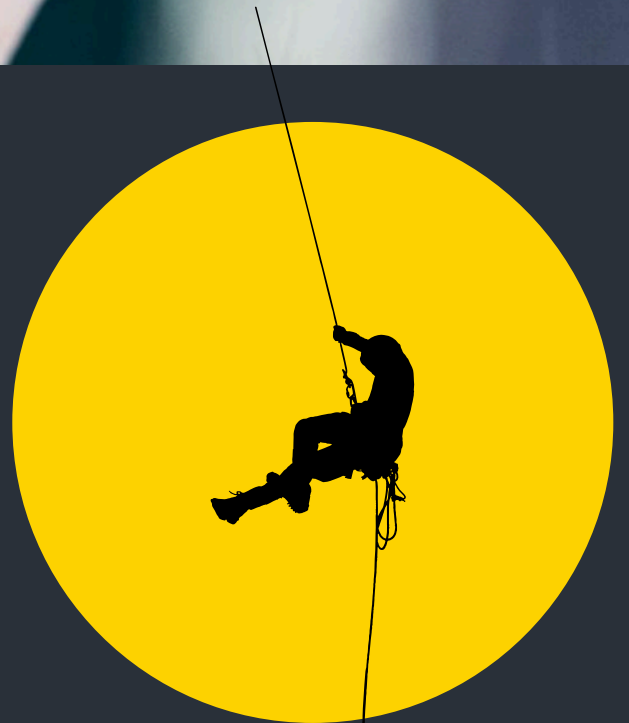


Training Course for
Youth Workers
2024, Granada



Impact Report

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AdventureHER

Experiential Outdoor Education for
Girls' and Women's Resilience



"At first, I thought outdoor learning was just an adventure, something separate from my work in youth empowerment. Now, I see how it's an incredible tool to break **barriers**, build **confidence**, and create **trust**."

AdventureHER

AdventureHER was an Erasmus+ training course designed to equip Women+ youth workers with the skills, confidence, and methodologies to facilitate experiential outdoor education. Held in Trasmulas, Spain, the program brought together participants from Germany, Spain, Turkey, Greece, Italy, and Tunisia. Through immersive **non-formal education and outdoor experiential learning**, participants engaged in activities such as **climbing, via ferrata, orienteering, night trekking, and low ropes courses**, linking these experiences to broader themes of **trust, resilience, leadership, and gender inclusion**.



Transformative Learning and Personal Growth

The training provided an **intensive and transformative** experience, where participants confronted fears, developed facilitation skills, and built strong, supportive networks. One of the most impactful activities was the **Vision Quest**, a personal reflection exercise in nature:

I realized that the fears I face in the mountains are the same fears I face in life. Conquering them here gave me new strength to tackle them at home."



The **Low Ropes Course** emphasized teamwork and overcoming personal doubts:

"I used to think leadership was about knowing everything. Here, I learned that leadership is about trust, listening, and guiding others with what you have."

For many, the experiential outdoor education approach was a new and unexpected way to engage youth:

"Before this, I saw outdoor activities as just sports. Now, I understand them as powerful tools for inclusion, trust-building, and empowerment."

"Watching the videos of the via ferrata or climbing, we couldn't help but ask each other, 'Did we really do that?!' It felt surreal, and we're so proud of ourselves."

This shift in perspective gave participants the confidence to lead:

"I always let others take the lead in outdoor settings. This time, I stepped up, and it changed how I see myself."

Gender, Leadership, and the Outdoors

A key theme of AdventureHER was exploring gender dynamics in outdoor leadership.

"Before the training, I thought gender-based challenges in youth work were unique to my country. Now, I understand that these issues are global, and we need to work together to address them."

"This experience reminded me how strong we are as women. Society has told us men are stronger, better suited for leadership, but we proved them wrong every day."

"Am I capable enough to be a leader in the outdoors? Society tells us no, but this project showed me that I am, and we are."

Trainers played a key role in inspiring participants:

"I was inspired by the female trainers. Seeing them lead gave me the confidence to step up in my own work."



Local Impact

"Before this training, I had ideas but lacked a clear plan. Now, I'm equipped to enact meaningful change and inspire others."

"We realized that our communities need more spaces for outdoor learning. We are working on integrating these techniques into future programs."

70%

of participants have successfully implemented local projects

30%

are in the planning phase, ensuring a lasting impact in their communities.

100%

of participants would recommend this training to others.



Local initiatives have taken various creative forms, adapting experiential outdoor education to diverse needs:

- **Outdoor hikes and nature-based women's circles** to create safe spaces for reflection and confidence-building.
- **Orienteering and urban challenges** exploring historical female figures and women's contributions to public spaces.
- **Workshops for teenage girls** from disadvantaged backgrounds, using team-building and leadership exercises learned in AdventureHER.
- **Cine-talks and discussion circles** on gender-based violence and social challenges, bringing critical conversations into local communities.

Conclusion & Sustainability

AdventureHER catalyzed significant **personal and professional** growth among participants, equipping them with the tools to **expand experiential outdoor education** in their youth work.

Key Outcomes:

- ✓ **Increased confidence and facilitation skills** among Women+ youth workers.
- ✓ **Development of new partnerships and youth-led initiatives** at the local level.
- ✓ **A growing network of trainers committed to making outdoor education more inclusive and accessible.**



"This experience didn't just change my professional trajectory—it transformed my entire perspective on life and leadership."

Looking ahead, the **AdventureHER network** will continue supporting participants, ensuring that the impact of this project **extends far beyond this training course.**