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A Trainers' Guide to Experiential Hiking

YOU HIKER

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PROJECT
ORGANISED BY:

Abroadship.org
Centre of Learning Through Mobility

PROJECT
PARTNERS:



INSTITUTE of
UKRAINIAN
STUDIES

GUIDE DESIGNED BY:

ANNA SEMERIUK
EIRINI PALAIOLOGOU

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Introduction

Welcome to an immersive journey that transcends the boundaries of traditional hiking, inviting you to embrace the wilderness with all your senses. Our Experiential Hiking Program is not just a trek through nature; it's a transformative adventure designed to deepen your connection with the great outdoors. Far beyond merely traversing trails, this program offers a unique blend of exploration, self-discovery, and mindful engagement with the natural world.



Come join us, get ready to redefine your relationship with the great outdoors in a way that goes beyond the ordinary and leaves you with a profound sense of connection to the natural world.



What is experiential hiking?

Experiential hiking is a form of outdoor activity that goes beyond the conventional concept of hiking as a simple physical exercise. It emphasizes a holistic and immersive approach, encouraging participants to engage with nature on a deeper level, both physically and emotionally. The focus is on the overall experience of the journey rather than just reaching a specific destination.



Experiential hiking often incorporates elements such as guided meditation, storytelling, and interpretation of the natural world to enhance the overall experience. Expert guides may share knowledge about the ecosystems, flora, and fauna encountered during the hike, adding an educational component to the adventure. Ultimately, experiential hiking seeks to transcend the routine and offer a more profound and meaningful interaction with the outdoors, promoting a sense of well-being, connection, and personal discovery.

Preparation for activities



- authors



- materials needed



- time



Before embarking on our Experiential Hiking Program, it's essential to adequately prepare for the enriching activities that await. Start by ensuring you have appropriate hiking gear, including sturdy footwear, weather-appropriate clothing, and a well-equipped backpack. Familiarize yourself with the itinerary and any specific requirements for the journey ahead.

Activity 1

Take a picture



Kiril
Patricio



- nature,
- 10 blindfolders



20 min

Learning Goals

- To explore the nature in your region and develop teamwork

Description

Create small groups of people consisting of 2 people. 1 person should be blindfolded and the other one should help him to reach 3 objects.

Blindfolded person will open his/her eyes for 5 min. and take a picture of the object using his memory. After that the blindfolded person would open the eyes and show the object where his partner took him. Later they should change the roles.



Activity 2

Naturalist

Learning Goals

- To connect with the nature
- To discover your region's flora
- To release stress and anxiety
- To have a reflection after the whole hiking

Description

Divide people on groups of 2 people. Give them a folder. The aim is to collect 5 artifacts from the forest together with your partner. After they finished do a reflection with gluing the artifacts on a large paper.



Piotr
Vika



- Speakers
- folders



20 + min



Activity 3

First Aid in the Wilderness

Learning Goals

- Management of injuries and precautionary measures in the wilderness.
- teamwork



Dani
Solomon



-



20 min



Description

One person within each group will simulate an accident, while the other two members approach, evaluate the injury, and assist in evacuating the simulated victim from the "wild" area. This hands-on simulation promotes practical knowledge and reinforces the significance of preparedness in a wilderness setting

Activity 5

Performance



Alina
Alina
Mariia



-



10 min

Learning Goals

- Enhance self-awareness through non-verbal communication.
- Foster a deeper connection with nature and others.
- Develop the ability to concentrate without verbal communication.

Description

Participants choose a partner and engage in a silent exchange for 3 minutes, looking at each other without speaking.

After this silent observation, each participant can express their feelings and thoughts about the activity to their partner. The essence of the game is for individuals to deepen their self-awareness in the midst of nature and silence.



Activity 6

Connected

Learning Goals

- warming up your brain
- teamwork while hiking

Description

Divide people into groups. One person should choose a word and say the first letter of it to the others. Another person should come up with the word that starts with this letter and explain it to the team so that other people will understand the word.

Then the person who understand the word should say "Connected" and they count to 5 and say the word together. At this 5 seconds that they counted the person who chose the main word should guess their word, if he didn't guessed he should give the next letter to the team, and if he guessed they try another one. So that way the team should guess the main word.



Federico
Kate



-



15+ min



Activity 7

Silent Walk



Daria
Goga



-



10 min

Learning Goals

- Connect with nature.
- Practice self-meditation.
- Capture insights during the silent walk.

Description

Participants decide together on the consequences for breaking the silence before embarking on a silent walk along a 1-kilometer trail.

If someone within the group breaks the silence, the entire group receives the agreed-upon punishment. Upon reaching a designated point, participants can choose to break the silence and engage in conversation. Following the walk, the group reflects on the experience, sharing insights and feedback.

This activity allows individuals to explore varying levels of ease in maintaining silence amidst nature. 5



Activity 8

Scavenger Hunt with Actionbound



Justinas



Actionbound App



1,5 h

Learning Goals

- Develop navigation skills.
- Foster team building.
- Encourage creativity.
- Promote learning and/or enhance knowledge.

Description

This activity utilizes the Actionbound app to create an engaging scavenger hunt with a focus on navigation skills, team building, creativity, and knowledge enhancement.

Participants will form teams and use the app to navigate through various challenges and tasks. The scavenger hunt will involve location-based clues, fostering navigation skills and encouraging teamwork. Teams will need to creatively approach challenges to unlock the next step, promoting creative thinking. Additionally, the hunt may include questions or tasks related to the environment, enhancing participants' knowledge. This activity not only showcases the versatility of the Actionbound app but also provides a dynamic and interactive way to achieve multiple learning goals in an outdoor setting.



The Conclusion

As our Experiential Hiking Program draws to a close, we invite you to reflect on the profound journey you've undertaken. These trails, once merely pathways, have become the conduits for self-discovery, connection, and personal growth. The moments of mindful contemplation, the challenges overcome, and the beauty witnessed have collectively woven a tapestry of experiences that will linger in your memory long after the final descent. This program was not just about traversing landscapes; it was an invitation to forge a deeper relationship with the natural world and, in turn, with yourself.



Carry the spirit of this transformative journey forward, and may it serve as a reminder that, in the dance between the adventurer and the wilderness, there is an enduring connection that transcends time and trails. Until our paths cross again, happy trails and may nature's wisdom accompany you on your ongoing journey of exploration and self-discovery.





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Centre of Learning Through Mobility

**WEBSITE: [ABROADSHIP.ORG](https://abroadship.org)
EMAIL: [HELLO@ABROADSHIP.ORG](mailto:hello@abroadship.org)
FACEBOOK: [/ABROADSHIP](https://www.facebook.com/abroadship)**