

Forest School leader awards for Scotland

Forest & Outdoor Learning Awards (FOLA)

SCQF-accredited training levels 5 to 8

Course details flyer

Blended online and woodland Forest School (FOLA) training starting (online) Tues 23 Apr and (woodland) Thurs 25 Apr (group A) or Thurs 9 May (group B). Candidates will be assigned to group A or B during booking process.

Run by FSTC associate trainer Aline Hill

Woodland venue: (Jupiter Artland, West Edinburgh, <https://www.jupiterartland.org/visit-jupiter-artland/>).

To book your place complete the online booking registration form [here](https://forms.gle/Muy2mty8pgTrjmWz6) (<https://forms.gle/Muy2mty8pgTrjmWz6>). Contact admin.office@forestschoolscotland.co.uk with any queries.

Your trainer, Aline Hill, has been at the heart of Forest School training in Scotland since 2009 and is one of Scotland's most experienced trainers. Aline has co-created Forest School communities with a diverse range of learners, from early years to adult mental health and wellbeing. She also holds an MA Education in Children in the Outdoors 0-5 from University of Birmingham, and continues to be fascinated by the ways that people and the rest of nature can support each other.

Aline is also delivers Forest School First Aid training (16-hrs outdoor first aid), getting consistently top ratings for her courses, which are valued for their relevance and hands-on focus. You can view dates here (<https://www.forestschooltraining.co.uk/training/first-aid/>). (Level 8s require to hold a 16 hour first aid qualification when delivering their 8-session practice forest school block.)

See next pages for online and woodland dates and times.

Note on course structure: the FOLA course is modular. Everyone starts at level 5 on the same course and then takes the course as far as desired. The higher the level you want to achieve, the more of the course you complete.

Level 5s attend the first day and half of woodland sessions and the first seminar and then stop. **Level 6s** attend the first 3 woodland days and the first 2 seminars and then stop. **Level 8s** complete the whole course.

If at a later date you want to complete more of the course, you just pick up where you left off. On the information below these are the three "step ups"

The dates for all 3 levels are outlined in the 2 tables below. There are dates for online sessions and also for woodland sessions. Just look at the line for the level you want to complete and ignore the rest!

If this course suits you, we'd love to meet you and help you spread the Forest School magic.

Our children, learners and the rest of nature couldn't need it more!

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Online sessions All sessions take place on a Tuesdays. Please note that step up options are only for those who are qualified at the lower level already.

	Online launch	Seminar 1	Seminar 2	Seminars 3	Seminar 4
Dates / Levels	23 Apr (6–8.30pm)	14 May (6-8.30pm)	11 Jun, (6-8.30pm)	20 Aug (6-8.30pm)	10 Sep (6-8.30pm)
5	√	√			
6	√	√	√		
5 to 6 step-up	√		√		
5 to 8 step-up	√		√	√	√
6 to 8 step-up	√			√	√
8	√	√	√	√	√

Woodland sessions All sessions take place on a Thurs from 9am to 5pm.

	Day 1	Day 2 (L5 students finish at 1.30) (L5-6 & 5-8 step-up students start at 1 pm)	Day 3	Days 4, 5 & 6
Dates/Levels	25 Apr (Group A) 9 May (Group B)	16 May (Group A), Thurs 30 (Group B)	6 Jun (Group A) 13 Jun (Group B) (20 Jun as back up date in case of bad weather)	22 & 29 Aug and 5 Sep (12 Sep as back up date in case of bad weather)
5	√	√ (am only)		
6	√	√	√	
5 to 6 step-up		√ (pm only)	√	
5 to 8 step-up		√ (pm only)	√	√
6 to 8 step-up				√
8	√	√	√	√

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

FSTC's self-paced study programme allows you to access and revisit the materials needed to prepare for online seminars and practical assessment tasks 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 choose 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 'recommended exercises' in each module that you will need to do to prepare for the online seminar that ends each module, and woodland assessment contexts. These exercises allow all of your training group to fully take part in the seminars together and support each other as fellow students in small breakout room groups. Some of your coursework can be assessed through this participation if you choose. Self-paced video time and recommended exercise preparation time usually amounts to about 5 hours work over three weeks.

Summary of timings

- **Woodland sessions** = 9am to 5pm (except woodland day 2, when L5 students finish at 1.30 pm and step-up students who are building on a previous level 5 qual. start at 1 pm.
- **Course launch & seminar sessions** = 6pm-8.30pm
- **Online study lessons (self-paced)** = before each seminar and final woodland session for your level.
- **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 8 consecutive Forest School sessions in the six months 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. See <https://www.forestschoolltraining.co.uk/training/first-aid/> for dates.

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Course costs & estimated time commitment						
SCQF level	Online seminar hours*	Self-paced video time	Woodland sessions hours	Remaining self study hours	Total hours	Total cost
Level 5	5.5	2	12	29	48	£475
Level 5 to 6 step up	8	3.5	12	24.5	48	£550
Level 5 to 8 step up	13	7	36	119	168	£1130
Level 6	8	3.5	24	24.5	60	£780
Level 6 to 8 step-up	8	3	24	88	120	£925
Level 8	13	7	48	112	180	£1270

***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.

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FAQs

Q: Are there any hidden costs?

The course prices are fully inclusive of all course costs, including: qualification registration & certification, marking & moderation, administration, course support resources plus access to FSTC's 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 outwith a 30-mile radius of the nearest available assessor (Edinburgh, Dunfermline, Hamilton, Blackford. 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.

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. Aline delivers Forest School First Aid training for FSTC (16-hrs outdoor first aid), getting consistently top ratings for her courses, which are valued for their relevance and hands-on focus. You can view dates here (<https://www.forestschooltraining.co.uk/training/first-aid/>).

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.forestschooltraining.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.

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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>.

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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