

Workshop



ORIENTEERING

Target group	youngsters, 12-16 years
Group size	8 people
How much time?	at least 1 1/2h

preparation

How much time?	6h
Which material?	maps, glasses and spices for smell memory



objectives

- to learn how to read a map, how to follow instructions. to develop the sense of direction
- to understand a description of a course
- to develop the five senses at different stations, to concentrate on sensual experience
- to watch the environment attentively and to know the landscape of a particular region
- to finish a presented course but more freely at the same time

how to do it

PREPARATION:

- prepare a course and describe the way using particular natural elements existing on the road like trees, houses, view on something etc. and write in on a paper which the participants will use a guide
- prepare some stations (f.ex. smelling memory, to throw pins, to climb a tree, to touch different things while being blind, to listen to the environment, to look for fruits to bring them home etc.) and put a sign on it so that the participants can find them on the course.

THE ORIENTEERING COURSE

- to follow the presented route ("papercourse") in small groups which could be composed of participants who do not speak the same mother tongue
- to achieve the tasks at the different stations (by making use of imagination and the senses)