided in small national groups to create our own Inner circles with activities that we could transfer in our country and working groups.

Day 5 - 10.08.2019

Energizer: 10 second portrait: (music optional) Have each participant write their name at



the top of a blank piece of paper (can be in a notebook) and then instruct everyone to stand up. You'll need a bit of space so that people can walk around freely. If you have music, start playing a popular song and instruct all participants to walk around in the open space, random directions, carrying their blank piece of paper and a pen/marker. When the music stops, they pair up with the person who is closest to them and they exchange pieces of paper. Instruct participants to look at their partner and in just 10 seconds (or less!) draw the person's eyes. When 10 seconds is up, have each person give the piece of paper back to the owner and start the music again for people to mingle again. Repeat this pattern, having participants pair up and exchange their pieces of paper to draw each other's nose, mouth, face outline/hair, ears, and body. The trick is really to limit the drawing to between

5-10 seconds and keep people moving. The result has never been anything short of hilarious (and some portraits actually quite accurate!) and we have always posted everyone's portrait on the wall for the rest of the training.

Exercise 1: The outdoor museum.

Description: Participants will go alone in a walk, find an object and then they have to



complete a description of the object: author, name of the object, time and history. They have to write a short story of the object, which doesn't have to be true, it can be something from imagination. After 30 min the group gathers around a circle and each person shares the story about the object that they have found. After sharing, the trainer asks: "why do you think we did this exercise?" And then the trainer presents the 7 forest traits. Then everybody returns the object to the place that was found.

Materials: pencil, piece of paper.

Duration: 30 min walk, 30 min debriefing.

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Exercise 2: Warming up with the body person for the rope course

Description: everybody pairs with their buddy, and by the example of the trainers they exercise trust in the partner, flexibility. Then the group splits in 5 pairs of buddies, form a little circle and in the middle a participant will enter round by round and balance front and back with their hands on their chest. The group has to stand with the hands up to sustain the person in the middle.

Duration:20 min.

Low rope course – part I

- without protection, only with the help of friend shoulders where we could find our balance • without protection and blindfolded
- with a arnes. 4 strings attached to the arnes and 4 people holding it. Those 4 people had to help the person on the rope to have balance. That only worked because people had to communicate with each other, and the person on the rope should guide the 4 others how to move so they can reach the balance.
- V ropes. 2 people had to stand on each rope (arranged in V), with the feet on the rope and hand in hand. The task was to try to move on the rope, without falling. Trust and communication were the key to a successful ending.





Low rope course – part II

Description: All 20 people participate as a group and the task is to reach a route on the low rope. There are some rules, explained by the trainers, according to the route and the obstacles. All the route lasted 2,5 hours.

Debriefing: The participants were splitted in 3 groups – each group with a trainer and talked about how they felt during the exercise, what were the challenges. After this debriefing, the next one was in the big group, regarding 10 key words that are reflecting what the participants had learned during this experience.

Day 6 - 11.08.2019

Energizer: Shot down the bottle

We divided into 2 teams where everyone in both groups had a number 1, 2, 3... Both groups stand in a straight line facing each other, and in the middle we placed a bottle and 2 shoes. Our task was to at the same time when the leader said one number, for example 5, run to the closest shoe take it and throw it trying to shoot down the bottle (two people from each team with number 5 run). If you miss the bottle you can again take the shoe and try to shoot down the bottle. First one who will do that wins and gets a point. There is also a possibility to take a shoe which opponent throw, take it and throw it away so this person got to run for his shoe and you have more time. Team which will have more points at the end of the game wins.

Follow up

We divided into national groups where we had to plan our future actions related to what we have learned during the training course. We had to plan something like training or event and write it down on a big piece of paper. Our plans included: age group and number of participants, date and place of event, activities (what we want to do) and the main purpose. Then we presented our ideas in front of everyone and we discussed what we can change and add to our projects.



Final evaluation and feedback

We did few different activities like:

- **Drawing our journey** - we connected few pieces of paper to create one big sheet, then everyone could draw and write down they thoughts, main events of the project and everything important that happened during the training course.



- **Mail** - we sat in a circle, everyone on a piece of paper wrote their name and then we gave our paper to the person on the left. We could write some nice things and thoughts about every person, when we ended we passed it to the next person till everyone had their paper back.

- **Pizza** - everyone got few stickers which we had to stick on a paper slice of pizza with one aspect of training wrote on it, for example: program, organisation. The closer to the center of slice the better our rating was.

