

2-8 of april 2018
National Park of Circeo -Italy

ATELYE

ADVENTURE THERAPY AND
EXPERIENTIAL LEARNING IN
FAVOR OF YOUTH EXCHANGE



YOUNG PEOPLE from Italy, Belgium, Portugal and Spain will participate to Youth Exchange ATELYE

They have psycho-social-emotional and behavioral difficulties with fewer opportunities (socio-educational and economic level)

The project is the result of the collaboration, that began in 2014 in the context of ATE- Adventure Therapy Europe network (www.adventuretherapy.eu) among young expert in non-formal facilitating, educational practices, outdoor and adventure.

The four organizations involved share the common mission of **PROMOTING MOBILITY AND EXCHANGE OPPORTUNITIES** in Europe, development processes and participation of young people with serious psycho-social-emotional and behavioral difficulties.

The project is based on the principles of

- **NON FORMAL EDUCATION**, which puts the participant in the center of its growth process, as a process of voluntary learning;

- **EXPERIENTIAL LEARNING APPROACH**, through which the learner learns through experience and reflection on what she/he experiences;

- **ADVENTURE THERAPY APPROACH**, inclusive method to engage people with relationship difficulties or mental health problems and that usually are excluded from certain activities.

The group activities are **OUTDOOR AND SPORTIVE**, performed in a natural setting in order to make people in contact with their needs, strengths and improvement in a more direct way.

The main expected results of this project on the participants are:

1. Develop **INNER STRENGTH, SENSE OF SELF-EFFICACY, EMPOWERMENT, AWARENESS** of their resources, greater ability to adapt to new situations and manage emotions resulting from it.
 2. Acquisition of **KEY COMPETENCES** as a tool necessary for young people to go out of problems and difficulties.
 3. Increase the **INTEREST AND MOTIVATION** to organize or participate in other international projects, an a national and international level.
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