

Experiential Workshop

Title	Long distance walks as a way to deal with vulnerable youths.	
Goals	Share the experience of long distance walks with vulnerable youngsters.	
Description	<p>For 35 years, Oikoten, part of the Flemish organization Alba, is offering long distance walks and working projects within guest families as an alternative to closed young offenders' institutions. Over 500 youths between 15 and 18 have voluntarily taken part. The walks take place in a foreign country for approximately three months. A walk proceeds on average at a rate of 25km a day with a rest day about every ten days. With heavy rucksacks and limited budget the youngster and his companion accept the challenge.</p> <p>In this workshop we discuss the ways in which Oikoten provides support to vulnerable youths who are hoping to find new direction in their lives. We examine the 8 building blocks of learning by doing (Van der Ploeg) and discuss how they complement the Oikoten approach.</p>	
Number of participants	Minimum	No minimum
	Maximum	50
About the facilitator...	Name	Ruth Vandekerkhove
	Background	In 2012 Ruth walked as a companion with Kim. Afterwards she started working as a project leader at Oikoten organizing the walks for youngsters.



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Reaching Further: Exploring the healing effects of Adventure Education and Experiential Learning, a methodology to increase the quality of youth work for European youngsters with fewer opportunities