



MTÜ Eikkellegimaa

GREENYOUTH

Greater Resilience through Experiential Education in Nature-based Youthwork

Tools for incorporating Forest Therapy
into Rural and Urban Youthwork

19th - 25th August 2024
Tellaste Küla, Southern Estonia



Co-funded by the
Erasmus+ Programme
of the European Union

About the Project....

Exposure to natural settings is well proven to improve physical and mental health, retention of learning, civic engagement and environmental responsibility. These are all highly relevant in our world for our own wellbeing and that of the young people we work with who will actively shape our future.

'Forest Therapy' is the term now commonly used to describe the simple techniques that we can use to engage with natural spaces to further increase all of these benefits. By learning these skills as Youthworkers and creatively translating them into activities attractive to Youth, We aim to reduce barriers and enhance the capacity of Youth Workers to utilise Forest Therapy and green spaces in their work.

Our facilitators are experienced in using natural spaces and Forest Therapy techniques in both rural and urban settings.

Participants will leave with an embodied experience of the benefits, knowledge and skills for using Forest Therapy themselves as well as an expanded, personalised toolkit for their Youth Work practice, equally applicable in both urban and more rural/wild settings.

We have designed a 7 day immersive training camp that brings together these techniques across many cultures with best practices from multidisciplinary Youth Work and adult education.

This is an intensive camp for a small group of highly motivated participants.

Participants

Are you...

- * 18+ years of age
- * Able to participate using the English language
- * Actively working with Youth
- * Currently using natural spaces in your work or highly motivated to do so
- * Able to explain where you would use this learning in your current and future work and committed to undertaking a dissemination workshop with Youth after completion of the training in your home setting.
(Requirement of travel reimbursement)
- **Please be aware that an Urban setting is very suitable for Forest Therapy. The view of a tree through a window, clouds, a pot plant or local park are all sufficient for introducing youth to the benefits of Forest Therapy. Urban approaches will be addressed throughout the training camp.
- * An active participant in group work and brainstorming
- * Experienced/excited to work collaboratively with local youth where language barriers may exist
- * Open to new experiences and stepping outside of your comfort zone
- * Possessing a strong work ethic
- * Willing to explore your creativity

...This is no passive hotel-based training holiday....

- * Comfortable sleeping in a shared tent for a week and an entirely outdoor program regardless of weather. (Sheltered spaces are available when needed from sun and rain as are solo tent options).
- * Committed and excited to spend this training without a bathroom, hot shower, flushing toilet or the privacy and personal time you may be used to.
(Dry toilets, sauna and river available 24/7 !)

Country	Participants
Estonia	3
Luxembourg	3
Turkey	3
Bulgaria	3

Camp Schedule

18th August Arrival and Dinner

Day 1 - 19th August Monday

Yoga and Icebreaker
Welcome and Group Contract
Introduction to Forest Therapy
Group Connection Exercise
Fears, Expectations and Contribution
Youth Work in the Garden
Group Reflection Exercise
Campfire

Day 2 - 20th August Tuesday

Yoga and Icebreaker
Knowledge and Curiosity
Senses; Sound, Smell and Youth
Group Connection Exercise
Forest Mandala Co-Creation
Foraging for Resources
Group Reflection Exercise
Sauna

Day 3 - 21st August Wednesday

Yoga and Icebreaker
Mindful Art
Plants as Daily Resources
Group Connection Exercise
Planting Roots: Youth Stewardship
Senses; Taste for Learning
Group Reflection Exercise
Cultural Night

Day 4 - 22nd August Thursday

Yoga and Icebreaker
Vision, Theatre and Play
Human Libraries
Group Reflection
FREE AFTERNOON

Optional local cultural visit to Artisans working with Youth
Campfire

Day 5 - 23rd August Friday
(With local Youth)

Yoga and Icebreaker
Senses: Touch and Temperature
Earthbound Art
Group Connection Exercise
Land Art and Sculpture Project
Group Reflection Exercise
Estonian Storytelling Campfire

Day 6 - 24th August Saturday
(With local Youth)

Yoga and Icebreaker
Interactive Landscape Art
Exhibition opening (with local community)
Group Reflection Exercise
Sauna

Day 7 - 25th August Sunday

Yoga and Icebreaker
Workshopping the Tools
Building the Toolbox
Sensory Awareness Exercise
Polishing the Toolbox
Group Conclusions Exercise
Culminating Creativity
Creative Celebration

26th August Breakfast and departure

Travel

Travel is funded by ERASMUS+ and will be reimbursed after you have:

- * Provided your original tickets/receipts
- * Completed of all 7 days of the training camp
- * Completed set dissemination actions after returning to your home country.

Unfortunately only Estonian's are able to arrival solely by train meaning other nationalities are not eligible for the higher 'green travel' funding.

Luxembourg, Turkey or Bulgaria - actual costs up to 309€
Estonia - actual costs up to 285€

Only our Turkish participants require a visa for a short stay in Estonia. You can apply for your visa at any of 13 [VFS Global](#) visa application centres throughout Türkiye.

Please direct any further questions regarding travel arrangements into Estonia to your country's host organisation:

Luxembourg: AREAAA Luxembourg
Rick Brill
areaaaluxembourg@gmail.com

Turkey: TechnoYOUTH
Deniz Oskay +90 538 642 64 70
technoyouth.erasmus@gmail.com

Bulgaria: Monad Mind Foundation
Annelies Buggenhout
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Tallinn to Tartu

click!



More frequent than every hour. Can book well ahead.



Around 10 daily. More scenic but can only buy online within 2 weeks of travel. Can also buy on the train from the conductor. (Machines on the train will not give you the paper ticket we need to reimburse you)

click!

Tartu to our Forest

(Eikkellegimaa)



click!

Train: Tartu - Koidula (Recommended!)

15:42

Tickets can only be purchased online up to 2 weeks in advance. Can also be purchased from the conductor on the train. (don't buy from the machine on the train as you will not get a receipt)



click!

Tartu - Võru

18:05

Book ahead

Accommodation

Experience more and contribute more...

Sleeping

Accommodation is in 4 person shared tents with wood-fired stoves if needed. If you require more privacy you can bring your own personal tent or arrange with us to provide one.

Amenities

There is a rather cold river and occasional sauna for personal hygiene. We have no running hot water. Only natural cleaning and beauty products are allowed on our site, we have dry outdoor toilets and no bathroom, hair dryers or shower! Outdoor portable warm showers can be made available by arrangement for individual health/hygiene needs by heating water on the campfire.

Connectivity

Phone and data reception is limited; depending on your provider you may have some connection for phone calls from certain points on the property. Some limited wifi will be available near the family farmhouse for occasional outdoor use.

Hosts and Setting

Eikkellegimaa is a small family run NGO, often a semi-public for events and workshops but also our family home and permaculture farm.

The house and campsite sit next to the Piusa river in a landscape protection area. The block of land is 10 hectares, most of which is a steep, forested valley, rising above the river. Down by the house is a natural meadow, sauna and gardens.

Animal Hosts

You will no doubt meet Puri the dog, Pastinaak and Osh-Tisch (cats), many chickens with too many names to list and a funny goose named Rupert.

Contribution

We have an expectation of contributing guests, for your own benefit as well as that of our hosts. As well as responsibilities for the training program you will also have occasional tasks in the kitchen, farm and gardens.

All accomodation and food is funded by ERASMUS+

Apply

Does your excitement exceed any reservations?

Then please apply



Application deadline 9th July

Shortlisted applicants will be contacted for a brief online meet and greet with the project managers to ensure that any recognised physical, learning, dietary or other needs can be accommodated within our site and program before confirmation.

Contact

Communications:

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Site and program inquiries:

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