

KEY BENEFITS OF OUTDOOR EDUCATION

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**Annotation:** *The given article gives you information about plus sides of outdoor education with clear explanations and examples.*

**Key words:** *resilience, learning experience, cortisol, nature, ecosystem, biodiversity, conservation, trees, problem-solver.*

Have you ever tried to learn or study outside? If yes, how does it feel to be in an open space and around trees compared sitting in a "box" covered from all sides? Is it actually helpful to gain knowledge outside? In the following paragraphs information about outdoor education would be provided.

Outdoor learning actually refers to a learning experience that takes place somewhere in nature which most people consider a very good experience. Why do they think so? The key reason is in a people's ability to concentrate well and be less distracted as nature is associated with peace, calmness that help people to focus and learn with clear mind.

Another advantage of studying outside has been researched to reduce stress, anxiety and depression. The primary cause is that exposing yourself to green helps your body relax lowering the level of stress hormone, cortisol. That's is why most experts advise to spend some time in nature to help your body calm down. It is advisable particularly for those people who are overwhelmed by endless tasks at work. Taking a break by walking in nature is a good choice than allocating your time to relax inside.

Is the feeling of being drowsy while reading a book or learning new words similar to you? Then, one of the main reason of this is the lack of fresh air in rooms which makes us feel lethargic. Therefore, it is essential to take a break somewhere in nature or it would be rather useful to study in an open area that prevents you from being sleepy and unenergetic. Nature can also trigger the release of endorphin that can positively impact on one's studies generating new ideas and making it easy for learners to bounce back from setbacks.

Moreover, outdoor education assists students to disconnect from technology, to be in tune with natural environment helping them to strengthen their mental well-being. This, in return raises awareness of student to treat nature with care and to be more environmentally friendly. By this, we can not only study in an effective way but also learn more about ecosystem, biodiversity and conservation.

If you want to be good at problem-solving then you can achieve it with practice and of course outdoor education. The reason behind is that you may practice hands-on or practical learning, making your mind think better and train it to solve puzzles that happen in our everyday lives. Once you are a problem-solver it would not be so problematic to stay resilient and come through barriers that appear on your way. The most importantly, you will remember the materials you have studied much better if you go out and learn as much air comes into your mind making the process of learning much faster and more effective.

Overall, outside learning is quite beneficial in terms of improving your knowledge, becoming eco-friendly and mentally strong. Hence, outdoor education system ought to be implemented at schools or universities.

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