

<b>Names of trainers:</b>	Ilze Okmane, Kristaps Kaņeps, Jurijs Haricevs
<b>Project title:</b>	<b>Outdoor training course “Feel free!”</b>
<b>Project dates and place:</b>	<b>17<sup>th</sup>, 18<sup>th</sup> June, Ozolnieki municipality (Latvia)</b>

### **Issues and Needs**

#### **Issues:**

1. Problems of finding motivated participants who would like to live outdoors few days;
2. Bad and cold weather;
3. Finding perfect place for this outdoor training.

#### **Needs:**

1. Need for appropriate equipment (ropes, dishes);
2. Need for finding motivated participants;
3. Need to explore our route and go through it by ourselves.



## **Aim and Objectives**

**Aim:** Collaborate active Latvian young people from organization “Baltic Youth Way” and train about outdoors.

### **Objectives:**

1. To cultivate awareness, knowledge, appreciation and concern for the natural environment.
2. To help young people collaborate with others and exchange ideas.
3. To improve young people's physical fitness.
4. To nurture awareness, appreciation, and stewardship for the environment.
5. To motivate young people to develop positive attitudes toward learning through varied experiences in the natural environment.

## **Methodology**

From things we learned in Georgia we used more skills we gained hiking in Georgia's mountains like making a fire, setting up tents and making food on fire, also – making a route and managing not to get lost in the forest. From methodology we used - energizers, blind folded exercises and reflections.

### **Implementation:**

There were 3 trainers who implemented this outdoor project. To implement project we had meetings and we planned routes in Ozolnieki municipality, and we thought in our meetings about exact methodology for project. Project dates were 17<sup>th</sup> and 18<sup>th</sup> June. We mostly hiked in forests and meadows, also near lakes. Our camping place was near lake complex.



## Impact and Evaluation

### Impact:

1. We raised confidence to young people about that actually they can do more than they think.
2. Young people exchanged their ideas and cultivated knowledge.
3. Participants collaborated and got motivation to change some issues in their everyday life.

### Evaluation:

We will make surveys to participants to understand if they reached our aim and objectives. And after longer time we will send new survey to understand if they took something from project in their routine life and if they are still collaborating. And of course we will have group meeting with trainers in future and we will think about new projects.

## Summary

Main idea about this project is to collaborate active Latvian young people from organization "Baltic Youth Way" and train about outdoors, put them in some extreme and stressful situations so they could see their limits and make a great team. We think this outdoor training is very valuable because people from different organizations could exchange with others their ideas and make new collaborations.

Our plan is to do something little bit crazy like going through forests without any paths and through mystical meadows. Also we would like to add to this trip some reflections and tasks we learned in Georgia. So we could give our knowledge to people who could give it to others as well.

In this outdoor training our plan is to live in tents and make food on fire. Training place took in Ozolnieki municipality. We hiked 2 days approximately 20 km, we cooked food on fire – in the evening we had delicious soup and in the morning we had nutritious porridge.

We can say that this project was international, because us also joined Fady from Egypt. This time was very valuable – for trainers and for participants.



## Photos





