



CREATE PADDLE ABILITY - Training course

Outdoor education skills for youth workers and leaders

Would you like to learn how to use experiential education methods?

Would you like to learn some kayaking skills?

Would like to discover and push your own limits?



General information

What?

Create Paddle Ability is an outdoor training course for youth workers, trainers and instructors who would like to get new experience and knowledge or improve already existing ones in water based programs. The course is funded by Erasmus + program. This project is based on previous year successful training course, you can read article about it [here](#).

The training course will be in English. Most of the activities will be outdoors, there will be very few indoor sessions.

Why?

The aim of the training course will be to develop youth workers' skills and toolboxes for working with young people in outdoor context. The long term perspective is to encourage partner organizations to run water based programs in working with youth from different backgrounds, including young people from disadvantaged background.

For whom?

- Trainers, educators, instructors, facilitators, youth workers or volunteers working with youth and youth from disadvantaged background
- Motivated to learn new methods of experiential education
- Interested in outdoor activities
- Beginner and intermediate experienced paddlers are welcome. It is important for this program that you are keen on learning new paddling skills.

What will you get from this training course?

- Develop your capabilities and skills for their work with young people and young people from disadvantaged background
- Learn new experiential education methods
- Learn and practice new safety and technical skills for water based program
- In the end of the course you will receive an attendance certificate a Youthpass. An official certification is NOT part of the training course

When?

October 7th – 17th 2020

Where?

The training course will take part in Slovakia on the Danube river. We will use mainly sea (touring) kayaks.

Training part - Bratislava, Čunovo Center for water sports, we will use the flat water, not the whitewater channel – click on the [link](#)

Expedition - Old Danube, border area of Hungary and Slovakia up to Gabčíkovo.



Partner organizations

Slovak scouting

Association for wilderness and adventure therapy Czech Rep.

Elményakadémia Hungary

Hungarian Experiential Education Foundation (Kétté) Hungary

Outward Bound Romania

Outward Bound Croatia

Outward Bound Finland

Each partner organization will be represented by 3 participants (youth workers, instructors, trainers).

Participant's requirements

- Able to express yourself in English
- Able to swim at least 50m
- Able to attend the whole duration of the training course
- Interested in working with experiential education methods
- Participants need to be 18+ years old.

Accommodation & food

Accommodation will be provided from 7th – 17th October in [Hotel Divoka Voda](#) in Čunovo in double-bed rooms, right at the center of water sports. Three days and two nights will be spent on an expedition in the wilderness, camping in tents.

Full board and snacks are provided at the hotel. During 3 days expedition you will prepare your own meals.



Program 7th - 17th October

The program will consist of 3 parts:

LEARN AND PRACTICE, where you will learn about the others in the group and practice technical skills together.

INSPIRE, where you will plan, execute and reflect the 3 days kayak expedition.

APPLY and REFLECT, where you will learn advanced skills, think of ways how to use the learned methods in your work with youth actually create and execute a water-based program for youth coming for 1 day under the supervision of the trainers.



Equipment & Environment

All paddling and outdoor equipment will be provided by the organizers, e.g. kayaks, paddles, spray decks, drybags, stoves, sleeping bags etc. If you have your personal equipment, feel free to bring it with you if you wish.

Most of the time we will paddle on the flat water near the Center of water sports Čunovo, at least 2 days please expect to be wet during rescue trainings. Other 3 days we are at our own on expedition. The air temperature will be around 15°C, the water temperature around 12,5°C.

You will need to bring your own clothing and shoes suitable for outdoor activities, we highly recommend you to have a wet suit or a dry suit for paddling if you have one. Please be ready to get wet and cold. Detailed packlist will follow in Infoletter 2 in early July.

Quality & Safety

The trainers' team are American Canoe Association (ACA) or British Canoe Union (BCU) certified trainers with first aid certification as well. We will follow the curriculum of [ACA Level 2: Essentials of Kayak Touring](#).

Covid-19 situation across the world brings a new safety standards and procedures. We accept only healthy participants, we will measure the body temperature on arrival, we will use hand disinfection, equipment will be used only by one participant. We will follow all current procedures ordered by the government of Slovak Republic at that time.

In case the Corona virus will not allow us to travel or run this training, we would like to move the training course to first half of May 2021. In case of uncertain situation in September 2020 caused by Corona virus, our decision to postpone the training course will be done latest on September 7th 2020, 1 month before the event. Please keep it in mind and thank you for understanding.

Application and selection

Application

The application deadline is 20th June. All selected participants will be informed about the results of selection by 30th June latest. If you would like to apply for the course, please fill in the [application form](#).

Application fee

It will be required only from accepted applicants. We will ask you to confirm your presence by payment the fee 169€ / person in advance in July. Your participation fee covers the rental of sea kayak, paddle, life jacket, drybag and spray deck for 9 days, including transportation costs of the equipment.

In case you have your own kayak and other equipment mention above, you are free of charge. Each case will be assessed individually by Outward Bound Slovakia. All mentioned kayaking equipment is obligatory.



Cancelation fee

If you cancel your participation minimum 6 weeks before the training starts, we will reimburse 100% of the participation fee.

If you cancel participation 3-6 weeks before the training starts, we will reimburse 50% of the fee.

If you cancel 3 weeks or less before the start of the training course, we will not reimburse the participation fee.

Travel details

Time of arrival and departure:

You are required to arrive by 17:00 on 7th October. We will start with introduction and dinner. We will finish in morning after breakfast on 17th October around 10:00.

How to get to Čunovo, Bratislava?

Flight: recommended is Airport Vienna Schwechat or Bratislava airport.

Bus or train: Bratislava railway or bus station.

Transfer from Bratislava city to the Center for waters sports by public bus which stops directly at the Center.

Drive: directly to Center for water sports (see the map and address above).

Travel costs reimbursement:

Please consider environmentally friendly means of transport if possible (bus, train...). Reimbursement will be done only after receiving the needed reimbursement documents (tickets, invoices...). Travel costs are eligible 2 days before and after the training course.

Romania: max 275€ / person

Croatia: max. 180€ / person

Hungary: max. 180€ / person

Finland: max. 275€ / person

Slovakia: max. 20€ / person

Czech Rep.: max. 180€ / person

Apply now

Want to know more?

Feel free to contact: Michal Keim

michal.keim@outwardbound.sk

+421 918340228