

Outdoor Learning in Lithuania

Coastal activities

The sand dunes of the Curonian Spit and renowned Baltic Sea resorts, such as Nida and Palanga, attract many domestic and foreign visitors and offer a variety of outdoor activities for students with special educational needs. They develop students' multifunctional knowledge, practical competencies and motor skills.

Kaunas Jonas Laužikas School has over 20 years' experience of organising summer outdoor weeks for their students on the Baltic Coast. These usually take place over 7 – 10 days in the summer, between June and August to take advantage of warmer weather and sea temperatures.



The resort of Nida was chosen due to these factors:

- the unique environment of the Curonian Spit;
- the opportunity to provide a variety of activities for students;
- accessibility;
- good weather conditions;
- well-developed infrastructure.

Project summary

This guide has been produced as an outcome of an Erasmus+ project titled 'One Fo(u)r All, All Fo(u)r One', funded by the European Union.

The project was devised and led by Heinrich Kielhorn Schule (HKS) from Hameln, Germany based on many years' experience of delivering successful camping and rock climbing with students with special educational needs and/or disabilities (SEND). Involving three other special schools from across Europe, the project intended to share good practice in outdoor learning on a wider basis, allowing staff from each school to learn from each other and providing enriching experiences for their students.

The four schools involved were:

- Heinrich Kielhorn Schule – Hameln, Germany
- Catcote Academy – Hartlepool, UK
- Sùkromná Spojená Škola – Presov, Slovakia
- Kaunas Jonas Laužikas Mokykla – Kaunas, Lithuania

The key benefits to students of their participation in this project were:

- Improved social, communication, motor, participation and learning skills;
- Greater self-confidence;
- Improved knowledge of the natural world.

Further information can be found at

<https://one-for-all-all-for-one7.webnode.com>



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Outdoor Learning for Students with Special Educational Needs and Disabilities

Outdoor Learning in Germany

Rock climbing

Our school has longstanding experience of organising rock climbing camps for students with SEND over the age of 12. Each year we visit the Ith, the northernmost low mountain range in Germany. This is a basic campsite with cold water, pit latrines and a grassed area overseen by the German Alpine Club. Close to the forest, this provides an ideal base for climbing activities on natural rock formations.



These rock formations provide several levels of difficulty to suit different abilities and experience. Rock climbing requires a high level of teamwork from the lead and secondary climbers to ensure participants' safety and take account of their confidence, physical ability and experience.

Additional activities on the Ith include caving, walking, tree climbing, preparing and lighting a camp fire, night walks, wild swimming, team games and sports and learning about nature and biodiversity. Participants sleep in small tents, prepare and cook their own meals and give up access to social media and electronic devices.

Outdoor Learning in the UK

Forest School and adventure activities



The focus for our LTTA was providing a taste of **Forest School**, an extension of an established programme at our school, Catcote Academy in Hartlepool. The Forest School Association (www.forestschoollassociation.org) describes it as “an inspirational process that offers ALL learners regular opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or natural environment with trees. Forest School is a specialised learning approach that sits within and compliments the wider context of outdoor and woodland education”.

There are thousands of qualified Forest School practitioners in the UK and beyond, all of whom share the same ethos and deliver high quality and enriching learning experiences to a range of participants.

Outdoor Learning in Slovakia

Skiing

Skiing is an outdoor educational activity that has been an important part of 'Health and Movement' in the Slovak Education Programme for many years. It helps to develop students' knowledge and skills, including physical, practical and motor skills. Our skiing programme usually takes place as a five day outdoor learning activity in a mountain resort between December and April.

Súkromná spojená škola (Private School for Children with Autism) has organised an outdoor week in the High Tatras national park in northern Slovakia annually since 2010. Due to the complexity of the students we have developed our experience and knowledge in the detailed planning of outdoor weeks, including the consideration of all possible risks and differentiation of the activities.

When choosing a location for this project, we considered a number of criteria: transport accessibility, services, location, terrain conditions and level of difficulty, weather, facilities, possible contingencies in case of bad weather and cost. The Vyšné Ružbachy ski resort.

