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Erasmus+ Training

WELLBEING OUTDOORS - MIND, HEALTH & STRESS RELIEF

Enroll Here

more info

OID

Registered Provider
Portugal: E10201112
Poland: E10419682 **Spain:** E10417947

Language:
English

Area:
Outdoor Education / Outdoor Learning & Nature-based Wellbeing / Stress Management & Burnout Prevention

Level:
Basic to Intermediate Professional Literacy

Course Description

Modern teachers are facing increasing challenges: stress, emotional fatigue, screen overload, and a growing disconnection from nature and movement. Schools are becoming more aware of the urgent need to support both teacher and student wellbeing, not only indoors but also through meaningful outdoor experiences.
This Erasmus+ training offers participants a unique opportunity to immerse themselves in nature while learning practical techniques to improve their physical and mental health, manage stress, and create moments of calm and balance in their professional and personal lives.
The course follows an experiential, hands-on methodology where participants will learn by doing: moving, breathing, creating, and reflecting outdoors. Every session is designed to reconnect teachers with nature through sensory explorations, mindfulness practices, gentle physical activities, reflective journaling, and creative exercises in natural settings.
Participants will experience the powerful role of nature as a space for learning, healing, and inspiration, and will discover how to bring these practices into their school environments to support their students' emotional and physical wellbeing. The course places strong emphasis on wellbeing outdoors, demonstrating how regular contact with natural spaces can help reduce stress, increase focus, and foster a sense of connection and inner calm.
Throughout the week, teachers will explore tools for stress relief, discover the benefits of mindful movement, engage in outdoor group dynamics, and develop a personal wellbeing action plan that can be sustained after the mobility. The course also promotes peer learning moments, where international participants share their own wellbeing strategies and school practices.
Designed to inspire and energise, this course helps teachers create healthier learning environments, for themselves and for future generations.

Learning Outcomes

- Understand the connection between nature, mental health, and wellbeing;
- Apply practical techniques for stress reduction through outdoor activities;
- Develop mindfulness and relaxation routines for personal and professional life;
- Facilitate outdoor learning experiences focused on wellbeing for students;
- Promote sustainable and healthy habits within their school community;
- Reflect on their personal wellbeing journey and design an action plan;
- Promote intercultural awareness;
- Transfer and share core values, experiences and effective teaching practices with other teachers and colleagues;
- Improve technical and English language, communication and social skills.

Course Programme

5 DAYS

course code LTWOMHSR91

All our courses include a daily standard Coffee Break

DAY 1

- Ice-breaking outdoors: getting to know each other in nature;
- Introduction to the role of wellbeing in education;
- Stress and burnout in teaching: causes and impacts;
- Nature and the human brain: why being outdoors matters.

DAY 2

- Outdoor mindfulness practices: breathing, walking meditations;
- The art of noticing: awakening the senses in nature;
- Journaling outdoors for mental clarity.

DAY 3

- Gentle movement sessions: stretching, yoga-inspired flow;
- Outdoor games for wellbeing and group connection;
- Working with sound and silence in nature;
- Reflection circle.

Our courses typically run ***from 08:30 to 13:30.***

This schedule is a tentative framework. Specific activities, session order and timings are subject to adjustments by the trainer/provider's discretion & objectives.

Course Programme

5 DAYS

course code LTWOMHSR91

All our courses include a daily standard Coffee Break

DAY 4

- Designing outdoor wellbeing activities for students;
- Facilitating moments of calm in the classroom;
- Sharing international best practices (participants' contributions);
- Building sustainable wellbeing routines.

DAY 5

- Nature as a coach: solo reflection walk;
- Creating a Personal Wellbeing Action Plan;
- Final sharing circle and feedback;
- Learning outcomes' validation;
- Certification Ceremony.

Planned Schedule: *Our courses typically run from* ***08:30 to 13:30.***

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Course Programme

6 DAYS
course code LTWOMHSR91

All our courses include a daily standard Coffee Break

DAY 1

Cross-Cultural Exchange, European Educational Context & Course Orientation

- Pre-Session work: Self Preparation to share your school's context, cultural background and completion of the Cultural Quiz.
- Welcome Session: Networking between participants and Erasmus+ team
- Icebreaking activities and sharing of European core values.
- Open space for participants to share ideas and discuss current challenges in the Education sector; collaborative opportunity to exchange future goals (activity).
- Week briefing and planning.

DAY 2

- Ice-breaking outdoors: getting to know each other in nature;
- Introduction to the role of wellbeing in education;
- Stress and burnout in teaching: causes and impacts;
- Nature and the human brain: why being outdoors matters.

DAY 3

- Outdoor mindfulness practices: breathing, walking meditations;
- The art of noticing: awakening the senses in nature;
- Journaling outdoors for mental clarity.

__Day 1__ (Sunday) combines flexible pre-session self-work with an in-person evening session starting at 19:00.
__Days 2-6__ typically run from 08:30 to 13:30.

This schedule is a tentative framework. Specific activities, session order and timings are subject to adjustments by the trainer/provider's discretion & objectives.

Course Programme

6 DAYS

course code LTWOMHSR91

All our courses include a daily standard Coffee Break

DAY 4

- Gentle movement sessions: stretching, yoga-inspired flow;
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- Working with sound and silence in nature;
- Reflection circle.

DAY 5

- Designing outdoor wellbeing activities for students;
- Facilitating moments of calm in the classroom;
- Sharing international best practices (participants' contributions);
- Building sustainable wellbeing routines.

DAY 6

- Nature as a coach: solo reflection walk;
- Creating a Personal Wellbeing Action Plan;
- Final sharing circle and feedback;
- Learning outcomes' validation;
- Certification Ceremony.

__Day 1__ (Sunday) combines flexible pre-session self-work with an in-person evening session starting at 19:00.
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Full Documentation Learning Agreement; **Certificate of Attendance** (with detailed Learning Outcomes); Europass validation; and other required Erasmus+ supporting paperwork.

100% Eligible for Erasmus+ Funding (2021–2027) - Our courses are eligible to be completely funded by the Erasmus+ program.

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