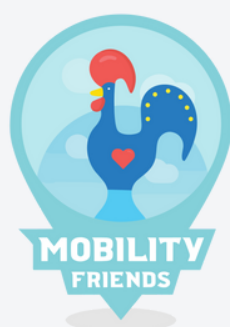


**EDUCATION, TRAINING AND
PROFESSIONAL DEVELOPMENT**

Active Methodologies and Innovative Strategies

OUTDOOR LEARNING AND ENVIRONMENTAL EDUCATION



Your Mobility Partner

COURSE OVERVIEW

The Outdoor Learning and Environmental Education course provides a practical introduction to using outdoor environments as learning spaces and integrating environmental topics into teaching practice. Throughout the training, participants will explore the core principles of outdoor learning and education for sustainability, discovering strategies that promote student engagement and connection with the natural world. The course combines theoretical input with practical activities, case studies, and collaborative work, enabling participants to develop the skills to plan and implement meaningful educational experiences in contact with nature. By the end of the training, participants will be prepared to incorporate environmental education and experiential learning activities into their lessons, fostering ecological awareness, active citizenship, and appreciation for the environment.

TARGET AUDIENCE

This course is designed for teachers, trainers and educators from different educational levels who want to integrate outdoor learning and environmental education into their teaching practice. It is ideal for professionals seeking innovative, experiential approaches that connect students with nature, sustainability, and real-world contexts. The course is suitable for educators who wish to promote active learning, environmental awareness, and interdisciplinary projects related to ecological issues.

REQUIREMENTS

To take part in the course, participants must meet the following requirements:

- Have at least a B1 level of English (independent user);
- Complete and submit the registration form before the start of the training;
- Bring a laptop or tablet to use during the sessions;
- Commit to active participation and attend at least 80% of the course.

COURSE OBJECTIVES

The objectives of the course are:

- To provide participants with a solid understanding of the principles and benefits of outdoor learning and environmental education.
- To equip educators with strategies to design and implement meaningful outdoor learning experiences.
- To promote active, experiential and interdisciplinary approaches to teaching sustainability and environmental awareness.
- To introduce tools and resources that support the integration of environmental education across different subjects.
- To encourage participants to foster ecological awareness, responsibility and active citizenship through outdoor learning.

CONTACTS AND REGISTRATION

For registrations, additional information, or budget requests, please contact our team by email at trainingcourses@mobilityfriends.org or visit our website at www.mobilityfriends.org.

LEARNING OUTCOMES

Upon successful completion of this course, learners will be able to:

- 1.Explain the core principles and benefits of outdoor learning and environmental education.
- 2.Plan and design educational activities in outdoor settings that connect students with nature and sustainability topics.
- 3.Integrate environmental education across different subjects and curricula using interdisciplinary approaches.
- 4.Use a range of tools and resources to create meaningful and engaging learning experiences in outdoor environments.
- 5.Facilitate student collaboration, critical thinking, and problem-solving in real-world environmental contexts.
- 6.Apply strategies to promote ecological awareness, responsibility, and active citizenship in teaching practice.
- 7.Develop an action plan for implementing outdoor learning and environmental education in their schools.

METHODOLOGY

The course is structured around a rigorous methodology that combines theoretical exposition, practical work, and applied demonstrations. This approach ensures a thorough understanding of the subject matter and its direct application in real-world contexts.

Theoretical sessions provide essential foundations, while practical work and demonstrations facilitate the development of technical skills and familiarity with the specific tools and procedures relevant to the course.

Continuous monitoring through individualized feedback allows for tracking learners' progress and ensures the achievement of the set objectives, preparing participants to face professional challenges with competence and precision.

ASSESSMENT

Assessment is carried out continuously throughout the course, using a holistic and learner-centered approach that reflects both participation and performance. Each participant is evaluated based on their overall engagement, regular attendance, punctuality, interest in the topics covered, ability to apply knowledge during practical tasks, and interaction with peers in individual and group activities.

The evaluation process includes a variety of classroom-based tasks (oral and written), short daily assignments, role-plays, and simulations. Trainers provide ongoing, individualized feedback to support progress and encourage active learning.

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent involvement and commitment during the training.

DURATION

The standard duration of our course is 20 hours (5 days), designed to ensure comprehensive and effective learning. However, this duration can be adjusted, in specific cases, to meet the particular needs of each group, in order to optimize outcomes and better suit the training context.

For further details or to discuss a customized schedule, please get in touch with us.

PRICE AND FUNDING

Each quotation is personalized and depends on several factors, such as the number of participants, the number of training hours, the location of the course, and any additional services requested (accommodation, transport, meals, cultural activities, etc.).

To receive a tailored quotation for your group, please get in touch with us.

The training can be funded through programs such as Erasmus+ (KA1 – Learning Mobility), among other European support mechanisms. For more information about funding, participants should contact their sending organization or their country's National Agency directly.

LOCATION AND COURSE LANGUAGE

We have training rooms in several cities in Mainland Portugal, such as Barcelos (headquarters), Braga, Póvoa de Varzim, and Porto. We also have spaces in the islands of Madeira (Funchal) and the Azores (Ponta Delgada). Additionally, we have facilities in Valencia, Spain.

The course is delivered in English.

CERTIFICATION

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent engagement and commitment throughout the training. Upon completion of the course, a formal certification ceremony will take place, during which the certificates will be presented to the participants.

OTHER SERVICES

To enrich the training experience, Mobility Friends offers a range of additional services, subject to availability and additional cost, which can be arranged for individual participants or groups.

Services include:

- Accommodation in partner residences or hotels
- Meals (lunch and/or dinner)
- Transfers between the accommodation and the training room
- Airport transfers
- Cultural visits

All services are subject to availability and must be requested in advance. For more information and personalised quotes, please contact our team.

COURSE CONTENTS

MODULE 1: INTRODUCTION TO OUTDOOR LEARNING AND ENVIRONMENTAL EDUCATION

- Concept and principles of outdoor learning and environmental education.
- Benefits for student engagement, motivation and well-being.
- Links between experiential education, sustainability and 21st-century skills.
- Inspiring examples of outdoor and environmental learning projects.

MODULE 2: DESIGNING MEANINGFUL OUTDOOR LEARNING EXPERIENCES

- Steps to plan and structure outdoor educational activities.
- Defining clear learning goals connected to sustainability and the environment.
- Aligning activities with curriculum objectives and interdisciplinary themes.
- Incorporating inquiry-based and hands-on approaches in outdoor settings.

MODULE 3: USING NATURAL AND COMMUNITY RESOURCES AS LEARNING SPACES

- Exploring local environments as outdoor classrooms (gardens, parks, urban spaces, forests, beaches).
- Building partnerships with local organisations, communities and environmental institutions.
- Creating low-cost and accessible resources for outdoor learning.
- Strategies for making any outdoor space a learning opportunity.

MODULE 4: ENVIRONMENTAL EDUCATION AND SUSTAINABILITY TOPICS

- Teaching about climate change, biodiversity, waste reduction and sustainable living.
- Integrating environmental education across subjects (science, geography, arts, citizenship).
- Designing projects that connect students with real environmental issues.
- Raising students' awareness of their role as active citizens in sustainability.

**Please note that program content may be subject to change based on input from our trainers.*

COURSE CONTENTS

MODULE 5: ACTIVE AND COLLABORATIVE METHODS IN OUTDOOR LEARNING

- Strategies to foster collaboration, problem-solving and critical thinking in nature.
- Storytelling, games and role-play for environmental education.
- Fieldwork and observation techniques for experiential learning.
- Creating meaningful group challenges and inquiry-based activities.

MODULE 6: ASSESSMENT AND REFLECTION IN OUTDOOR EDUCATION

- Assessing skills and knowledge developed through outdoor learning.
- Designing rubrics and tools to evaluate hands-on activities and projects.
- Encouraging student reflection and self-assessment in real-world contexts.
- Documenting and showcasing learning outcomes to the school community.

MODULE 7: DESIGNING YOUR OWN OUTDOOR AND ENVIRONMENTAL PROJECT

- Framework for planning a complete outdoor learning project.
- Selecting topics, resources, locations and strategies for implementation.
- Integrating sustainability goals into the curriculum.
- Structuring the project timeline, roles and assessment plan.

MODULE 8: IMPLEMENTATION, SHARING AND NEXT STEPS

- Strategies for successfully introducing outdoor and environmental education in schools.
- Overcoming challenges and ensuring inclusivity and safety outdoors.
- Sharing participants' project ideas and building collaborative networks.
- Creating personal action plans to integrate outdoor learning into teaching practice.

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MOBILITY FRIENDS TRAINING CENTER



Certified by DGERT - Directorate General
for Employment and Labor Relations

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