

Eco Education Course

creative minds - open hearts - wild places

This advanced training course is designed for professionals within the broad sectors of ecological and social education, and for practising or future leaders in the area of outdoor adventure education. Based on a mix of innovative psychological concepts and change-focused activities, this five-day course provides the intellectual skills and tools for sustainable, impact-oriented education. The program is not meant to provide training on techniques and material, but helps participants to create an atmosphere conducive to behavioural change. In the past, teachers, outdoor leaders, curriculum designers, social workers, post-graduate and graduate students, park rangers and NGO employees have all attended.

Philosophy

Learning something new doesn't always mean we will behave according to that new information. We know a great deal about the world's problems but how many of us are actually compelled to do something about them? People often change their behaviour as a result of significant life experiences rather than simply as a result of acquired knowledge. One widely accepted trigger for significant life experiences is outdoor adventure – journeys of uncertain outcome.

The EasyDay approach brings together direct experiences of nature with a chance to develop critical ways of thinking about our everyday lives. It does this using adventure as a catalyst to shift the way we perceive ourselves, and our relationship to the world around us. Powerful outdoor experiences can give rise to such transformation, but it needs a skilled leader to create the context and atmosphere that allows people to learn and grow.

Objectives

The overall objectives of this course are to:

- Provide the necessary theory, exercises and techniques central to eco-education
- Enable participants to integrate eco-education elements into their professional practices
- Support environmentally friendly outdoor and adventure tourism
- Give participants grounding in deep ecological awareness

Benefits

Organisations and individuals will gain numerous benefits:

- Insights into the psychology of change processes and the tools to set them in motion
- Inspiration for their field of work
- Ability to answer public demand for environmental accountability in outdoor tourism
- Add a unique selling point to existing outdoor or educational programs
- Ability to facilitate Corporate Responsibility training and other high-profile tasks
- New contacts with outdoor facilitators from all over Europe

The program is based in the wild and beautiful Sant Aniol valley in the Spanish Pyrenees. Participants will have the chance to experience both the comfort of our tipi camp and the minimalism of a 'solo' experience spent in the surrounding mountains, forests and canyons.

Content

Day one will be spent familiarising ourselves with one another and the valley environment. Exploring some definitions and differences around the fields of eco-education and 'ecological Self development' will provide us with an intellectual context for the coming days.

On the **second day** we will look more closely into psychological and philosophical concepts of the 'Self' and their meaning for interactions with others. This will lead us into some practical activities as a group and as individuals.

Day three will be spent on 'solo' - the highlight of the week for many participants. This is a rare chance to spend time alone in a beautiful and unspoiled mountain valley.

The solo is not about survival or a test of endurance and courage. It's a time to reflect and connect with the more-than-human world and to experience its soothing power, in a real and personally meaningful way.

On the **fourth day** we will return to the camp as a group and share the experiences of our solo time. This will lead participants naturally to explore ideas, concepts and ways in which they might use solo experiences with their clients.

Day five will bring all the threads together. We will design outdoor experiences for different environments and educational aims all geared towards promoting sustainable behaviour. We will draw from our own experiences and creativity, as well as



from the general body of knowledge and ideas relevant to eco-education.

Guide Training

This five-week training program for outdoor guides and educators combines the intellectual background necessary to facilitate ecological awareness ... > [More](#)

