

OUTDOOR EDUCATION THROUGH SPORT

Infopack Training for youngsters
Sunday 6/10/24 – Sunday 13/10/24
La Roche-en-Ardenne, Belgium

***SPORT HAS THE POWER TO CHANGE THE WORLD
THE POWER TO INSPIRE
TO UNITE
TO CREATE HOPE
IT SPEAKS TO YOUTH IN A LANGUAGE THEY UNDERSTAND
(NELSON MANDELA)***

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INTRODUCTION

Outdoor Education through Sports is an Erasmus+ project organized by Arktos in La Roche-en-Ardenne.

The youngsters will learn in a non-formal way or 'learning by doing'. Sport and outdoor activities will create learning opportunities for youngsters, in combination with resilience training.

After an activity, the youngsters reflect on their own behaviour. With a new view of themselves, everyone can try to use what they've learned in the next activities.





GOALS:

- To have fun and get to know people from other countries and cultures
- Personal development and going out of the comfort zone
- Stimulate youth to talk and do self-reflection
- Communication, connection and positive thinking
- Implementing the mental strength of sport into daily life
- Resilience, peace and mindfulness in and through sports & nature
- Motivating young people to find their passions and qualities

PARTICIPANTS

- 27 people will participate from 5 countries:
 - Belgium: 4 youngsters, 3 group leaders
 - Georgia: 4 youngsters, 1 group leader
 - Italy: 4 youngsters, 1 group leader
 - Serbia: 4 youngsters, 1 group leader
 - Slovenia: 4 youngsters, 1 group leader

Check out this video!



PROGRAM:

TIME/DATE	6/10	7/10	8/10	9/10	10/10	11/10	12/10	13/10
AM	Arrival	Introduction -Circle -Rules -Program	Comfort, stretch, panic - theory	Daytrip Nisramont	Sport as a tool: -Yoga	Kayak	Travel to Brussels	Departure
AM	Arrival	Get to know each other -Name games	IDEM -activities	Daytrip Nisramont	Sport as a tool:	Kayak	Travel to Brussels	Departure
LUNCH				Own lunch				Departure
PM	Arrival	Exploring the accommodati on	Teambuilding	Daytrip Nisramont	Mountainbik e	Resilience	Feedback Evaluation Compliments Active review	Departure
PM	Arrival	Teambuilding	Games by group leaders	Daytrip Nisramont	Mountainbik e	Resilience	IDEM	Departure
DINNER	Belgium	Georgia	Italy	Dinner in restaurant	Serbia	Slovenia	Dinner in Brussels	/
EVENING	Free/Games	City Game	Intercultural evening	Free evening	Human Stratego	Goodbye Party	Exploring Brussels	/

ACCOMODATION - Bérismenil 4, 6982 La Roche-en-Ardenne

Bérismenil 4
Gebouw

Route Opslaan In de buurt Naar telefoon verzenden Delen

- Bérismenil 4, 6982 La Roche-en-Ardenne
- Bewerking voor Bérismenil 4 voorstellen
- Ontbrekende plaats toevoegen
- Je bedrijf toevoegen
- Een label toevoegen
- Je Maps-activiteit

Foto's

Restaurants Hotels Aanraders Openbaar vervoer Parkeren Apotheken Pinautomaten

La Roche-en-Ardenne, Bérismenil, Vevy, Mâboge, Maboë, Borzée, Cielle, Royen, Villez, Ollomont, Naes, Le Héro - Le Parc naturel des deux Ourthes, Keltische Vesting Le Cheslé - Berismenil, Start wandelroute Cheslé Site Celtique, Ardenne Camping Mâboge, Camping Lohan, Parc à Gibier, Kasteel van La Roche-en-Ardenne, L'Ardenne Autrement (chambres d'hôtes) Best beoordeeld, Aux chants d'oiseaux Best beoordeeld

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Het Avonturenhuis La Maison d'Évasion

N50°11.079 - E005°40.430 - Habbekrats en Ardennes



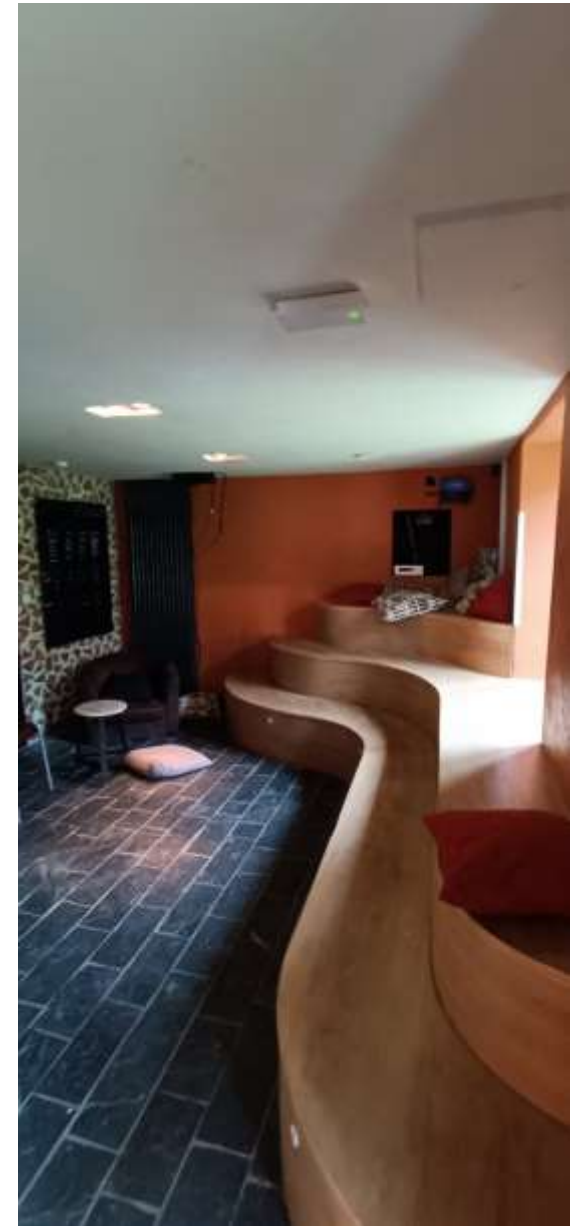
Located near la Baraque de Fraiture, one of the highest points in Belgium, The Adventure House is in the picturesque village of Bérismenil. This location is surrounded by an impressive landscape, with nearby le Hérou, a grand rock massif through which the river Ourthe winds its way. Bordering the vast Bois Saint-Jean, the area around The Adventure House offers plenty of opportunities for hiking and mountain biking. It is an ideal location for nature lovers.

The Adventure House itself is a former farmhouse converted by Habbekrats into a comfortable and ecological residence that can accommodate fifty people. The authentic elements of the farmhouse have been preserved, with extensive use of stone and wood, contributing to the distinctive Ardennes atmosphere. Despite its large size, the house is warm and cozy, creating a homely atmosphere. The smells from the kitchen and the crackling of the open fire contribute to this atmosphere.

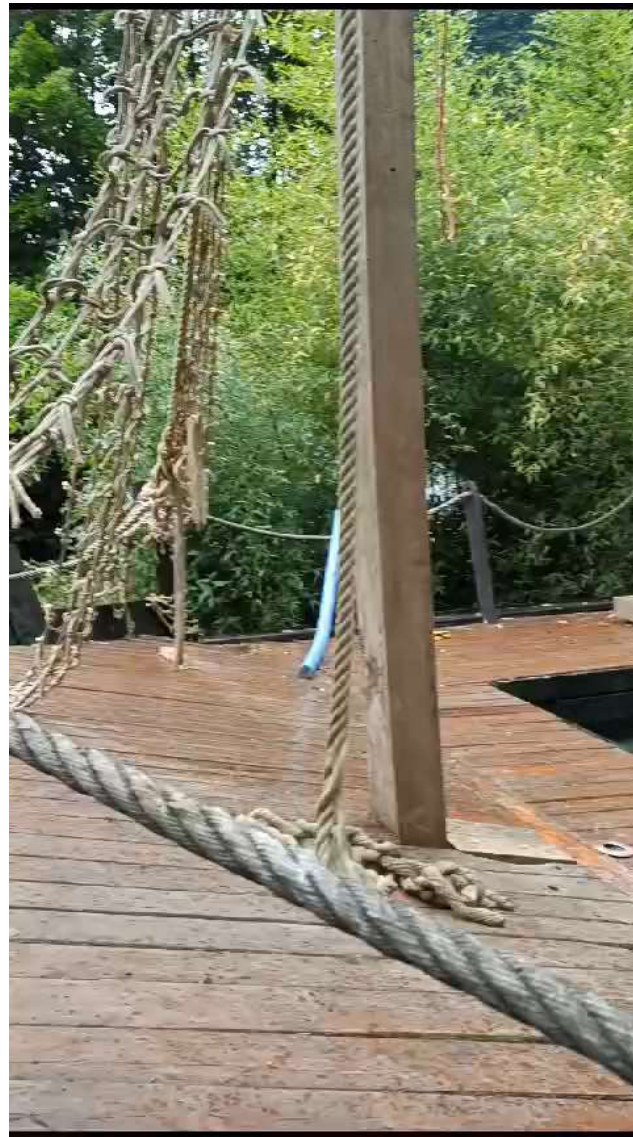


BACK TO THE BASICS

- 4 separate bedrooms
- 1 big sleeping hall
- Big kitchen
- Dining room
- Chill room
- Big toilet and shower room



OUTDOOR



- Firepit
- Possible to eat outside
- Climbing
- Swimming pool (maybe!)



WHAT TO BRING:

- Towel, soap and shampoo, toothbrush, toothpaste, deodorant,...
- Enough clothes: trousers, pants, underwear, socks, t-shirts...
- Rainwear: Welcome to Belgium!
- Swimming pants
- Sports clothes (enough!)
- Shoes for a hike
- Small backpack
- For the intercultural evening: Cultural food, drinks, music, ...
- Your motivation, experience and ambitions
- Music and evening games
- Identity Cards and Visa
- International Insurance Card (Blue card)

Travel transport

Every group travels to Belgium by plane. At the airport, everyone will be picked up by a small van and driven to the accommodation.

During the project, transportation will be either on foot or by these small vans.

Simple rules

NO

Drugs & alcohol



Smoking inside



Litter



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