



# **GETTING OUTSIDE!**

**9 - 20.06.2024**

**Youth Exchange**

**Preparatory visit in May**

**Tõrva, Estonia**

# OBJECTIVES

- reducing stress levels;
- reducing screen time;
- supporting mental health through outdoor and active methods;
- improving relationships between participants;
- supporting the physical health and cognitive development;
- supporting the learner's memory, concentration and learning ability, motivation and well-being.

# WHAT IS OUTDOOR/NATURE LEARNING?

Nature is a learning environment that offers the opportunity to put both the body and the mind to work. Outdoor learning helps to make contact with the environment and nature around us, gain new knowledge through playful activities, support physical and motor development, while also improving the ability to concentrate.

Observation, learning game and experiment - these are the main methods of outdoor learning. Nature has a calming effect, so communication is more relaxed and joyful than in classroom. At the same time, nature also inspires, prompting research and testing. Research shows that outdoor learners coordination improves, they are more skillful and also healthier.

# WHAT IS ACTIVE LEARNING?

Active learning refers to a broad range of teaching strategies which engage people as active participants in their learning. Active learners are actively involved in the learning process, through practical tasks they acquire new information. This helps learners to make sense of what they learn and relate what they learn to reality. Methods put students in a situation where they are forced to talk, listen, think and write.

Classically, active learning keywords are freedom, activity, curiosity, originality, creativity, critical thinking, discovery, independent thinking, communication, cooperation, acting according to the situation, vital tasks and evaluating the work of oneself and others.

# PROFILE OF PARTICIPANTS:

- Youth aged 18 to 30 from any of our partner countries.
- Those keen on learning about mental health and outdoor learning topics.
- Participants willing to engage in critical thinking and problem-solving within a collaborative and culturally diverse setting.

# SEIKLEJATE VENNASKOND



Seiklejate Vennaskond

Seiklejate Vennaskond is youth and civil society organization, which connects active adventurous people together. We work mainly with young people, but also with youth workers, trainers and teachers and organizations active in non-formal education field and lifelong learning. NGO is concerning equality, fight against racism & xenophobia, human rights, mobility and migration, environment protection, healthy lifestyle, no hate speech movement, mental health etc.

We sincerely believe that young people today can make a difference and we all work for this purpose.



@seiklejatevennaskond

# VENUE

## MARJA TALU PUHKEKOMPLEKS

- Marja Talu is located in the south of Estonia, close to Latvian border.
- Located near the city of Tõrva.

**Meals 3 times a day in project activity dates are covered!**



**Participants are accommodated 2 - 6 people in room.**



# WEATHER

## Valga, Estonia weather in June

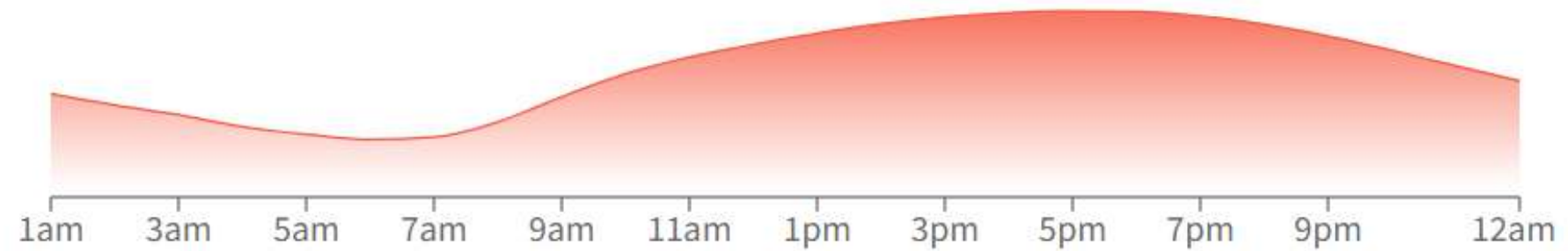
### Historical temperature average in June

In Valga, Estonia

Other months ▾

°C/millimeters/kilometers ▾

**20°C** highs **10°C** lows



### General weather summary

Mildly cool with a gentle breeze  
FEELS LIKE

18.0 hrs  
DAYLIGHT LENGTH

Sweater  
WHAT TO WEAR

33% 3.12 mm  
CHANCE OF RAIN AMOUNT

04:16 22:15  
SUNRISE SUNSET

22.6 kph 73%  
WIND SPEED HUMIDITY

50%  
CLOUD COVER

June is the best month to experience “white nights” phenomenon!





# TRAVEL LIMITS:

Estonia	210€
Poland	275€/ 320€ (green travel)
Spain	530€
Portugal	820€
Italy	275/ 360€
Romania	275€

**Travel instructions will be shared with selected participants.**

Each country will send 5 participants.  
Host country will send 7 participants.

# PARTNERS

Seiklejate Vennaskond (Estonia)

Lumen - Ludbreška udruga mladih entuzijasta (Croatia)

Teatro Metaphora (Portugal)

Asociatia Pentru Dezvoltare Activa (Romania)

Asociación 217 Sur (Spain)

Fundacja Sempre a Frente (Poland)



*Seiklejate Vennaskond*





**SEE YOU!**



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