

Outdoor Education and Adventure Learning in the Context of 21st Century Skills

(6 days course)¹

[Madeira Island², Portugal](#)

Why choose 21 Knowledge courses in Madeira Island?



Video made by one of the participants in the course "Teaching in a 21st Century School", Madeira Island, October 2019.



Report on local TV about the courses with interviews with participants.



facebook.com/21knowledge.pt

Language used for the training: English.

Target group: kindergarten teachers, pre-school teachers, primary teachers, secondary teachers, headmasters, deputy heads, future head teachers, trainers, councilors, researchers, politicians and other stakeholders

Description: The Outdoor Education is one of the most important education approaches in European context. If there were any doubts, the covid-19 pandemic reinforced the urgency of schools and teachers to look at activities in nature as an adequate way to teach and learn curricular subjects.

The course has been designed to provide tools to prepare European teachers for a future that happens today, where activities outside the formal classroom will increasingly become part of the school live. The topics and training activities consider the Key Competences for 21st Century Students. The course is designed to be very practical, demonstrative, and interactive. The trainers are enthusiastic educational agents, namely teachers with broad experience and actively involved in Outdoor Education and 21st Century Skills.

Course Objectives:

- Promote the debate about Outdoor Education and Key Competences for 21st Century Citizens.
- Understand the learning opportunities offered by outdoors.
- Learn to read the natural contexts in terms of learning opportunities.
- Understand how to integrate outdoor activities in the curriculum subjects.
- Promote interdisciplinary work through outdoor activities.
- Improve educational practices through collaborative working approaches.
- Increase knowledge of social, linguistic, and cultural issues.

Topics of the Course:

- The essence of Outdoor Education (roots, definition, and context).
- Spaces/environments for outdoor activities.
- Tools and strategies to be used in outdoor activities.
- STEAM activities outside the classroom.
- Planning outdoor activities.

Pre-course activities:

- Fill in a short presentation about yourself on [Google Jamboard](#) (To be completed by July 10th).
- Find cookies/snacks from your own country to present your country (*).

¹ It is possible to adapt the course for less or more days.

² In 2022 (2021, 2020, 2019, 2018, 2017, 2016, 2015) won the "[World's Leading Island Destination](#)" prize.

DETAILED COURSE AGENDA

1st day, Monday (14h30/19h30)

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| 14h30 / 19h30 | <p>Topics:</p> <ul style="list-style-type: none"> • Course Welcome. Introduction to the course content/agenda and learning outcomes. • Presentations by the participants on their schools and experience – Google Jamboard • Erasmus as a tool for school development. • The essence of Outdoor Education (roots, definition, and context). • Social and citizenship skills that can be developed through a direct relation with the environment. • Outdoor Learning and Educational Activities in European Context <p>Guided Walk Tour: Funchal Old Town</p> |
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2nd day, Tuesday (09h00/15h00)

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| 09h00 / 15h00 | <p>Outdoor Activities in the Mountains Transport by minibus, provided by 21Knowledge.</p> <p>Topics:</p> <ul style="list-style-type: none"> • How to integrate environmental education into the formal curriculum by providing meaningful outdoor learning experiences. • Practical, flexible activity ideas for a nature-rich, outdoor-oriented approach to the core subjects. • Practical ideas for engaging hands-on projects and campaigns with an impact in the surrounding community. • Short dynamics as practical addition of the theoretical approach. <p>Tasks: Forest bathing; Playful experiences; Experiencing 21st Century Skills Outdoors; Reading the Environment. Taste of My Home Country (*) with Madeira Wine (provided by 21Knowledge)</p> <p>WHAT TO WEAR? It is an activity in a protected area in the mountains. It can be cold and even rain. You can also get hot sun. It is important to wear comfortable and appropriate footwear and clothing for these situations, without forgetting a hat. (Madeira has a microclimate. It can be “summer” in the Funchal city Center and “winter” in the mountains) (*) Remember: Bring the cookies/snacks 😊 .</p> |
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3rd day, Wednesday, (09h00/14h00)



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| 09h00 / 14h00 | <p>Topics:</p> <ul style="list-style-type: none"> The importance of Creative Thinking and Problem Based Solving. <ul style="list-style-type: none"> Good practice examples from Madeira Island Schools Apps for Outdoor Education. <p>Outdoor Activities in Santa Catarina Park:</p> <ul style="list-style-type: none"> Passage through (outside view) Quinta Vigia (Official residence of Madeira Regional Government). Santa Catarina Park and Santa Catarina View Point (amazing view across Funchal bay). Funchal City Center / walk along Funchal Bay and external visit to Cristiano Ronaldo Museum Funchal Sé Cathedral (Special attention to The Mudéjar Ceiling) |
| | Lunch on your own in the City Center |
| 15h00 | <p>Cultural Visits</p> <ul style="list-style-type: none"> Madeira's Wine Tasting: D'Oliveiras Madeira's Handcraft: Exhibition/ Shop |

4th day, Thursday, 20/07 (09h00/18h00)



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| 09h00 / 12h00 | <p>Visit “School of the Sea” – “Escola de Mar”, Project of the Caniço School Transport by minibus, provided by 21Knowledge.</p> <p>Observation: “Escola do Mar” is located on Reis Magos Beach.</p> <p>Tasks: Water Activities; How can I use water in my teaching - small tools for all subjects. Tour of the "School of the sea".</p> <p>Good to remember: swimwear, bathing shoes, towel and sunscreen. Warm clothes, water.</p> |
| 12h00 | Lunch on your own in the café next to the school, in beach area. (Available time to swim in the Atlantic Ocean) |
| 14h30 / 16h30 | <p>Outdoor Activities / Cultural Visit</p> <ul style="list-style-type: none"> Caniçal - Ponta de São Lourenço <p>Transport by minibus, provided by 21Knowledge.</p> <p>Adventure learning. By Cláudia Faria, <i>Certified Local Mountain Guide</i></p> <p>WHAT TO WEAR? It is a walk on open and “desert” ground. It can be sunny and hot. Be advised it is important to wear walking or sports shoes and light and comfortable clothing, not forgetting a hat. Water bottle and sunscreen are recommended.</p> |
| 17h30 | Return to Funchal City Center |

5th day, Friday, 21/07 (09h00/14h00)

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| 09h00 / 12h00 | Venue: Escola Horácio Bento de Gouveia (Horácio Bento de Gouveia School) |  |
| | STEAM Workshop <ul style="list-style-type: none"> • From outdoor to indoor. <p>[STEAM goes hand in hand with outdoor education. It's a forward-thinking, integrated approach to learning that uses Science, Technology, Engineering, Arts and Mathematics to guide children's questioning, critical thinking, and dialogue].</p> | |
| 12h00 | School Visit With special attention to the outdoor spaces that are used by students in award-winning projects | |
| | FREE TIME | |
| 19h30 / 22h00 | GROUP DINNER (<i>Traditional Madeira Food</i> - Restaurant " A Parreira "), provide by 21Knowledge. | |

6th day, Saturday, 22/07 (09h00/14h00)

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| 09h00 / 14h00 | Brainstorming and Dissemination: <ul style="list-style-type: none"> • Learning from experience: Reflection and Discussion about the planning carried out. • Sharing the experiences of the week: <ul style="list-style-type: none"> • How to apply the learnings from this course in participants school? • construction of a dissemination guide. Closing Session: <ul style="list-style-type: none"> • Validation of learning outcomes. • Final feedback of the course and evaluation. • Certification. Follow-up and networking |  |
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Course Venue: Funchal City Center

Calçada de Santa Clara, nº 32, 9000-036 Funchal - Madeira, Portugal

([DTIM](#) - Regional Association for the Development of Technologies in Madeira)

Costs

All costs can be supported with a grant under Key Action 1 of the Erasmus+ programme

Course Fees: 480€ for a 6-day course

Cultural, Admin & Organizational Fees: 70€ per participant

(Includes: **Madeira Traditional Dinner**; **Madeira Wine Testing**; **transport for outdoor activities**, pedagogical and intercultural support; training materials; validation of learning outcomes; certification; validation of Europass Mobility; admin and organizational costs. For groups of more than 6 participants, 21Knowledge provides transfer from airport to Funchal city center.

How to apply for the course?

Fill the Registration Form at <http://www.21knowledge.pt>.

Contact us by email: info@21knowledge.pt or by landline +351 232 407135 or +351 962445476



Logistics:

The main activity of Madeira Island is tourism. The quantity, diversity, and quality of tourism services in Madeira Island are recognized as being of excellence. A simple search on the Internet confirms the diversified offer. We provide support during the stay and 21knowledge has same "cultural partners".

Visit 21Knowledge Facebook for feedback from courses previously held.

<https://www.facebook.com/21knowledge.pt>

