

Most Important Facts When Working Outdoors With Handicapped People

The term "handicapped" includes one half of the universe – it is impossible to give one plan for every single person and every single kind of handicap. But: If you are sure about the Spirit of your Danube Parc and open minded for welcoming them as they are, you will bring it together. At the end of the day you will have seen a huge growth of Team Spirit out in the green, under the open sky, welcoming diversity - also in human nature.

Your guests will go out from their "comfort-zone" into an "open situation" – different space and surroundings, different timetable, different social setting: They will be open minded, but very differently: some very curious, intelligent, questioning all you know – maybe unfocussed; some running round, some shy, some always talking, talking, some stressed by light, by flies, by wind, by sounds, by your dog, by heat, by coldness – some just by having left their intimate small world. (It is very good for each one to find a standing in open situations – that is what helps us to grow as a person!)

Your challenge: Keep calm, rely on your strength, keep in mind what you can offer -

Basics:

- Before: Make sure to have them had a look at their foot nails (help them avoid unnecessary bad feelings, any kind of pain); give them informations about the necessary equipment before they travel to you. Make sure that somebody will be focussed to docufy some important scenes – to keep the moments and integrate them as part of biographic work.
- Ask them what you must / Tell them what they must prepare for their special needs: for medication (a fridge), for worst cases (epileptic... first aid kit, hand out exchange telephone numbers for case of incidents or accidents...), for locomotion (shorter or longer distances, shuttle service, horse coach...), breaks, drinks (fresh water).
- Arriving: Offer clear orientation – make them all stand along the inside of a rope in a welcoming-circle; show them the place for their rucksacks; make sure to offer good toilets – clean and accessible.
- As to accessibility: Nature is usually not accessible for wheelchairs, but it is challenging our creativity and team spirit to go as far as you want the group to go to get the experience of your Danube Parc!
- Safety first!
- One for all – all for one: Together we're strong!
- Respect for nature!
- All risk voluntarily!
- Be aware of your own ressources: human ressources, nature's ressources, places, programmatic skills, mobility, distances, time, ... Decide about what you would choose best. Less might be more.
- Look at group's (which is your team and the participants) and individual's interests. They will not have to fulfill any curriculum.
- Choose media and methods according to everyone's needs, special needs, safety and complexity
- Be prepared for dealing with changing needs, with changing circumstances, with surprises, with danger, with uprising emotions, with conflicts, with pulverised time tables, offer "slow motion" – and quick motion, if the group is very heterogene.
- Make sure to provide media that will help to sustain the experience of broken barriers.

Reflect your guests special concerns or interests:

Discovering myself: gendering programmes:

Lady Power, BoyGroup, co-educational gender mainstreaming.

Discovering my life:

Personal future plannings; work with biography; D.I.E.: (Drama in Education) Stage Manager of my Dreams (Regisseur meiner Träume), Story-Telling

At Work:

Engaged, active, involved living; the intelligence of hands; roles, companies; practical trainings; projects (f.e. work in the forest, work with elementary materials: filling up holes on the street ..., planting trees, harvesting apples... "Die Redaktion": interviewing and writing for external magazines, ..., AK Mobil mit Handicap: Experiencing and improving accessibility)

Involved in human expression:

Theatre, dance, music, poetry, painting, photography, video, technical solutions ...

Discovering the neighbourhood:

Dating for Worlddays, journeys through everyday life world; city bound; community experiences; joining in.

Meeting alternative life:

Animals, plants, river, forest, sea...

In the outdoors:

Experiencing: Materia, weather, ecology. seasons: Heat and coldness, sun and shadow, rain, ice and snow and everything inbetween, distances, speed, thirst and hunger, quality and conditions of equipment and preparations.

Living in the outdoors:

At any daytime and nighttime, at all seasons, using fire, hunting, fishing and collecting (berries, mushrooms, leaves, roots, herbs, fruit...) and making use of nature`s gifts

Above und underneath ground:

Rock climbing, tree climbing, bouldering, slacklining; and cave experience

In designed challenging surroundings:

Obstacle parcours, climbing walls, high ropes/low ropes (blind and barefoot), zip wire, flying fox, ...

Problem solving:

Orienteering; designed exercises

Adapted sports:

Boccia, Archery, Rollerball, ...

Locomotion:

Rolling and moving with all kinds of vehicles – self moving or being moved: by horses, on horse-coach... Using simple device...

At water – (pantha rhei – everything's flowing):

Experiencing water and ground: dykes, banks, slopes, beach, cliffs, shore – approaching, watching, analysing, appreciating life and sustainable life

Carried by water:

Rowing on a lake, experiencing sea, moving with the flood – stirring on a river (canoeing, rafting), at the coast (watching tides, rock pooling), with the wind (sailing), swimming, diving, rocking and rolling (skimming) – all in one boat

In the air:

Team Lifting, kite flight, gliding, ballooning

Far away:

Journeying to a strange world – strange language, strange money, strange climate, strange habits: contrast experience

Magic Moments:

How to get benefit from „open situations“ - solo
go travelling without having booked for the overnight stay

meeting rare animals...

Problems solved in open situations!

Feeling the Danubeparc Spirit