



## GRAN CANARIA, BACK TO NATURE & MENTAL WELFARE TRAINING COURSE

### COURSE DESCRIPTION:

The aim of this course is to enhance connectivity with nature through engagement with hiking in Gran Canaria's natural environments. In doing so, it will also optimise opportunities for course participants to (i) enhance mental health and wellbeing; (ii) support mindfulness; and (iii) help build resilience, self-esteem and confidence. Hiking is both dependent and connected to nature, as an opportunity to both connect us with the health of our bodies and the natural world. The course will **explore ways that hiking can exist in harmony with nature** and support a greener future and economy for Gran Canaria. Our mental health, self-confidence and employability can be boost by participation in nature projects.

The biological diversity of our active volcanic island, vineyards, microclimate changes, Canary Laurel forest from the Tertiary Period and black sand coastland, a magical place to connect your mind and body and restart. This mini continent of Gran Canaria offers 800km of certified trails and 43% of the territory are protected areas.

Places of natural and singular beauty, great beaches of golden sand or historical vestiges that revive ancestral traditions are some of the alternatives that we place within arm's reach. We invite you to explore the island with us: from north to south, from east to west... Gran Canaria always surprises its visitors!

Hiking can immerse the participant in the natural environment and engage in safe and healthy spaces. For decades governments have taken the natural environment for granted. From an education and advocacy perspective, this course will leverage hiking and other outdoor leisure activities in natural environments and promote the important role that course participants can play in acting for nature. The course will use hiking as a tool to promote environmental awareness and proactively address the broader environmental challenges. The course will explore how hiking's close and intimate relationship with nature can be optimised and leveraged sustainably, whilst also supporting and advocating nature-based work in local communities throughout Gran Canaria.

### MAIN OBJECTIVES:

- To learn how to disconnect from the world by connecting with nature.
- To learn how to focus on you mental peace of mind.
- To encourage participants to use Gran Canaria's outdoor spaces as alternative environments to support their own mental and physical health and wellbeing.

- To learn how to focus by consciously hiking with connection and environmental consciousness.
- To enhance self-esteem, build back stronger, and become more confident and resilient through greater connectivity with nature
- How to build professionals relationships and connections and develop leadership skills.
- How to develop a better understanding about the critical relationship between hiking and nature through outdoor activities in Gran Canaria's natural environments.

*"One day you stop and ask yourself what your reasons are for hiking... and so many answers spring to mind! Because hiking makes you feel at one with nature; because the time you spend hiking is really time for yourself, time to collect your thoughts. Perhaps the secret lies in the things you discover while you are walking: a beautiful and delicate flower growing by the edge of the path; the surprising sound of silence; or the simple pleasure of breathing in fresh air, the connection with your own mind and body..."*

## LEARNING OUTCOMES:

1. Understand the importance of preserving and protecting Gran Canaria's natural environments.
2. Develop an appreciation for the natural beauty and diversity found in different hiking locations in Gran Canaria.
3. Understand the physical and mental health benefits of spending time in nature.
4. Develop teamwork and communication skills through group hiking activities.
5. The course will encourage participants to promote greater environmental responsibility, reduce their overall climate impact, educate society for enhanced climate action, and promote sustainable and responsible consumption in Tenerife.
6. The course will culminate in the co-creation of ideas to help activate, inform, inspire and support their organisations to become nature positive.

## TARGET GROUP:

This training course is design for any member of an educational organisation: trainers, school management, administration staff, school/university teachers, marketing advisors, Erasmus+ Project Managers, International Offices staff, etc.

To those educational professionals who care about putting nature in context amid the triple planetary crisis of three interconnected crises. These are (i) climate change; (ii) pollution and (iii) biodiversity loss, which combined put humans at risk of irreversibly changing our relationship with the natural world.

## COURSE FEE:

This course consists of **4 days outdoors practical activities** starting on Monday.

A minimum of 6 participants required, maximum 8.

**550€ + 7% tax (per person)**

The price includes:

Welcome info-pack, teaching material, professional tour leader, transportation, visits and Europass Certificates of Attendance.

A final agenda will be provided the week before the starting of the course with details timings, location and daily description of the activities.

The price does not include:

Accommodation, flights, meals and arrival & departure airport transportation.

We are happy to help participants with booking recommendations.

Good to know:

\*This course is **based in Gran Canaria**, departing point for every day experience will be in Las Palmas de Gran Canaria main city. We will provide you the address on the programme.

\*\*We recommend this course to participants in good physical conditions to be ready to hike distances between **7 Km to 12 Km per day**.

More information and application by email [info@tenerifejobtraining.com](mailto:info@tenerifejobtraining.com)