



Erasmus+

AKTIV UNGDOM

THE ULTIMATE MANUAL AND COOKBOOK OF

INTO THE WILD

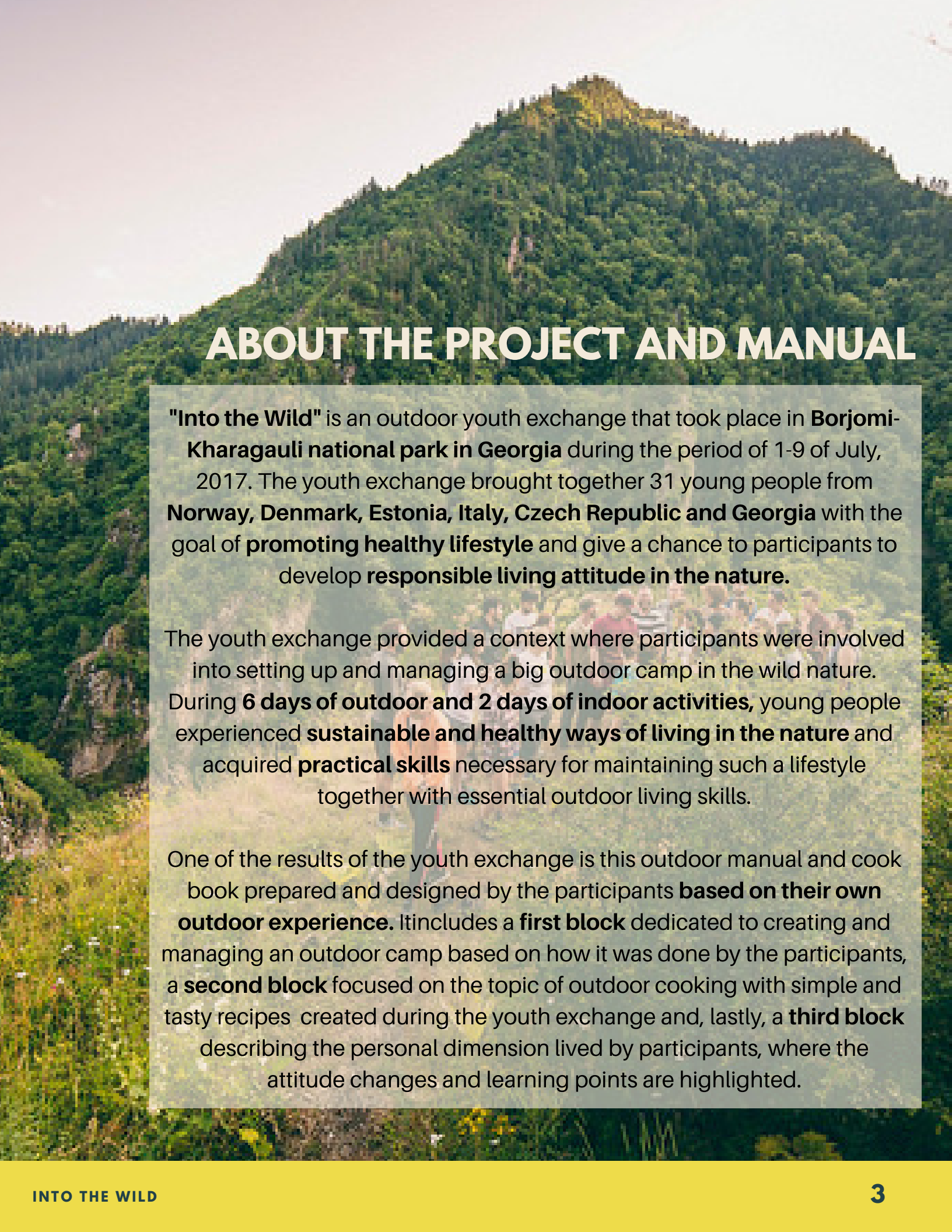
BORJOMI-KHARAGULI NATIONAL PARK



Shokkin Group
Norge

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ABOUT THE PROJECT AND MANUAL

"Into the Wild" is an outdoor youth exchange that took place in **Borjomi-Kharagauli national park in Georgia** during the period of 1-9 of July, 2017. The youth exchange brought together 31 young people from **Norway, Denmark, Estonia, Italy, Czech Republic and Georgia** with the goal of **promoting healthy lifestyle** and give a chance to participants to develop **responsible living attitude in the nature**.

The youth exchange provided a context where participants were involved into setting up and managing a big outdoor camp in the wild nature. During **6 days of outdoor and 2 days of indoor activities**, young people experienced **sustainable and healthy ways of living in the nature** and acquired **practical skills** necessary for maintaining such a lifestyle together with essential outdoor living skills.

One of the results of the youth exchange is this outdoor manual and cook book prepared and designed by the participants **based on their own outdoor experience**. It includes a **first block** dedicated to creating and managing an outdoor camp based on how it was done by the participants, a **second block** focused on the topic of outdoor cooking with simple and tasty recipes created during the youth exchange and, lastly, a **third block** describing the personal dimension lived by participants, where the attitude changes and learning points are highlighted.



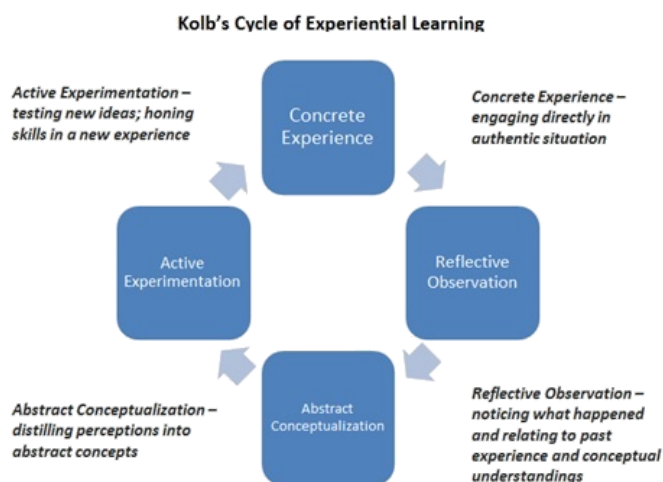
PART I

KEY CONCEPTS OF EXPERIENTIAL LEARNING

The base of our experience

First of all, we would like to give some insight on the methodology that was used during the youth exchange. The activities and exercises carried out in the programme were based on the experiential learning cycle created by **D. Kolb**. his particular cycle of learning depicts the experiential learning process and includes the integration of:

- **KNOWLEDGE:** the concepts, facts, and information acquired through formal learning and past experience.
- **ACTIVITY:** the application of knowledge to a “real world” setting.
- **REFLECTION:** the analysis and synthesis of knowledge and activity to create new knowledge” (Indiana University, 2006, n.p.).



Experiential learning cycle further explained:

- **Experience:** as a member of a team, young people engage in hands-on experiments related to a certain topic, each situation providing a new experience.
- **Reflection:** participants reflect on their experience with peers, mentor, educator. Jointly, they make sense of what happened and note inconsistencies between the experience and their previous understanding.
- **Conceptualization:** reflection lead them to develop a new idea or modify an existing concept.
- **Active Experimentation:** young people return after the experience to daily life and apply the new and/or refined knowledge in other appropriate situations and see what happens.

Source: The University of Texas at Austin: Faculty Innovation Center



"This approach keeps people motivated, gives a hands-on experience and fosters self-directed learning. Connecting this model and an outdoor setting provided us with a perfect space for developing many skills."



KEY CONCEPTS OF SUSTAINABLE LIVING

Our purpose

To live sustainable means that we live in balance with nature and remember that the acts of society influence and/or have an impact on nature. Sustainable living is a lifestyle that attempts to reduce an individual's or society's use of the Earth's natural resources and personal resources and live in balance with nature. Everyone in society is involved in this process in daily life, any time and everyone can involve in this process and people practicing sustainable living often attempt to reduce their carbon footprint by using alternative methods of transportation, energy consumption and diet.

Topics of sustainable living include:

- **ENERGY:** reduce consumption, produce your own and/or use renewable energy sources.
- **TRANSPORT:** walk, use the bike, public transportation and drive together with other people in your area.
- **WATER:** do not waste, use nature friendly products
- **TRASH:** recycle, reduce, reuse, recover.
- **CONSUMERISM:** food, fashion, make up etc. Don't waste, be aware of production etching, reuse, fix your clothes.

Our actions

Outdoor living is closely connected to sustainable living, so we implemented these concepts in our camp:

- **ENERGY:** solar lights, solar chargers, fire for cooking (dead wood)
- **TRANSPORT:** used the bus, mostly walking
- **WATER:** reusing water bottles, river water for personal cleaning and dishes, nature friendly soap.
- **TRASH:** should be separated organically, collected the other waste in garbage bins in the area.
- **CONSUMERISM:** Food; mostly organic food provided by an organic farm close by. Reuse of our own dishes, reusable.

GOING OUTDOORS

Setting up a camp

Before going camping you need to have a preparation stage

- Know the people that you are coming with, special skills and knowledge + limits of the team.
- Set up a sharp duration of the trip/camping/hiking
- Know how to get there as efficient as possible (transportation)
- Learn the area: get maps and local contacts and look for spes there a river next to the camping area?
- Nutrition of the campers should be set up prior going wild
- Think twice about materials that you will need to have to build and set up the camp
- Check the expenses

Setting the camp and basic materials to have on a venue

Equipment:

Tents, mats, sleeping bags, lamps, hammer, axe, machete, saws of different sizes, folding shovel ,acu-drill, nails, ropes of different sizes, several big tarps, gloves.

- Everyone sets up a tent by oneself
- Tents should be assembled on a higher part of the field, never on a lower or close to the river
- Sleeping bags, mats, pillows, blankets and fluffy toys on their own responsibilities
- Kitchen area (see below for details)

Storages and shelters:

- Food (dry and cold, use shelter for dry and river for cold)
- Water
- Waste
- Wood
- Materials/tools dry shelter
- Big shelter (can be kitchen) in case of heavy rain

Hygiene:

- Toilet place (should be away from the main camp)
- Special place in a river for washing oneself (can be created with stones from the river)
- Shower possibility is a great thing to have as well (special bag)
- Dish washing place

Medication:

Basic first aid kit: plasters, bandages, jodisol, tweezers, scissors etc. Apart of this, bring Imodium, black coal, paralen, fenistil and similar meds that help you prepare for unexpected or expected situations outdoors.

Bonfire:

- Common bonfire and kitchen bonfire(s)
- Rope for drying wet cloth and towels

Optional:

- Benches
- Sauna
- Swimming pool
- Chill-zone/leisure area)
- Tap with a mirror



Management and roles

It can be very useful to divide the practical responsibilities in the camp and have an experienced person as a team leader who can be coordinating the different teams in the camp. We divided the group into 4 different teams:

- **Cooking team**
- **Wood and bonfire team**
- **Water team**
- **Kitchen cleaning team**

It is also important that people in your camp will be conscious and takes care of themselves and common places and goods. It is essential to have a good team spirit and keep up each other's mood when working on keeping up the practicalities of the outdoor camp. Morning and evening gatherings might help you with sharing the progress and sharing of responsibilities. You may discuss the work and what still needs to be done or how you are going to celebrate your city- detox all together (games, storytelling, music and etc.)

COOKING OUTDOORS

Cooking outdoors can always be a fun activity for a group of people. There is a lot of equipment that can be purchased and used for making food in the outdoor setting. Most common ways of cooking in the outdoors are: grilling, baking in embers, any type of cooking in a Dutch oven or barbecuing on an open fire. All of these methods can prepare mouth-watering dishes for the group.

Since this was a big part of the youth exchange, we would like to share how it was organized. We were a large group and cooking for so many people outdoors can be a challenge. Two important bits are – preparation of the equipment and the menu that should be done beforehand with careful consideration of the number of meals and participants, nutrition and of course the budget.

Kitchen area

- Find a flat area
- Make sure there is water nearby for cooking/cleaning/fridge
- Make at least two fireplaces. Make a round circle of stones so the fire will not spread.
- Make sure the fireplaces are covered with some kind of roof in case of rain. For example a tarp.
- Make one or more tripods. Instalment to hang pots and pans over the fire.
- Arrange a fridge of a box with lid, in the water. To store the fresh produce.
- Make storage for the food and waste were animals and weather cannot damage the food.

List of materials for outdoor cooking

Kitchen:

Bowls, mugs and cutlery for everyone (bring more just in case), kitchen knives, trays, cutting boards, tarps for drying the kitchen equipment, kettles, pots of different sizes, pans, chain for hanging pots over fire, ladles, sifter, shredder, sponges, ecological bio-degradable soap, scrubbing brush, tissues, plastic boxes (for storing goods and washing the equipment), water bottles, grill grate, fire starter, flamer, matches, lighter, gas.

Spices make your food more tasteful...

- Garlic
- Chilli
- Ginger
- Lemon
- Honey
- Bullion
- Curry paste
- Tomato pure
- Soya
- Oyster sauce

Good to remember!

- Do the dishes immediately after the meal. It will make it easier to get clean.
- Have a sink with soap water and one with freshwater.
- Minimize the use of soap and use eco-friendly soap.
- If the food is burned in the kettles, leave the kettles in water over night; it will make it easier to clean.
- Make a clean space for dishes to dry. For example plastic bags on the ground.
- Everyone should clean his or her own plate, cutlery and mug.

PRACTICAL TIPS ON COOKING

- Make a fire before you start cooking. Its easier to have one person in charge of the fire when someone else cook, so you don't do two things the same time.
- Wash your hands before touching the food.
- Its nice to be at least 2-3 persons cooking so you can share the work.
- Make easy, simple, tasty and nutritious food.
- Use ingredients that don't need a lot of cooking, like rice or pasta.
- Use protein sources like beans and lentils instead of meat.
- Use fat-sources like nuts and seeds.
- Make a plan for what to make everyday and a list of ingredients you need.
- Bring all the ingredients to the table so it's ready before you start.
- Don't bring heavy food like watermelons or food that will be destroyed easily like milk-products and fresh meat.
- If you have a fridge, its nice to make more food than you need so you can eat left-overs the next day.
- Make dishes that you can mix in on or maximum two pots. Stews, soups etc.



PART II

SIMPLE COUSCOUS

Ingredients (4 servings)

- 500 g of couscous
- 3 tomatoes
- 2 cucumbers
- 4 bell peppers
- 1 onion
- Can of corn
- White cheese
- Basil
- Svanetian salt
- Salt
- Pepper

Step-by-Step Guide

1. Boil water and pour it over the couscous. Add salt.
2. Keep some water aside and check as the couscous absorbs the liquid until is soft (about 10-15 minutes). Add some water if needed.
3. Cut the vegetables in small pieces and add to the couscous and mix well. Season it with salt, basil, Svanetian salt, pepper or other spices according to your taste.
4. Add some grated white cheese on the top.



Step-by-Step Guide

1. Chop and fry the onions until they start to soften.
2. Add garlic and carrot and continue until they start to soften.
3. Add water with vegetable stock and bay leaves. Bring the mixture to boil.
4. Add beans, green beans, crushed tomatoes, few spoons of tomato paste and oregano to taste. Keep boiling for about 10 minutes while stirring frequently.
5. At the end add the pasta and cook until the pasta is soft. Season it with salt and pepper.
6. Serve with grated parmesan cheese.

Pro tip: when cooking the sauce add a pinch of sugar in order to create an impactful contrast for the dish.

Additionally: For meat lovers, fry small pieces of beef meat on a separate pan with salt and peeper and then add to the soup base together with beans and tomatoes.

MINISTRONE OUTDOOR FUSION

Ingredients (4 servings)

- 2 spoons of olive oil
- 1 onion sliced
- 1 clove garlic crushed
- 1 carrot chopped
- 1 liter of vegetable stock
- 1 can of plum tomatoes
- 2 tbsp. spoons of tomato paste
- 1 can if black or white beans
- 1 can of green beans
- 3 handfuls of pasta
- 2 bay leaves
- 1 tsp. dried oregano
- Salt
- Pepper
- Grated parmesan
- Beef meat cut in small pieces



BARBALES BEANS WITH BEER

Ingredients (adaptable)

- Beans
- Garlic
- Onions
- Tomatoes
 - Beer
- Different Georgian species such as Svanetian salt, adjika etc.
- Coriander, parsley or other green herbs.

Step-by-Step Guide

1. Wash the beans and put the pot to boil. When the water is boiled throw it out and add new water.
2. When it will boil the second time left on a small fire and leave them boil before they will soft.
3. Then in another pot start with frying garlic and onions and then add in tomatoes and the other spices.
4. When the beans are soft throw away some of the water, but leave a bit of water. Then add the beer with the beans.
5. When it has started to boil again, put in the onions and garlic and the tomatoes mix.
6. Add some green herbs such as coriander or parsley and then ENJOY.



GEORGIAN TACO

Ingredients (adaptable)

- | | |
|---|------------|
| • Soya meat | • Cucumber |
| • Soy sauce | • Beans |
| • Spicy barbecue sauce | • Tomatoes |
| • Lavash – bread
(Armenian flatbread). | • Cheese |
| | • Corn |

Step-by-Step Guide

1. Cut the vegetables and cheese into small pieces.
2. Fry soya meat with soy sauce and the spicy barbecue sauce and add corn.
3. Take bread, the fried soya piece and the vegetables you want. Wrap it and eat, YUM

BORSCHT

Ingredients (adaptable)

- Beetroot
- Potatoes
- Carrot
- Cabbage
- Bay leaves
- Onions
- Peppers
- Tomatoes
- Tomato purée
- Paprika powder
- Pepper
- Salt
- Lemon juice

Step-by-Step Guide

1. Peel the beetroot and boil it until soft. Take out and grate.
2. Put it back in the water and also boil potatoes, carrots, cabbage and bay leaves.
3. In another pan, fry onions and peppers until soft, add tomatoes, tomatoes purée, paprika powder, salt and pepper.
4. When the potatoes and cabbage are soft, add the tomatoes mix and lemon juice and mix.
5. Serve with sour cream. ENJOY.



PARTY PESTO PASTA

Ingredients (4 servings)

- Pasta 500g
- Pesto 2 cans (approx. 400g)
- 6 medium sized tomatoes
- Olives 1 can (300 grams)
- 4 garlic cloves
- salt 3 spoons
- Oil 100ml (sunflower or olive)
- Red and black pepper

Step-by-Step Guide

Pasta:

1. Prepare the cooking fire and provide enough wood in order to maintain a steady fire and temperature.

2. Boil pasta with 3 spoons of salt and 1 clove of garlic for 10 minutes (see the boiling time on the package of the pasta).
3. When the pasta is ready add 300grams of crushed or chopped olives and 100 grams of pesto.

Sauce:

1. Heat up a pan, when it's hot add 100ml of sunflower or olive oil.
2. Add 3 chopped garlic cloves and fry until the garlic turns a bit golden.
3. Then add 6 chopped tomatoes and 1 spoon of salt and fry on a steady fire for 5-15 minutes.
4. Finally add a pinch of red and black pepper.
5. When done mix with pasta and some cheese (optional).
6. Enjoy your freshly cooked meal and smile.

Pro tip: when cooking the sauce add a pinch of sugar in order to create an impactful contrast for the dish.

Ingredients (4 servings)

- 3 large onions
- 2 cloves garlic
- Red or Green curry paste 150 gr
- Peanut butter 100 gr
- Coconut milk 2 cans (300 ml.)
- Rice 1 kg
- Cauliflower 1 piece
- 6 medium tomatoes
- 2 Green peppers
- Oil 100 ml
- Salt 3 table spoons
- Red and black pepper
- Oyster Sauce 100 gr

Step-by-Step Guide

1. Prepare the cooking fire and provide enough wood in order to maintain a steady fire and temperature.
2. Chop onion and garlic and fry until they turn a bit golden.
3. After add red or green curry paste, oyster sauce, sliced pepper, tomatoes and cauliflower.
4. Stir for 5 to ten minutes.
5. Add peanut butter and coconut milk and let it all boil for 40 minutes to one hour; (If necessary add some water to the dish)
6. In the end, boil the rice and add it to the rest and Enjoy!

Pro tips: You can always add some chilly flakes to add the dish an extra kick!!




TOMATO FLOWERS

Ingredients (5 servings)

- 5 big tomatoes
- 1 can of sweet corn
- 4-5 eggs
- 1 cauliflower
- Salt
- 1 Cucumber

Step-by-Step Guide

1. Wash the tomatoes and make a hole on the upper part in order to extract all the flesh and transform them in small bowls.
2. Scramble the eggs in a sauce pan and set aside.
3. Wash and cut the cauliflower and boil it with olive oil and spices.

4. Once it's cooked, smash it and place in the bottom of the tomatoes. Spread the sweet corn around the plate where the tomatoes will be served, as if it was a yellow field, place the tomatoes in the centre and fill them with the scramble eggs and some sweet corn.
5. As decoration, you can cut the cucumber and place it around the tomatoes flowers, simulating their leaves.





RED LENTIL PARADISE

Ingredients (4 servings)

- Lentils 1 kg
- 4 medium sized onions
- 3 Bell pepper
- 3-4 medium sized carrots
- 5 Tomatoes
- 150-200 ml of sunflower or olive oil
- 1 tbs of ground cumin
- 1 ts of curry
- 2 tbs salt
- 1/2 ts black pepper

Step-by-Step Guide

1. First boil the lentils.
2. While the lentils are cooking heat up a separate pan and add oil.
3. When the oil is hot enough add chopped onions, bell peppers, carrots and tomatoes and fry them until the vegetables become soft.
4. Add the lentils to the vegetables and stir for 5 minutes.
5. Add ground cumin, salt, curry and black pepper and let it sit for 10 minutes for the dish to absorb all of the different tastes.

Pro tip: If spicy food is your thing then surely add some fresh or ground chilli to bring out the heat.

Additionally: The dish is usually served with fresh salad and grilled sausage depending on ones preferences.

Salad: Cut cucumbers (2), tomatoes (4), onions (1), salad leaves. Then add one can of corn. Finally mix the salad with olive oil, pinch of salt, black pepper and little bit lemon juice.



FATTOUSH SALAD

Ingredients (adaptable)

- 1 crisp lettuce
- 3 tomatoes
- 3 cucumber
- 2 carrots
- 2 small onions
- 1/2 lemon
- Olive oil
- Salt
- Thyme

Step-by-Step Guide

1. Wash all vegetables and put them together on the table around the cutting board you will use.
2. Cut the lettuce and the tomatoes and put in a clean bowl.
3. Peel the carrots, cucumber and onion, cut them in small pieces and add them to the bowl. Squeeze the lemon over it, and add salt, thyme and olive oil to the taste.
4. Mix well and serve straight away.



KVABISKHEVI STYLE GRILLED CHICKEN WITH VEGETABLES

Ingredients (10 servings)

- 2 big aubergines
- 7 bell peppers
- 2 big potatoes
- 1/2 an onion
- 2 gloves of garlic
- Thyme
- Olive oil
- Salt
- 2 whole chickens
- Thyme, oregano
- 1 lemon
- Salt
- Pepper, chili powder

Step-by-Step Guide

Vegetables:

1. (Stuffing for the eggplant): Take the onion. Wash and cut the onion in small pieces and mix with garlic, thyme, oil and salt.
2. Cut the eggplant in half and cover each side with the mixture.
3. Put the two parts together again, closing it together and putting it in foil and placing it on the grill for approximately 30 minutes, until the flesh is fully cooked.
4. Remove the foil and empty the content of the aubergines. Put the mixture on a bowl and discard the remaining skin.
5. Wash the potatoes and bell peppers, cover them with foil and place them in the grill. Once they are cooked, proceed to unwrap them and peel them, if desired.

Chicken:

1. Cut the chicken in small pieces and marinate it in 15 min. with the mix of thyme, lemon, oregano, salt, pepper, chili and olive oil, according to your preference.
2. Then grill in the open fire in a clay pot until it's done, and serve together with the cooked aubergine, potatoes and bell peppers.



GEORGIAN STYLE STUFFED MUSHROOMS

Ingredients (10 servings)

- 10 big champignons
- 1 clove of garlic
- 3-4 eggs
- Salt
- Pepper
- Thyme

Step-by-Step Guide

1. Clean the mushrooms carefully, remove their stem and spread pepper and salt on them. Keep for later.
2. Cut a square of foil big enough to completely wrap the mushrooms.
3. In a bowl, whisk the eggs and add the garlic cut in very thin pieces, the salt, pepper and thyme. Then, place the mushroom in the middle and pour a bit of the egg mixture inside.
4. Wrap the mushroom carefully and place on live coal for around 25 minutes.
5. Finally, unwrap each mushroom, spread some more pepper on top and place them on the serving plate.



PAVEL'S GRANDMA FAJITAS

Ingredients (10 servings)

- 2 onions
- 1 chicken breast
- 3 big carrots
- 3 big tomatoes
- 3 cloves of garlic
- 5 bell peppers
- Chili powder
- Salt
- Paprika powder
- Black pepper
- Thyme
- Cinnamon
- Olive oil
- Mexican tortillas/ Armenian lavash

Step-by-Step Guide

1. Cut the chicken in long, thin stripes and marinate it with all the spices, the garlic, olive oil and a bit of water. Keep for at least 20 minutes while preparing the vegetables.
2. Wash and cut the onion, carrots, bell peppers and tomatoes in long stripes, too. Start by frying the onions, then add the chicken and bell peppers and fry until it will have a golden colour, stirring it frequently.
3. Add some salt, black pepper and chilli powder. Add the tomatoes, close the pot or sauce pan with its lid and let simmer for 15 minutes.
4. Open the lid, take all the juice out. Then add the corn and serve while hot together with the tortillas/lavash with additional sauce.



TOMATO BOWL SALAD

Ingredients (10 servings)

- 5 big tomatoes
- 2 cucumbers
- 2 carrots
- 1 can of sweet corn
- Oregano

Step-by-Step Guide

1. Wash and cut each big tomato in half. Empty them, keeping the remaining tomato flesh in a separate bowl.
2. Peel and grate the cucumbers and carrots and add them to the tomatoes, together with the corn.
3. Spread some salt and oregano and carefully stuff the empty tomato cups with the salad mixture.
4. Top it off with your favorite vinaigrette or salad dressing and serve it chilled.



ITALIAN CAULIROLLS

Ingredients (10 servings)

- 2 cauliflower with their leaves
- 2 eggs
- 3 potatoes
- Salt and your favorite set of spices
- Peas

Step-by-Step Guide

1. First wash the cauliflower and split it in small pieces.
2. Peel the potatoes while putting a pot with salted water to boil and then add both vegetables. In the meantime, fry the peas in a saucepan with olive oil.
3. When the potatoes and the cauliflower will be cooked, smash them and mixed them with the cooked peas, the eggs and the spices.
4. Take one cauliflower leaf, wash it and put it straight on a cutting board. Take a spoon of the mix and carefully roll it into the leaf.
5. Then fry it in olive oil on a pan until it will be crispy in the outside.



ZEDRA

Ingredients (10 servings)

- | | |
|----------------------|------------------------------|
| • 10 tomatoes | • Olive oil |
| • 3 onions | • 4 bay leaves |
| • 3 cloves of garlic | • 4 spoons of paprika powder |
| • 1 aubergine | • 5 stems of thyme |
| • 7 bell peppers | • Salt |
| • 20 champignons | • Pepper |
| • 2 cauliflowers | • Water |

Step-by-Step Guide

1. Cut the onion and garlic and fry them with a bit of salt in olive oil until they get a golden colour.
2. Cut the rest of the vegetables except the tomatoes and add them to the saucepan.
3. Fry the vegetables in ten minutes, then add the tomatoes, two glasses of water and let it cook on low heat during 3 minutes.
4. Add all the spices, stir well and serve warm.





PART III

DAY BY DAY REPORTS

Day 1: Mission Impossible

The first day at the camp included all of us arriving to Borjomi-Kharagauli National Park, unloading all the materials and meeting the camp representatives. Once we all reached the camping spot, the organizers gave us a list of 21 tasks to fulfil before 9 PM. Then the work began: some of us started to put the tents up, some others equipping the kitchen and some working to build a shower, a bonfire, a sauna and a brand new toilet.

Many things had to be done, while our chefs de cuisine cooked a great couscous lunch and minestrone soup for dinner. Using little breaks to refresh and chat, we managed to fulfil all the tasks given to us and finally gathered around the bonfire in the evening to relax and get to know each other more.

It was a day that showed how many great things can be done together and it was a promising start of our outdoor educational journey!

Day 2: Pasta, potato pancake and "pils, pils, pils"

Today was a very interesting day where we also had the chance to relax a bit and enjoy all of our newly built facilities – the toilet was very popular! We started to work with the topic of the week: Sustainability. The Danish group hosted two very interesting sessions where we reflected on different issues and solutions about energy, transportation, water resources, clothing, food and waste. Everyone thought about what they could do to make a change in their own lives, we were presented with some successful sustainable solutions, and each country group had a chance to present the situation in their respective societies. ►





► After the lunch we had open space session, where all participants shared some of their knowledge and skills. Among others, we had workshops on outdoor photography, making your own organic cosmetics from natural products, language classes and boat racing. One of the participants from Iraq shared some of his story and traditions with the group, and while having a cup of real Arabic coffee, we got a new perspective on a culture that many of us were not familiar with.

In the evening we had the intercultural evening, where every country group presented food and drinks from their countries and shared traditions connected to food. Among the many delicious contributions was real homemade Italian pasta, Czech potato pancakes and “interesting” Danish drinking traditions. A lot of the things were accompanied with performances as songs and dances.

Day 3: Taste and teamwork

We started the day with a session on health and healthy lifestyle delivered by the Czech team. We discussed different statements about health in a “where-do-I-stand” exercise followed by a discussion in smaller groups about what can influence our health and how to become healthier. The session finished with an open discussion and theoretical inputs from the facilitators. After the break we continued with a healthy cooking workshop. The Danish chefs José, Highgarden and Bang helped us to really learn how to taste the food, and they started the workshop with an exercise in mindful eating by giving each person a piece of chocolate that we should keep in our mouth for a long time to lengthen and deepen the experience. Afterwards, we had three small workshops on skills, creativity and tastefulness in cooking. We learned some great tips and tricks to use in the kitchen, we experimented with different tastes and we combined various foods.

After lunch we came back to the topic of health and focused on improvements that can be made in our lives in order to be and feel healthier and before dinner we had a cooking challenge where we competed in three teams. Each team had to make a starter, a main course and a dessert in a limited amount of time. Everybody had the same limitations, ingredients and kitchen tools to create the best dishes. The kitchen area was really busy and people were pushed to the limit but the result was really fantastic. The three chefs tasted every dish and they finally chose a winning team that would get a prize for their dinner.

- ▶ During the day we also had various ongoing tasks like collecting wood, cooking, bringing water, cleaning and preparing for the threatening rainy clouds. In the evening we had visitors from the local Protected Territories Department. They tasted the great dishes, went to the amazing new toilet and shared the evening bonfire with us. We finished the day with a cozy bonfire with guitar and songs.

"The map showed directions to an old church on a top of a mountain where we shared an amazing view of the Georgian natural park."

Day 4: Survivors in the shadows

The fourth morning started up with a bit of rain, but still we managed to start the session without problems. The first session dealt with three topics: First aid, basic outdoor skills and compass orienteering.

After the lunch we had the chance to put in practice all we learned during the morning workshops by participating in a role-play game. The facilitators had created a storyline where all the participants had been in a plane crash on their way to the Armenian Sea which left some missing in the wild, some injured and some able to explore the area. Part of the group took care of the injured and built a shelter and a stretcher with limited materials, others searched the area with compass through a treasure hunt orientation game.

In the end, the orientation game led the survivors to pieces of a map, which enabled them to find the missing survivors of the plane crash.

The map showed directions to an old church on a top of a mountain where we shared an amazing view of the Georgian natural park.

Just when we thought everything was well in the camp another challenge was imposed on us. During the night game, the brutal country of Tyrannia suddenly attacked Georgia and acting as spies of the Georgian government we had to collect pieces of a code in the forest which was hidden on the back of the Tyrannian guards patrolling the area. The objective was to demine their bombs by combining the characters of the code that the two teams had collected. To do that we had to make a strategy, work together and hide in the dark forest, behind rocks and trees in the shadows.



Day 5: Into the wild

We woke up to the usual routine of the camp, preparing breakfast, bringing water and chopping wood for the fire. Once we had breakfast, the group got ready for a hiking trip following one of the trails of the national park. Beautiful valleys and the untouched forest were accompanying us during the whole walk. Once we reached a steep hill, we had lunch and moved on upwards to see a castle ruin. It was an interesting and tiring climb but the spectacular view compensated all the sore muscles. After that, the team split into two groups, one continuing up to the mountain top and one returning to the camp for some relaxation and horseback riding.

Once everyone returned to the camp and had dinner, we were offered a solo exercise, where we went into the woods and one by one found a personal spot to spend one hour completely alone reflecting on the course of our lives and connecting with our inner selves. When the time was up, the facilitators picked us up and we walked altogether to the bonfire, where we could share our thoughts and experiences in the woods. Here we had a silent, emotional and thoughtful moment with each other. Left alone with only our own thoughts, some questions and answers became clearer. The evening ended with our prime minister of fire making the best, biggest and most beautiful bonfire we had ever seen.

Day 6: Bye bye Borjomi

The day started with an early breakfast, taking down the camp and packing everything we could. We cleaned the area to leave no trace of us ever being there (except the toilet, of course) and filled our bottles with spring water for the last time. Once we were ready, we went on the bus and drove to an organic farm, where we had a great chance to help out in the vegetable garden and do some weeding and cherry picking. The best of it was that afterwards we had a traditional Georgian lunch prepared by the owners of the farm as a reward.

After a sleepy bus ride, we reached the hotel and many of us ran straight to our rooms to have a long-awaited shower and do the laundry. The meeting with civilization after being isolated for five days was strange, and it felt weird to walk on straight pavements, just picking things in the super market and being reunited with our virtual lives on our smart phones.

After the dinner where we all sat awkwardly on real chairs we met to socialize in the common room, playing some board games, pool and table tennis. It was a long day of travelling from taking down the camp and leaving the nature to meet the heat of Misaktsieli and proceed to the last days of the youth exchange where we worked on the cook book and had the final evaluation.

TESTIMONIALS

In the project we also had some participants who were new to outdoor. Here are their tips if you are planning to go outdoors as a newbie.



KITCHEN

- Do not expect to eat meat every day while outdoors.
- Take with you spices, salt and pepper, they change the whole idea of simple cooking!
- Bring your own dish/bowl, spork and cup with you.
- Bring a filter for drinking water.
- Take matches with you.
- Don't forget about a machete.
- Think about a fridge (for example, the river)
- Always have enough wood
- Be ready for weather conditions
- Take a gas bottle to cook under bad weather
- Bring coals

PERSONAL HYGIENE

- Try to have camping place next to river
- Do not expect shower every day
- Take dry shampoo and wet wipes for cleaning yourself
- Bring eco toilet paper with you
- Buy a microfiber towel
- Take a mirror (use it to control ticks)
- Bring little containers for soap
- Don't forget mosquito spray
- Bring a small sponge and eco soap for cleaning dishes
- Take sun cream

CLOTHES

- Before going to the trip plan it and check the weather and plan of the area
- Bring enough socks, underwear and warm clothes
- Hiking shoes
- Take caps and glasses
- Bring waterproof clothes

SHELTER

- Be ready to have at least one extra tape and ropes
- Choose light tent for hiking
- Choose the right sleeping bag
- Choose the right backpack and learn right way how to put it on

MOOD

- Always have first aid kit
- Take a compass
- If you travel with someone, always speak out about how do you feel
- Be always ready to help each other
- Try to keep positive mood and vibes
- Be friendly to nature
- Leave the trash behind

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