



Urban OUTdoors expedition

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H Ø Y D A L , N O R W A Y



Project Overview

Adventure is not just about extreme sports or remote wilderness; it's a mindset. Recognizing the growing impact of outdoor adventure programs on youth development, the "Urban OUTdoors Expedition" (U.O.E.x) project aims to bridge the gap for organizations that lack the resources to implement traditional outdoor education. By focusing on urban environments, U.O.E.x empowers youth workers and organizations to create inclusive, engaging outdoor experiences within cities. The project provides education, practical guidance, and support to help young people develop confidence, manage risks, and foster a deeper connection with nature, even in urban settings.

Objectives

- To equip youth workers with the knowledge and skills to design urban outdoor activities/projects;
- To engage participants in exploring urban spaces and designing activities on-site, with a focus on refugee integration and community support;
- To facilitate outdoor activities with refugees of different age groups to foster connection and understanding;
- To design specific activities that cater to different active and popular topics within urban communities;
- To create a toolbox of designed activities for inclusive outdoor projects, ensuring sustainability and expandability;
- To create common urban outdoor projects on local and international levels;
- To promote the dissemination and sustainability of the project's outcomes through organized activities in urban areas;
- To implement a webinar to share the project idea, outcomes, and activities with partners and motivate further initiatives in urban outdoor education.

Key Takeaways

01

Gain hands-on experience in designing and leading urban outdoor activities. Learn innovative approaches to experiential learning, risk management, and community engagement that you can directly apply in your work with young people.

02

Overcome common obstacles with access to critical resources, including practical tools and logistical support. This will help you bring your outdoor projects to life, even in resource-limited settings.

03

Step out of the conventional classroom and into the urban outdoors. Build your confidence by exploring new methods and creative solutions for engaging young people in meaningful outdoor experiences.

04

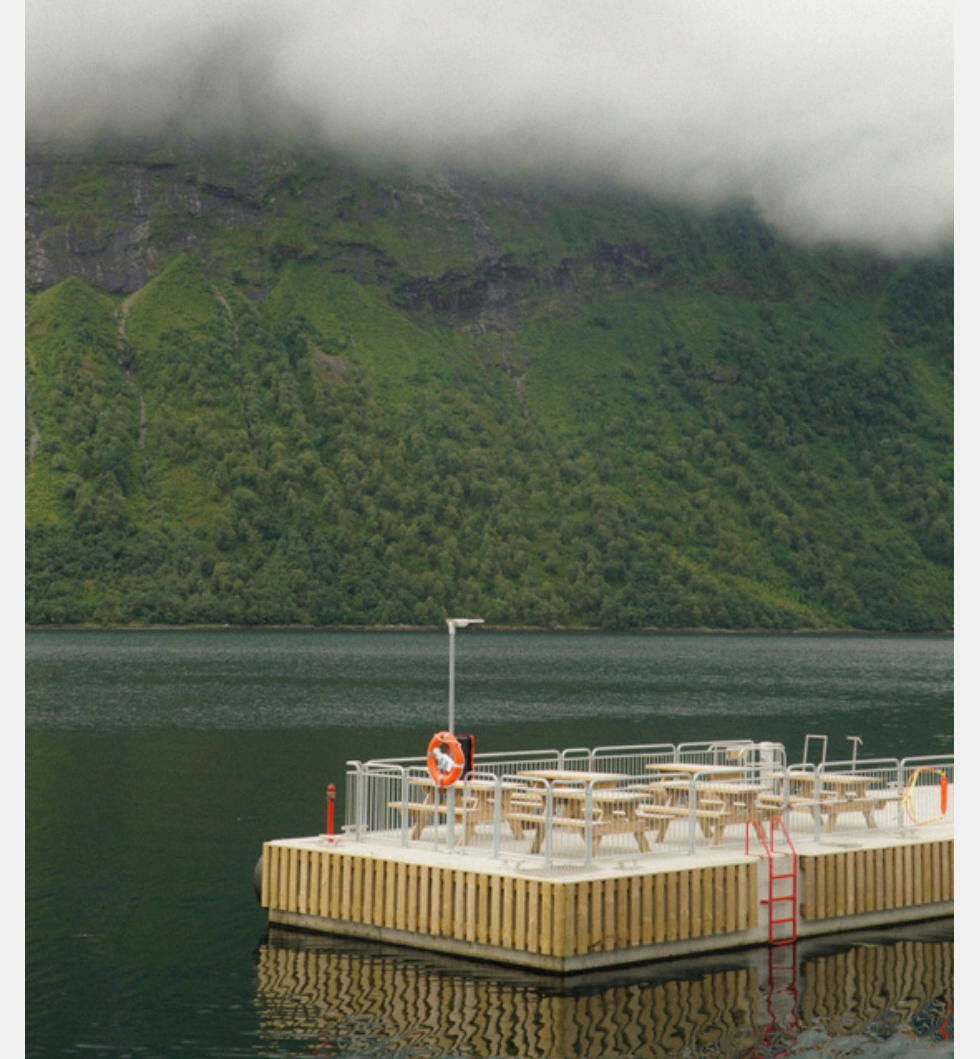
Connect with a diverse group of youth workers and organizations across Europe. Share insights, collaborate on projects, and create lasting partnerships that will enrich your professional journey.

05

Take home a toolbox filled with ready-to-use activities, strategies, and best practices. This living resource will support your ongoing efforts to incorporate outdoor education into your daily work, ensuring long-term impact.

05

And an adventure to remember...





The Urban OUTdoors Expedition invites a diverse group of youth workers, educators, youth leaders, and newcomers to the youth sector from partner organizations. These participants share a dedication to youth development and come from various professional backgrounds, including non-governmental organizations (NGOs), community organizations, and educational institutions. They are united by their passion for creating more opportunities for young people in outdoor spaces and transforming urban areas into inclusive outdoor environments.

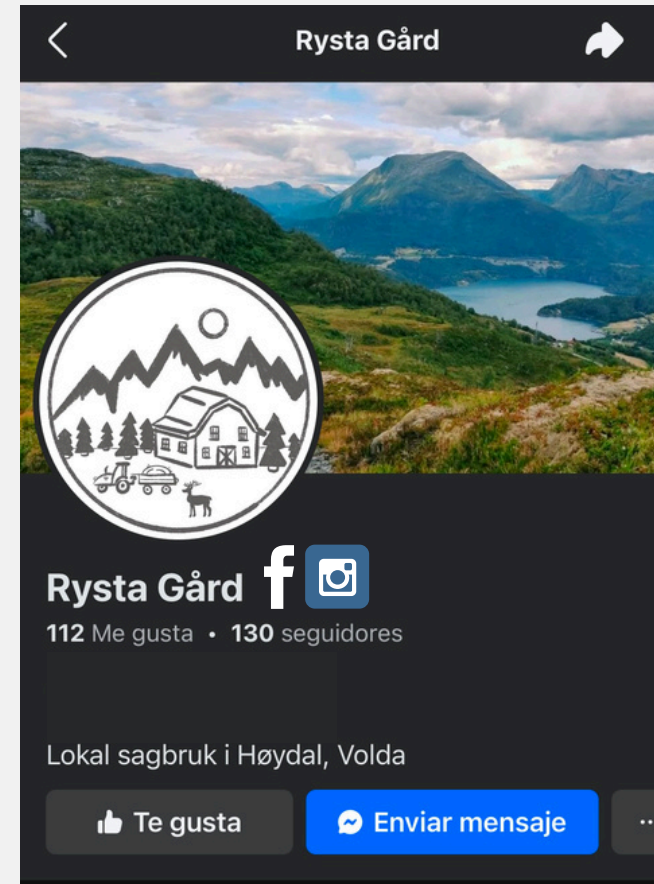
Key Characteristics of Participants:

- The project welcomes both seasoned professionals and newcomers to the field. This mix creates a dynamic learning environment where experienced youth workers can share insights, while newcomers gain valuable skills and knowledge;
- Participants demonstrate a strong commitment to promoting inclusivity, diversity, and cultural understanding in their work with young people;
- A key focus of this project is empowering youth workers to design and implement inclusive outdoor projects in urban settings. Participants are motivated to enhance their skills in this area, contributing fresh perspectives and creative ideas;
- The primary participants are youth workers aged 18 and above. Activities are tailored to the specific needs and interests of different age groups to ensure meaningful engagement.

Who Should Join?



Project venue



The project will take place in Høydal, Norway, at a farm called "Rysta Gård." It is situated in the mountain range of the Sunnmøre Alps. It is characterized by a landscape with steep high mountain peaks rising over 1800 meters straight up from the fjords.

Participants will have the unique opportunity to stay at the farm and embrace the full outdoor experience by sleeping in tents. The hosting organization will provide all necessary camping equipment, including tents and other essentials. As the project will be conducted almost entirely outdoors (99% of the time), it's essential to be well-prepared for the unpredictable Norwegian weather.

In Høydal, you may experience a variety of weather conditions, from sunshine to rain, sometimes all in one day. Nights can be particularly cold, so warm clothing and gear are highly recommended to ensure your comfort and safety. This immersive outdoor setting will provide a truly memorable experience, fostering a deeper connection with nature and the environment around you.



Gear Up for the Expedition!

- Comfortable backpack (minimum 60L)
- **Hiking shoes!!!**
- Wind and rainproof jacket and pants
- Comfortable clothes for hiking
- Thermal underwear (preferably merino wool)
- Sleeping bag (> 0 C) and sleeping mat
- Hat, gloves, and sun cap or headscarf
- Warm clothes, woolen sweaters
- Water bottle
- Sun lotion and mosquito spray
- Lots of socks, preferably warm/woolen together with thin summer ones.
- Head-torch
- Personal hygiene: toothbrush, eco-soap, towel
- Personal medication
- Swimming suit & towel.

Keep in mind!

- Proper personal equipment is really necessary. You will not be allowed to participate in the outdoor activities without needed equipment.
- Tents and all camping equipment are provided! But if you want to bring your own tent/hammock - feel free to do so. Please bring your sleeping bag & mat.
- Internet access is restricted but in almost all places mobile internet coverage. Participants will be provided with a phone number of the hosting coordinator in case of emergency calls from family & friends.
- **Travel & health insurance is obligatory and the responsibility of each participant.**
- English is the common language on the project.

Travel

- During the training course, your accommodation, food, and all the other project-related expenses are covered by the Erasmus+ program grant.
- Reimbursement of your travel costs from your home city to the venue and back will be done according to the funding-limits. Reimbursement will only be done by bank transfer after the project if you fully participate and give all original tickets, receipts/invoices, and boarding passes. (including return tickets).
- Feel free to arrive or depart a maximum of 2 days before or after the project, otherwise, communicate & agree with the organizers. But note that additional time spent will have to be covered at your own cost.

Your Journey to the Wild

- Flights can be taken to Ålesund/Molde or also Volda/Sandane airport.
- If you are younger than 25 years old you can travel on a CHEAP youth ticket flying with Scandinavian Airlines/Wideroe. Only valid if booking via www.sas.no // www.wideroe.no
- If you are younger than 31 years old (and student), you can fly also CHEAPER by booking a student ticket flying with Widerøe.
- Other possibility is to fly to Oslo and take nightbuss to Volda. (www.vy.no)
- We strongly advise you not to buy tickets without letting know to the organisers.





Travel reimbursement

Germany	309 €
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Iceland	309 €
Italy	395 €
Norway	56 €
Spain	395 €

Partner organizations

Germany	EuroYouth e.V.
Germany	NATURKULTUR EV
Iceland	Circa
Italy	Elios
Norway	Beyond Borders
Spain	VIAJE A LA SOSTENIBILIDAD S.Coop Pequeña

Meet The Team



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