

## LEARNING ON THE MOVE

### Trekking as a path to multidisciplinary discovery

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**Training location:** Jesuítas College, Funchal, Madeira

**Work language:** English

**Trainers:** Ana Rita Estácio and Nélio José Teles bring extensive expertise in Physical Education and outdoor learning to this teacher training course. Ana Rita, a certified PE teacher with over 20 years of experience, has led numerous walking-based educational and tourism activities. Her holistic approach integrates sports science with wellness practices such as aromatherapy and phytotherapy, promoting safe and enriching nature experiences. Nélio Teles, a PE teacher and handball coach since 2004, holds a Master's in High Performance Training. He has successfully incorporated pedestrianism into interdisciplinary teaching, fostering physical and academic development through outdoor education. Both trainers combine pedagogical excellence with practical field experience, offering participants valuable insights into planning and leading trekking activities in educational contexts.

**Target group:** kindergarten teachers, pre-school teachers, primary teachers, secondary teachers, adult education providers, head teachers, deputy heads, future head teachers, trainers, counsellors, librarians, researchers, NGO workers, volunteers serving in the education sector, non-teaching staff, as well as university professors and lecturers.

**Description:** Madeira's ancient trekking paths offer a unique setting for environmental and cultural exploration. By stepping outside the classroom, teachers can promote teamwork, citizenship, physical activity, and empirical observation. This course equips educators with the skills to design and lead meaningful field-based lessons, making pedestrianism a valuable pedagogical tool. It also provides a platform for teachers from diverse disciplines to collaborate and share expertise.

#### Course objectives

By the end of the course, participants will be able to:

- ▶ Read and interpret topographic maps and trail plans.
- ▶ Navigate using maps, compasses, and basic orientation techniques.
- ▶ Identify and differentiate pedestrian trails
- ▶ Plan and implement outdoor field lessons
- ▶ Develop collaborative and interdisciplinary teaching strategies
- ▶ Promote environmental and cultural awareness

### **Methodology and assessment**

The course follows a communicative, task-based methodology combining classroom instruction with outdoor experiential learning. Activities include:

- ▶ Group work and cooperative tasks
- ▶ Orienteering and problem-solving challenges in natural and urban settings
- ▶ Use of digital tools to support learning and reflection

Assessment is informal and based on active participation, self-reflection, and practical engagement. There are no formal exams. Continuous feedback will help participants track their progress and build confidence.

### **Course package content**

The course fee includes:

- ▶ Tuition and training materials
- ▶ Coffee breaks
- ▶ City tour (Funchal and Câmara de Lobos)

### **Please note**

- ▶ Transport to and from activity sites incurs an additional fee
- ▶ Group meals in restaurants are listed in *italics*, are optional and require prior booking. They are to be paid separately. Final pricing details will be provided once updated at the beginning of the year. In the meantime, participants may visit the respective websites and review the available menus to get an approximate idea of the costs.
- ▶ Accommodation, meals, and other transport arrangements are not included and must be organized by participants or their institutions

### **Pre-course activities**

- ▶ Prepare a short presentation about yourself, your region, your school, and your projects for friendships and networking.
- ▶ Search for typical, traditional snacks of your country

### **Cancellation & changes**

Cancellations are accepted up to 30 days before the course start date. Changes are subject to availability. In case of force majeure, the course may be rescheduled or refunded. Full terms and conditions are provided upon registration.

## DETAILED COURSE AGENDA

### Day 1 Sunday

#### Welcome Session

- 18:00 to 21:00
- ▶ Meeting and Greeting
  - ▶ Tour of the fishing village of Câmara de Lobos: Street Art and Cultural Heritage in action
  - ▶ Dinner at *Deserta Pequena* restaurant ([see here](#))

### Day 2 - Monday

#### Introduction and Integration Session

- 9:00 to 13:00
- ▶ Introduction of participants and course overview
  - ▶ Presentations of the participants' schools, regions and ongoing projects.
  - ▶ Ice breaking dynamics
  - ▶ Introduction to educational trekking and to the course's aims
  - ▶ Safety and logistics in field activities
  - ▶ Topographic map interpretation and trail planning
- 13:30
- ▶ Lunch at *Tipografia Restaurant* ([see here](#))
- 15:00 to 18:00
- ▶ Guided walking tour of Funchal and wine tasting (learning about the cultural heritage of Madeira)

*Please bring the typical snacks of your country in the morning for a shared coffee-break*

### Day 3 - Tuesday

#### Urban setting – Museums in Funchal

- 9:00 to 13:00
- ▶ Field orientation techniques (map, compass, digital applications)
  - ▶ Collaborative workshop: Planning interdisciplinary lessons in different museums:  
Sacred Art Museum ([see here](#))  
Blandy's Museum ([see here](#))  
Sugar Museum ([see here](#))
  - ▶ Cable-car to Monte (20€ per person, return trip)  
Monte Palace Gardens ([see here](#))
- 18:00 to 21:30
- ▶ Optional cultural programme: Catamaran coastline trip and sunset (learning about the natural and cultural heritage of Madeira, 20€ per person)

### Day 4 - Wednesday

#### Mountain setting – Trekking in São Jorge

- 9:00 to 13:00
- ▶ Introductory briefing outlining the itinerary and educational goals
  - ▶ Guided trekking experience featuring observation, documentation, and interpretative activities
  - ▶ Group reflection session and exchange of learning outcomes
- 13:30
- ▶ *Lunch at O Arco restaurant ([see here](#))*

### Day 5 - Thursday

#### Art & public spaces

- 9:00 to 13.00
- ▶ Theoretical briefing on the activity and its educational objectives
  - ▶ Urban walk featuring a multi-perspective analysis of public art
- 18:00
- ▶ *Social Evening Dinner at Quinta do Pomar, in Camacha ([see here](#))*

### Day 6 - Friday

#### Levada walking and Laurissilva forest

- 09:00 to 17:00
- ▶ Introductory briefing outlining the itinerary and educational goals
  - ▶ Guided trekking experience along levadas (water channels) and the Laurissilva forest (UNESCO's World Natural Heritage) featuring instructional strategies and curricular integration
  - ▶ Participant-led presentations of lesson plans and sharing of good practices

### Day 7 - Saturday

#### Course assessment and Certificate ceremony

- 10:00 to 12:00
- ▶ Reflective group discussion to share insights, challenges, and feedback
  - ▶ Final assessment of training course
  - ▶ Certificate ceremony
  - ▶ Group photo and final networking session