



Hilo Programme

learning and teaching in wild places

Overview and Concept

Designed and delivered in close cooperation with university staff and sports travel specialist FlowTrack, this EasyDay program is recognised as a highly innovative and timely approach towards integrating sustainability and social change into Physical Education (PE). A mix of theory sessions, creative group work and discussions is combined with the fun and excitement of adventure-based experiential learning. This approach engages students intellectually, emotionally and spiritually and results in a powerful learning experience. As students explore the connections between body, mind and the environment the many opportunities to bring personal, social and ecological awareness into PE become apparent.

Students learn and improve their technical skills in canyoning, rock climbing and adventure trail/via ferata. Theory sessions are skilfully woven into the outdoor experiences and cover topics such as program design, communication skills and emotional development. The combination of practice and theory inspires students and leaves them empowered and motivated to proactively meet the social and environmental challenges of our time.

This highly successful program has been optimised over the course of six consecutive years involving more than 500 students and their teachers.

Educational Aims

- Technical introduction to a variety of outdoor activities
- Introduction to theory and philosophy of outdoor education
- Exploring the interplay of body, mind and environment
- Understanding the significance of ecological awareness development through physical education
- Fun, recreation and social bonding

University Staff Comments

"As an educational institute with an outdoor education program, we're always searching for ways to enhance the development of our students into complete human beings. EasyDay contributes to our work with their unique approach to outdoor education that inspires students to reflect on our society and the significance of our relationship with nature. They achieve this through a sound educational framework that combines theory with exciting outdoor activities and time to reflect in a beautiful natural environment. By choosing the EasyDay concept, we are able to introduce our students to a different way of outdoor education that informs our more classical approach."



