

# Vignette on andragogy and education for volunteering

## OUTDOOR TRAINING

### TIPS FOR EFFECTIVE IMPLEMENTATION

#### 1 Plan varied activities



Outdoor training offers a wide range of activities that engage different skills, using natural elements and open spaces for motivation and adventure. They are great for team building.

**! Make sure that the activities are suitable for all the participants - they should not be too easy or difficult and instructions clear.**

#### 2 Ensure a safety environment



When planning outdoor training, ensure safety by providing participants with safety guidelines, preparing them for the specific activities they will do and for the weather conditions.

**! Make sure you have an emergency plan in place. This should include procedures to be followed in the event of an accident or emergency.**

#### 3 Promote team building



Open air activities promoting team building foster social interaction and cooperation. These group dynamics increase motivation and constitute a positive training environment.

**! Make sure you help participants to develop their ability to listen, speak and providing instructions.**

### REFLECTING ON THE TECHNIQUE

Imagine you want to address with your learners the topic of circular economy small-scale projects and that you want them to develop project ideas in groups. You want to design an initial range of team building activities that imply problem-solving, collaboration, communication, and trust-building. You need to vary the format and intensity of the activities to keep participants engaged, motivated and cooperating.

**? So, you should ask yourself one question: How can I ensure that the outdoor training activities I plan address the diverse needs of all participants while still achieving the objectives of team building?**

You need to prioritise safety by conducting thorough risk assessments of the outdoor training location and the planned activities. Provide clear instructions, demonstrations, and safety briefings to participants before each activity. Have appropriate safety equipment on hand and designate trained personnel to oversee and manage any potential risks or emergencies.

**? So, you should ask yourself one question: How can I proactively identify and mitigate potential safety hazards to create a safe and secure environment for participants during outdoor team building activities?**

Create opportunities for participants to collaborate, communicate, and build trust with one another. Structure activities that require teamwork and encourage individuals to support and rely on each other to achieve common goals. Foster an inclusive atmosphere where participants feel comfortable expressing themselves and contribute to the team's success. This way, they develop bonds that further support them developing sustainability project's ideas.

**? So, you should ask yourself one question: How can I foster a sense of camaraderie and mutual respect among participants to facilitate effective team building during outdoor training?**

## EFFECTIVE ADULT TEACHING TECHNIQUES

for raising awareness and delivery of sustainability and circular economy education