

MODULE 5

TRAINING
COURSE

Back2Basics: Bridging the gap between higher education and labor market by fostering digital skills

| Module 5 | Optional outdoor activity |
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| Duration | 150' |
| Program contents | 1. Benefits of taking breaks or working outdoors. |
| Expected outcomes | By the end of the Outdoor session participants are expected to: <ul style="list-style-type: none"> - Feel more relaxed; - Understand the benefits of outdoor activities, taking breaks and/or work in a natural environment. - Know more about the location chosen for the activity and its natural, historical and cultural characteristics. |
| Training methodology | Active learning through an outdoor activity. |

SESSION PROGRAM

| Activity | Time/duration |
|----------|---------------|
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| 1. Outdoor activity related to the module "Protecting health and wellbeing" | 145' |
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| 2. Session closing | 5' |
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STEP BY STEP

| What to do | Technical aspects |
|------------|-------------------|
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List of participants.

Before the session

Choose the best means of transportation to the location of the activity (can the group walk there? Can they take their cars and/or arrange rides? Can the organization provide a bus?)

Make sure that this activity is connected to the theoretical part of this module. If different people deliver the theoretical module and the practical activity then they should talk about how both parts relate to each other.

If there is a possibility of having a guided tour, make sure that the tour guide speaks in the language of the group (if it is a multicultural group then English could be the chosen language).

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| 1. Outdoor activity related to the module "Protecting health and wellbeing" | 145' |
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Introduction to what is going to be done in the session.

● Workplace exercise

Presentation of the guide, guided tour realisation:

- Know more about the location chosen for the activity and its natural, historical and cultural characteristics.

Link to theoretical part of this module and carry out a relaxation/ mindfulness/ workplace exercise:

- Understand the benefits of outdoor activities, taking breaks and/or work in a natural environment.

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| 2. Session closing | 5' |
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Session summary and participants' feedback/reflections.

Reminder: next session

