

Abroadship.org

Centre of Learning Through Mobility

# YOU - HIKER

Erasmus+  
Training Course

4-12 Oct 2023

14-22 Nov 2023

LITHUANIA

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



# 2 PHASED PROJECT

Choose 1 of the phases:  
(participation is not allowed  
in both phases)

1

Training course  
Phase #1  
4 - 12 October 2023  
Panevezys, Lithuania

2

Training course  
Phase #2  
14 - 22 November 2023  
Panevezys, Lithuania

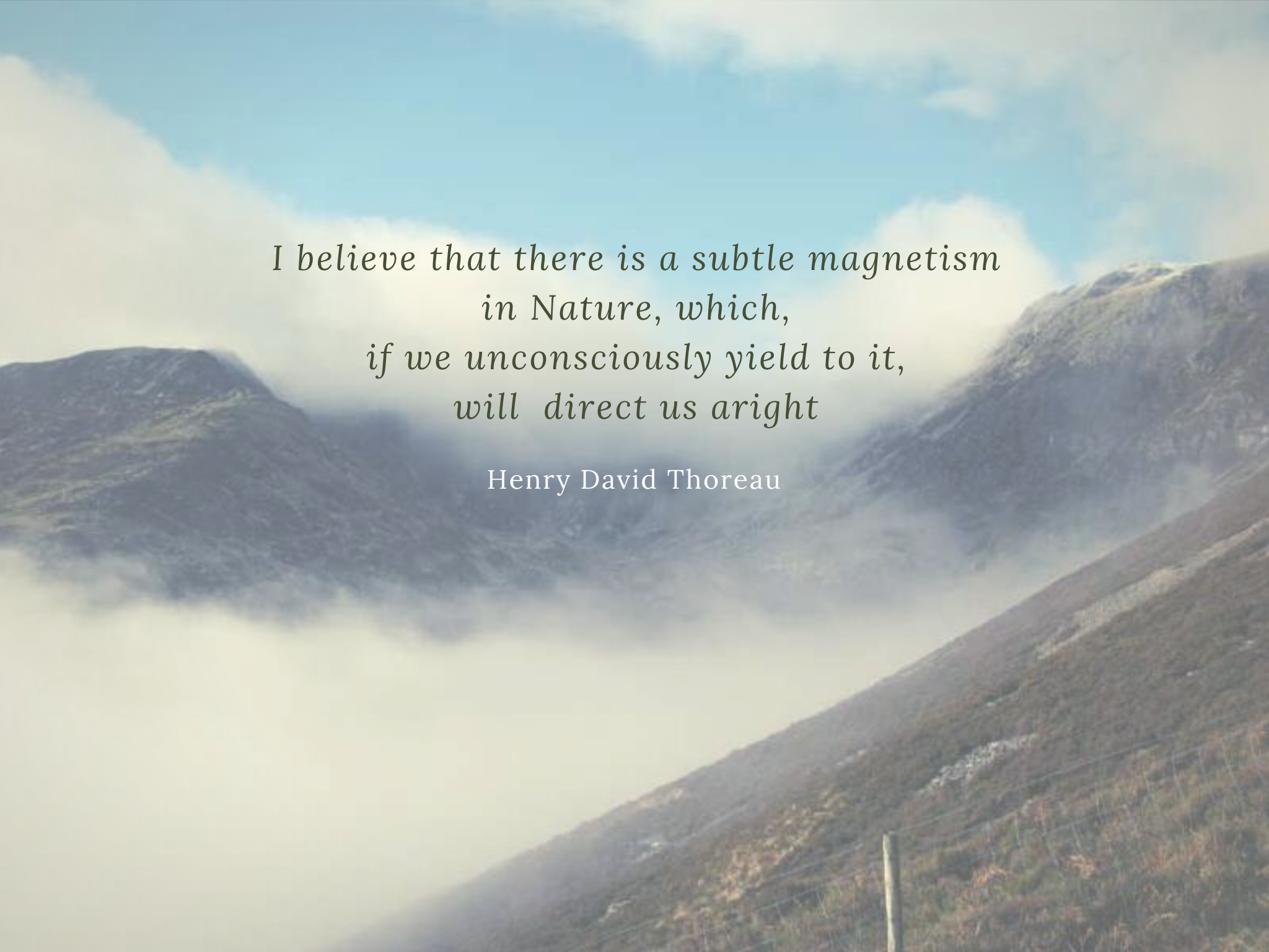
## PARTNERS

Abroadship.org  
Centre of Learning Through Mobility



INSTITUTE of  
UKRAINIAN  
STUDIES





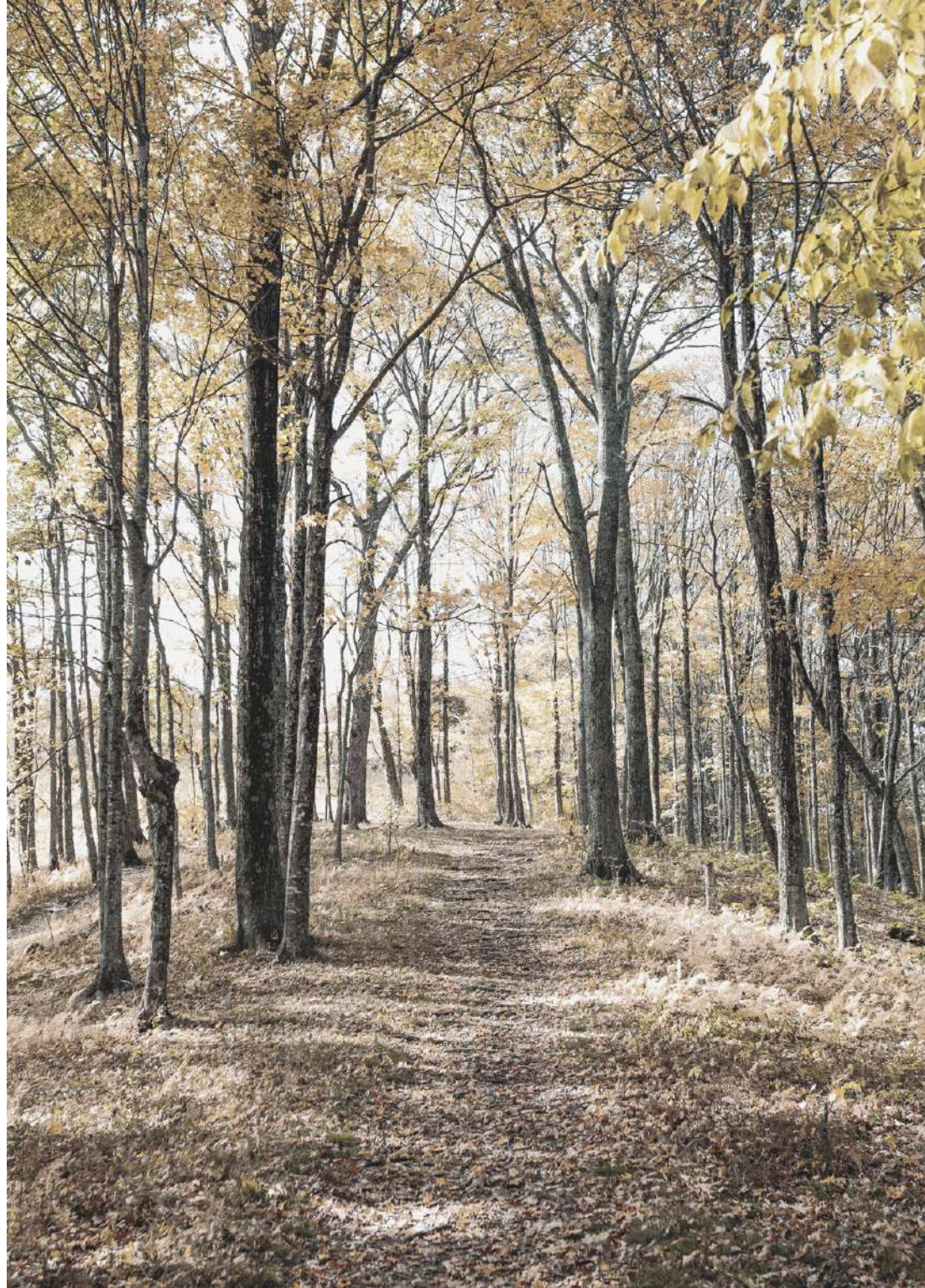
*I believe that there is a subtle magnetism  
in Nature, which,  
if we unconsciously yield to it,  
will direct us aright*

Henry David Thoreau

# CONTEXT

You-Hiker is a two phased experimental, experiential learning based outdoor learning project for youth workers. It enables youth workers to find a better contact with youngsters, build connections between those, who are involved in the process and offers space for deep learning to learn and reflection. We would like to emphasize 4 different points related to outdoor education in order to explain the viewpoint, why this project is being initiated:

- I. Outdoor education and education through sports extends the comfort zone
- II. Live action role-playing (LARP) during the hiking (day & night) raises self-esteem and motivation to learn.
- III. Using GPS, geocaching and open-badges address better the needs of nowadays youth
- IV. Active lifestyle changes variety of habits





# OVERALL FOCUS

- Empower youth workers and youngsters to use LARP in practice
- Use the Kolb's theory in depth to experience full learning cycle
- Rise the competences and motivation of youth workers and youth
- Learn how to reach young people and prevent them from radicalization
- Digest known LARP and other methods and create new ones
- Create a booklet of methods for the outdoor education.

# WHO SHOULD ATTEND?

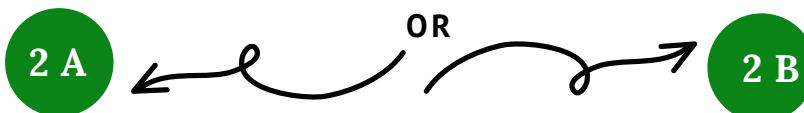
- 18+ years old
- **Youth worker, trainer and/or educator**, planning to use outdoors in youth work & educational activities.
- Interested to acquire & improve competences for using **outdoors as a method for social inclusion**, cooperation and education.
- Committed to fully attend **all phases** and create local activities, want to develop & love challenges.
- Ready to participate in an **intercultural environment** and **challenge yourself** in working on a high intensity programme full of practical assignments
- **Resident** of Greece, Italy, Lithuania, Belarus, Ukraine and Georgia
- Able to work and **communicate in English**





# PROGRAMME

3 PHASES TO COMPLETE



## Training course 4-12

**October** (TC) / intensive programme in Lithuania divided into three parts:

- guided training to acquire & develop competences, skills and behaviours for using outdoors as a method for social inclusion
- Challenge part by planning and delivering a programme
- Evaluation of learning & planning of the local activities part

## Training course 14-22

**November** (TC) / intensive programme in Lithuania divided into three parts:

- guided training to acquire & develop competences, skills and behaviours for using outdoors as a method for social inclusion
- Challenge part by planning and delivering a programme
- Evaluation of learning & planning of the local activities part

3

**Local Action Phase** / organising local activities in each partner country by using new competences and methods acquired during TC.

1

**Preparation** at home / online before arrival.

# DELIVERY STYLE

- "Learning by experience" - learning from experiencing different activities and putting them into practice;
- "Learning to play, playing to learn" - connected with learning through games, from actions and playful environment;
- "Learning through outdoor" - learning sensitive and challenging topics while being outdoors
- "Learning with nature" - being aware of the environment and its stimulus to brains, mental and physical condition







# METHODS USED

- Experiential learning through hiking
- Group dynamic processes, simulations and teamwork activities
- Inputs from experts through non-formal education lectures and facilitated processes
- Theater sketches
- Dynamic workshops and presentations
- Outdoor environmental work and assignments
- Intercultural sharings, learnings and reflections
- Learning by doing in a group setting or individual processes.



## ***FINANCIAL COSTS***

- 100% accommodation, food and program materials are covered by the grant from Erasmus+.
- 80% traveling costs\* (only pre-approved and the most economical - no first class, no taxi, no special seats, insurances, etc.) are covered up to a limit of:
  - €23/participant for Lithuania
  - €180/participant for Belarus, Ukraine
  - €275/participant for Greece, Italy,
  - €360/participant for Georgia
- For traveling reimbursement, it is mandatory to send all your e-tickets, e-invoices, e-boarding passes and e-receipts. If e-documents are not issued, then originals are accepted. Without these documents, traveling costs cannot be reimbursed.
- Reimbursement will be done in cash (EUR) at the end of the training, given all sessions are attended by the participant.



*You HIKER*

**WHERE?**

**VILA SANZILA, PANEVEZYS, LITHUANIA**



# SPACE

Training course will happen in Vila Sanzila, nearby to Panevėžys, Lithuania, It is situated near the Nature Reserve, surrounded by forests and water channel. The house is made of clay and hey and represents old way to build houses. You will stay in rooms of 2-4 persons, sharing with others toilets and showers.



# WHEN TO GET THERE?

## Training Course #1

**Arrival Day:** 4 October 2023

**Programme:** 5 - 11 October 2023

**Departure Day:** 12 October 2023

## Training course #2

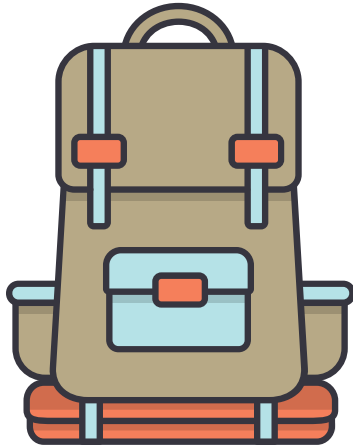
**Arrival Day:** 14 November 2023

**Programme:** 15 - 21 November 2023

**Departure Day:** 22 November 2023

**Days allowed to stay in the Lithuania:** This is a great time to explore Lithuania. We will not have a lot of free time during the programme, thus if you want to explore country, please arrange extra days. You are allowed to come max 7 days before the TC or leave after max 7 days after the TC, but the total amount of the days that are not part of the programme is max 7 days. If you decide to stay more than 7 days longer than the official programme, you will have to cover the traveling expenses yourself. If traveling on different than programme days is more expensive, you have to cover the difference, as the touristic reasons are not reimbursed. During these extra days, you have to find your own accommodation and no other expenses are covered (we will cover just flights on different days).





# PRACTICALS - WHAT TO BRING!

- In Lithuania could rain a lot, thus please bring sturdy comfortable waterproof footwear for hiking (walking boots), waterproof jacket, waterproof trousers, hat, clothes to layer, to keep warm (cotton/wool)
- Water bottle
- Bring Passport or ID card
- Medicines
- Head lamp-torch
- Insurance - this is critical! Please bring European Health Card and Insure in other ways because we do not provide and are not liable for any incidents
- Bring best photo camera, video recorder you have, and of course lots of memory storage and UK electricity adapter!
- Prepare endurance, Good spirit and Positive vibes!

# WEATHER

- In October and November temperature in Lithuania ranges from 3 to 10 degrees, daylight lasts about 2 to 4 hours and of course of course of course (not so) beautiful rain is a constant friend and a mandatory discussion subject in all conversations (rains 10 days per month)
- Check the weather forecast [here](#).





# MEDICINE, ALLERGIES & DIET

If you are vegan or have a special diet, let us know, indicating what you can and cannot eat, so that we can arrange suitable nutrition.

If you have an **illness, physical limitations** and/or use the medicine we need to know about, please let us know.

During the TC in order to maintain the place proper, clean and dignified, all the community will be asked to do carry **household duties** in small inter-cultural groups.

The training site is an **alcohol free and drug free area**. We believe that human beings can reach the utmost of their potential without consumption of substances.





## HOW TO APPLY?

Fill in the application form available:

<https://forms.gle/TeyBTM4iZ84MaDpD6>

In order to apply for **You Hiker** project, you must be over 18 years old and a citizen of one of the partner countries. Contact the partner organisation from the list below if you need any support.

Abroadship.org

Pro Loco Soul Express Marianella

YOUTH WITH AN INTERNATIONAL VISION

Institute of Ukrainian Studies

New Faces

ROES

Lithuania

Italy

Georgia

Ukraine

Belarus

Greece

hello@abroadship.org

prolocosoulexpressmarianella@gmail.com

Gvanca01@gmail.com

project-coordinator@ius.lviv.ua

newfaces.projects@gmail.com

roes.cooperativa@gmail.com

Abroadship.org

Centre of Learning Through Mobility

For information, clarification, logistics,  
general questions, please contact us at

[hello@abroadship.org](mailto:hello@abroadship.org)

You Hiker in Lithuania

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



INSTITUTE of  
UKRAINIAN  
STUDIES

Abroadship.org

Centre of Learning Through Mobility



Global online platform of  
opportunities abroad

Abroadship.org  
@abroadship

