

1. Outdoor education field of study

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What Is Outdoor Education?

Outdoor education usually refers to organized learning in an outdoor setting. Outdoor Learning has become a more contemporary term for arguably the same thing, but it reflects well the distinction between discovery/active learning and didactic education, which is more the domain of mainstream education.

Outdoor education programmes usually involve residential or journey-based experiences in which students participate in a variety of adventurous, memorable challenges. The many positive benefits of experiencing community living in a residential environment should also be mentioned.

Outdoor education can be simply described as experiential learning in the outdoors. The term "outdoor education", however, is widely used to refer to a range of organised activities, which take place in a variety of ways, in predominantly outdoor environments.

Outdoor education is a broad term that includes: outdoor play in the early years, school grounds projects, environmental education, recreational and adventure activities, personal and social development programmes, expeditions, team building, leadership training, management development, education for sustainability, adventure therapy ... and more. Outdoor Learning does not have a clearly defined boundary but it does have a common core.

The Main Aims Of Outdoor Education

Some typical aims of outdoor education are to:

- Develop a deeper relationship with nature;
- Enhance personal and social development;
- Learn how to overcome adversity and increase resilience.