

ADVENTURE AND OUTDOOR EDUCATION

Experiences and group activities in authentic environments



What?

Adventurous, safe and target-oriented activities guided by professional adventure and outdoor educators. Adventure and outdoor education is practised in schools, youth work, social work and therapy.

How?

Adventure education challenges participants to face unpredictable outcomes. The method improves physical and psychological self-knowledge, strengthens social skills and enhances individuals' sense of responsibility, resourcefulness and courage.

CHARACTERISTICS AND VALUES OF FINNISH ADVENTURE AND OUTDOOR EDUCATION



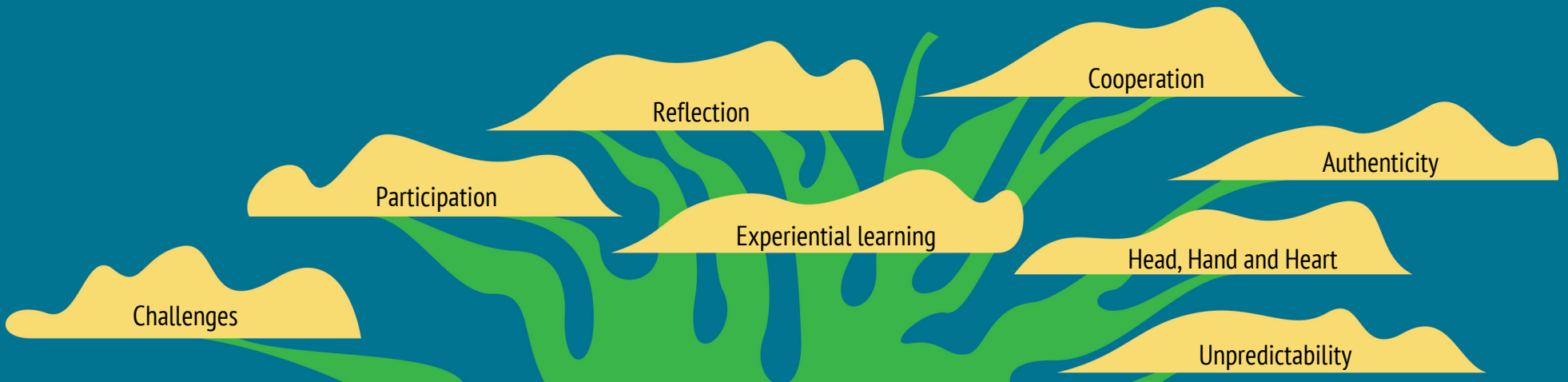
Engagement and Agency

Life-long learning

Respect, equality and justice

Sense of community

Valuing nature and sustainability



Challenges

Participation

Reflection

Cooperation

Authenticity

Experiential learning

Head, Hand and Heart

Unpredictability

Safety

Professionalism

Educational approach

Professional adventure and outdoor educators share a common understanding of how experiences and social interaction influence personal growth and learning. Nature and other authentic environments challenge, revitalise and open new perspectives in everyday roles and ways of doing things and courses of action.