

Shokkin Group
International 



Erasmus+

Youth Exchange

WILD STYLE

Practical guide and cookbook

Shokkin Group
Estonia 



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ABOUT THE PROJECT AND THE GUIDE

"**Wild Style: Unite & Survive**" was a **Youth Exchange** that brought together 38 participants from **Estonia, Poland, Denmark, Spain, Portugal and the Netherlands** during the period of **17-26 July** to Tallinn and the nearby region of Nelijärve to address the issue of **active lifestyle, simple living and environmental awareness**. The youth exchange enabled young people to become closer to the nature through working together in an outdoor setting using active non-formal learning methods. The project aimed to **promote healthy lifestyle and develop attitudes of living responsibly in the nature** among young people participating in the project by involving them in setting up and maintaining an outdoor camp in a wild natural environment during the main activity.

One of the outcomes of the project is this **practical guide and cookbook** based on the experiences lived by participants. In order for it to be possible, participants were provided with several documentation tasks during the week apart from the roles that would maintain the camp up and running. These tasks included writing down the recipes of the outdoor meals, gathering day by day reports with highlights on the methodology used and the group feeling, as well as taking pictures of the whole process.

Once the outdoor part concluded, in the last day of the project the participants' work focused on gathering all these documents and converting them to an online format, as well as on reflecting on their personal experience and development and creating lists of necessary materials for future outdoor events. Together we created this practical guide and cookbook with the hope that it will help individuals, youth organizations and other institutions all across Europe and the world to plan and implement outdoor events with groups of young people in connection with the topic of sustainability and outdoor cooking. ENJOY!



SUSTAINABILITY AND ITS PILLARS

To live sustainably 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 live in balance with nature. We now live in a modern, consumerist and largely urban world that uses a lot of natural resources every day. In urban areas we consume more power than those who live in rural settings, for instance, but sustainable living should not only focus on people who live in urban centers and there are improvements to be made everywhere.

"SUSTAINABILITY AND SUSTAINABLE DEVELOPMENT FOCUS ON BALANCING THAT FINE LINE BETWEEN COMPETING NEEDS - OUR NEED TO MOVE FORWARD TECHNOLOGICALLY AND ECONOMICALLY, AND THE NEEDS TO PROTECT THE ENVIRONMENTS IN WHICH WE LIVE."

In the first days of our outdoor experience we raised these question with the participants, we discussed our understanding of the issue and analyzed our daily habits. One of the methods we used was to divide the resources we consume every day into several categories, to later on brainstorm about possible small changes that we can take up as individuals in order to minimize the impact of our lifestyle on the nature:

- **ENERGY:** reduce consumption, produce your own and/or use renewable energy sources, use LED lights.
- **TRANSPORT:** walk whenever possible, use the bike and public transportation, drive together with other people in your area, try to reduce the amount of times you travel by plane, use websites that offer your carbon emissions from flights to support tree planting and environmental education activities around the world.
- **WATER:** do not waste, take showers instead of baths, use nature friendly products, reuse cooking water for plants.
- **TRASH:** recycle, reduce, reuse, recover.
- **CLOTHING:** Don't waste, be aware of production etching, reuse, fix your clothes, buy from second-hand shops.

THE THREE PILLARS OF SUSTAINABILITY

In 2005, the World Summit on Social Development identified three core areas that contribute to the philosophy and social science of sustainable development. The three core areas or pillars, which have served as a common ground for numerous sustainability standards and certification systems in recent years, can be described as follows:



Economic sustainability is about giving people what they want without compromising quality of life and reducing the financial burden of doing the right thing.

It is also about providing incentives for businesses and other organisations to adhere to sustainability guidelines beyond their normal legislative requirements and encourage and foster incentives for the average person to do their bit where and when they can.



Social sustainability is about awareness of and legislation for the protection of people's health from pollution and other harmful business activities. It is also about maintaining access to basic resources without compromising the quality of life (like sustainable housing) and, most importantly, about education - encouraging people to participate in environmental sustainability and teaching them about the effects of environmental protection.



Environmental sustainability refers to the set of measures established to protect the environment, whether it is recycling, reducing our power consumption or to regulate businesses to prevent pollution and to keep their own carbon emissions low. It defines how we should study and protect ecosystems, air quality, integrity and sustainability of our resources and focusing on the elements that place stress on the environment.

LIST OF MATERIALS FOR OUTDOOR EVENTS

Based on our experience during the project, and analyzing the materials we had and those which we would have liked to have, participants created this extensive list of materials that you can take as guideline if you are thinking about implementing an outdoor event for a large group of people:

TO BRING WITH YOU

- Backpack (apr. 60L)
- Proper clothes
- Sunscreen
- Mosquito spray
- Raincoat
- Proper shoes
- Lighter
- Flashlight
- Towel
- Biodegradable shampoo and soap
- Swimsuit
- Mattress and sleeping bag
- Personal medicines

RECOMMENDATIONS AT THE PLACE

- Place the camp near fresh water supplies.
- Distribute and arrange the space.
- Place tents together. Find flat place for them.
- Find a proper place in the shadow for food storing.
- Make fire in allowed place.
- Arrange a toilet in a nice and beautiful area.
- Make sure to make a privacy system for the toilet.
- Create a place for garbage and recycle stations.
- Arrange place for cutting wood.
- Place to storage cut wood protected from the rain.
- Arrange place for dishwashing.
- Create a big tent for sessions to fit everybody in case of the rain.
- Create a sitting places around the bonfire for everybody.
- Create a chilling area.



CLEANING

2 big containers for washing dishes.
2 buckets for collecting water.
Biodegradable washing liquid.
3 sponges.

HYGIENE

5 Sanitizers
3 Kitchen cloths
First aid kit
50 rolls of biodegradable toilet paper

TOOLS

1 Axe
1 Saw
Ropes
Roll of silver tape
Video and photo camera
2 Gas bottles

KITCHEN

individual plate, spork and cup
2 big cooking pots
1 frying pan
1 wok pan
2 teapots
3 big plastic bowls
2 ladles
2 wooden spatulas
2 grills
5 skewers
5 rolls of foil
6 knives
4 cutting boards
1 can opener
3 fire glove pairs
2 lighters

SLEEPING

8 Tents (4 ppl for tent)
4 different size tarps
8 Lanterns

ENTERTAINMENT

2 Hammock
5 air sofas
Speaker
2 tables
Slackline
Cards
Board games
Ball

SESSIONS

35 pens and 35 markers
1 pack of white A4 paper
1 pack flipchart
Roll of paper tape
Scissors

DO'S

Check for ticks!!!
Love nature
Respect the group
Keep tools in their places
Attend the sessions and be on time

DONT'S

Leave footprints (garbage)
Leave fire or coil without attention
Cut alive trees

PRACTICAL TIPS ON OUTDOOR COOKING

During the youth exchange the team and participants agreed on certain rules of being outdoors, which we strictly followed during the event. We also encourage everyone going outdoors in a larger group to adapt similar rules to have a positive experience and leave no trace in the nature, specially when cooking.

Wood:

Campfire cooking requires a clean-burning, hot fire. This is only achieved with dry, seasoned wood. Stripping trees of green wood is fruitless - your fire will be smoky, will burn poorly and create unnecessary pollution. If dry wood is not available, it will need to be packed in.

Fire:

Pay close attention to the ground before preparing any fire. If building your fire on a rock is not possible, one should ensure that the base of the fire is on bare mineral soil. A fire that is burning all evening has lots of time to burn through the organic layer of the soil and will not be put out with a simple bucket of water. Use previously established fire pits if available, to avoid scarring the area with more fire pits.

Wind:

Any medium to strong wind is hazardous. The danger of sparks getting away can ignite a forest fire. Also, the coals will reduce more quickly and provide much less cooking time. If a wind shelter is not available, any outdoor fire is out of the question. Make sure to set up boards around the fire place, which will allow to create defence from the wind and provide walls for the grill whenever is needed.

Waste:

Try to bring as little packaging as possible to the nature. The kitchen area should have a DIY waste sorting station, make sure all the campers know which bag/box is for which type of waste and maintain it through the camping period. When eating outdoors, make it clear for people to make sure to take only so much food, that they will eat and not end up throwing food away. The leftovers can be reheated the same day, but leaving cooked food overnight may also attract animals and insects.

Storage:

It can be useful to appoint a separate tent for storing food and cooking equipment. A place with the biggest amount of shade would fit better, since it will keep food cooler.



PREPARATION

- Bring your pocket knife with you (easier to peel carrot, potatoes and so on) and sanitiser (always with you)
- Personal bowl, spoon, cup with your own name.
- More stable cutting board (you can also do wooden one during the workshops in the beginning of camping)
- List of eatable mushroom, berries maybe more
- Good organised kitchen area - creating the place where the tools are staying all the time (good system), have with you a big bottle of sanitiser (always in the kitchen) and the paper towel.
- Make the fire before cooking (make a lot of embers).
- Make sure that you have enough water and wood (dried one) before cooking.
- Storage for the food - it can be a tent (in the warmer area is good to create the fridge by digging the hole).
- Big bottle of water and fire blanket near the fire for emergency.

COOKING

- Keep always an eye on the fire while cooking (for this, one person from the food team should be responsible for fire).
- If you are not experienced with making fire, take fire starters with you.
- Gloves (fireproof) would help you to take out hot pots.
- Use kettles with lids for boiling water for tea/coffee, so you can put them in the fire without getting any ashes inside).
- Remember to bring back tools into the kitchen tools storage area right after use.
- Dutch oven is a universal pot for cooking, frying and baking on the fire.
- Open the cans/packs one by one.
- Three-leg pot holder (with elevating option) can help you to manage cooking on the fire.
- Bring dried starch (pasta, rice, buckwheat etc.), dried beans (instead of canned). Just put it into water for the night. It is lighter, more sustainable, creates less garbage and tastes much better.
- Make sure that you have a big pot to cook for whole group which is convenient to stir the food.
- Be responsible for waste product (for example add the apple peels into the salad).



CLEANING

- Create a proper system for cleaning the dishes.
- Prepare a designated area to dry the dishes on a tarp/big piece of cloth on the ground.
- Soap for cleaning should be bio-degradable.
- You can clean burned bottoms in the pots with ash from the fire place or sand from the river/lake.
- Keep glass jars, they can be used as containers for leftovers, coffee, sugar, etc.
- Create a clear system for sorting the garbage (paper, recycling, organic, rest).

KNOW-HOW ABOUT FIRE

Make sure that you have a lot of embers (most important thing about a fire). Create a structure around the fire with big logs in order to control the heat. Small branches/sticks burn very fast, creating a lot of heat very quickly, allowing you to control the heat during the cooking.

You can also use the structure of logs as a platform for the pot or pan.

The structure has to be stable, but not closed. Fire needs a lot of oxygen, so there has to be openings in the structure.

If there is no pot on the fire, but you want to use it later, put a log/logs on top of the structure. It will keep the heat inside the fire and also slowly make more embers as it burns.

OUTDOOR RECIPES

Part I: bringing our countries to the forest

In Wild Style we wanted to prove that you can cook almost anything outdoors, from tasty simple recipes to the most delicious grandma's style dishes! This is why we challenged our participants to give it a try and cook some of the most representative recipes from their cultures and countries... the results are mouth-watering!



Hutspot

Hutspot is a traditional Dutch farmers meal. You eat this on cold winter days. In the original hutspot dish you add small pieces of pork or a sausage, but for this variation we made a spicy yoghurt sauce to go with the dish instead.

Ingredients (15-20 people)

Potatoes (2 kg)
Carrots (1 bag)
5-6 onions
Salt
Red pepper
Paprika pepper
One big piece of ginger
2L water

Additional yoghurt sauce*

Fat greek yoghurt (1,5L)
Three large pieces of garlic
Two lemons
Olive oil
Additional spices (paprika powder, red pepper, salt etc.)

Steps to follow

1. Peel and cut the potatoes, carrots, ginger and onions and cut in small pieces.
2. Fry the onions until they change color.
3. Add the potatoes, carrots, ginger and other spices to your own taste).
4. Fry for a while and then add the water.
5. Boil the mix until the carrots and potatoes are soft.
6. Take out most of the water.
7. Take a plastic cup and mash everything in the pan together, add extra spices if you like.
8. Serve once all is mixed together.

* Peel and cut the garlic into pieces and put them into a bowl

* Squeeze the lemons into the bowl.

* Mix all of the ingredients together and add spices as you like.



Portuguese Soup

Soup forms an integral part of everyday meals in Portugal and, in some regions, may even be the main dish at dinner time. Our participants shared with us their childhood's favorite one...

Ingredients (adaptable)

Water
Chicken
Peppermint
Salt
Pepper
Olive oil
Chilly pepper
Onions
Soup pasta (letters)

Steps to follow

1. Cut all ingredients and add them to a big bowl.
2. Add water and boil it for a while (more than 1 hour).
3. Add the pasta and boil it depending on the pasta.



Olive Kana Supp

This is a soup that every child and family in Estonia eat. It is good for when you are sick or feeling your body weak and vulnerable, it helps you regain all your energy!

Ingredients (adaptable)

Potatoes
Carrots
Onions
Chicken wings
Chicken parts with bones
Salt
Olive oil
Pepper
Pasta (a little bit)

Steps to follow

1. Peel the potatoes, carrots, and onions and cut them in small pieces.
2. Fry the onions and the carrots together with some olive oil, salt and pepper.
3. Add water, pasta, potatoes and chicken wings
4. Boil together until you can easily separate the chicken meat from the bones.



Polish surprise

Poland's most representative staple combine with fresh and exotic ingredients that you wouldn't expect. Simple and delicious.

Ingredients (adaptable)

Potatoes
Peas
Corn
Jamón serrano
Thyme
Chilly

Steps to follow

1. Peel, cut and boil the potatoes.
2. Add the corn, peas, chilly, thyme and the boiled potatoes to the pan.
3. Cook all together until tender.
4. Add some jamón Serrano to decorate.



Nordic lunchbox

Denmark enjoys a well-deserved reputation of being a country full of design, innovation and tastefulness! To prove it, our participants gathered the crazier ingredients from home and created this unique recipe...

Ingredients (adaptable)

Dark rye bread with butter
Pickled herring
Danish smoked pork sausage
Thin dark chocolate
Pickle mayonnaise (remoulade)
Curry salad
Woodsorrel
Liquerish
Spice dried roasted worms
Fried onions
Logs

Steps to follow

1. Take some logs and cut them in slices to use them as a dish.
2. Put 6 pieces of bread in each piece of wood.
3. Add herring with curry salad and woodsorrel.
4. Add the Danish sausage sliced with pickled mayonnaise, fried onions and chocolate.
5. Add some licorice and worms to decorate.



Spanish tortilla

There are never two equal tortillas. Each household has their own and unique way of cooking it and while for some it is totally a must to add garlic, onion and a touch of milk to make it more spongy, others will scream blue murder against it!

Ingredients (adaptable)

6 eggs	Salt
4 potatoes	1 zucchini
2 onions	1 eggplant
Olive oil	Mushrooms

Steps to follow

1. Peel the potatoes, cut them in squatters (similar size) and fry them in a pan until they are crunchy.
2. Peel and cut the onions in slices or small cubs and fry them in the pan. Start with low hit and no oil.
3. Add oil slowly and in small quantities.
4. If you want, you can add one or more additional ingredients. Cut them in squatters with similar size, and fry them in the pan with the onions.
5. Whisk the eggs in a big bowl and add little bit of salt and pepper as you wish.
6. Add the potatoes, the onions and the additional ingredients.
7. Put some oil in a big pan and add the ingredients. Cook the tortilla in a low hit.
8. When it is not sticky any more, use a rounded and bigger dish or cover to turn the tortilla. Cook few more minutes.

The chef's tip:

- You can steam the additional ingredients instead of frying them.
- If you add more ingredients, just add one or two more eggs.
- If you cook the eggplant with salt, don't add salt latter.
- If you want a juicy tortilla, cook it less time. If you like the eggs well cooked, leave until is dry.



Grandma's torrijas

One of Spain's best kept secrets. Torrijas are the pure example of how you can do a lot with very little.

Ingredients (adaptable)

Dried bread
Milk
Olive oil
Sugar
Cinnamon
Eggs

Steps to follow

1. Soak the bread in a plate with fresh milk.
2. Then put it in another plate with whisked eggs.
3. Fry it in a pan.
4. Add sugar with cinnamon and cover it to keep it warm.

The chef's tip:

If you don't have dried bread from previous days, you can also toast it in the oven or in a toaster.

OUTDOOR RECIPES

Part II: Our daily meals in the camp

Every day can be a feast, if you know how to cook good stuff! During the week we also applied the concepts we analyzed connected with sustainability in our daily diet. This is why we all together cooked delicious and nutritious dishes using simple and energetic ingredients easy to find in the Estonian environment. Wanna know what we did?



Red Wild Pasta

Ingredients (adaptable)

Tomatoes	Fresh olives
Peppers	Salt
Onions	Spices
Garlic	Pasta

Steps to follow

1. Cut the fresh olives into small pieces.
2. Smash the olives with a mortar, a big knife or a washed rock.
3. Mix the olives with olive oil. This will make an additional olive sauce.
4. Before cutting all the ingredients, boil the pasta in a pot with water and salt.
5. Peel the garlic and onions and cut all the ingredients into pieces.
6. Mix the onions, garlic and olive oil with salt and spices together in a pan and fry.
7. Add tomatoes and peppers to the mixture.
8. Mix together with the pasta.
9. Serve with the olive sauce on the side. It's ready!



Asian Sensation

Ingredients (adaptable)

1 kg Rice	Oyster sauce
Ginger	Soy Sauce
Garlic	5 cans of kidney beans
5 onions	Honey
2 kales	4 limes or lemons
15 mushrooms	One piece of chicken flavor broth
2 red peppers	Coconut oil
Tomatoes	
Peanut butter	

Steps to follow

1. Peel and cut the garlic, onions and ginger into small pieces.
2. Cut the vegetables.
3. Squeeze the limes or lemons on top of the vegetables.
4. Fry everything together in a wok pan with coconut oil.
5. Add the spices and sauces.
6. Curry sauce and... Magic!

Veggie pasta with chicken

Ingredients (adaptable)

Pasta	Sweet corn
Onions	Chicken
Garlic	Salt, black
Tomatoes	pepper and
Zucchini	other spices
Kidney beans	

Steps to follow

1. Peel and cut the garlic and onions in squares.
2. Cut the tomatoes and the zucchini in long stripes.
3. Fry the onions, add the zucchini, red beans and corn.
4. Add the tomatoes a little bit later.
5. Cut the chicken into small pieces and fry it in another pan.
6. Boil the pasta in a pot with water and salt.
7. Mix everything together and ta-da!

Olive tapenade

Ingredients (5-6 people)

1 Spoon of olive oil
2 Jars of green olives
1 Package of mushrooms
Salt
Pepper
Lemon

Steps to follow

1. Cut olives and mushrooms into very small pieces
2. Mix them with the rest of ingredients

Smoked couscous

Ingredients (30 people)

2,5 kg of couscous
20 tomatoes
3 peppers
2 lettuces
3 jars of pesto
4 packages of feta
2 cans of sun dried tomatoes
5 sticks of smoked cheese

Steps to follow

1. Boil the couscous in the water for five minutes.
2. Cut the rest of the ingredients in small pieces.
3. Mix them with the couscous.



Fishermen soup

Ingredients (adaptable)

Carrots
Onions
Potatoes
Rice
5 cans of sardines in oil
Oil
Pepper
Oregano

Steps to follow

1. Cut carrots and onions.
2. Heat a pot with oil and start frying the onion.
3. Add a bit of water.
4. Cut potatoes in the size of a small sugar cubes.
5. Add potatoes and rice to the pot.
6. Add the carrots.
7. Add the 5 cans of sardines and mix.
8. Add spices (oregano and pepper).

Colourful Pasta

Ingredients (adaptable)

Onions
Zucchini
Eggplant
Penne pasta
Canned tuna
Sweet corn
Varied spices

Steps to follow

1. Heat a pan with a bit of oil.
2. Slice the vegetables.
3. Fry onions with olive oil on the hot pan.
4. Put the vegetables in a pan, one by one (starting with the eggplant) and grill them.
5. Cook the pasta and mix it with vegetables.
6. Add some tuna, corn and spices.

Stuffed mushrooms

Ingredients (30 people)

Mushrooms	Coriander
Whole roasted peanuts	Soy sauce
1 Clove of garlic	Oyster sauce
Little piece of ginger	Olive oil
Pepper	1 Lemon/lime
Chili	Fresh herbs

Steps to follow

1. Remove the stems of the mushrooms and wash them.
2. Chop the garlic and stems together with the ginger.
3. Heat the oil and put the spices in it.
4. Put the garlic and the ginger in the oil and fry them for 1 minute.
5. Add chopped stems and fry for four more minutes.
6. Crush the peanuts and mix them with the filling, squeeze the juice from half lemon on it.
7. Heat some soy and oyster sauce together with oil and water in the pan.
8. Fry the mushrooms for 5 minutes in the sauce.
9. Put the filling inside the mushrooms and add some herbs



Carrot cake

Ingredients (adaptable)

5 Apples
7 Carrots
5 Eggs
Peanuts
Blueberries
Lemon juice

Steps to follow

1. Bake the peanuts until they are crunchy and cut them into small pieces.
2. Grate the apples and carrots.
3. Mix all the ingredients together (without blueberries).
4. Drain the juice from them.
5. Bake the cake for 40 minutes.
6. Add blueberries on the top and serve chilled.



Eggs filled with cauliflower

Ingredients (adaptable)

Eggs
Cauliflower
Mayonnaise

Steps to follow

1. Boil the cauliflower and eggs.
2. Cut the eggs in a half.
3. Take the yolk from the eggs.
4. Mix it with the smashed cauliflower.
5. Add the mayonnaise.
6. Fill the empty white eggs with it.

Delicious layers

Ingredients (adaptable)

Banana
Lemon
Oats with peanut butter
Condensed milk
Chocolate with chilly
Smashed dry worms
Salt
Honey
Jam
Berries

Steps to follow

1. Cut the banana in slices and put it on the first lay of the bowl.
2. Add the oats mixed with honey and condensed milk (add salt as wish).
3. Melt the chocolate in hot water and add the chilly and the smashed worms.
4. Add over the oats and jam mixed with lemon.
5. Decorate with small pieces of chocolate and berries.

Cashotto

Ingredients (adaptable)

Buckwheat
Onions
Garlic
Pepper
Cauliflower
Mushrooms
Zucchini
Oil
Pesto
Fresh herbs

Steps to follow

Fry the onions. Add all the vegetables cut in a pawn and fry them together.

Add the buckwheat and fry all together with a little bit of water. Few minutes latter add more water until it is dry again.

Add pesto and mix everything.



Japanese miracle

Ingredients (adaptable)

Potatoes
Noddles
Beans
Tomato sauce
Soja sauce

Steps to follow

1. Peel, cut and boil the potatoes.
2. Mix all ingredients with the potatoes and fry them in a pan.

Colourful Pasta

Ingredients (adaptable)

Onions
Zucchini
Eggplant
Penne pasta
Canned tuna
Sweet corn
Varied spices

Steps to follow

1. Heat a pan with a bit of oil.
2. Slice the vegetables.
3. Fry onions with olive oil on the hot pan.
4. Put the vegetables in a pan, one by one (starting with the eggplant) and grill them.
5. Cook the pasta and mix it with vegetables.
6. Add some tuna, corn and spices.

DAY BY DAY REPORTS

Day 1

Today was finally THE day! After dedicating the first official day of this project to getting to know one another's names and stories, it was time to finally pack all our belongings and set the road to the wild.

We woke up in the hostel in Tallinn, and slowly we started to wake up and feel the excitement of the adventure that was approaching us. We had breakfast and had time to prepare our own sandwiches for the road. 10:00, time to check if we are forgetting something! We went back to our rooms and finalized packing all necessary items in our already huge backpacks, while some other participants had time to go and buy some extra snacks, shampoos or mattresses. Then, at 11:00 we all started walking to the youth center, where some guys were already helping out the group leaders to transport all the outdoor materials and food to the place where the bus would meet us. Tents, Dutch oven, cereals, canned beans and corn, biodegradable cleaning products... we had it all! Once the bus came at 11:30am, we all helped each other to pack all materials and backpacks and we did it, we started the journey to Nelijärve.

The road trip was intense, you could feel people's excitement expressed in all the singing of new and all classics, conversations about each one's backgrounds and experiences outdoors, and all in all the smiley faces behind each seat. The trip passed quickly, and we arrived to Nelijärve RMK spot at around noon. There, after having taken everything out of the bus and gathered in a circle, the team distributed the list with the more than 20 missions to accomplish by sunset: set up the tents, set up the kitchen area, prepare the washing area, and build all the shelters and benches... hard work! The afternoon passed quickly between debates and chit chats, and finally by the end of the day we came together again to check up on the accomplished, have a delicious dinner and take some well-deserved rest! ;)

Day 2

Review of the day:

Today was the 1st whole day outdoor for the group and for some people the 1st in their lives. People have been experiencing the outdoor context, the group dynamics and the processes like maintaining the camp and living in nature.



Topics of the activities: Sustainability, sustainable and simple living, tips and tricks on sustainability.

Description of the activities implementation:

The first session was about sharing views, opinions, points on different issues, experience related to sustainability. There were a lot of group discussions, and exercises to identify participants opinions. One of the things that made it great was the sharing of opinions, since people were more than happy and courageous to give arguments and be respectful towards others' opinions. The second session was about sustainable living and happened in smaller groups that brainstormed on the ideas of daily sustainable living. Again, the level of participation was high and many great ideas in regards of sustainable daily life came from the group.

During the lunch break some of the participants sunbathed at the lake, some created benches and developed the camping area and some were learnt how to make healthy snacks for outdoors.

The third and fourth sessions were dedicated to simple living. Everybody had a chance to reflect and share their daily life habits and analyze what kind of changes they can make for more effective daily living. The sessions ended in small group discussions about elements and content of simple living. In the sessions many participants connected even more with each other.

Evening activity:

After dinner, the voluntary workshop of storytelling was facilitated. The whole group participated in it and people shared and created stories and therefore opened up and learned about each other while having an enjoyable time.

Day 3

Review of the day:

Today was the third day in the Estonian forest and we were getting deeper into the outdoor living and group building.

Topics of the activities:

Personal environmental footprint, cooking outdoors, everyday sustainability.

Description of the activities implementation:

The first session was about our ecological footprint. It made the participants reflect and share their daily routines and how it can be more sustainable. The second session was dedicated to cooking outdoors. We learned that cooking outdoors doesn't have to be simple and plain, it can be whatever we want. We made our own mayonnaise and we came up with different recipes for the ingredients that we were provided with for the dinner, including starters, main dish and the dessert. We also learned and used the theory of 6 elements in cooking: sweet, sour, bitter, umami, salty and food joy. We were divided into 2 groups to prepare the dinner for 2 upcoming days in a frame of a MasterChef contest. The third session was connected to the tips on how to be sustainable. The method of this session used theater and participants were creative in representing sustainable daily living attitudes. In the evening the 1st group of MasterChef prepared the dinner of their choice. It was great to see how people from different countries do things in different ways and how well it is going all together. The dinner was amazing!

Evening activity:

The Portuguese group created an active Night Game with a lot of challenges from memory to speed, from strategy to food tasting. Group was divided in into 3 teams and competed with each other.

Day 4

Review of the day:

During this day the sense of initiative and responsibility in the group went even higher. We dug into our outdoors skills and shared our own knowledge, skills and experience.

Topics of the activities: Outdoor skills.

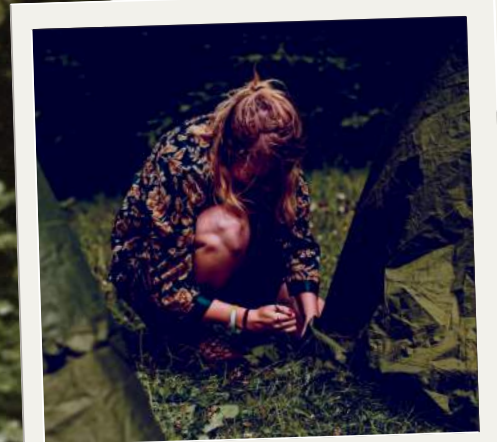
Description of the activities implementation:

In the beginning of the day we had some trust building exercises that created a more trustful environment within the group. The first session consisted on a LARP (life action roleplay) on the topic of outdoor skills. The participants were divided into 2 groups and each participant had a role to play and further develop. The participants had fun playing their roles and at the same time shared their knowledge and gained the skills on outdoor living, such as making fire, first aid techniques, building a shelter, safety tips and use of knots.

Afterwards we had Open Space, where all the participants who volunteered facilitated different workshops of the skills that they have: massage, jewellery making, wood cutting, photography, yoga and meditation, sustainable philosophy and cleaning up the forest area. In the evening the second group of MasterChef prepared the dinner of their choice and the whole group enjoyed the process and the result.

Evening activity:

In the evening we had a voluntary exercise called "Solo" in which the whole group participated. It was an opportunity for people to spend 45 minutes in the forest on their own and experience the connection with nature, what led them to inside observation and realizations.





Day 5

Review of the day:

Today was the last day of the outdoor part of the project. We started with reflection on the MasterChef sessions that lasted for the previous two days and later on we worked on the project dissemination activities. Additionally, we also had a group hiking trip to the swamps.

Topics of the activities: MasterChef reflection, creating future ideas for the project dissemination.

Description of the activities implementation:

During the MasteChef reflection 2 teams gave constructive feedback on the team work inside their teams and reflected on the experience of making the dinner outdoors for the group of 30+ people. In the following sessions we went to our national teams and brainstormed on the future ideas that we can implement in order to pass on the skills and knowledge that we gained during the outdoor living. We had to describe and present the ideas from the perspective of 6 questions: why, whom, who, where, when and how.

Evening activity:

It was the last night of the outdoor living part of the project, so we had a BBQ, and a salsa evening all together.



Day 6

Review of the day:

Last official day of the project, it was time to work on dissemination materials and to say "see you soon" to Estonia and everyone in the project!

Topics of the activities: working on the manual and cookbook, reflection on learning outcomes and final evaluation.

Description of the activities implementation:

One of the main objectives of this youth exchange was to create original materials based on our experiences outdoors that we could spread later on among our networks and communities. That's why the whole morning was dedicated to creating the main structure of the manual and cookbook that you are reading right now. We divided the group in different teams that worked on typing in all the recipes and daily reports, others gathering the tips and tricks in outdoor cooking, others creating an appropriate list of materials for outdoor events, and some others working on the pictures and videos. We managed to finish everything by lunch time, and afterwards it was time to evaluate the project through different visual methods, evaluation forms, time machine and final circles.

Evening activity:

Since it was the last night, we had dinner together and we had a farewell party exploring different places in Tallinn. :)



OUR EXPERIENCE

On 15th of July 2017, four people from three different countries arrived in Tallinn, Estonia. To be a part of Shokkin Group's project "Wild Style". Yiri and Gaia from the Netherlands, Anna from Denmark and Barbara from Portugal. After 10 days of being a part of this Erasmus+ Youth Exchange, they are the team in charge of writing down their experiences from the last days. Here's how the story goes:

During the first days we encountered a lot of different things. Being in a big group with almost 40 people was sometimes a bit difficult, and for some of us it was challenging. Different personalities, different cultural backgrounds, and different ways of being a part of the group, made it sometimes hard to make a connection. Some people were a bit loud, and some people were a bit quieter. For some people it was even the first time that they were on a project like this, and the first time they were talking with people from different countries.

While playing different games and energizes on the first days, the group leaders guided us out of our comfort zone. The first day we started with a game called the lion game, and it turned out in a bit of chaotic situation. Before the game we started talking about the best ways to work together, and we mentioned important key words like respect, listening,empowering.But it all worked out differently when we started to play and a lot of people were screaming, and people didn't really listen to each other. Soon we learned a lot about the different cultural backgrounds in the group. We saw Tallinn during the night, and we prepared for our days in the wild. In the wild we've learned about living in the nature. Making a bonfire, building up a tent, cooking on fire, using products from the nature, using a self-made toilet, using the lake as a shower, make a knot in a robe to use as a rescue material and a lot more.

During the project we've learned about sustainability through discussions, an eye opener privilege walk about sustainability. And how we all can be sustainable as individuals. Some of us got the insights that we want to buy fewer clothes from bigger brands, and that we want to eat less meat, to save our planet. Most of us love to be in the nature, to be offline and to don't use our phones a lot.

We opened up, we were vulnerable. And by little steps we became closer to each other. In the beginning some of us had a hard time to open up in the big group with so many different backgrounds, but during some small exercises like a couple of trust exercises what we did on the third days in the nature. The group became closer and closer and we became a big family, and everybody felt like brothers and sister. There was less judgement, and it was easier to see that everyone had his or hers own strengths and talents. Some people were good in making a good party, other in listening and deep conversations, some people to laugh a lot, and some people to relax together.

When we asked the question “What will you answer when coming home and your friends or your family will ask you how it was? We answered that it was challenging to find our own space in the big group, that it was sometimes hard to speak in another language where we not used to but there were always people to help us, that it was amazing and most of all inspiring to meet new people, to learn about new, basic, skills to use into the nature. That we had made a lot of new friends, even though we were a bit afraid to not to. That it was awesome, and that it inspired us to be involved in more projects, doing more things for the society, and to make new plans and ideas for the future.

We also asked ourselves what we would do differently next time, which turned out to be to approach other people more. Feel more free to talk and participate in reflections and conversations, and overcome fear and judgments from other people. If the group feels like there is a lack of feeling secure inside the whole group, the group leaders should imply more exercises that concerns this matter. This way participants would be more open in smaller and bigger groups.

Last but not least, it’s important to know what to recommend to friends when they are going to participate in a project like this. We would recommend getting a lot of sleep before going, to have a calm and open mind without very conclusive expectations. Share stories, and listen and learn from other people. Don’t be afraid to approach the group leaders and participants and just go, try, work hard, fail, learn and have fun!



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International



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