

Forest School leader awards for Scotland

## Forest & Outdoor Learning Awards (FOLA)

SCQF-accredited training levels 5 to 8



**Forest School**  
Training

### Course details flyer

**Blended online and woodland Forest School (FOLA) training starting 25 Apr 2022**

**Woodland venue:** NTS Newhailes, Musselburgh, East Lothian

(<https://www.nts.org.uk/visit/places/newhailes/getting-here>).

**To book complete the online booking registration form [here](#)**

[https://docs.google.com/forms/d/e/1FAIpQLScT5IPPLji6qUTqGEieyMPCJTdQbIDN3unkCYRBT97V5uZACg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScT5IPPLji6qUTqGEieyMPCJTdQbIDN3unkCYRBT97V5uZACg/viewform?usp=sf_link) with any queries.

**FSTC** have been at the heart of Forest School training in the UK and Scotland since the early 2000s. Our enthusiastic team of trainers have long experience of delivering Forest School programmes with learners and each has areas of specialist knowledge.

#### Woodland sessions

All sessions take place on a Friday, from 9am to 5pm, unless otherwise stated below. You will be allocated to group A or B for days 1 to 3 once booking numbers are confirmed.

|                                 | Day 1<br>(A/B) | Day 2 (A/B)<br>(L5 students finish at lunchtime)<br>(L5-6 & 5-8 step-up students<br>start at lunchtime) | Day 3<br>(A/B) | Days 4, 5 & 6     |
|---------------------------------|----------------|---|----------------|-------------------|
| <b>Dates / Levels</b>           | 6/20 May       | 27 May/10 Jun   | 17 Jun/24 Jun  | 26 Aug, 2 & 9 Sep |
| <b>Level 5</b>                  | √              | √ (am only)   |                |                   |
| <b>Level 6</b>                  | √              | √   | √              |                   |
| <b>Level 5 to 6<br/>step-up</b> |                | √ (pm only)   | √              |                   |
| <b>Level 5 to 8<br/>step-up</b> |                | √ (pm only)   | √              | √                 |
| <b>Level 6 to 8<br/>step-up</b> |                |   |                | √                 |
| <b>Level 8</b>                  | √              | √   | √              | √                 |

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| <b>Online seminars (via Zoom)</b>  |                       |                      |                      |                      |                               |
|--|-----------------------|----------------------|----------------------|----------------------|-------------------------------|
| All sessions take place on Monday evenings and start at 6pm, unless otherwise stated below |                       |                      |                      |                      |                               |
|  | Tech test             | Course launch        | Seminar 1            | Seminar 2            | Seminars 3 & 4                |
| Dates / Levels   | 21 Mar<br>(6 to 7 pm) | 25 Apr<br>(6-8.30pm) | 16 May<br>(6-8.30pm) | 13 Jun<br>(6-8.30pm) | 22 Aug & 19 Sep<br>(6-8.30pm) |
| Level 5  | √                     | √                    | √                    |                      |                               |
| Level 6  | √                     | √                    | √                    | √                    |                               |
| Level 5 to 6 step-up   | √                     | √                    | √                    | √                    |                               |
| Level 5 to 8 step-up   | √                     | √                    | √                    | √                    | √                             |
| Level 6 to 8 step-up   | √                     | √                    | √                    | √                    | √                             |
| Level 8  | √                     | √                    | √                    | √                    | √                             |

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### **More about online study element (accessed through <https://fstcscotland.gurucan.com/>)**

Our self-paced study programme allows you to access and revisit the materials needed to prepare for online seminars whenever you like!

The programme is organised into modules. Each module contains a number of short lessons. Each lesson begins with a pre-recorded video, supported by handouts, links and other sources of information that we think might help you. You chose what to engage with, and how. This enables you to take a more flexible approach to your own learning, and to fit it in with your life and prior experience in the way that suits you best.

There are a few short 'required exercises' in each module that you will need to do to prepare for the online seminar that ends each module. These exercises allow all of your training group to fully take part in the seminars together and support each other as fellow students. Some of your coursework can be assessed through this participation if you choose. Self-paced video time and required exercise preparation time usually amounts to about 5 hours work over three weeks.

### **Summary of timings**

- Woodland sessions = 9 am to 5 pm
- Tech test = 6 pm-7 pm
- Course launch & seminar sessions = 6pm-8.30pm
- Online study lessons (self-paced) = before each seminar
- Practical experiences (organised by you) as follows:
  - L5 = observe a Forest School session after completing Seminar 1 and your final training session in the woodland
  - L6 = assist on 3 Forest School sessions after completing Seminar 2 and your final training session in the woodland
  - L8 = lead on 8 Forest School sessions after completing Seminar 4 and your final training session in the woodland
- First Aid training (Level 8 only) = before starting to lead your 8 sessions of Forest School

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| Estimated course commitment & costs |                       |                       |                         |                             |             |             |
|-------------------------------------|-----------------------|-----------------------|-------------------------|-----------------------------|-------------|-------------|
| SCQF level                          | Online seminar hours* | Self-paced video time | Woodland sessions hours | Remain ing self study hours | Total hours | Total cost  |
| Level 5                             | 5.5                   | 2                     | 12                      | 29                          | <b>48</b>   | £451 + VAT  |
| Level 5 to 6 step up                | 8                     | 3.5                   | 12                      | 24.5                        | <b>48</b>   | £525 + VAT  |
| Level 5 to 8 step up                | 13                    | 7                     | 36                      | 119                         | <b>168</b>  | £1076 + VAT |
| Level 6                             | 8                     | 3.5                   | 24                      | 24.5                        | <b>60</b>   | £745 + VAT  |
| Level 6 to 8 step-up                | 8                     | 3                     | 24                      | 88                          | <b>120</b>  | £880 + VAT  |
| Level 8                             | 13                    | 7                     | 48                      | 112                         | <b>180</b>  | £1210 + VAT |

**\*Note for online sessions:** The seminars are not recorded. We expect you to attend in person to allow you to be fully involved in group discussions and assessments. You will be responsible for making up the missed content in your own time.

## FAQs

### Q: Are there any hidden costs?

FSTC prices are fully inclusive of all course costs, including: qualification registration & certification, marking & moderation, administration, course support resources plus access to our online study support resources, and tutor support. We do not charge for late submission of work (unless the submission date has gone beyond what is required by our moderators). For level 8 students, there is a 45p per mile charge for delivery assessments outwit a 30-mile radius of the nearest available assessor. Discretionary charge for travel time above 1.5 hrs round trip at £25/hour. A video assessment option is available for candidates where additional assessment charges would be prohibitive.

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### **Q: Are there any other costs to think about?**

Level 8 students will need to hold an appropriate 16-hour Outdoor First Aid certificate before leading their 8 sessions of Forest School (after Module 4). This is not part the FOLA course and will need to be sourced and paid for separately. They are currently around £150 plus VAT.

Students will also need to ensure they are adequately insured to run Forest School activities before leading their 8 sessions. This will need to be arranged separately, if not already covered by an employer.

### **Q: I don't know what level I should do. How can I find out more?**

**A:** The criteria for each level can be found in the Qualification Information document on our bookings page at [www.forestschoolltraining.co.uk](http://www.forestschoolltraining.co.uk)

### **Q: I have lots of experience as an outdoor educator or teacher. Do I still have to start at Level 5?**

**A:** Yes. The course grows in depth as it progresses, so the content at Level 5 forms the foundation of your journey to Levels 6 or 8.

### **Q: I would like to do Level 5 (or 5-6 / 5-8 step-up). I am confused about why the woodland Day 2 is a half day for me.**

**A:** The level 5 course content is covered in the morning session. Level 6 content begins after lunch. To keep course cost lower for participants, we decided to run them on the same day rather than have two separate half days.

### **Q: What do I need for the online Zoom sessions?**

You need an online device of some kind with a send and receive video camera and an ability hear the audio. A microphone is also essential. We do not recommend using mobile phones or tablets as you may lack some of the core required functions. Find more information here <https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux>.

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**Q: I don't have access to a computer. Can I still do the course just on a mobile phone or tablet?**

**A:** We would not recommend that. Your options for engagement are much more limited on those devices, for both the self-paced learning modules and the online seminar sessions. If you chose to book anyway, be aware that some elements won't work for you in the way they do for other students.

**Q: I don't learn well through online learning. Can you provide those things in a different format for me?**

**A:** No. A lot of our course is designed to be run online. This allows our students maximum flexibility in managing their learning in an unpredictable world. If you don't like learning online then this course probably isn't the right one for you.

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