



Lifelong Learning Programme



“Challenged by Nature”

JOY OF LIFE-LONG LEARNING

“UNIVERSAL COMPETENCES FOR AN AGEING SOCIETY”

Vatra Dornei, 5th – 11th May 2012, Synergy Romania

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1.What?

Purpose: To experience, explore, learn and create.

- Experience how nature effects people and our learning process.
- Explore how outdoor activities work for you and how you can use them to develop competences of individuals, groups, teams or communities by the means of outdoor.
- Learn tips, tricks and techniques that are the base of outdoor activities.
- Create simple activities that you can use at home, even in your backyard or city park.

Contents and program (see attachment for detailed program)

- reading a map
- using a compass
- simple and safe knots
- building simple low rope structures
- risk assessment, safety measures
- first aid
- logistics
- protection of the environment while outdoor activities
- adventure games
- land art
- taster in building, preparing, leading and debriefing an activity

2.When?

“CHALLENGED BY NATURE”.

For the following countries: **Hungary, Greece, Netherlands, Italy, France, Romania**

Arrival day: 4th of May 2012 after 12.00

Start of the program :5th of May 9.00 am

End of the program: 11th of May 22.00pm

Departure day :12th of May before 12.00

If you want to arrive earlier then 4th of May or leave later then 12th of May and you need accommodation contact us before the event, so that we can help you to find a place to stay. Your stay during the days earlier then 4th of May or leave later then 12th of May will not be paid by the organizers.



3.Target Group

This event is for you if you are

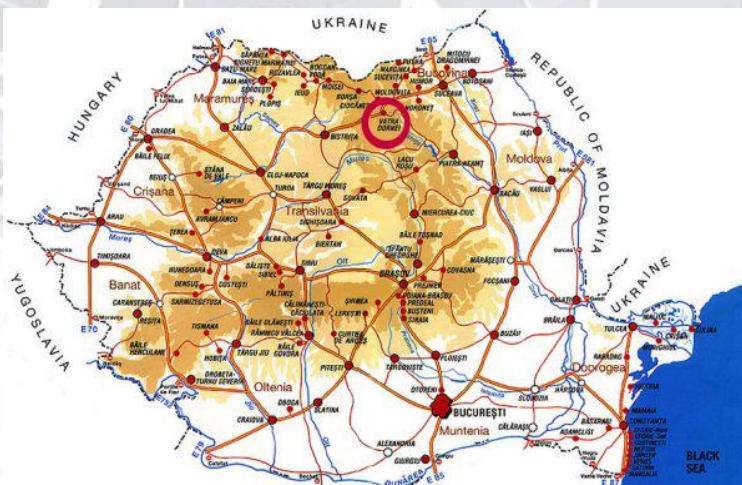
- working with adult people in a non-formal or informal setting, meaning outside the official school or education system of your country (e.g. in an NGO, a leisure club, as professional or volunteer)
- considering to include outdoor activities in your programs
- beginner in outdoor activities or beginner in using these activities in your work
- ready for challenge and adventure in a multicultural and multigenerational group
- over 18
- We have 4 places for France, 2 for Netherlands, 4 for Italy, 6 for Hungary, 4 for Greece

Contact your Sending Organization. They are the one who are doing the official selection for the event. They can also provide furthermore information on the JOY project and its conditions of participation.

Organization	Country	Contact person	e-mail
Synergy Romania	Romania	George Adrian Oprea	synergyromaniaoutdoor@gmail.com
Egyesek	Hungary	Barka Földi	joy.egyesek@gmail.com
Global Soma	Greece	Sofia Moudiou	global.soma@gmail.com
YMCA Parthenope Onlus	Italy	Gianluca Iacuvella	luca2310@hotmail.com
Olde Vechte	Netherlands	Marco Vlaming	oldevechte@hotmail.com
Solidarites Jeunesses	France	Nadege Ropert	promovolontariat@solidaritesjeunesses.org

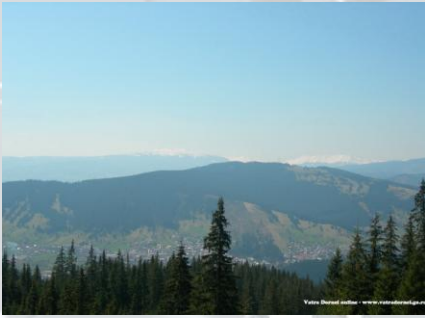
4.Accomodation

The event will take place in Vatra Dornei, the north of Romania.



Vatra Dornei is a very beautiful mountain tourist resort. It is well known and visited by tourists from all over Romania and Europe as well.

You can see a description of the area here, on this site. [Description of Vatra Dornei](#)
[TARA DORNELOR](#)



The pension will be announced later. More information on how to get there and how does it look like you will receive in the confirmation e-mail, after you apply.

5.Traveling place and costs

Do not buy any tickets until you get an official confirmation from us and your sending NGO that you can!

After you bought your tickets, please tell us the **date, place and hour you arrive** in Romania, what means of transport you will chose to get to Vatra Dornei and what hour you will arrive there.

AIRPLANE

There are a lot of cheap airline companies to **Bucuresti**, especially to Baneasa Airport. The other airport Otopeni has more connection, but higher costs. You can check companies such as: WizzAir, BlueAir, RyanAir, EasyJet, GermanWings etc. Another option you can fly to **Cluj-Napoca** directly with Wizzair or to **Iasi**, from where you have direct trains to Vatra Dornei.

TRAINS

After you arrive in Romania, we recommend that you travel to Vatra Dornei using the train. The national train companies' site that shows the trains schedule is www.infofer.ro. This site has an English version as well. When you write the name of the cities in the fields of the site to get the train schedules, remember to spell them in Romanian, not English (For example: Bucuresti, not Bucharest).

BUSES

If you want to travel by bus, visit the site www.autogari.ro. This site, also, has an English version and it also shows the train schedules (CFR).

If you need any other help or information, please contact us.

We request also that you make travel insurance for the time being in Romania before you get here.

Accommodation, food and the program itself are paid from the grant gained from European Union and the program "Grundtvig-LLP".



6.How to apply

How to apply?

1.CHECK the PARTNERS LIST ABOVE AND EMAIL THEM IN ORDER TO PARTICIPATE.

2.Fill in the attached application form and send it by e-mail to synergyromaniaoutdoor@gmail.com

And to your Sending Organization E-mail

You can apply only if you are older than 18. Check the target group specifications!

The deadline for the applications is 1st of February 2012.

Note that by filling in and sending us your application form, you state that you have read, understood and accepted the contents of this information letter.

3.After sending the application form, wait for our confirmation mail.

We will confirm you by 20th of February the latest.

After you sent the Application Form, do not buy the tickets before you receive the Confirmation letter from us!

If you chose to change your mind, after you sent your application, and not come to this event please tell us before the 1st of April 2012. By keeping the place booked and quitting in the last moment you ruin the opportunity for someone else to participate.

7.Practical issues

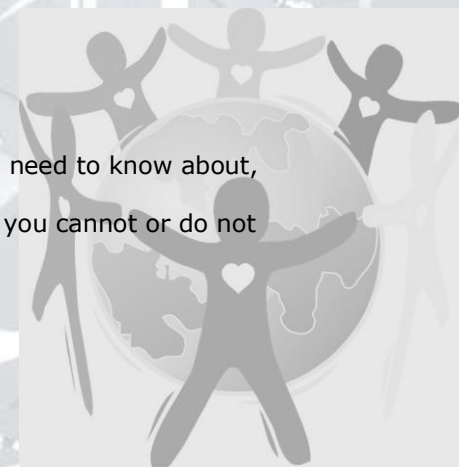
WHAT TO BRING!

- **Towels (more than 1)**
- **Sleeping bag up to -4 degrees**
- **Camping mattress**
- **Casual, Warm and Sport Clothes for outdoor & indoor (clothes for indoor, sunny, rainy and snowy weather)**
- **Swimming suit**
- **Backpack for mountain trekking**
- **Good (comfortable and waterproof) walking shoes**
- **Medicines, sun cream, bug spray**
- **Camera (optional)**
- **Passport or/and other official identification**
- **Copies and originals of your passport, insurance**

Medicines, allergies and diet

If you have any **illnesses, physical limitations and/or use medicine**, we need to know about, please tell us so.

If you are a vegetarian, or have a **special diet**, let us know, indicating what you cannot or do not want to eat, and what you CAN eat, so that we can arrange suitable food.



Roaming and emails

Turn on your **roaming** on your phone before coming to Romania and check the email you provided regularly.

Weather

The middle of May in Romania can be with very different weather circumstances. So prepare yourself for sunshine (around 16-20 degrees) and also for rain and cold weather (5-10 degrees). A part of this event will be outdoors. Take in consideration that the event is in mountain area, where there are generally 5 degrees less than in other areas in Romania.

Arrivals and departure

Please make sure that **you contact us about your arrival and departure time.**

If you want to arrive earlier or leave later, please let us know so we can help you to find accommodation. Your stay during the days not included in the program of project will not be paid by organizers.

8.Organizer

Synergy Romania is an association with the mission to contribute at the development of human potential by empowering young adults in achieving their visions and goals. We are doing this by projects within our network, on both European and local level and we provide learning for people at disadvantages, young people with no working experience and volunteers in other organizations. Individual change is possible when people take personal responsibility; change in society is possible when we all create opportunities. Our organization it is developing at a very fast pace, yearly having twice more opportunities.

The activities of Synergy Romania are:

- Community based projects
- European Mobilities and Youth projects
- Local and international training courses and exchanges
- Thematic workshops on media, outdoor, debate, theater
- Weekly events for the community of Iasi
- European Voluntary Service sending and hosting
- Supporting other disadvantaged Ngos, through coaching and supporting

Organizer contacts: George-Adrian Oprea

If you have any questions, please contact us:

E-mail: synergyromaniaoutdoor@gmail.com

Subject: Event May 2012

Phone: 0040744681006



9. Trainers

Krisztina Győry (Hungary)

- Trainer and youth worker, using methods of non-formal education for 15 years, expert in integrating outdoor methods into programs aiming the improvement of personal competences, teamwork, creativity as well as a variety of thematic courses, such as community building, projectwork, intercultural learning or social diversity.
- Creator of the Egyesek Youth Association (www.egyesek.hu) and the Creative Space Training Centre (www.kreativ-ter.hu).
- Trainer of the International Synergy Group.
- Qualified Business Coach.

George Adrian Oprea (Romania)

- Projects Development Responsible in Synergy Romania NGO (www.synergyforyou.ro) for the 5 years, actively working in the ISG network
- Creator of the Outdoor360 outdoor company, for professional and personal development for corporate companies in Romania and of the Creative Mountain methodology in outdoor trainings www.outdoor360.ro

10. Experts invited:

Dorna Adventure Outdoor Company and Rangers – www.dorna-adventure.ro

Bucovina Adventure Outdoor Company www.bucovinaadventure.ro

Attachment 1 Context of JOY Project

Joy of Lifelong Learning - Universal Competences for an Ageing Society

6 learning events are organized to share innovative methods and best practices, to develop the key competences of adults needed to cope with the challenges set by the fast-changing living, learning and working environment of urban and rural communities in Europe.

Partners are NGOs from Hungary, Romania, Greece, Italy, France and the Netherlands, active in international partnerships in non-formal education, working with multicultural groups of diverse social backgrounds.

Target group is learners, volunteers, educators of our NGOs and networks.

The objective is to improve through the 6 learning events, the competences of learners, educators and organizations jointly, to design, facilitate and evaluate attractive learning activities reaching new target groups

The theme is **non-formal** methods: coaching, developing digital literacy using social media, outdoor-adventure education, contemporary dance, local participation by collective manual work, sustainable lifestyles education, addressing competences of initiative and entrepreneurship, social and civic competences, cultural awareness and expression, learning to learn.



Attachment 2 Training method of the Synergy Group

Learning to play, playing to learn

Learning by experience, outdoor training, and theatre plays are working methods which all have one thing in common: playing. Playing allows us to access a state of freedom, creativity and exploration that is associated with the natural learning of childhood. Role-plays, structured experiments, simulation, and theatre are examples of games with experiential learning opportunities. Games can create a play frame, which makes the act of learning a dynamic and enjoyable process, which recalls the carefree playing time of childhood.

Experiential activities can transform learning into adventure. Learning in this way is an emotional, physical as well as a cognitive experience. Movement and feelings stimulate the learning process. Playing involves both mind and body and can provoke an emotional response during the exercises. The exercises are designed to use social skills and make clear / illustrate concepts and theories. Almost any topic can be explored through games. Learning processes that involve the development of skills and behavioral change, such as group dynamics, communication, leadership, problem solving, teamwork, coaching, co-operation and decision-making are very suitable for gaming.

Gaming is a working method, which might create a paradoxical situation in which participants or a group might lose themselves. The objective of using gaming in this kind of training is to get more knowledge and skills to work with groups in the field of youth work and social work.

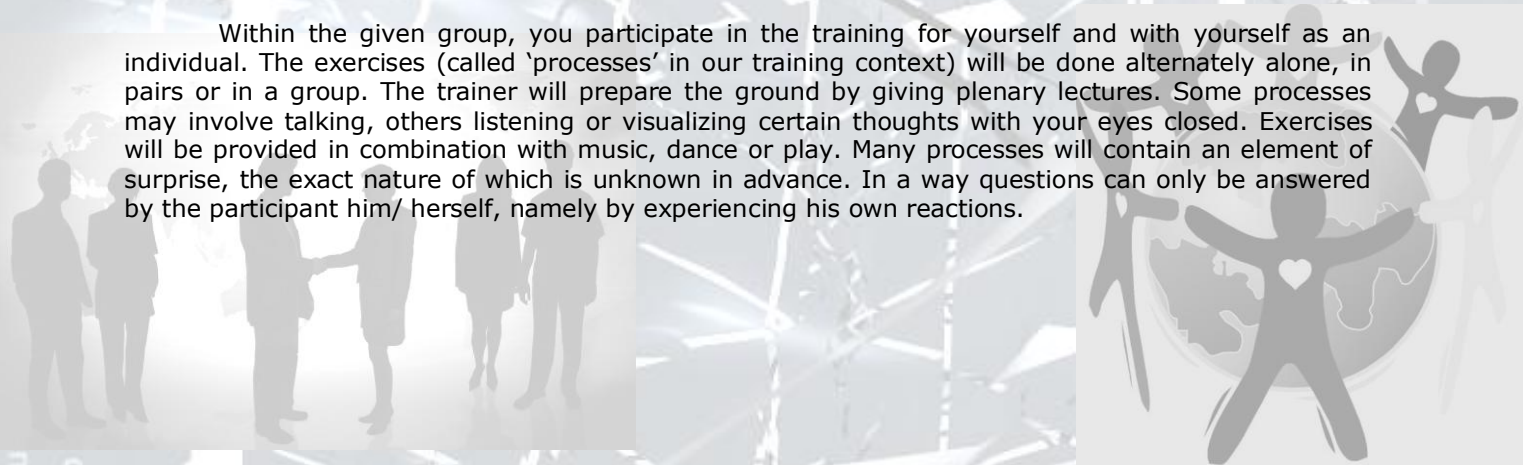
Although this working method may seem enjoyable, it is not "only a game". It allows the players to use the freedom to experiment with new approaches and new behavior and to acquire skills and knowledge. The players are asked to look at how they behave in the play. Therefore feedback and reflection are an essential part in this way of working. Playing games as a tool for learning is a serious play or 'playful seriousness'.

The Olde Vechte Foundation has developed this working method in a specific way. Since the founding of the "Olde Vechte" foundation in 1966 we have used a group accommodation for the training- and education activities. Working with groups in a hostel situation has been a part of the working method.

Our training method is based on learning by experience in our approach. We invite participants to point out where they find themselves at that moment in the learning process, what they want to learn and how they want to develop themselves. It is focused on the experience of the individual and it is connected to the specific needs and the level of learning of the participant at that moment. The program is a tool for the participant and not the other way around. No matter how logical this may sound, in many formal learning situations the usual form of acquiring knowledge is 'learning from lessons'. The knowledge should be reproduced / copied by the student, without any personal interaction. 'Learning by experience' is different since it starts from the person him/ herself, his/her behavior, reactions and emotions. This method is often used in youth work and informal education. In addition, more and more this method is used in formal education and trainings for companies.

The way, in which we like to organize and perform this international training, means that main objectives of the training have to be clear to the participants, as well as the outlines of the program and the target group. In this way, we create a playing field for participants and trainers where we can play to learn and learn to play.

Within the given group, you participate in the training for yourself and with yourself as an individual. The exercises (called 'processes' in our training context) will be done alternately alone, in pairs or in a group. The trainer will prepare the ground by giving plenary lectures. Some processes may involve talking, others listening or visualizing certain thoughts with your eyes closed. Exercises will be provided in combination with music, dance or play. Many processes will contain an element of surprise, the exact nature of which is unknown in advance. In a way questions can only be answered by the participant him/ herself, namely by experiencing his own reactions.



With this training approach, there is room for the experiences and wishes of the participants to influence the content of the program while it is taking place. We create the playing field the participants make the play.

Attachment 3

ABOUT THE PROGRAM AND THE THEMES

What does the daily program look like?

The main **program elements** will be processes, sharings and lectures.

Processes are individual, couple or group assignments or exercises, that we will do. They are there to provide the experience from which you can learn. You will have the chance to experience you: how you think, feel and react in certain situations, how does it effect your surroundings, what results does it bring you. Many of these processes will be done outdoors, you can expect being outside at least for half a day. Some of them are playful, some are creative, some include a lot of movement, some need talking. They can all be fun, as well as deep and intensive and you may find them confronting.

Sharings will be there after every process. They will be done individually, in pairs, in smaller groups and in the big group, too. The function of sharings is to support you to learn from what you experienced in the processes, to give you a chance to share your experiences, thoughts, feelings and conclusions, learn from each other and to connect what you learned here into the context of your everyday life. Sharings will be done with the support of the trainer or the team members.

Lectures: they are there to give you "food for the thought", to offer you an angle from which you can look at things, to provide you information, theories, tools and techniques, to provide the context of the experience you go through. They will be short and interactive.

During the event you will work in small **international groups**. The groups will change several times during the event. In this way you will get an opportunity to work with every member of the group and to learn from everyone.

What about the time schedule:

During the 7 days of the event we will have a full schedule:

8:00 – 9:00	Breakfast
9:30 – 12:45	Program
13:00 – 14:00	Lunch
14:30 – 17:45	Program
18:00 – 19:00	Dinner
19:30 – 22:30	Program

Length of the program parts, number of breaks, starting and finishing times will vary according to the actual content, e.g. in case of off-site program parts the schedule can look different.



How is the program built up?

	day 1	day 2	day 3	day 4	day 5	day 6	day 7
morning	arrivals, registration	breakfast					
		intro of the day learning points of yesterday & learning questions for today					
		preparation for the expedition: orienteeering logistics safety	returning from the hike	getting to know equipment and tools learning knots building low rope structures	land art	activities carrousel	identifying learning outcomes planning for home networking
afternoon	introduction of participants, trainers and organisers personal and common objectives program and learning methods of the event	lunch					
		hike in the mountains: orineteering, finding a route, finding a sleeping place building a shelter	debriefing of the hike theoretical base: how outdoor works?	practicing building structures and low rope activities	adventure games	activities carrousel	evaluation of the event
		dinner	cooking outside	dinner			
evening	teambuilding games social evening	night outside	risk assessment safety measures	first aid basics	preparing activities for each other	debriefing of the day	farewell evening

