

Pathways to Nature Training Course - Schedule

Timetable	Activities	Trainers	Times/Venue	Transport	Food	Notes
Day 1	CONNECT					
Pm/Evening	Arrival of participants and a Welcome evening Getting to know each other	Elena	Woodstown	Bus at 6pm + Declan	Woodstown	Various arrival times (3 groups) - Spanish Group – JJKavanagh bus at 17.35 - Armenian Group – arriving at Waterford bus station at 17.30 - Finnish Group –at 17.20 - Topaz @ 7
Day 2	CONNECT					
Am	<ul style="list-style-type: none"> • Introductions and Team-building • Values • How are we going to be together? • The week ahead..... 	Elena Declan Declan Declan	Woodstown	NA	Woodstown	Irish Group to arrive by 10am Starting at 10.30 (2.5-hour session) Three Stages of the week: 1. Connect – Relationship development and bringing everyone together 2. Engage - Developing the vision, and learning the knowledge, skills and attitude to deliver that vision 3. Empower – Handing the power over to the CYLT and supporting their vision Table needed for Mara

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Pm	<ul style="list-style-type: none"> • SENSES – Exploring and experiencing nature through all the senses 	Elena and Rosa	Woodstown	NA	Woodstown	Using the natural environment at Woodstown (3-hour session) Varsik arriving at 3 Andrea arriving at 16.26
Timetable	Activities	Trainers	Times/Venue	Transport	Food	Notes
Evening	<ul style="list-style-type: none"> • Reflection • An evening of Creativity and Imagination – opening our minds! 	Elena + PMT Elena and Mara	Woodstown	NA	Dinner at Saratoga at 6	Reflection in groups of 5: 1 member of CYLT from each country + 1 member of PMT (using Family Groups method) (2 hour session)
Day 3	CONNECT					
Am	<ul style="list-style-type: none"> • Project Management Introduction • Project Management – working in small groups 	Declan and Tom Tom and Heidi	Woodstown	WYTS Bus	Woodstown	Starting at 10 - Stages of the Project and Timeline Development - Project language and Concepts Introducing 'Golden Tickets' and 'Dragon's Den'

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Pm	<ul style="list-style-type: none"> EMOTIONS - Noticing and welcoming the feelings that nature inspires Reflection (outdoors) 	Elena Elena + PMT	Copper Coast and Mahon Falls area – sea + mountains	WYTS Bus	Dinner in Coach House at 2.30pm	Leaving at 12 Back at 7.30pm Reflection (using Family Groups method)
Timetable	Activities	Trainers	Times/Venue	Transport	Food	Notes
Evening	Intercultural Evening (Woodstown)	All Participants	Woodstown	NA	Woodstown	Starting at 8.30 <i>Each country needs to present/discuss/talk about Nature Based Initiative that's taking place in their country (as an example of what's possible – reach for the stars!) + Food, dancing and whatever else you like.....</i>
Day 4	CONNECT					
Am	Project Management – Identifying and building on strengths	Tom and Heidi	Woodstown	NA	Woodstown	Starting at 10 (2.5-hour session)
Pm	BEAUTY - Seeking and appreciating the beauty of the natural world (Counshingaun)	Tom, Declan and Elena	Comeraghs	WYTS Bus	Dinner at Bridgie Terries at 6pm	Leaving at 1 (2.5 hour mountain climb)

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Evening	MEANING - Celebrating and sharing nature's events and stories Reflection (outdoors)	Tom Tom and Elena	Crough Woods	WYTS Bus	Candle Walk at 8pm (2 hours)	Home at 11pm - Using UV torches - Art and poetry scrolls
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Day 5	CONNECT					
Am	COMPASSION – Helping and caring for nature. Tree Planting (SETU Arena)	Tom	Greenway	WYTS Bus	Woodstown	Leaving Woodstown at 9.30 / Collecting Comhairle members at 10.30 Includes 15 young people from Comhairle na nÓg + Local Communities through Brian Jacob
Pm	Ballymacaw Beach Clean	Tom and Declan	Coastal area	WYTS Bus	SETU Arena for lunch at 1	Leaving SETU at 3 Back to Woodstown at 6
Evening	Traditional music session (Dunmore East)	All	Powers Bar	WYTS Bus	Woodstown	Leaving Woodstown at 8.30, and returning at 11.45 Is Zelda down today?
Day 6	ENGAGE					
Am	Youth Work Principles and Outcomes (Manor Street)	Pat McBride	Manor Street Youth Centre	WYTS bus	Woodstown	Leaving Woodstown at 9.30

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						Starting at 10.30 (2.5 hour session)
Pm	<ul style="list-style-type: none"> Project Communications (Manor Street) Erasmus+ and Youth Pass – What are they and how do we use them? (Woodstown) 	Varsik, Marietta and Shane Rosa	Manor Street Youth Centre (Computer Room)	WYTS bus	Geoff's	1.5 hour sessions X 2 in the afternoon (dividing into 2 groups for the afternoon) Bus leaving Manor Street at 6
Timetable	Activities	Trainers	Times/Venue	Transport	Food	Notes
Evening	Reflection (Mid-Training Course longer reflection – inflexion point in TC)	Elena	Woodstown	NA	Woodstown	Reflection (using Family Groups method) <i>Important for all PMT to participate this evening – Key question is whether we have a sufficient base to move forward – Does everyone understand everything?</i> <i>How will we adapt and make progress?</i>
Day 7	ENGAGE					
Am	Design Thinking (Woodstown) - With Creativity and Imagination at the Centre	Declan and Elena	Manor Street Youth Centre	WYTS Bus	Woodstown	Visit from National Agency (Amy to collect Suzanne from Train Station) - Input around Erasmus+ from NA Leaving Woodstown at 9.30 / Session starts at 10.30 (2.5 hours)
Pm	JFK Arboretum – Inspiring time – Just being in Nature....	Tom and Elena	County Wexford	WYTS Bus	Lunch at the Granary,	Leaving Manor Street at 2.30 Back at 7pm

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					Waterford City	
Evening	Reflection	Elena	Woodstown	NA	Lana Thai	<p><i>At this stage the energy and power needs to change:</i></p> <ul style="list-style-type: none"> - <i>The group should be well bonded</i> - <i>They'll have new skills and knowledge</i> - <i>Now we need to refocus on impact</i> - <i>Then hand over power to the CYLT</i>
Timetable	Activities	Trainers	Times/Venue	Transport	Food	Notes
Day 8	EMPOWER					
Am	Measurement and Impact (Manor Street)	Topaz	Manor Street Youth Centre	WYTS Bus	Woodstown	<p>Leaving Woodstown at 9.30</p> <p>2.5-hour session</p> <p><i>Refocus on the overall purpose of the Project – improving youth mental health and wellbeing</i></p>
Pm / Evening	<p>Project Planning by CYLT in national groups</p> <p>+ Project Management Team Meeting</p>	All PMT need to be around to support CYLT	Woodstown	WYTS Bus	Geoff's	Leaving Manor Street at 2.30; Back to Woodstown by 3pm and then over to the CYLT's to prepare for 'Dragon's Den'
Day 9 (EMPOWER					

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Am	Dragon's Den – What's the plan for each country?	All PMT need to be around to support CYLT	Woodstown	NA	Woodstown	Pitches from each national group to the Dragons - Tom, Topaz, Varsik, Heidi, Elena Starts at 11am (2-hour session)
Timetable	Activities	Trainers	Times/Venue	Transport	Food	Notes
Pm	Evaluation of Training Course	Declan All Participants	Woodstown	NA	Woodstown	Letter to the future
Evening	Farewell party and bonfire/Barbecue on the beach	All Participants	Woodstown	NA	Saratoga	Tom to source wood
Day 10						
Am	Farewell Breakfast: and All participants and facilitators depart	All participants	Woodstown/ Waterford	WYTS bus leaving Woodstown at 11am	Woodstown	Spanish/Finnish/Armenian Groups – JJ Kavanagh Bus at 12.45