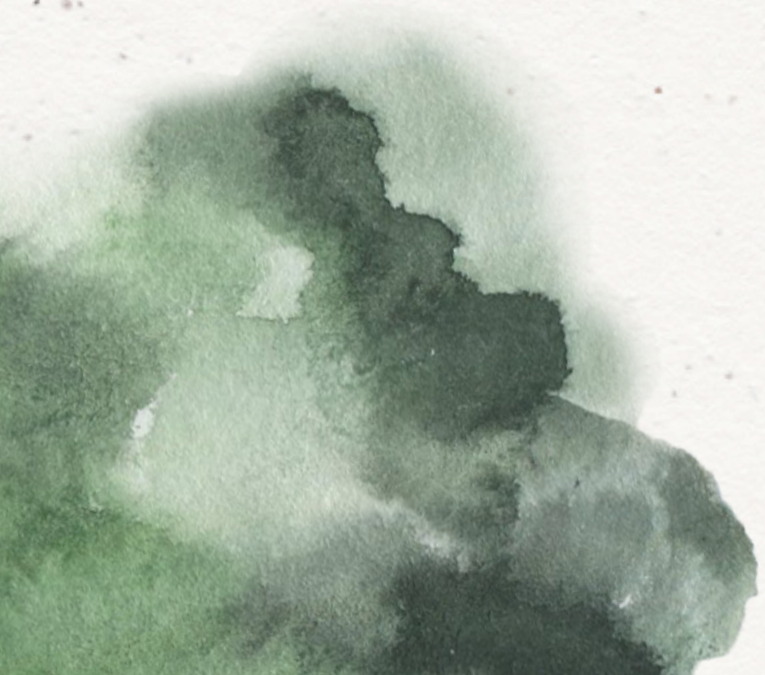


# Training for nature #2







The Training for Nature #2 theoretical framework is based on  
following concepts:





# Environmental education





Environmental education is a process that allows individuals to explore environmental issues, engage in problem solving, and take action to improve the environment. As a result, individuals develop a deeper understanding of environmental issues and have the skills to make informed and responsible decisions.

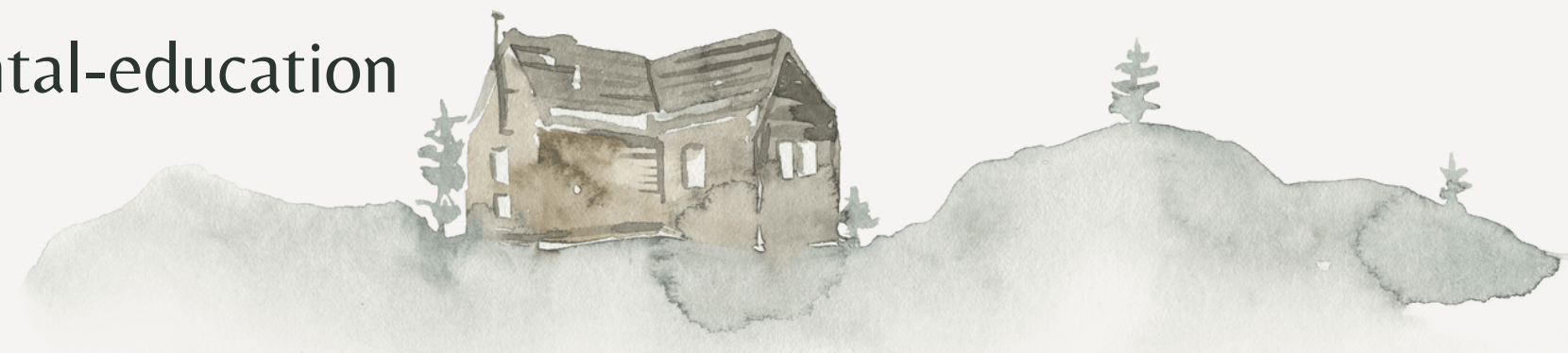




The components of environmental education are:

- Awareness and sensitivity to the environment and environmental challenges
- Knowledge and understanding of the environment and environmental challenges
- Attitudes of concern for the environment and motivation to improve or maintain environmental quality
- Skills to identify and help resolve environmental challenges
- Participation in activities that lead to the resolution of environmental challenges

<https://www.epa.gov/education/what-environmental-education>





# Non-formal education





Non-formal education refers to planned, structured programmes and processes of personal and social education for young people designed to improve a range of skills and competences, outside the formal educational curriculum. Non-formal education is what happens in places such as youth organisations, sports clubs and drama and community groups where young people meet, for example, to undertake projects together, play games, discuss, go camping, or make music and drama.

<https://www.coe.int/en/web/european-youth-foundation/definitions>





# Intersectionality





Intersectionality is an analytical framework for understanding how aspects of a person's social and political identities combine to create different modes of discrimination and privilege. The term was conceptualized and coined by Kimberlé Williams Crenshaw in 1989. Intersectionality identifies multiple factors of advantage and disadvantage. Examples of these factors include gender, caste, sex, race, class, sexuality, religion, disability, physical appearance and height.


<https://www.merriam-webster.com/dictionary/intersectionality>





# Mindfulness





Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Mindfulness is a quality that every human being already possesses, it's not something you have to conjure up, you just have to learn how to access it.





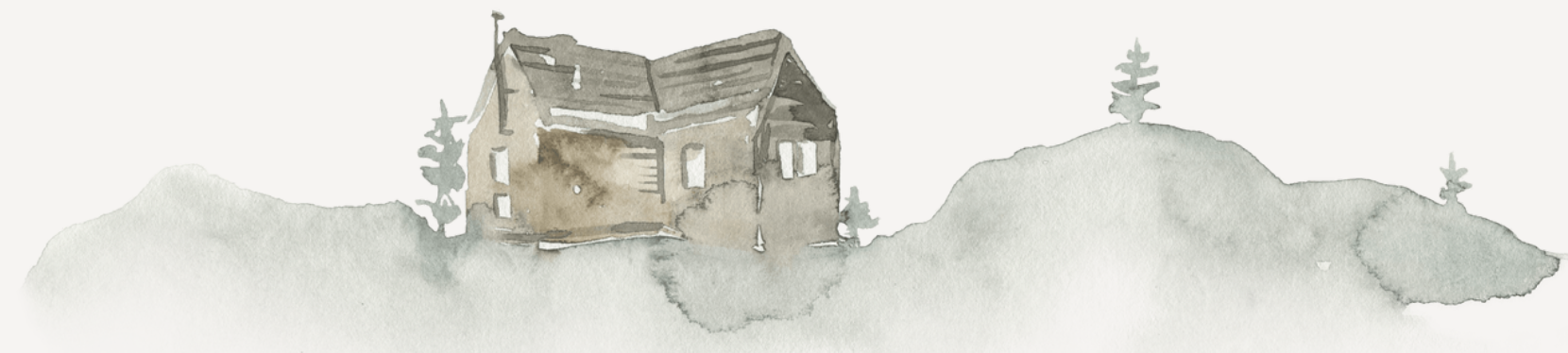


## The Types of Mindfulness Practice:

While mindfulness is innate, it can be cultivated through proven techniques. Here are some examples:

- Seated, walking, standing, and moving meditation (it's also possible lying down but often leads to sleep);
- Short pauses we insert into everyday life;
- Merging meditation practice with other activities, such as yoga or sports.

<https://www.mindful.org/what-is-mindfulness/>





# Reflection





Reflection, in non-formal learning context, is looked at from the perspective of the Kolb's reflective referred to as “experiential learning”.

The basis for this model is our own experience, which is then reviewed, analysed and evaluated systematically in three stages. Once this process has been undergone completely, the new experiences will form the starting point for another cycle.

<https://www.nicole-brown.co.uk/reflective-model-according-to-kolb/>







## Reflective observation:

Having had the concrete experience, it is now time to reflect more deeply on what has happened in that situation.

Some of the questions you need to ask yourself are: what are my observations, thoughts, emotions about what happened? what worked? what failed? why did the situation arise? why did others and I behave the way we did?

<https://www.nicole-brown.co.uk/reflective-model-according-to-kolb/>





# Climate Change

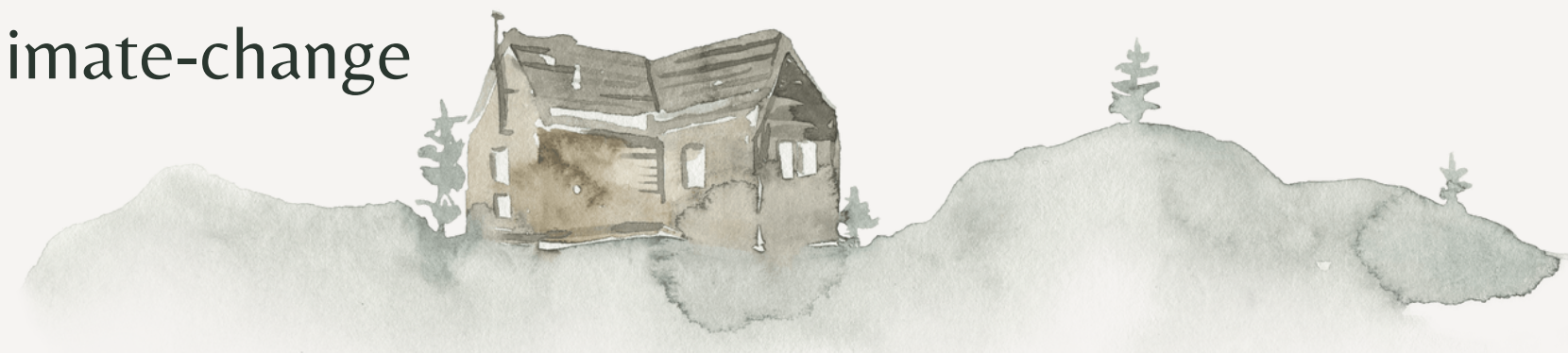




Climate change refers to long-term shifts in temperatures and weather patterns. These shifts may be natural, such as through variations in the solar cycle. But since the 1800s, human activities have been the main driver of climate change, primarily due to burning fossil fuels like coal, oil and gas.

Burning fossil fuels generates greenhouse gas emissions that act like a blanket wrapped around the Earth, trapping the sun's heat and raising temperatures.

<https://www.un.org/en/climatechange/what-is-climate-change>





# Sustainable Development

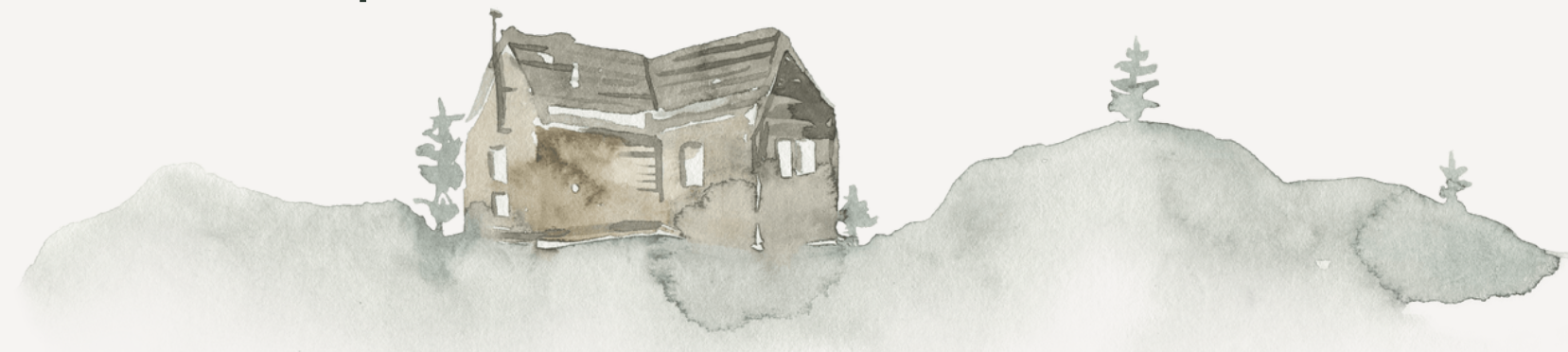





"Sustainable development is development that meets the needs of the present, without compromising the ability of future generations to meet their own needs."

The concept of sustainable development can be interpreted in many different ways, but at its core is an approach to development that looks to balance different, and often competing, needs against an awareness of the environmental, social and economic limitations we face as a society.

<http://www.sd-commission.org.uk/pages/what-is-sustainable-development.html>





A soft, watercolor-style illustration of a cloud in the top right corner, rendered in light brown and beige tones with a textured, painterly appearance.

This document is developed in the frame of Training for Nature  
#2 project organized with the support of the Erasmus +  
Program of the European Commission.

