



Natura M3, Unipessoal Lda.
Rua Américo Martins Pereira
3850-837 Albergaria-a-Velha
Portugal

www.naturam3.com
Email: info.naturam3@gmail.com
PIC: 887666013
OID: E10292424

Erasmus+ KA1 Training Course

Training on Forest School Methodology

Dates *

- 14 -20 October 2022

**Dates are subject to confirmation and minimum number of participants.*

**The course is planned for 7 days; duration may be shortened according to the participants' individual needs.*

Place: Braga, Portugal

Introduction

The Forest School pedagogical model, developed in England in the 1990s, is a methodology that is based on the development of the child's emotional intelligence and ethics, through regular contact with nature, in particular in the forest. There is now increasing scientific evidence that proves nature has a positive effect on children's health as well as on their physical and psychological development and well-being. Nature and forests, in addition to contributing to a better physical and psychological condition for children and young people, are excellent environments for experimentation, as well as for an integral, autonomous and stimulating learning.

Target audience

- Teachers and educators who have experience with children
- School or education support staff, such as school attendants, psychologists, occupational therapists, etc
- Parents
- Educational leaders and headmasters in schools
- NGOs, scouts, Sunday schools, environmental clubs, etc.
- Staff from science centres, museums, environmental education programmes, protected areas, municipalities, educational facilities, training centres, NGOs, among others.

General objective

The main objective of this training course is to train educators, parents, teachers and other professionals (psychologists, occupational therapists, etc...) to be able to work with tools and methodologies that allow them to streamline activities in their own environments, such as school yards, after school clubs, curricular enrichment activities, forests, gardens, at home, etc. The training will capacitate the participants to help children exploit nature and the outdoors in full safety, while promoting the child's learning process, making them more aware, more autonomous, creative, confident and able to solve real-life problems.

Learning outcomes

- Characterize the theoretical-practical context of the Forest School;
- Stimulate activities to promote the children's socio-emotional, physical and intellectual skills, either individually or in groups, in a natural and/or outdoor context;
- Promote activities that allow the exploration of different types of fine and gross motor skills, such as the construction and handling of different materials and tools;
- Acquire skills to observe and assess the children's behaviour, at an emotional and cognitive level;
- Acquire the skills necessary to do a risk assessment for outdoor activities as well as ensure safety practices;
- Identify common species of native fauna and flora;
- Introduce the creative process as a learning tool in formal and informal education.

Syllabus

- Knowledge and characterization of green spaces, rules for safety, health and well-being;
- Contextualization of the Forest School methodology;
- Importance of contact with nature and relevance of nature as a teaching-learning space;

- Socio-emotional, physical and intellectual learning;
- The experience and the brain;
- Risk assessment;
- Adaptation of activities to weather and climate conditions, availability of natural resources and external surroundings;
- Adaptation of activities based on the intellectual and emotional development of the child/group, highlighting groups of different ages and children with learning difficulties;
- Analysis of the benefits of Forest School sessions on children's cognitive and emotional development;
- Methods and techniques for behavioural and cognitive assessment of children in a natural context;
- Identify learning styles through different activities and adaptation to the child/group;
- Policies and procedures aimed at promoting and establishing sessions in nature and/or the outdoors.

Note: a detailed programme of the Training Course will be provided to participants after their registration has been confirmed.

Training Course Methodology

The training course "Training on Forest School methodology" will take place on a fully face-to-face basis, with both theoretical and practical aspects occurring in an outdoor context, as most activities will take place in a forest environment. The training is organized in such a way that the trainee, when coming into contact with the processes presented in the course, understands the effect and the impact of this methodology, not only in terms of improving their skills as a professional/facilitator, but also in terms of the benefits for children. Each session will be carefully planned taking the group's profile into account. It is intended that trainees carry out practical activities, using different natural materials and tools, as well as learning to carry out an emotional and cognitive assessment of their actions and behaviours, with the objective of transposing the techniques acquired to the classroom and to students.

The training course will be led by a trainer who has many years of national and international experience at the Forest School.

All participants will have access to a PDF version of a Practical Training Guide, which will be sent by email.

Programme

Day 1

16:00 -19:00

- Reception in Braga.
- Ice breakers and introductions.
- Presentation of the course.
- Group workshop introducing the topics of outdoor education and forests.

Day 2

10:00 – Welcome.

10:30 – Introduction of the Forest School concept.

11:00 – Name Game with introduction of participants to the lead trainers.

11:30 – Activity of connection to nature.

12:30 – Lunch.

14:00 – Group workshop.

14:30 – Activity using natural environment.

17:00 – Closing Circle.

18:00 – End of day.

Day 3

10:00 – Group workshop.

10:30 – Review Process.

11:30 – Weather – how to fit with this!

12:00 – Tarpaulin I

12:30 – Lunch.

14:00 – Group workshop

14:15 – Tool Talks

15:00 - Using Tools.

17:00 – Closing Circle.

18:00 – End of day.

Day 4

10:00 – Group workshop

10:30 – Review Process

11:30 – Activity with knots and tarpaulins (II).

12:30 – Lunch.

14:00 – Group workshop

14:15 – Benefits and Risk Assessment.

16:00 – Techniques for involving children in activities (Shelter)

17:00 - Closing Circle.

18:00 – End of day.

Day 5

10:00 – Group workshop
10:30 – Review Process
11:30 – Boundaries and Responsibility Games
12:30 – Lunch.
14:00 – Group workshop
14:15 – Holistic Learning - SPICES
15:30 – Tarpaulins (III)
17:00 – Closing Circle.
18:00 – End of day.

Day 6

10:00 – Presence, Rhythm and Pirate Game.
11:00 – Fire area.
12:30 – Lunch.
14:00 – Group workshop
14:30 – Environment Impact of programs.
15:30 – Emotional Intelligence.
17:00 – Closing Circle.
18:00 – End of day.

Day 7

10:00 – 12:00
- Reflections on the course learnings.
- Course evaluation.
- Certificates awarding session.
- Course closure.

Dates and duration

The Training Course will be of 40 hours.

It will take place at Montariol Park, in Braga, northern Portugal.

Course fee

€490 Tuition (*in accordance to Erasmus KA1 funding*)

Amount includes all logistics and training: preparation of the course, trainers, training materials, organizational costs, room and park rental, etc.

Accommodation and meals are not included, but we can facilitate cheap accommodation and meal options at Montariol Convent.

Trainers



The course will be delivered by NaturaM3 in partnership with trainers from "Aprende na Floresta", a pedagogical project specialized in Forest School training in Portugal.

Patrick Harrison

With a degree in Design, Patrick recognized the importance of creativity in education as a tool to develop flexibility of thought, confidence and self-esteem. After coming into contact with the Forest School methodology, he undertook training courses and is currently a level 4 Forest School instructor. He worked in Central Wales for several years, training hundreds of teachers, independent practitioners and other professionals to run Forest School programmes throughout the UK. His background includes creative expression through painting, graphic design and environmental arts. He has also taught reflective art, drumming and rhythm classes in schools with students and adults with special educational needs. This experience gave him awareness of how the body has its own memory, independent of cognitive processes, and the reality of collective intelligence. Since 2017 he has been responsible for conducting certified training courses for Forest School Assistants and Leaders in Portugal (via the UK). He is currently the pedagogical coordinator of the project "Learn in the Forest".

Cidália Gonçalves

With a degree in Pathological Anatomy, she later completed a Degree in Management and Industrial Engineering at ISCTE, carrying out work in the area of software development for the health area at Altice, NOS and Glintt. Her experience as a mother of two children awakened the need to make new discoveries and to contribute to better living conditions, as well as healthier and more sustainable lifestyles, respecting nature, both for her family and for everyone else around her. This reflection helped her to discover new, holistic and integrative, learning methods, which contributed to better physical, social and emotional human development.

She completed this Forest Training course with Patrick Harrison in 2020 after having found a new direction in her professional and personal life. She created the Learn in the Forest project, of which she is currently the general coordinator.

Milene Matos

Graduated and PhD in Biology from the University of Aveiro, with a post-doctorate in science communication, at the same university. She has additional training in scientific illustration, environmental education, forest ecology, forest management plans, sustainable forest management (University of Wageningen), Science Communication (University of the West of England), Communication Sciences (University of Amsterdam) and Marketing (IMF International Business School). With nearly 20 years of experience in wildlife monitoring and management, she has been a researcher, university lecturer and has also collaborated in the private sector on dozens of environmental impact studies. She has authored or co-authored nearly two hundred scientific publications or communications. She was responsible for several educational projects for the general public, of which the Educational Service of the National Forest of Bussaco stands out, having her work awarded nationally and internationally.

Science communicator and certified trainer, author, mentor or coordinator of several international projects related to sustainability, scientific literacy and nature conservation. Founder of the environmental NGO BioLiving, which has worked closely with the local

community on projects for environmental requalification and science promotion. She is currently a consultant and coordinator of the Nature Conservation and Environmental Education Sector in the Municipality of Lousada, where she is responsible for planning and implementing the Municipal Sustainability Strategy. Founder and CEO at Natura M3.