



# WALK YOUR NATURE

Introduction into experience based learning including in an  
8-day hiking trip

Tuesday 8-10	Wednesday 9-10	Thursday 10-10	Friday 11-10	Saturday 12-10	Sunday 13-10	Monday 14-10	Tuesday 15-10	Wednesday 16-10
*facilitators	*facilitators	*facilitators	*group medium	*group medium	*Group high	*Group high	*Group high	
10-12u  Arrival  Acquaintance moment	Hiking  +Hard Skills	Hiking  +Facilitators attitude	Hiking  **see below	Hiking  **see below	Hiking  **see below	Hiking  **see below	Hiking	Departure to the airport
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dividing of the groups  Logistics / Packing bags properly / leave for the hike	Hiking  +Hard Skills	Hiking  + Dynamics during hikes	Hiking	Hiking	Hiking	Hiking	Arrival with the two groups at a very nice place + end reflection	
Diner	Diner	Diner	Diner	Diner	Diner	Diner	Diner	Diner
Explanation of the program.  Reflection about expectations,...	Review moment	Review moment + Intercultural topic	Review moment + Intercultural topic	Review moment + Free night	Review moment + Intercultural topic	Review moment + Intercultural topic	Intercultural / last evening	

### \* 'Leveling' of the hike

We decide to divide the hike into 3 Levels:

**Facilitator level:** In this level, we will lead the hike. Show the route and learn about hard and soft skills. The usage of orientation techniques, dynamics, review models, ...

**Medium level:** In this level we stimulate independency. During these 2 days All participants will be divided in groups of two / three and receive the task to make and apply an assignment, activity for the whole group during the hike.

**High level:** In this level we aim to have total independency of the group. They choose where to go and what dynamics and activities to do along the road.

### \*\*content of these 4 days

Although the content of these days highly depend on the participants, NATURE trainers stay facilitator at all time and will intervene when necessary.

### Notes!

- Participants can choose to do outdoor activities along the way. Our logistic staff will provide all necessary material.
- NATURE trainers will have the knowledge and expertise to guide these activities and have first aid degrees.
- Experiential learning requires a huge **flexibility** of the trainer because the group sends the learning process into the right direction.
- The activities in the program will be as they are written. Only **the order of activities may vary**. Each group will do the activity on a different moment, otherwise the group members would mangle a lot and it would be too busy. And this may have negative influences on the different group processes and safety.
- During the training, except for the last night the 2 groups are separate.

- The use of **games, energizers and dynamics**: I didn't write down all the little game's energizers... For example: at NATURE we mostly start every day with a small energizer. Also during days and according to the need of the group there is always room for an extra game, dynamic or energizer. Although we aim to let the participants start this kind of activities towards the end of the training.
- **Evaluation** of the training will happen both in intercultural groups, as well by country.
- There is always enough NATURE staff, especially during activities and workshops that require specific skills (Safety).
- Because of the well known location, we can be quite **flexible** with the activities. For example: if we can't go climbing, we can change this into a mountain bike trip.
- **International evening**: To be prepared at home.
- **Reflections**: We think reflections in our program are really important. Although it is not possible to write down which kind of reflection fits in advance, during or after a certain activity. This all depends on the needs of the group at this particular moment. Here are some examples of active reviewing / reflection methods we often practice:
  - 'Positioning': Everyone has to position themselves into space. For example: "How were you involved in this activity? The closer you are standing at this big rock, the more involved you were. This also works the other way round, the farther ..."  
It is also possible to position themselves in a metaphorical image. "If you were in a bus (football field, swimming pool, ...), where would your position be?"  
This all could be excellent introductions to a group debate.
  - 'Throwing fingers': This can be used during activities. Everyone has to close his eyes, put one hand on his back and at the sign everyone shows a number of fingers. For example: 1=don't want to continue ... 5=do want to continue...
  - 'Chair of compliments': circle meeting. One person at the time sits down on 'the' chair, All the others give this person compliments (in general over the whole camp or a specific activity)
  - 'The hand of truth': everyone draws their own hand on a piece of paper, in each finger they write something down. With the notice: "it will be read in group and it all has to be about themselves". For example:
    - ◆ Thumb: something they did well
    - ◆ Forefinger: something they didn't expect of themselves
    - ◆ Middle finger: something they hated, stupid they did
    - ◆ Ring finger: something they value very much
    - ◆ Little finger: something to think about
 All papers get crumpled up, and thrown in one pot / basket. One person takes one and reads it. Afterwards he guesses who's paper it was.
  - Circle meetings, debates, discussions about different themes,