



Information Pack for participants of



**A Training Course on Outdoor Education
23. - 30. June 2012 + Marsaxlokk + Malta**



United Nations
Educational, Scientific and
Cultural Organization

Malta
UNESCO
Youth
Association

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EUROPEAN UNION

**Youth
in Action**

Welcome to our Training Course!

This Information Pack shall provide you with all information, guidelines, tips and hints necessary in order to guarantee another great, interesting, informative, educational, funny, super, respectful, joyful, hilarious and creative experience in form of a training course under the guidelines of the EU Youth in Action Programme.

Let's start with the corner stones of the project. You will find more details on some of them later on:

Title: O.U.T. - A Training Course on Outdoor Education

Type of activity: Training Course (Action 4.3)

Organised by: Malta UNESCO Youth Association

Venue: Marsaxlokk Youth Activity Center, Marsaxlokk, Malta

Dates: 23rd to 30th of June 2012

Duration: 6 Days (travel days excluded)

Type of activity: Training Course (Action 4.3)

Working Language: English

Participants: 2 of each of the 12 partner groups, ideally gender balanced, aged 18+

The following pages include a lot of information about the theoretical background of the project and are widely taken from the official application.

We don't want to bore you but for those who are interested we wanted to make this Information Pack as comprehensive as possible.

Furthermore, we want to encourage you to promote the project on your websites and in the media. For this purpose and for reports demanded by your presidents after returning home, these detailed information shall provide templates ;)



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1. Organisers

The Malta UNESCO Youth Association (MUYA) is a Maltese youth association and cooperates closely with the National Commission of UNESCO in Malta.

The Malta UNESCO Youth Association operates on the four pillars of UNESCO that is to promote good practices in the fields education, science and communication and culture spreading the ideas of UNESCO amongst youth and grown up population in Malta and internationally through organisation of programmes and projects including training courses, seminars and exchanges on an national and international level and through the publishing of diverse literature.

The objectives of the association are the following:

- to develop UNESCO priorities in the fields of education, science, culture and communication
- spreading the ideas and priorities of UNESCO among youth and general public locally, regionally and internationally;
- unite representatives of different social, age and ethnic groups for following the ideas of humanism tolerance and non-discrimination;
- publishing and distribution of diverse literature of scientific, cultural and didactic character;
- organisation of didactic courses and outdoor camps;
- organisation of and participation in educational, cultural, social and professional international exchanges, seminars and conferences
- creation of thematic libraries, student and youth organisations in line with the priorities outlined in this statute;
- development of scientific, cultural and didactic values through the organisation of conferences, exhibitions, seminars, outdoor trainings and other events;
- formation and development of the standards of culture and behaviour;
- to promote accessibility of the youth population to education and active participation in society.

In order to achieve our objectives outdoor education has always been a method to combine the aims, goals, messages etc. with the experience of a healthy, natural environment.



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2. Context and Origin

Context

The proposed project explores outdoor education as a tool tailored for youth workers to help increase young people's participation in, and also promote healthy, counter-industrialized, more ecological lifestyles. It will be a situated learning opportunity since most of the working methods will be highly experiential and implemented in the outdoors. It is mainly a training course to inspire and not to qualify. By this we mean that, while taking into consideration the variations that exist in different countries in terms of qualifications in the outdoor education practice, participants will be encouraged to build on the experience gained from the project and adapt them according to the demanded standards back in their countries.

Origin

This training course was firstly realised in Greece in 2007 in light of the following facts:

- Trainers and organisers, coming from the local environmental organisation Ydrogeios, had experience and above all a wide interest in the topic and especially in the cross-fertilization of youth work and outdoor education practice;
- One of the annual priorities for 2007 was Improving young people's health;
- Outdoor education had always been a crucial element of a youth worker's tool box, especially in the countries where youth work holds a long tradition. The challenges included within the concept of outdoor education were and still are very "attractive" and had and have a wide learning impact for young people;
- The sharing and exchanging of ideas with youth trainers experienced in outdoor education and others with no background in the subject helped the latter to obtain new tools and abilities.

According to EU studies the Maltese population ranks top when it comes to obesity. One of the main factors causing this "social disease" is a lack of movement. Outdoor education is highly based on movement in a healthy environment and therefore tailored to prevent obesity.

Following the successful implementation and helpful evaluation of the training course of 2007, the Maltese UNESCO Youth Association decided to organise a project in order to gain new skills and knowledge in the subject.



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3. Aim and Objectives

Aim

“O.U.T – A Training Course on Outdoor Education” aims at exploring the concept, principles and practice of outdoor education and the way they can contribute to the efficiency of youth work and also to the development of healthy and pro-active lifestyles. It will be a situated learning opportunity since most of the working methods will be highly experiential and implemented in the outdoors.

The Training Course will be mainly aimed to inspire and not to qualify. While taking into consideration the variations existing in different countries in terms of qualifications in the outdoor education practice, participants will be encouraged to build on the experience gained from the project and adapt them according to the demanded standards back in their countries.

The project’s methodology will be based in the principles of non formal education. During the training course participants will have the opportunity to explore outdoor education through simulation exercises, outdoor activities, multimedia presentations, creative workshops, lectures, thematic discussions, presentation of good practises and more.

During the training course participants will also be provided with sufficient space and support to exchange experience, present their organisations and plan future projects.

Objectives

The objectives that have been set for this training course are the following:

- To experience outdoor educational activities of a wide variety and diversity towards participants’ enhancement of personal and social-interaction capacities;
- To offer an interactive meeting space for youth workers working in the European context in order to exchange good practice relevant to outdoor education;
- To explore the principles and practices of experiential learning and their implication in outdoor education;
- To encourage participants to use and develop the practice of outdoor education according to their work environments’ specificities;
- To offer a participatory programme of activities ensuring everyone’s active involvement in its evolution;
- To empower participants in acting as multipliers so that they build up to the experience gained during the course and having it spread to relevant stakeholders;
- To stimulate participants interest in different, ecological, healthy and responsible lifestyles;
- To explore possibilities for future cooperation among participants namely in the field of outdoor education but not exclusively.



Enough of the theoretical background for now, let's jump to some practicalities!

4. Trainers and organising team

We decided not to provide you with detailed information about "us", since in most cases you know us almost better than our mothers and for the rest we want to encourage you to approach us during all phases of the project and find out yourself what you want to know ;)

For a start, here are our lovely faces so that you can get used to them...



Sakis
Des(iree) Edu
Alex Chrissy



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5. Partner groups

Country	Partner Organisation
AT - Austria	Landesjugendreferat - Jugendinfo Burgenland
EE - Estonia	Tallinn Youth Work Center
EL - Greece	Kids in Action
ES - Spain	Neagenia Intercultural
IE - Ireland	Youth Work Ireland – Galway
IT - Italy	Assoziazione Puzzle
LV - Latvia	Youth Center „Baze”
MT - Malta	Malta UNESCO Youth Association
PL - Poland	Fundacja “Sprawni Inaczej”
PT - Portugal	O Cão Danado e Companhia – Associação Cultural
RO - Romania	ADVICE Students
SK - Slovakia	Land of Harmony Foundation

6. Participants fees and travel costs

Board, lodging and educational costs are 100% covered by the Programme. Travel costs are covered to 70% by the Programme. Tickets must be purchased according to the Youth in Action Programme Guide provisions (e.g. APEX airfare, 2nd class train etc). **TICKETS NOT TO BE PURCHASED BEFORE 2nd May, 2012!!!**

The reimbursement will be carried out in cash during the Training Course on presentation of original travel receipts and boarding passes for the incoming flights. A participation fee of 20.00 Euros applies.

The following table indicates the maximum travel budget for the partner organisations in EURO. Costs in other currencies will be converted to Euro according to the exchange rate on the day of purchase using <http://www.oanda.com>.

Country	Budgeted Costs	100% (2 pax)	70% (2 pax)
AT - Austria	300,00	600,00	420,00
EE - Estonia	450,00	900,00	630,00
EL - Greece	500,00	*1500,00	1050,00
ES - Spain	250,00	*750,00	525,00
IE - Ireland	550,00	1100,00	770,00
IT - Italy	200,00	400,00	280,00
LV - Latvia	450,00	900,00	630,00
PL - Poland	450,00	900,00	630,00
PT - Portugal	400,00	800,00	560,00
RO - Romania	300,00	600,00	420,00
SK - Slovakia	400,00	800,00	560,00

* 2 participants + 1 trainer (3 pax)



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7. Transport

For transport from the airport to the venue and back the public bus service will be used while for the excursion to Valletta and to outdoor activities it will be provided by a private transport company.

According to the arrivals we will form groups and each group will have a guide to the venue. The bus tour shouldn't take longer than 25 minutes. Hey, it's Malta after all!

8. Venue

The Marsaxlokk Youth Activity Centre is situated at the core of the picturesque village within walking distance from the charming quayside. Marsaxlokk is located in the south-eastern part of Malta. Its bay is memorable for the many traditional fishing boats called "luzzu" and its quayside is always vibrant with fishermen activities.

The Marsaxlokk Youth Activity Centre was chosen as it deemed to be the ideal venue for the project. The centre is run by the National Youth Agency - Aġenzija Żgħażaġh and comprises 2 and 3 bedded rooms, a seminar room with projector and interactive whiteboard, a dining area, a self-catering kitchenette, two spacious workshop areas including TV and computer room with Wi-Fi facilities and inside and outside leisure spaces.



9. Food

The food will consist of lunch and dinner and serviced by a catering company, while the breakfast will be prepared by the participants in the self-catering kitchenette.

In typical Mediterranean style, the Maltese enjoy a cuisine rich in pasta, bread, vegetables, meat and fish. Just like our neighbours in Italy and Greece. Olive oil, tuna, capers, olives, goat cheeselets ("Gbejniet") and sun dried tomatoes in all variations accompany fish, chicken, beef or the traditional rabbit. Chips and salad are usually served as sides.

The Maltese love pastry and try to include it in as many dishes and snacks as possible. In this tradition, snacks will be served during coffee/tea breaks between the morning and the afternoon sessions.

Participants with allergies, special diets or religious rules are kindly asked to inform us accordingly in the "**Application form_Participants_OUT**", which will be sent separately!



10. Insurance & Security

All participants should be informed (and act accordingly) for the possibility to be provided with a European Health Insurance Card, available from each respective country's social welfare system. A hospital, doctors and specialists for all cases are close to the venue.

Furthermore, all participants will be insured according to the provisions of the Youth in Action Programme Guide, 2012.

Participants will be provided with an Emergency Card including all relevant contacts. We encourage participants to inform themselves about their country's permanent or consular representation on the Foreign Ministry's website under <http://www.foreign.gov.mt/default.aspx?MDIS=26>

11. Evaluation

There will be daily evaluation sessions split in two parts. The first shall tackle problems and conflicts regarding the administrative, educational and social aspects even before they occur. The second will be held in form of reflection sessions in order to relate and compare the individual learning experience of the day with previous ones and to finalise a self assessment for the Youthpass.

Participants will be asked to send their learning outcomes in the form of the self assessment to the organisers, who in turn, will fill them in the Online-Forms of the Youthpass. Youthpasses will be eventually sent to the participants by registered post.

Last but not least, a final evaluation will be carried out by the whole group using non-formal learning methods.

12. Follow up

As for the follow up, we are hoping to continue with the "OUT" idea and one or more of the partner organisations will implement it in the future, of course with all the necessary adjustments according to the organisation's and country's specificities. Furthermore, the session "Looking Forward" of the project is specifically designed to discuss on how to collaborate on the subject of outdoor education within the Youth in Action Programme in the future.

The discussion shall bring different promoters together with the aim of drafting ideas and plans of implementation for possible future projects.

13. What to bring

- Health Insurance Card, Passport and/or ID (ideally both as colour copy also);
- Swimming suit, sports/tracking shoes and clothes, some warm clothes for the night, rain/wind covers just in case. **However, you will be provided with a detailed list from the trainers at a later stage with a separate E-Mail;**
- Sun blocker of a SUFFICIENT factor;
- If you need special medicine, kindly inform us in the "**Application form_Participants_OUT**", which will be sent separately;
- In case you need extra cash, there are ATMs and banks nearby;
- A recipe of a traditional BBQ-dish for the outdoor night (ingredients can be organized here)
- Songs, games, dances, movies, jokes, instruments, food, drinks etc. from your countries
- Feel encouraged to take initiatives by promoting and sharing with others their skills in order to enrich the project (producing a video, yoga lessons in the mornings, etc.).



14. Maltese for beginners

Stepping into a new country is always exhilarating, especially when you are faced with the challenge of communication. Upon your arrival in Malta you will not only be captured by the warm welcome you will receive but also the ease of communicating as English is so widely spoken because Maltese people are tri-lingual, English is one of the official languages together with Maltese that is also the national language. The other commonly understood and spoken language is Italian due to history, geographical vicinity and RAI Uno to Cinquecento.

The Phoenicians, Carthaginians, Romans, Normans, Angoese, Aragonese, Spaniards, French and others all contributed to the development of Maltese - which is why it is a language all of its own. However it was the invasion of the Arabs that had the most profound effect, hence it is a Semitic language written in the Latin and arabic alphabet with a twist of Italian and French and a few English words thrown in. Maltese is now listed as an official EU language.

Maltese is written using the Roman letters with some additions, **ċ** as in church, **ġ** as j in jerk, **ħ** as in hat to differentiate from **h** which is silent in Maltese, **gh** mostly silent, **ż** as in zip, and does not use the **y**.

Hello	Merħba	Mair -h-ba
How are you?	Kif inti?	Keef- in -tee?
Good morning	Bonġu	Bon -chew
Good day	Il-ġurnata t-tajba	ill jour- na -ta it tie -ba
Good evening	Bonswa	
Good night	Il-lejl it-tajjeb	ill lejl it tie -yebb
Good Bye	Ċaw	Chow
Please	Jekk Jogħġbok	yekk yoch -bok, ch as in chew
Thank you	Grazzi	
Yes	Iva	ee -vah
No	Le	
Sorry	Jiddispjaċini	Yidispia- jeanie
You're welcome	Mhux problema	moosh pro- bleh -ma
Cheers	Saħħa	Sah -ha, H as in How
1	wieħed	wee -hed
2	tnejn	tneyn
3	tlieta	tle -ta
4	erbgħa	err -ba
5	ħamsa	ham -sa
6	sitta	sit -ta
7	sebgħa	seb -ba
8	tmienja	tmeehn -ya
9	disgħa	dis -sa
10	għaxra	aa -shra
100	mija	mee -ya
1000	elf	<i>take care Austrians ;)</i>
today	illum	il- loom
yesterday	ilbierah	il- bih -rah
tomorrow	għada	aa -da
I love you	Jien inhobbok	Yeen in- hob -bok



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15. Contact

Should you have any questions that need to be answered urgently, don't hesitate to contact us:

Désirée D'Amato
00356 79055749
desiree@muya.info

Alexander Thenner
00356 99091585
alex@muya.info
Skype: kellereiinspektor

Christianne Caruana
00356 79091585
christianne@muya.info
Skype: kikagirl

Malta UNESCO Youth Association
info@muya.info
www.muya.info



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