

## Experiential Outdoor Education as a tool for Girls and Women Empowerment



### Training for Youth Workers and Educators

#### CONCEPT:

“Experiential Outdoor Education as a tool for Empowerment of Girls and Women” is a Training in the framework of **Erasmus+**.

The aim of the project is to capacitate multipliers of socio-educational work to empower girls and young women with the help of experiential outdoor education activities and, in this way, to promote gender equality in our society.

One of the objectives of the training is to provide experiential outdoor education as a tool which offers the opportunity to experiment challenges through a series of cooperative activities which are stimulating the social and personal growth. In this training the participants will learn to apply methods of experiential outdoor education with groups of girls and young women with diverse capacities and to adapt the methods to the target group. We will apply methods of experiential outdoor education like interactive games, cooperative activities in mobile rope courses, orienteering or climbing, as well as different tools of reflection, gender awareness workshops, theoretical inputs, a presentation of good practices and the dissemination of the project results in a conference at the Málaga University.

#### TOPICS:

- Intercultural / intergenerational education and lifelong learning
- Gender equality / equal opportunities
- Pedagogy and didactics

## TARGET GROUP:

- Youth workers, educators, gender equality activists or volunteers who are working with young girls and women on the topic of gender equality.
- Minimum age 18 years.
- This training course is designed for a women's group.
- Participants should be supported by an association/organization which helps them to put into practice what they learn during the training.
- Motivation to learn new methods of non-formal education, especially experiential outdoor education activities like orienteering, climbing, low rope course, etc.
- Motivation to cooperate with associations in other European and Neighbouring countries in order to develop common international projects related to our topic.

## COUNTRIES:

7 countries and 1-2 associations per country: Germany, France, Turkey, Tunisia, Algeria, Portugal and Spain. We invite 2 participants per association.

## DATE AND VENUE:

10 (day of arrival) - 17 December (day of departure) 2021 in Trasmulas (Granada).

The accommodation will take place in the ecological hostel and center for lifelong learning "La Choza de Trasmulas" ([www.lachozadetrasmulas.com](http://www.lachozadetrasmulas.com)) and in the rural inn "Casa rural Pepe el del aceite" in the small village Trasmulas (around 150 inhabitants), 23km from Granada city. La Choza de Trasmulas is a social project build with natural materials (wood, straw and clay) in an ecological way. The accommodation will be in shared rooms (2-4 people) with bathroom in "La Choza de Trasmulas" and with shared bathrooms in the "Casa rural Pepe el del aceite". **If you need a single room, please contact us in advance.**

## MEALS

We will have full board in the hostel. **Please tell us in advance about special needs concerning food (vegetarian, vegan, halal, allergies, etc.)!**

## LANGUAGE

The main language of this training course will be English.

## INSCRIPTION FEE:

**50 Euros** (30,- reduced fee for participants who can't afford the full amount. Please contact [reginawendenburg@intercultural-life.com](mailto:reginawendenburg@intercultural-life.com))

During the project accommodation, full board and transport are provided.

The participants need to organize their journey themselves. We can reimburse travel costs up to a limit established by the European program Erasmus+.

## REIMBURSEMENT OF TRAVEL COSTS:

**For the reimbursement of your travel costs we will need all invoices and travel documents** (bus, train, plane...), your boarding cards and a payment document (abstract of account where you can see the payment of the plane ticket or bus ticket (the main journey), or the invoice from the travel agency with stamp and signature, if you paid in cash).

We can reimburse travel costs up to a maximum of (always depending on the kilometers) -You can check the kilometers in this link:

[https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator\\_en](https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en)

- Between 10 and 99 km: 20€ / participant
- Between 100 and 499 km: 180 €/participant
- Between 500 and 1999 km: 275 €/ participant
- Between 2000 and 2999 km: 360 €/ participant
- Between 3000 and 4999 km: 530 €/ participant

## HOW TO GET THERE:

Nearest airports are Granada or Málaga. We can pick you up in Granada airport or bus station. When you arrive in Málaga, please take a bus to Láchar and we will pick you up there. You can buy your bus tickets here: <https://www.alsa.es/en/> or here: <https://www.movelias.es/en/index.html>

## WHAT TO BRING:

- Towels
- Slippers (upstairs in the hostel outdoor shoes are not allowed)
- Suitable clothes for outdoor activities (sneakers and raincoat)
- European insurance card (for participants from EU)
- Information/leaflets/fotos from your organization and women empowerment activities.

## WHAT TO PREPARE:

- Some delicacy, music, dances, games, etc. from your region for the intercultural night.

## SUPPORT:

This project is co-funded by the Erasmus+ program of the European Union.



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## CONTACT:

Katrin +34 663833938 & Nani +34 644307531

[katrinalban@intercultural-life.com](mailto:katrinalban@intercultural-life.com)

We are looking forward to receiving you in Trasmulas!

Best regards,

Katrin

### ***Intercultural Life***

*Educación activa por un mundo intercultural*

*C/ Barrio bajo 16*

*18328 Trasmulas – Pinos Puente*

*Email: [info@intercultural-life.com](mailto:info@intercultural-life.com)*