

Forest School leader awards for Scotland

## **Forest & Outdoor Learning Awards (FOLA)**

SCQF-accredited training levels 5 to 8

# **Forest School (FOLA) Training Levels 5,6 and 8 Angus 2025**



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**Blended online and woodland Forest School (FOLA) training  
starting 8<sup>th</sup> January 2025**

### **Run by:**

Karen Yearsley (Learn Wild) : Associate tutor for FSTC

Jill Johnston : FSTC tutor and ASN Principal Teacher for Angus council

**Woodland venue** : - Crombie Country Park

### **For enquiries and bookings:**

Contact: karen.associate@forestschoolscotland.co.uk

Or call: 07909225197

Online Booking Form: <https://forms.gle/anZXnosxQA6oorcw9>

### **Your trainers:**

Karen Yearsley is an experienced Forest School Trainer who has been delivering courses for over 10 years.. She also runs a forest school programme in her local primary school, which has been running for for 14 years and which won a Scottish Education Award.

Karen has a BSc (hons) in Conservation Management (Stirling) and PGCE (Dundee) as well as various professional qualifications (Bat licence, Professional tree inspection) and other practical qualifications (chainsaw etc). She has a background in Rangering, but now works as an ecologist as well as running Forest School, and other outdoor learning training.

Jill Johnston (BEd Hons primary / PGDE PE) is an ASN principal teacher for Angus council and a Forest School Trainer. Jill has over 20 years of teaching experience of children and young people of all ages. Jill now works within the ASN service in Angus and established Angus Forest School in 2019 as part of this role. Jill has completed therapeutic forest school training to support this service.

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### Accommodation and Facilities during training



We appreciate that the weather can be a little chilly over the winter, so we will have a Tipi and woodburning stove with us, which we can use to warm up, have lunch etc. There will be a good supply of hot water for warm drinks etc too.

You will need to supply your own camping chair

We will also have a portable toilet system with us and there will be toilets nearby.

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### Course Structure and Dates

The FOLA course is modular. Everyone starts at Level 5 (on the same course) and you can take the course as far as you want to. 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 6 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 two “top 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.*

<b>Online seminars (via Zoom)</b> All sessions start are from 6-8;30pm				
	<b>Course launch</b>	<b>Seminar 1</b>	<b>Seminar 2</b>	<b>Seminars 3 &amp; 4</b>
<b>Dates / Levels</b>	Wed 8 <sup>th</sup> Jan	Wed 22 <sup>nd</sup> Jan	Wed 12 <sup>th</sup> Feb	Wed 26 <sup>th</sup> Feb Wed 12 <sup>th</sup> March
<b>Level 5</b>	√	√		
<b>Level 6</b>	√	√	√	
<b>Level 5 to 6 step-up</b>	√	√	√	
<b>Level 5 to 8 step-up</b>	√	√	√	√
<b>Level 6 to 8 step-up</b>	√	√	√	√
<b>Level 8</b>	√	√	√	√

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<b>Woodland sessions</b>				
All sessions take place on a Wed from 9am – 5pm (depending on daylight)				
	<b>Day 1</b>	<b>Day 2</b> (L5 students finish at 1.30) (L5-6 & 5-8 step-up students start at 1 pm)	<b>Day 3</b>	<b>Days 4, 5 &amp; 6</b>
<b>Dates / Levels</b>	Wed 15 <sup>th</sup> Jan	Wed 29 <sup>th</sup> Jan	Wed 5 <sup>th</sup> Feb	Wed 19 <sup>th</sup> Feb Wed 5 <sup>th</sup> Mar Wed 19 <sup>th</sup> Mar
<b>Level 5</b>	√	√ (am only)		
<b>Level 6</b>	√	√	√	
<b>Level 5 to 6 step-up</b>		√ (pm only)	√	
<b>Level 5 to 8 step-up</b>		√ (pm only)	√	√
<b>Level 6 to 8 step-up</b>				√
<b>Level 8</b>	√	√	√	√

### To Book a place

Drop me an email or phone if you need to discuss which level would be most appropriate for you.

[karen.associate@forestschoolscotland.co.uk](mailto:karen.associate@forestschoolscotland.co.uk)

07909225197

Or use the link below and fill in the online booking form.

<https://forms.gle/A8vPrg9wXNSYcn9b9>

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### **Further Information about the course**

#### **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 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. 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 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 qualification start at 1 pm).
- Course launch & seminar sessions = **6pm-8.30pm**
- Online study lessons (self-paced) = before each seminar
- Coursework submissions = this varies and is dependent on the level you are working through.
- 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 in the six months after completing Seminar 4 and your final training session in the woodland
- First Aid training (Level 8 only) = must be completed 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	Remaining self study hours (workbook submissions)	Total hours	Total cost
Level 5	5.5	2	12	29	<b>48</b>	£474
Level 5 to 6step up	8	3.5	12	24.5	<b>48</b>	£551
Level 5 to 8step up	13	7	36	119	<b>168</b>	£1130
Level 6	8	3.5	24	24.5	<b>60</b>	£780
Level 6 to 8step-up	8	3	24	88	<b>120</b>	£924
Level 8	13	7	48	112	<b>180</b>	£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.

## 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 out-with a 30-mile radius of your assessor (Blackford, Perthshire). Other assessors may be used depending on the size of the course. 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 Forest School First Aid or other 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. You can find dates for FSTC training [here](https://www.forestschoolltraining.co.uk/training/first-aid/). <https://www.forestschoolltraining.co.uk/training/first-aid/> 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.