

## Pilot Implementation



10 – 15 May 2019

Zagori - Ioannina, Greece

## Pilot implementation

One of the main project action is the pilot implementation of the training tool. It is useful to involve end users in the development of the training tool in order to be adapted as possible to the needs of people who they will use it. For these reasons in the pilot implementation, the training tool will be piloted on a limited scale in a sample of the target groups. It will be a vehicle to verify the completeness in order to make necessary improvements for change / improve the training tool. This procedure will be based on data collection and study analysis from the implementation of the tool. It is a process based on feedback by exploring the results.

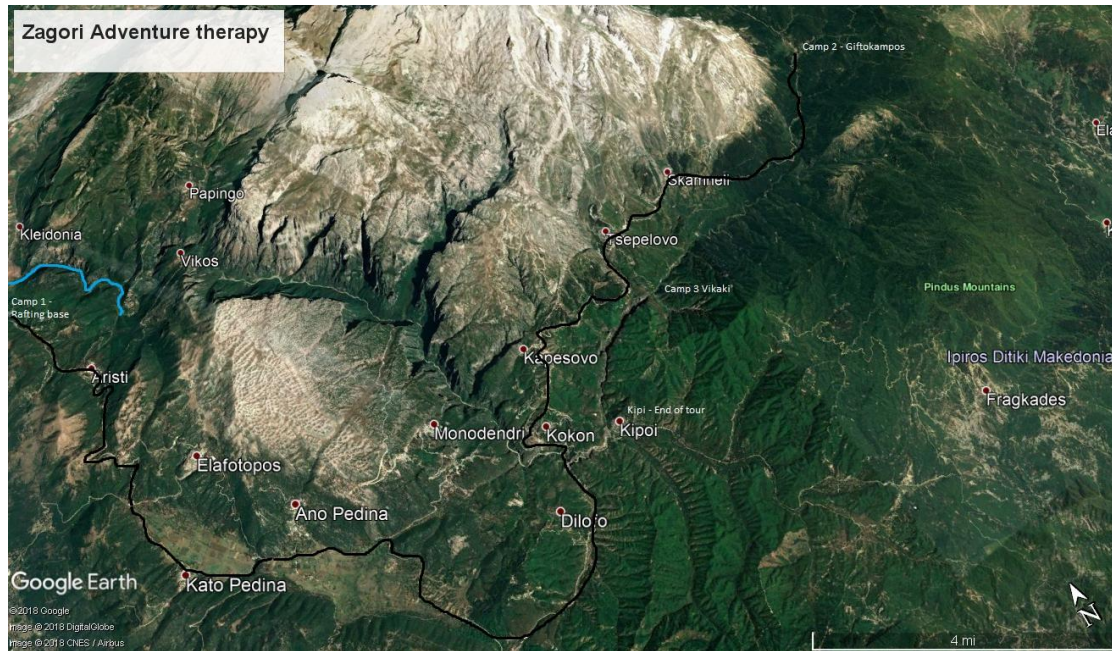
The pilot will be implemented in the target populations (clients and health professionals) and it will take place during the period of 10-15 May 2019. Experts from all the project partners will participate in the pilot implementation of the tool.

## Place/Area

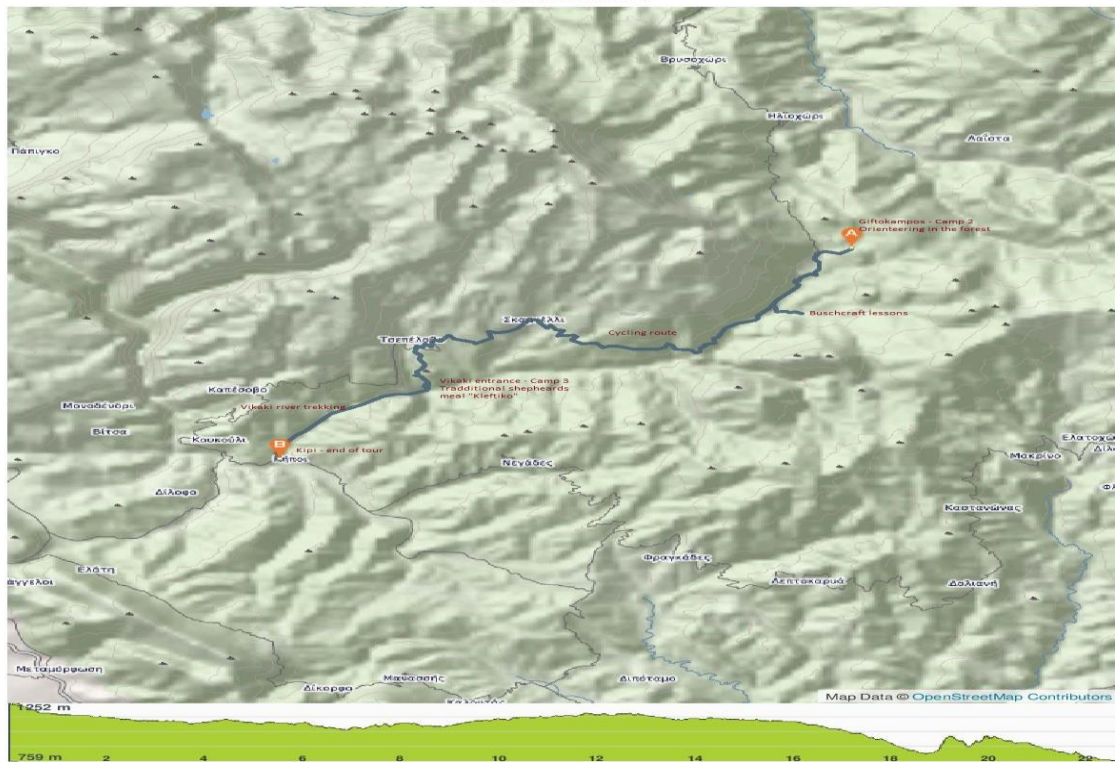
The pilot application will be taking place in the wider region of Zagori, Ioannina. Zagori is one of the most distinctive features in the land of Epirus in Greece. It includes a special geographical, historical and architectural unity in place and time. The 46 villages with their unique natural beauty and the idiosyncratic mentality of the people preserve this identity in the present.



Area of activities:



Unnamed Route



## 1. Rafting - Rappel

Starting from the Aristis - Papigos bridge and ending in the area of Kato Klidonia at the base of Trekking Hellas



## 2. River Trekking

The area of implementation of this action is close to the village of Tsepelovo and along the Voidomatis river to the village "Kipi".



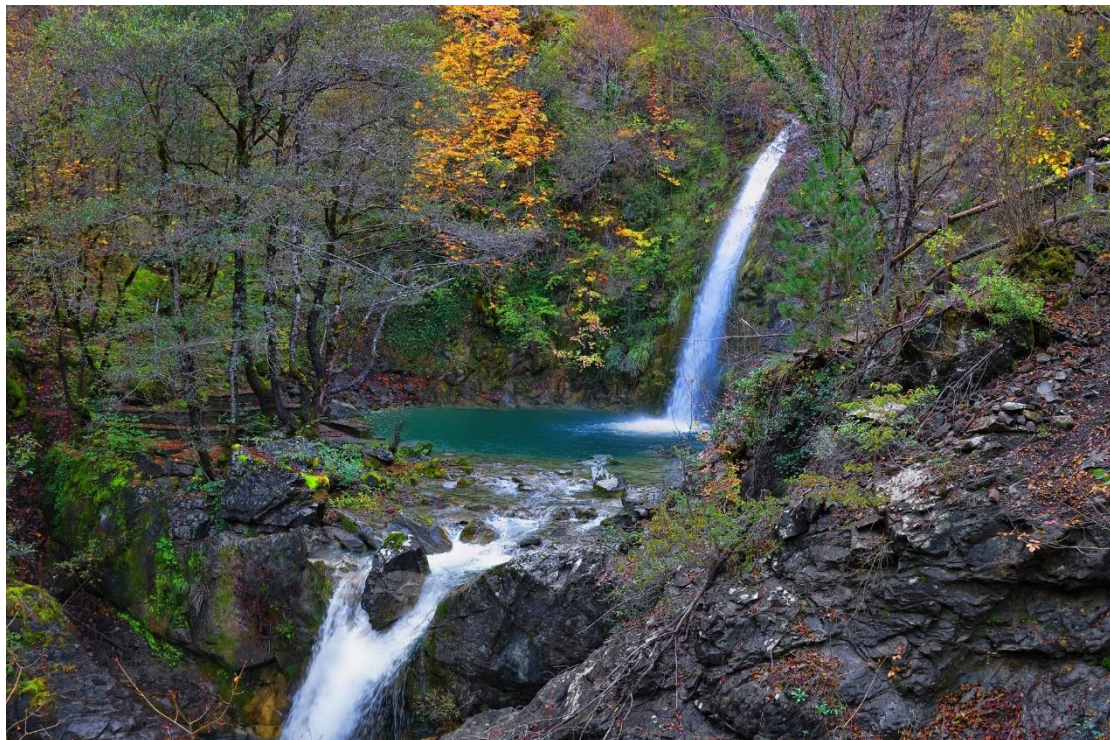
### 3. Orienteering & Bushcraft

Giftokambos Forest



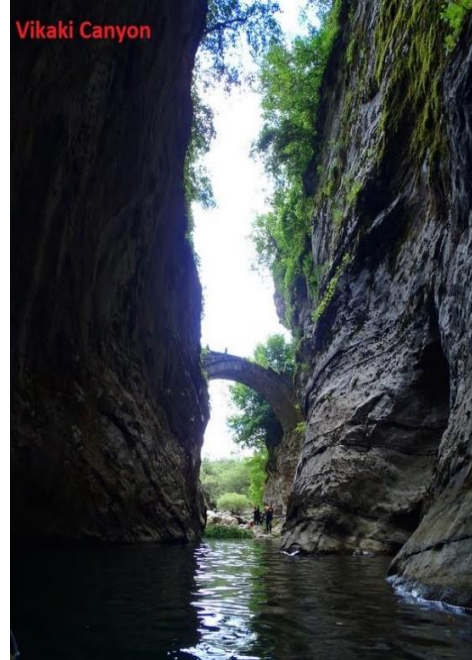
### 4. MTB & Hike

The route passes from the forest of Giftokambos to the waterfall of Heliohori



## 5. Canyoning

The activity of canyoning is implemented in the area of Papigós and more specifically in the Rogovos Gorge.



## Target groups

In the pilot Implementation will participate 15 former drug users and 12 health professionals from the addiction treatment field, divided in two (2) separate groups following differed sequence of activities.

### 1st Group – Drug addiction treatment clients

In the first group will participate 15 members of KETHEA therapeutic programs. Selection Criteria:

- ✓ To have completed at least three (3) months in the main phase of treatment and/or in the social reintegration phase.
- ✓ To have good physical and physical condition.
- ✓ To have good English language communication skills (optional)
- ✓ Gender equality (optional)
- ✓ To provide their consent to participate in research activities
- ✓ To provide their consent to the processing of Personal Data - Photographing and/or Video Recording

## Activities Schedule

|       | DAY 0 - Arrival               | DAY 1   | DAY 2  | DAY 3   | DAY 4   | Day 5   | DAY 6  |
|-------|-------------------------------|---|--|---|---|---|--|
|       | Friday, May 10th              | Saturday, May 11th                                  | Sunday, May 12th   | Monday, May 13th                                    | Tuesday, May 14th                                   | Wednesday, May 15h                                  | Thursday, May 16h                                  |
| 7:00  | Arrival to Athens             | 07:00 Waking up, breakfast, packing up              | 07:00 Waking up, breakfast, packing up   | 07:00 Waking up, breakfast, packing up              | 07:00 Waking up, breakfast                          | 07:00 Waking up, breakfast, packing up              | Facilitators and trainees will be transferred back |
| 8:00  |                               | 08.30 Meditation and goals for the day - journaling | 08.30 Meditation and goals for the day - journaling  | 08.30 Meditation and goals for the day - journaling | 08.30 Meditation and goals for the day - journaling | 08.30 Meditation and goals for the day - journaling |  |
| 9:00  |                               | 09:00 Transfer to Giftokampos                       | 10:00 Combination of MTB and hiking from Giftokampos to Iliochoi waterfall and to the next camp site at the entrance of Vikaki | River Trekking                                      | 9:00 Preparation for rafting and rappel             | 09:00 Transfer to Papigo                            |  |
| 10:00 |                               | 10:00 Arrival at Giftokampos camp site, tents       |  |   | 10:00 - 13:00 Descent of Voidomatis and rappel      | 10:30 Arrival at Papigo area                        |  |
| 11:00 |                               |   |  |   |   | Individual reflection time - journaling             |  |
| 12:00 |                               |   |  |   |   | 13:00 Canyoning Rogovos                             |  |
| 13:00 |                               |   | 13:30 - 18:00 Orienteering and survival  |   | 13:00 lunch   |   |  |
| 14:00 |                               |   |  | Arrival at Vikaki, tents                            | Transfer to Rafting base                            | 14:30 MTB   |  |
| 15:00 |                               |   |  | Reflection  | Camp site, tents                                    |   |  |
| 16:00 |                               |   |  | Preparation of Kleftiko                             | Archery   |   |  |
| 17:00 |                               |   |  |   |   | Closing   |  |
| 18:00 | Arrival to KETHEA EPIROU T.C  |   |  |   |   |   |  |
| 19:00 | Departure to Zagori camp site | Reflections of the day                              |  | Back to the campsite, fire building, cooking        | Back to the campsite, fire building, cooking        |   |  |
| 20:00 | Arrival to Zagori camp site   | Dinner  | Dinner   | Dinner  | Dinner  | Departure to Ioannina                               |  |
| 21:00 | Staff preparation             |   |  |   | Reflections of the day                              | Arrival to Ioannina                                 |  |
| 22:00 | Meeting                       |   |  |   |   |   |  |

## 2nd Group – Health Professionals

In the pilot application will participate 12 health professionals from KETHEA and A-LARM therapeutic programs. Specifically:

- 8 Health Professionals from KETHEA
- 4 Health Professional from A-Larm
- 2 Project team members

## Activities Schedule

|       | DAY 0 - Arrival               | DAY 1  | DAY 2   | DAY 3   | DAY 4   | Day 5   | DAY 6              |
|-------|-------------------------------|--|---|---|---|---|--------------------|
|       | Friday, May 10th              | Saturday, May 11th                             | Sunday, May 12th                                    | Monday, May 13th                                    | Tuesday, May 14th   | Wednesday, May 15th                                 | Thursday, May 16th |
| 7:00  |                               | 07:00 Waking up, breakfast                     | 07:00 Waking up, breakfast, packing up              | 07:00 Waking up, breakfast, packing up              | 07:00 Waking up, breakfast, packing up  | 07:00 Waking up, breakfast, packing up              |                    |
| 8:00  | Arrival to Athens             |  | 08.30 Meditation and goals for the day - journaling | 08.30 Meditation and goals for the day - journaling | 08.30 Meditation and goals for the day - journaling   | 08.30 Meditation and goals for the day - journaling |                    |
| 9:00  |                               | 9:00 Preparation for rafting and rappel        | 09:00 Transfer to Papigo                            | 09:00 Transfer to Giftokampos                       | 10:00 Combination of MTB and hiking from Giftokampos to Iliochori waterfall and to the next camp site at the entrance of Vikaki | River Trekking                                      |                    |
| 10:00 |                               | 10:00 - 13:00 Descent of Voidomatis and rappel | 10:30 Arrival at Papigo area, camp site, tents      | 10:00 Arrival at Giftokampos camp site, tents       |   |   |                    |
| 11:00 |                               |  |   |   |   |   |                    |
| 12:00 |                               | Individual reflection time - journaling        | 13:30 - 18:00 Orienteering and survival             |   |   |   |                    |
| 13:00 | 13:00 lunch                   | 13:00 Canyoning Rogovos                        |   |   |   | Facilitators and trainees will be transferred back  |                    |
| 14:00 | 14:30 MTB                     |  |   |   | Arrival at Vikaki, tents  |   |                    |
| 15:00 |                               |  |   |   | Reflection  |   |                    |
| 16:00 |                               |  |   | Preparation of Kleftiko                             |   |   |                    |
| 17:00 |                               |  |   |   | Closing   |   |                    |
| 18:00 | Arrival to KETHEA EPIROU T.C  |  | 17:00 Archery                                       |   |   |   |                    |
| 19:00 | Departure to Zagori camp site | Back to the campsite, fire building            | Return to the camp                                  | Reflections of the day                              |   |   |                    |
| 20:00 | Arrival to Zagori camp site   | Reflections of the day                         | Reflections of the day                              | Dinner  | Dinner  | Departure to Ioannina                               |                    |
| 21:00 | Staff preparation             | Dinner   | Dinner  |   |   | Arrival to Ioannina                                 |                    |
| 22:00 | Meeting                       |  |   |   |   |   |                    |
|       |                               |  |   |   |   |   |                    |
|       |                               |  |   |   |   |   |                    |



## Trainers

The pilot implementation will be facilitated by experienced trainers of Asociacion Experientia ([www.asociacionexperientia.org](http://www.asociacionexperientia.org)). Asociacion Experientia aims to encourage the use of adventure therapy for therapeutic and psychoeducational application and therefore, as experts in this field, has developed training courses, experiential workshops, and seminars to mental health and social intervention and education professionals with interest in learning to use the adventure and nature as a driver of therapeutic experiences. Three trainer will facilitate the activities:

- Mr Alexander Rose
- Ms Natalia Ruiz de Cortázar Gracia
- Mr Román Rodríguez Sebastián

## Evaluation

The evaluation aims to assess whether the quality of the content and activities of the training tool having a positive effect. In this light we should answer the following questions:

- The training tool is worth it?
- How could we improve efficiency?
- How could we improve the implementation?

In this phase will assess the knowledge and skills acquired by participants during their program participation. Also, changes in the behavior of the participants will be evaluated.

For the reliability and accuracy of the results of the evaluation, it is very important to identify the factors that should be considered and measured before and after the Implementation. In this direction will take place:

- Performing the evaluation both before and after implementation.
- Conducting the evaluation a number of times during the implementation.

In this context the variables which will be measured are:

1. Setting
  - Nature
  - Recreation activities
2. Self-Concept/ Behaviour (pre/post evaluation)
3. Program Quality

## Practical information

### Meeting point

KETHEA EPIRUS Therapeutic community

- Date: Friday, 10/5
- Time: 18:00
- Departure to Trekking Hellas base: 19:00
- Arrival to Trekking Hellas base: 20:00

### Participants Material List

- |   |  |
|---|--|
| ❖ Sleeping bag                          | ❖ Headlamp   |
| ❖ Hiking backpack                       | ❖ Pen  |
| ❖ Day hiking backpack (small one)       | ❖ Notebook   |
| ❖ Sneakers/closed sandals (light shoes) | ❖ Underwear & socks                                |
| ❖ Hat (sun hat)                         | ❖ T-shirts   |
| ❖ Sunglasses (optional)                 | ❖ Pants & shorts                                   |
| ❖ Sunscreen                             | ❖ Fleece/sweater                                   |
| ❖ Toothbrush & toothpaste               | ❖ Personal medication (if you need it)             |
| ❖ Swimsuit                              | ❖ Towel  |
| ❖ Mosquito repellent                    | ❖ Hand sanitizer (for after going to the bathroom) |
| ❖ Personal Water bottle                 | ❖ Soap for washing ( biodegradable)                |
| ❖ Zip bags                              |  |

### Supplied Equipment/Material

- Tents (2-3 persons)
- Sleeping mat
- Hiking shoes (for the clients only)
- Rain Jacket (for the clients only)
- Cooking equipment
- Food components
- All the activities equipment

**Technical support: Trekking Hellas Ioannina**

[www.trekking.gr](http://www.trekking.gr)

[www.outdoorsgreece.com](http://www.outdoorsgreece.com)

Have  
a good  
time

NO SEX  
NO DRUGS  
NO ALCOHOL

EAT  
SLEEP  
TRAIN



From  
RTS  
Project team