



Co-funded by
the European Union

Outdoor Sports & Digital Tools



The ebook of best practices for outdoor activities combined with the use of digital tools



This book is prepared under ‘Erasmus+ Sport project number 101089446 “Digital Outdoor Sports”

July 2023



PROJECT ACRONYM

“DISPO”



PROJECT NAME

DIGITAL OUTDOOR SPORTS



PROPOSAL NUMBER

101089446



Erasmus+

The publication constitutes one of the deliverables of the “Digital Outdoor Sports” project.

Co-Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them

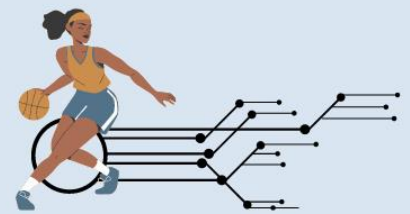
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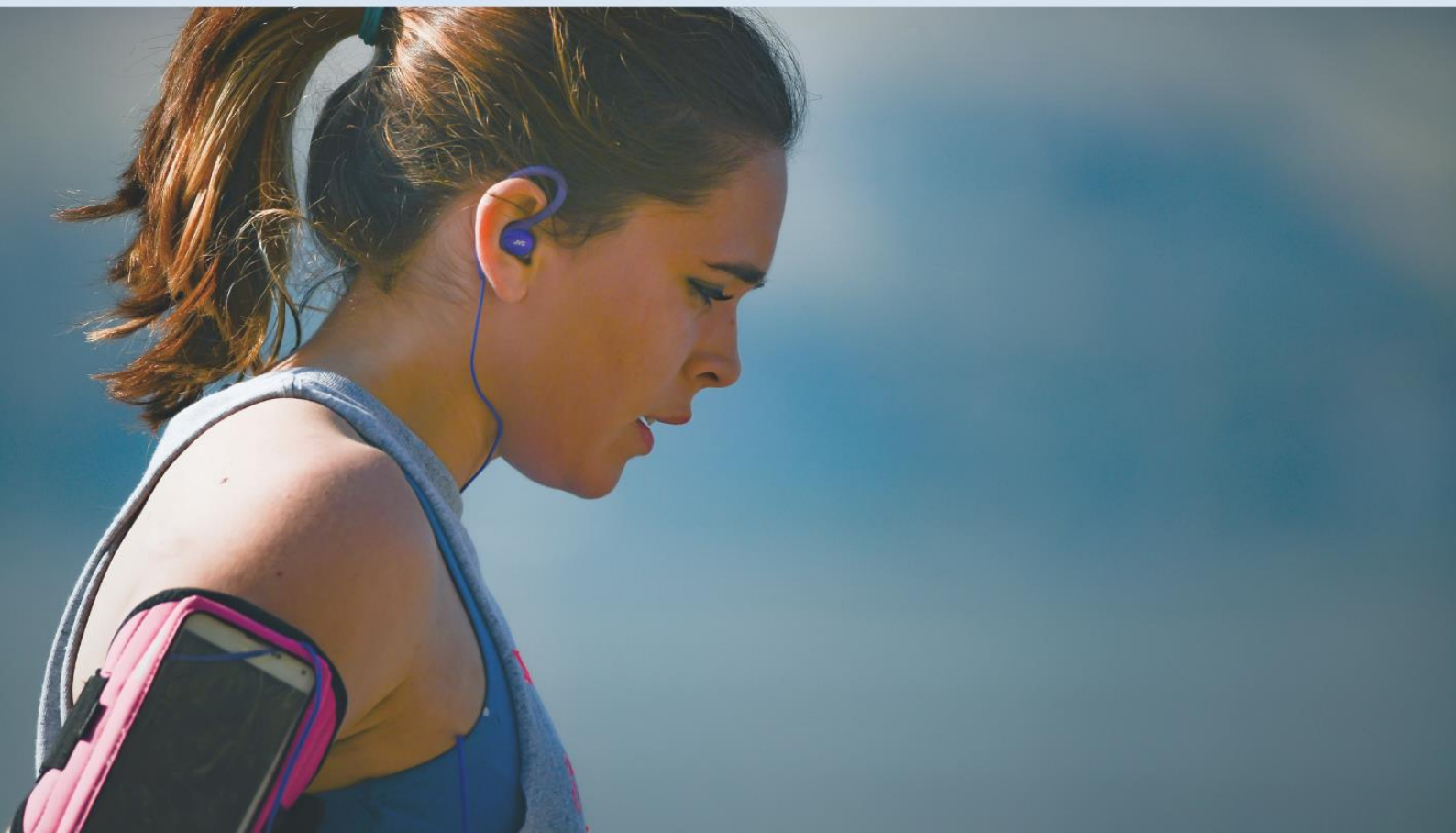


INTRODUCTION



Welcome to this informative handbook that explores the integration of digital tools in outdoor sports. Within these pages, you will find a comprehensive examination of the state of the art in outdoor sports, the benefits that digital tools offer, and real-world insights from Austria, Romania, Czech Republic, Italy, and Spain.

Outdoor sports have always captivated individuals, providing a unique connection to nature and opportunities for physical and mental challenges. However, the rapid advancement of technology has brought about significant changes, reshaping the way we approach and engage in outdoor activities.



This handbook aims to provide a thorough overview of the latest trends and practices in outdoor sports. It covers a wide range of activities, including hiking, cycling, climbing, water sports, and more, highlighting their popularity and significance within each of the featured countries.

The integration of digital tools has revolutionized outdoor sports, offering numerous advantages and unlocking new possibilities. Throughout this handbook, we explore the benefits that these tools bring, such as precise navigation systems, safety features, performance tracking, and enhanced connectivity. By leveraging digital tools, outdoor enthusiasts can optimize their experiences, ensuring safety, improving performance, and fostering a sense of community among like-minded sports enthusiasts.

To provide valuable insights, we conducted a comprehensive questionnaire with 159 respondents from Austria, Romania, Czech Republic, Italy, and Spain. Their perspectives and experiences shed light on the successful combination of outdoor sports and digital tools in each respective country. We showcase the best practices that have emerged from these diverse outdoor communities, including innovative apps, gadgets, and effective strategies.

This handbook is designed to equip readers with tangible knowledge and inspiration for integrating digital tools into outdoor sports. Whether you are a beginner or an experienced adventurer, we invite you to explore the limitless potential that exists in the exciting world of outdoor sports.

UNDERSTANDING OUTDOOR SPORTS



The following section provides an overview of outdoor sports, encompassing their definition, popular activities, and the benefits associated with engaging in these practices. Understanding the essence of outdoor sports, exploring a variety of popular activities, and recognizing the holistic advantages they offer can inspire individuals to embrace the outdoors and reap the rewards of active participation.

DEFINITION

The European Network of Outdoor Sports (ENOS) defines outdoor sports as activities that are normally carried out with a strong relation to nature and landscape and the core aim is dealing with natural elements rather than with an object. It may include activities that have their roots in natural places but use artificial structures designed to replicate the natural environment. The natural setting is paramount and any infrastructure is minimal and focused on protecting the environment. These activities involve physical activity that is based on man or natural element power and are generally not motorized during the activity itself.



ENOS

European Network
of Outdoor Sports

<https://www.outdoor-sports-network.eu/>

POPULAR OUTDOOR SPORT ACTIVITIES

Outdoor sports offer a wide range of possibilities for anyone who wants to be outside and engage in physical activity. Here are ten examples of popular outdoor sports activities:

1. Hiking



Hiking involves walking on natural trails or paths, providing opportunities to explore diverse terrains, from serene woodlands to challenging mountainous regions. It offers individuals the chance to reconnect with nature, discover hidden landscapes, and experience breathtaking landscapes.

2. Running



Running is a versatile outdoor activity that offers numerous benefits, including cardiovascular fitness, endurance, weight management, and stress relief. Whether it's jogging through scenic trails, participating in organized races, or engaging in interval training, running provides a dynamic way to connect with nature and improve overall fitness.

3. Cycling



Cycling, a versatile outdoor activity, includes various disciplines such as road cycling, mountain biking, and recreational biking. Road cycling allows riders to cover long distances on paved roads, often traversing picturesque countryside or coastal routes. Mountain biking combines off-road cycling on rugged terrains, providing exhilarating challenges and opportunities to explore forest trails and mountain slopes.

4. Rock Climbing



Rock climbing is an adventurous and physically demanding sport that involves ascending natural rock formations or artificial climbing walls. Climbers employ specialized techniques and equipment to navigate vertical or near-vertical surfaces, honing their physical strength, mental focus, and problem-solving abilities.

6. Skiing and Snowboarding



Skiing and snowboarding are popular winter sports activities that take place on snowy mountain slopes. Skiers use skis to glide across the snow, while snowboarders slide down slopes on a single board. These sports provide exhilarating descents, technical challenges, and an appreciation for snow-covered landscapes.

5. Water Sports



Water sports encompass a wide range of activities that take place in or on water bodies, offering unique experiences and excitement. Examples can be: swimming, kayaking and canoeing, stand-up paddleboarding (SUP), surfing, kiteboarding or windsurfing.

7. Orienteering



Orienteering is a navigation-based sport that combines physical fitness with map reading and compass skills. Participants use their navigational abilities to locate checkpoints in diverse terrains, ranging from forests to urban environments. Orienteering challenges both mind and body, enhancing problem-solving skills and spatial awareness.

8. Mountaineering



Mountaineering involves ascending mountains, often reaching challenging heights and facing rugged terrains. It requires advanced technical skills, physical endurance, and a deep understanding of alpine environments. Mountaineers experience the thrill of conquering summits and embrace the beauty of high-altitude landscapes.

9. Adventure Racing



Adventure racing is a multisport endurance event that combines disciplines such as trail running, mountain biking, kayaking, and navigation challenges. Participants compete as teams, navigating through a series of checkpoints in a race against time. Adventure racing tests physical stamina, teamwork, and mental resilience.

10. Outdoor Team Sports



Outdoor team sports, including football (soccer), rugby, cricket, or ultimate frisbee, offer opportunities for physical activity, teamwork, and friendly competition in outdoor settings. These sports promote camaraderie, strategic thinking, and skill development while enjoying the open-air environment.

BENEFITS OF ENGAGING IN OUTDOOR SPORT

Engaging in outdoor sports brings numerous benefits to individuals in terms of physical, mental, and social well-being.

Physical Benefits:

Outdoor sports provide a holistic approach to physical fitness, promoting cardiovascular health, muscular strength, endurance, and flexibility. Regular participation in outdoor activities improves overall fitness levels, helps with weight management, and reduces the risk of various health conditions, including heart disease, obesity, and diabetes. Furthermore, exposure to natural sunlight allows the body to synthesize vitamin D, contributing to bone health and boosting the immune system.

Mental Benefits:

Outdoor sports have a positive impact on mental well-being, reducing stress, anxiety, and depression. Spending time in nature fosters a sense of relaxation, rejuvenation, and improved mood. Outdoor activities provide an escape from daily routines, allowing individuals to disconnect from screens, reconnect with nature, and experience a sense of awe and tranquility. The combination of physical exercise, fresh air, and natural surroundings enhances cognitive function, creativity, and mental clarity.

Social Benefits:

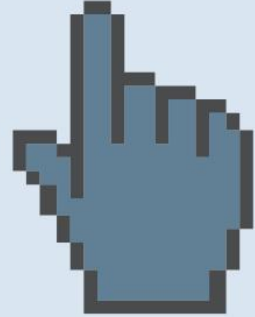
Engaging in outdoor sports creates opportunities for social interaction, community engagement, and the development of meaningful connections. Participating in group activities, joining outdoor clubs or teams, or taking part in organized events enables individuals to meet like-



minded people, build friendships, and strengthen existing relationships. Outdoor sports promote teamwork, cooperation, effective communication, and problem-solving skills, enhancing social bonds and creating a sense of belonging.

In conclusion, understanding outdoor sports involves recognizing the wide range of activities available, their integration with nature, and the numerous benefits they offer. From hiking and cycling to rock climbing and water sports, outdoor activities cater to diverse interests and skill levels. Engaging in outdoor sports promotes physical fitness, mental well-being, and social connections, making them a valuable and rewarding pursuit for individuals seeking an active and fulfilling lifestyle.

BENEFITS OF DIGITAL TOOLS IN OUTDOOR SPORTS



With the use of digital instruments, sports and outdoor activities have experienced an immense revolution. This section examines the benefits and prospective benefits of digital tools in outdoor sports.

The use of digital tools in outdoor sports gained traction in the early 2010s, coinciding with the increasing use of smartphones and advances in sensor technology. Fitness trackers, GPS devices, and mobile applications have all become popular tools for tracking and optimizing performance, safety, and environmental awareness. With the development of advanced wearable technology, virtual coaching platforms, and machine learning algorithms, the trend has continued to evolve, further boosting the benefits of digital tools in outdoor sports.



MAIN BENEFITS

Enhancing Performance and Training:

Data-Driven Insights:

Because of the development of fitness trackers, GPS devices, and smartphone apps, athletes and enthusiasts may now gather and evaluate a wide range of performance metrics.

These metrics encompass parameters such as distance covered, speed, heart rate variability, power output, cadence, and even movement patterns.

Individuals can acquire useful insights into their training progress, uncover performance patterns, recognize potential injury risks, and set realistic goals by recording and analyzing data.

Scientific studies repeatedly show that data-driven training approaches increase performance outcomes and minimize injury rates among athletes who use digital technologies.



Personalized Training Programs:

Digital tools have revolutionized the way training programs are designed and implemented, facilitating personalized approaches to meet individual goals, fitness levels, and preferences.

Virtual coaching platforms, mobile applications, and web-based platforms offer customized training plans, instructional videos, and real-time feedback.

These tools leverage machine learning algorithms and artificial intelligence techniques to analyze user data, optimize training prescriptions, and provide personalized recommendations.

Recent research highlights the effectiveness of personalized training programs delivered through digital tools, showing increased adherence, motivation, and overall satisfaction among participants.



Promoting Safety and Well-being:

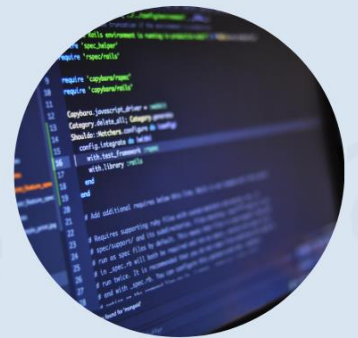
Real-Time Monitoring:

Digital tools equipped with GPS and safety features provide real-time monitoring capabilities during outdoor sports activities.

Athletes can track their location, distance, speed, and heart rate in real-time, while safety features such as emergency notifications and live location sharing ensure prompt assistance in case of accidents or emergencies.

Notably, advancements in wearable technologies and wireless connectivity have further enhanced the accuracy and reliability of real-time monitoring.

Studies consistently demonstrate the positive impact of real-time monitoring in outdoor sports, enhancing safety, reducing risks, and promoting a sense of security among athletes.



Environmental Awareness:

The integration of digital tools, including mobile applications and interactive maps, has facilitated access to comprehensive information about outdoor sports locations, trails, and environmental conditions.

Users can access real-time weather forecasts, trail conditions, terrain maps, and crowd density information to make informed decisions about their outdoor activities.

Furthermore, environmental sensors and remote sensing technologies provide valuable data on air quality, pollution levels, and ecosystem dynamics, enabling users to choose environmentally-friendly routes.

Recent studies emphasize the importance of environmental awareness through digital tools, contributing to a safer and more sustainable outdoor sports experience while preserving natural habitats.



CONCLUSION

The integration of digital tools into outdoor sports has opened up a new era of possibilities, offering numerous benefits and potential advantages. From data-driven insights and personalized training programs to real-time monitoring and environmental awareness, these tools have transformed the outdoor sports landscape. By leveraging digital technology, individuals can optimize their performance, enhance safety, and contribute to sustainable sporting practices. The state-of-the-art research and advancements in digital tools continue to shape and redefine the way we engage in outdoor sports, opening doors to exciting opportunities for growth, enjoyment, and well-being.

It is anticipated that digital tools in outdoor sports will continue to evolve and foster innovation. Technological advancements in areas such as artificial intelligence, Internet of Things (IoT), and augmented reality (AR) are likely to reshape the landscape further. Future developments may include real-time biofeedback systems, personalized coaching through virtual reality platforms, and enhanced environmental monitoring sensors. The integration of social networking features, gamification elements, and interactive challenges is also expected to enhance user engagement and community building within the outdoor sports domain.

NATIONAL REALITIES



In Austria, the Czech Republic, Italy, Romania, and Spain, digital tools and apps have emerged as integral components of the sports landscape. These countries share a common trend of embracing technology to enhance sports and fitness experiences.

The following section will be divided in two parts: national trends of our partner countries and questionnaire conclusions and insights.

NATIONAL TRENDS

AUSTRIA

Digital sports apps have become an integral part of the fitness and sports landscape globally, and Austria is no exception. These apps offer a wide range of features that can help teenagers engage in sports more effectively. This includes tracking workout stats, setting fitness goals, providing virtual coaching, offering personalized training plans, and enabling social connections with fellow athletes.

Popular digital sports apps used in Austria may include global platforms like Strava, Adidas Running, Nike Training Club, and MyFitnessPal, among others. These apps often have features that appeal to teenagers, such as gamification elements that make workouts feel more like games, social features that let users share their progress with friends, and motivational tools like badges and challenges.



In terms of usage, teenagers may use these apps to track their progress in various sports, learn new exercises, and stay motivated. Some may also use them to connect with friends and create exercise routines together, especially during times when it's difficult to meet in person.

The specific popularity and usage of digital sports apps can vary widely among teenagers in Austria, depending on factors like personal preferences, specific sports interests, and access to devices and internet connectivity.

CZECH REPUBLIC

The trend of using technology for just about everything has also reached the Czech Republic. People of all ages are utilizing a variety of apps to track their physical activities, monitor the distance they've run, time spent biking, and calories burned in the gym. Popular choices include Strava, Apple Health, Google Fit, Connect by Garmin, and Health Sync on Android among others.

There's also a plethora of apps designed to guide various exercises that can help improve both physical and mental wellbeing. Some provide instructional content while others offer motivational challenges like losing 10 kg in 5 days or strengthening your abdomen in a week. These range from exercise and yoga to breathing, meditation, dancing, running, and more.

Additionally, digital sports games and apps for following sports have gained traction. The trend of watching sports on TV has shifted towards using specific sports or channel apps. While playing sports on digital platforms like computers or Xbox remains popular, it hasn't transitioned

to apps as much compared to watching sports. Games like Fifa, racing, tennis, ice hockey, etc., are still more favored on computers, Nintendo, or Xbox.



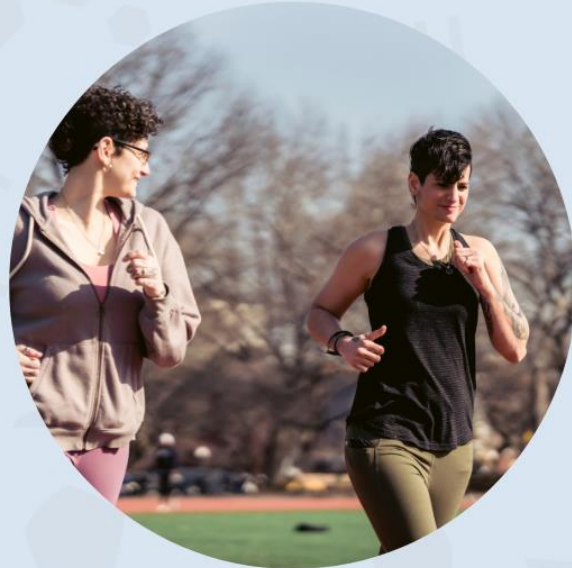
Lastly, there are apps like Vyspo and Mevyo that connect individuals who want to engage in physical activities together. These platforms enable users to find new sports partners, make friends, and encourage physical activity even if they don't have sporting buddies within their existing circles. These apps tend to be more popular in larger towns and cities.

ITALY

In Italy exists a positive relationship with outdoor sports activities and digital applications among young people. The majority of respondents view outdoor sports favorably and engage in them frequently. Additionally, digital tools play a significant role in the daily lives of the participants, with a considerable percentage acknowledging their importance. Despite the benefits of digital tools, there is a concern about their potential negative impact and increasing risk of internet addiction among young people.

Overall, the study group highly values outdoor activities, as they believe these activities positively impact both their physical and mental well-being. Social interaction and connection with others are also considered important outcomes of engaging in outdoor sports.

The respondents express a willingness to increase their involvement in outdoor activities for the sake of their health and physical condition. However, some barriers, such as time constraints and limited access to activities, hinder their participation.



Additionally, the integration of digital tools into outdoor sports is seen as a potential way to increase interest, motivation, and involvement among young people, with specific ideas mentioned for using digital tools to enhance activities like cycling, hiking, and running.

ROMANIA 

Nowadays, the connection between outdoor sports and digital tools represents one of the indicators of innovation in the modern society. Combining outdoor sports with digital tools constitutes a reality that has not bypassed

Romania that has a rich tradition of outdoor sports, being a country rich in diverse landscapes and in offering plenty of opportunities for adventure and exploration. Sports such as hiking, mountain biking, rock climbing, kayaking, cycling and skiing have gained popularity among young people, drawing them closer to the surrounding nature.

The consistent use of digital tools has surely revolutionized all areas of life. Their use have also influenced the way outdoor sports are organized and conducted across the country, since Romania has integrated digital tools into the realm of outdoor sports. Participants use mobile applications, online platforms, smart devices, and media channels in order to enhance their experiences.

These tools provide valuable information about trails, routes, weather conditions, equipment, and training resources. It is without any doubt that the experience of young people practising outdoor sports was improved by the new technologies.



This is because these new technologies enable real-time tracking, social sharing, and community building, connecting like-minded individuals. Moreover, in addition to ensuring a healthy lifestyle by practising outdoor sports, young people develop their digital skills. For example, when they hike, they can record their route and performance, as well as their achievement. They are able to take pictures and share their experience with the public.

Involved in the formal and non-formal education of young people, institutions, such as schools, NGOs, local stakeholders (youth workers, trainers, educators) focus on educating young people about the benefits of outdoor sports and the responsible use of digital tools, as well as pursuing the combination of these two elements. There are organized educational programs, workshops, and campaigns in order to promote physical well-being, environmental consciousness, and the healthy use of digital tools.



By fostering a holistic understanding of the interplay between outdoor activities and technology, Romania empowers young people to make informed choices and develop a balanced lifestyle that incorporates both the digital realm and the great outdoors. It is worth to

remember that while the use of digital tools in practising sports empower young people in many different ways, it is important for the institutions to ensure the equal access of young people to such activities irrespective of their socio-economic background, since not all young people may be able to afford such tools.

In conclusion, Romania's integration of outdoor sports and digital tools remain one of the terrains that is worthy to be further explored and developed in order to bridge the gap between technology and physical activity for the benefit of the Romanian youth.

SPAIN

In Spain, digital apps have become an essential part of the sports landscape, offering a multitude of features to enhance the sporting experience for enthusiasts across the country. These apps cater to various aspects of sports and fitness, providing users with personalized training programs, workout tracking, and virtual coaching.

Football (soccer) is undeniably the most popular sport in Spain, and dedicated football apps offer live match updates, player statistics, and interactive features that engage fans deeply. Moreover, streaming platforms enable users to watch live sports events, bringing the excitement of the game right to their smartphones.

Fitness and training apps are also widely embraced by Spaniards, providing tailored workout routines and nutritional guidance. With wearable fitness devices syncing seamlessly with these apps, users can monitor

their progress and stay motivated to achieve their fitness goals.

Social media plays a significant role in Spain's sports app scene, with sports organizations and athletes actively engaging with their fans. Fans can connect with their favorite teams, players, and fellow enthusiasts, fostering a sense of community.

Overall, Spain's local reality of digital apps related to sports exemplifies the nation's passion for sports and its eagerness to leverage technology to enhance the sporting experience for everyone involved.



QUESTIONNAIRE CONCLUSIONS & INSIGHTS

The following report presents a summary of the results obtained from the "Questionnaire for Understanding Attitudes towards Outdoor Sport Activities and Digital Tools". The primary objective of this questionnaire was to gather valuable insights regarding attitudes towards outdoor sport activities and digital tools. Moreover, the study aimed to explore the potential for incorporating digital tools in outdoor activities, with the specific goal of enhancing interest and motivation among young individuals.



The questionnaire consists of 14 carefully crafted questions, designed to gather diverse perspectives on outdoor sports and the integration of digital tools. It received a response from 159 individuals and was done in the months of June and July 2023. The contributions have provided us with a rich dataset that allows us to gain a comprehensive understanding of attitudes and preferences in this domain.

We believe that this summary will serve as a valuable resource for educators, organizations and individuals interested in promoting outdoor activities and utilizing digital tools to engage young individuals in a more active and fulfilling lifestyle.

1. First question of the survey is: “On a scale of 1-5, how much do you enjoy outdoor sport activities?”

The analysis of respondents' enjoyment of outdoor sport activities revealed that the majority expressed a positive attitude towards such activities.

On a scale of 1-5, 79 respondents (49,7%) chose 5, 39 respondents (25,5%) chose 4, and only 6 respondents (3,8%) chose 1, indicating a considerable overall satisfaction.

2. The second question of the survey is: “On a scale of 1-5, how frequently do you engage in outdoor sport activities?”

The findings related to the frequency of engagement in outdoor sport activities indicated a diverse range of participation levels among respondents.

On a scale of 1-5, the most frequently chosen answer (59 respondents - 35,8%) was 3, indicating a moderate level of engagement.



3. Next question is: “On a scale of 1-5, how important are digital tools (e.g. social media, apps, internet access, games) in your daily life?”

The analysis of respondents' perceptions of the importance of digital tools in their daily lives demonstrated their significant role in contemporary society.

On a scale of 1-5, the average importance level was found to be 4, indicating a considerable reliance on digital tools. 57 respondents (35,8%) selected 4, 48 respondents (30,2%) chose 5 and only 5 respondents (3,1%) chose 1.

4. The following question is: “How would you rate the interest and use of the digital tools among young people?”

In response to this open-ended question regarding the interest and use of digital tools among young people, a variety of perspectives and insights emerged from the respondents. Overall, the majority of participants acknowledged a high level of interest and utilization of digital tools among the younger generation.

Many highlighted the pervasive influence of social media platforms, mobile apps, and internet access in shaping the daily lives of young individuals. Some respondents expressed concerns about excessive reliance on digital tools among youth.



5. Next question, “Would you like to increase the time you spend on outdoor sport activities for the sake of your health and physical condition?”

It revealed that a significant majority of 76.7% expressed a strong desire to increase the time they spend on outdoor

sport activities for the sake of their health and physical condition.

Only 5% responded negatively, indicating a lack of interest, while 18.2% were uncertain, selecting the "Maybe" option. These findings emphasize the importance of promoting and supporting initiatives that encourage greater engagement in outdoor sports to improve overall health and well-being.

6/7/8. For the next three questions of the survey - "Do you feel that outdoor activities positively impact your physical health?", "Do you believe outdoor activities contribute to your mental well-being?", "Do you feel that outdoor sport activities allow for more social interaction and connection with others?"

Respondents could answer with "yes" or "no".



The results of these questions regarding the positive impacts of outdoor activities on physical health, mental well-being, and social interaction revealed strong agreement among the respondents.

A significant majority of 95.6% acknowledged that outdoor activities have a positive impact on their physical health. Similarly, 92.5% believed that outdoor activities contribute to their mental well-being. Additionally, 91.8%

recognized that outdoor sport activities allow for more social interaction and connection with others.

These findings highlight the widely recognized benefits of engaging in outdoor activities. The overwhelming consensus on the positive impacts on physical health, mental well-being, and social connection underscores the importance of promoting and encouraging outdoor sport activities for individuals' holistic well-being. The results provide valuable insights for designing initiatives that leverage these benefits and further emphasize the value of incorporating outdoor activities into individuals' lifestyles.

9. In the next question (multiple choice), when asked about their motivations to engage in outdoor sport activities, the respondents had various factors influencing their participation.

The most popular motivations selected were the "Company of my friends" with 114 votes and the "Improvement of my physical condition" with 115 votes, indicating the importance of social connections and personal fitness goals in driving participation.

Other prominent motivations included the "Improvement of my health" (104 votes) and "Interesting ideas for activities" (76 votes), highlighting the desire for overall well-being and engaging in diverse and engaging outdoor experiences.

Additionally, a significant number of respondents, 52 votes, expressed interest in having interesting outdoor sport activities instead of traditional physical education (P.E.) lessons, suggesting a preference for more engaging and enjoyable outdoor experiences.

There were also votes for specific motivations provided under the "Other" option, showcasing individual reasons for participation such as going for a walk with a dog, children's involvement in scouting and school activities, and clearing one's mind.

These results show that motivations for outdoor sport activities are diverse, including social factors, personal health and fitness goals, interesting ideas and experiences, and a preference for outdoor activities over traditional physical education. By understanding these motivations, it becomes possible to develop initiatives and programs that meet the needs and desires of participants, encouraging greater interest and engagement in outdoor sport activities.



10. When asked about barriers or challenges preventing them from engaging in outdoor activities more often, 65 respondents reported no specific barriers. However, the remaining respondents provided a range of obstacles that hindered their participation.

The most commonly mentioned barriers included bad weather, lack of time, lack of motivation, school tasks, health issues, and addiction to the internet and social media.

Other responses highlighted challenges such as the unavailability of sport partners, limited access to suitable outdoor spaces, long distances to travel, and unfamiliarity with the local community. Traffic and safety concerns on the roads were also mentioned as barriers to outdoor activities.

These diverse responses highlight that individuals face a variety of barriers that impede their participation in outdoor activities. Time constraints, unfavorable weather conditions, limited accessibility to outdoor spaces, and personal factors such as motivation and health all contribute to these challenges. Understanding these barriers can help inform the development of strategies to address and overcome them, promoting increased engagement in outdoor activities among young individuals.



11. In the question “What are your favorite outdoor sport activities?”,

The survey respondents expressed a wide range of favorite outdoor sport activities, reflecting diverse interests and preferences.

The most frequently mentioned activity was “running”, indicating its popularity among the participants. Other popular choices included “football”, “hiking”, “cycling”, and “volleyball” (both beach and regular).

Additionally, a significant number of respondents mentioned activities such as “basketball”, “tennis”, “walks”, “swimming”, and “padel”. These activities highlight a mix of team sports, individual pursuits, and activities that combine physical fitness with recreational enjoyment.



There were also several unique activities mentioned by one or a few respondents, demonstrating individual preferences. These activities ranged from “workout”, “skating”, “martial arts”, “badminton”, and “horse riding” to “yoga”, “climbing”, “orienteering”, “skiing”, “archery”, and more.

Some respondents expressed a general fondness for all sports, while others indicated a desire to learn something new or an affinity for team sports. These responses underscore the diverse interests and motivations driving individuals' outdoor sport activity preferences.

Overall, the results highlight the popularity of running and a mix of traditional team sports, outdoor recreational activities, and individual pursuits. These insights can inform the development of programs and initiatives that cater to the preferred activities, fostering greater participation and engagement in outdoor sports among young individuals.

12. The responses to the question about favorite digital tools, including apps, revealed a diverse range of preferences among the survey respondents.

The most popular choice by a significant margin was “Instagram”, indicating its widespread usage among the participants. Other commonly mentioned digital tools included “Youtube”, “Twitter”, “Whatsapp”, and “Tiktok”, highlighting the popularity of social media platforms.

Additionally, many respondents selected fitness tracking apps such as “Strava” and “Adidas Running”, emphasizing the interest in using digital tools to monitor and enhance their physical activities. Some participants mentioned their devices, such as phones, laptops, and smartwatches, as their favorite digital tools.

Furthermore, there were numerous responses where only one or a couple of respondents mentioned specific apps like “Spotify”, “Tinder”, “Canva”, “Discord”, “Deviantart”, “Twitch”, “BeReal”, “Mindbody”, “Google Maps”, “Meetup”,

“Duolingo”, and more. These answers demonstrate individual preferences for various applications catering to entertainment, communication, creativity, health, and productivity purposes.



It is worth noting that a significant number of respondents simply stated “Social media” as their favorite digital tool, reflecting the broad appeal and widespread usage of social media platforms among the surveyed individuals.

Overall, the results indicate a strong presence of popular social media platforms like Instagram, Youtube, Twitter, and Whatsapp among the favorite digital tools. The inclusion of fitness tracking apps and various other applications highlights the diverse ways in which individuals utilize digital tools in their daily lives for different purposes. These insights can inform efforts to engage young individuals by incorporating relevant digital tools and platforms to enhance their interest and participation in outdoor sport activities.

13. When asked about the likelihood of incorporating digital tools in outdoor sport activities increasing interest, motivation, and involvement of young people, the responses on a scale of 1-5 were varied but leaned towards the positive end.

The majority of respondents indicated a moderate to high likelihood, with 54 respondents (34%) selecting 3, 45 respondents (28,3%) choosing 4, and 40 respondents (25,2%) opting for 5.

On the lower end of the scale, a smaller number of respondents indicated lower likelihoods, with 12 respondents (7,5%) selecting 2 and 8 respondents (5%) selecting 1. These responses suggest a small percentage of skepticism or uncertainty regarding the potential impact of digital tools in increasing interest, motivation, and involvement among young people in outdoor sport activities.

Overall, the majority of respondents expressed a belief that incorporating digital tools into outdoor sport activities has the potential to positively influence young individuals' interest, motivation, and involvement. This sentiment underscores the perceived value of utilizing digital tools to enhance engagement and promote a more active and fulfilling lifestyle among the youth.

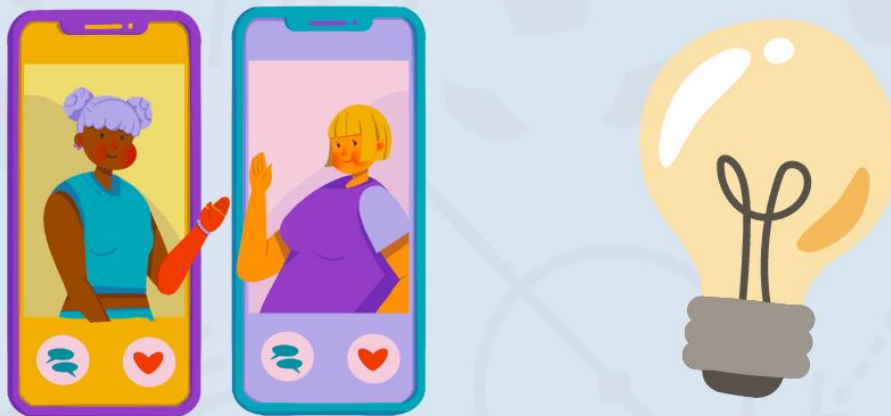
14. The last question of the survey is “Are there any outdoor activities that you imagine could be connected with digital tools? If so, please name them and describe how.”

The responses to this question about potential connections between outdoor activities and digital tools were varied and offered numerous interesting ideas. Several participants mentioned the use of fitness tracking apps like Strava and Google Fit, which can provide data on distance, calories, and progress in outdoor activities.

Popular outdoor games such as Pokemon GO and geocaching were also mentioned, suggesting the

integration of digital tools to enhance the experience and engagement in these activities. Some respondents expressed interest in using digital tools for treasure hunts or orienteering, where maps and clues can be accessed through apps.

Social media platforms were suggested as a means to share information, progress, and connect with like-minded individuals, fostering a community around outdoor activities. Other ideas included using virtual reality headsets for an immersive outdoor experience, utilizing digital tools for nature identification and exploration, and organizing outdoor events through dedicated apps.



Overall, the responses reflected a range of creative ideas, emphasizing the potential for digital tools to enhance outdoor activities by providing tracking capabilities, facilitating social connections, offering educational resources, and introducing innovative gaming elements. These insights can inform the development of digital tools and platforms that align with the interests and needs of individuals engaging in outdoor sport activities.

BEST PRACTICES



In recent years, the combination of outdoor activities and digital tools has gained significant popularity and recognition across Europe. Our partner countries, Austria, Czech Republic, Italy, Romania, and Spain have been actively exploring best practices in this domain. This section highlights the innovative approaches and benefits that arise from the integration of outdoor activities and digital tools within these European nations.

Throughout this section, we will present the specific best practices each partner country has collected.





GEOCACHING

DESCRIPTION OF THE ACTIVITY

Geocaching is an outdoor activity where participants use a GPS device or smartphone app to hide and seek containers called "geocaches" or "caches" at specific locations marked by coordinates all over Austria. The caches usually contain small trinkets or logbooks for finders to sign.

The goal of geocaching is to encourage people to explore the outdoors while using digital tools to locate hidden treasures and learn about local history, culture, and landmarks.

Mobile apps (such as the official Geocaching app), GPS devices, and online platforms (like geocaching.com) are commonly used in this activity.

Basic usage of digital tools like the official Geocaching app is free, but some features may require a subscription for full access.

Success can be measured by the number of geocaches found, the difficulty of caches located, and the overall enjoyment and learning experience gained from exploring new locations.

Challenges may include ensuring accurate GPS coordinates, maintaining the hidden caches, and keeping the digital tools up-to-date with current technology.

DESCRIPTION OF THE TOOL

Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location.

Participants use GPS devices or smartphone apps like the official Geocaching app to locate caches hidden by other players. The app provides hints, descriptions, and the difficulty level of each cache to aid in the search.



HOW TO
TRY?



<https://www.geocaching.com/play>

Geocaching is a globally popular outdoor recreational activity that combines the thrill of treasure hunting with the use of GPS-enabled devices. The idea for geocaching was conceived shortly after the U.S. government removed selective availability from the Global Positioning System (GPS) in May 2000, which significantly improved the accuracy of civilian GPS devices. This technological advancement led to the creation of a new hobby that merged GPS technology with outdoor exploration.

The concept of geocaching was first introduced by Dave Ulmer, a computer consultant from Oregon, USA. He wanted to test the accuracy of the newly accessible GPS technology and came up with the idea of hiding a container in the woods and sharing its GPS coordinates online. On May 3, 2000, Ulmer hid the first-ever "geocache" and posted its coordinates on a GPS users' online forum. The idea quickly gained traction, and within days, several people had found the hidden container, marking the beginning of the geocaching phenomenon.

As the geocaching community grew, dedicated websites and mobile apps were developed to streamline the process of hiding and finding geocaches. The Geocaching app, created by Groundspeak Inc., emerged as the most popular platform for geocachers worldwide. The app allows users to search for nearby geocaches, navigate to their locations using GPS coordinates, log their finds, and even hide their own geocaches for others to discover.

Today, millions of geocaches are hidden around the world, in urban and rural settings, across various terrains and environments. The geocaching community comprises people of all ages and backgrounds, including families, adventure-seekers, and educators who use geocaching as a fun and engaging way to explore the outdoors, learn about geography, and foster problem-solving skills. Geocaching has evolved over the years, with various types of caches and challenges being introduced, such as puzzle caches, multi-caches, and geocaching events. The activity continues to captivate participants and encourage outdoor exploration, driven by the spirit of adventure, discovery, and community that lies at its core.



VIRTUAL ORIENTEERING

DESCRIPTION OF THE ACTIVITY

Virtual Orienteering is an outdoor navigation sport that leverages digital tools like smartphone apps and GPS watches to guide participants through a pre-set course. The course features control points on a digital map, and participants must visit each point in the correct sequence while aiming to complete the course as quickly as possible. The digital tool displays real-time information about the participant's position relative to the control points, enabling them to strategize their route and monitor their progress.

Virtual Orienteering combines the thrill of traditional orienteering with the convenience and accuracy of modern technology. Popular digital tools such as MapRunF, UsynligO, Livelox, and GPS watches help participants navigate through control points and track their performance metrics, including time and route choices.

The objective of Virtual Orienteering is to offer an engaging outdoor activity that blends physical exercise, navigation skills, and the use of digital tools to challenge participants and encourage exploration. Most digital tools for Virtual Orienteering are freely available, although some features or additional maps might necessitate a subscription or one-time purchase.

Success in Virtual Orienteering can be gauged by the participant's ability to complete the course, their time taken, and the precision of their navigation. Personal enjoyment and the development of navigation skills are also significant indicators of success.

DESCRIPTION OF THE TOOL

Virtual Orienteering is a digital tool that allows participants to navigate through a mapped course using a smartphone app or GPS watch. The app that participants can use for virtual orienteering, where they navigate through a pre-set course in the outdoors using a smartphone app or GPS watch, is called MapRunF.

MapRunF: MapRunF is a versatile app designed for virtual orienteering events and individual training. It allows users to download orienteering maps and courses, navigate through control points using their smartphone or GPS watch, and automatically record their progress. The app provides real-time feedback, including audible alerts when control points are reached, and tracks performance metrics such as time taken and route choices.

UsynligO: UsynligO is a user-friendly mobile app that brings the excitement of orienteering to your smartphone. With a growing database of courses and the ability to create custom routes, UsynligO enables users to enjoy orienteering at their own pace and skill level. The app uses GPS technology to track users' positions, providing real-time navigation assistance and performance tracking.

Livelox: Livelox is an innovative online platform that allows users to create, share, and participate in orienteering events. By leveraging GPS technology, Livelox enables real-time tracking of participants, allowing organizers and spectators to follow along with the action. Additionally, users can analyze their routes, compare their performance with others, and discover new orienteering challenges.



Virtual Orienteering emerged as a way to make orienteering more accessible and convenient for participants, allowing them to engage in the activity at any time and location. It also serves as a tool for introducing new participants to the sport by providing a more user-friendly and digitally integrated experience. These digital tools enhance the experience of traditional orienteering by providing convenient access to maps, courses, and performance tracking features, making it easier than ever for enthusiasts to enjoy this exciting outdoor activity.

HOW TO TRY?



<http://maprunners.weebly.com/maprunf.html>

<https://usynligo.no/>

<https://www.livelox.com/>





DIGITAL GUIDED HIKING

DESCRIPTION OF THE ACTIVITY

In digital guided hiking, participants use a digital tool to plan and navigate their hiking routes in the Austrian outdoors. The tool provides information about the trail, elevation, distance, estimated time, and points of interest along the way.

The goal of digital guided hiking is to enhance the outdoor experience by providing accurate navigation, route planning, and additional information about the surroundings.

Many digital tools used for digital guided hiking offer basic features for free, but some advanced features or additional maps may require a subscription or one-time purchase.

Success can be measured by the participant's completion of the planned route, their enjoyment of the hike, and the new knowledge gained from the points of interest and trail information provided by the digital tool.

Challenges may include ensuring accurate GPS tracking, updating trail information and points of interest, and providing clear instructions for participants who are new to the activity.

Digital Hiking enthusiasts often exchange experiences and best practices through online forums, social media groups, and local events or workshops. Challenges faced in this activity may include ensuring accurate GPS tracking, designing engaging courses, and providing clear instructions for newcomers.

DESCRIPTION OF THE TOOL

Digital guided hiking uses mobile apps or GPS devices to provide turn-by-turn navigation, route planning, and points of interest information for hikers.

Mobile apps (such as Komoot, AllTrails, Bergfex, Alpenvereinaktiv or Nationalpark Hohe Tauern, Outdooractive), GPS devices, and online platforms for route planning and sharing are commonly used in this activity.

Komoot: Popular among young hikers and cyclists, Komoot offers route planning and turn-by-turn navigation for various outdoor activities. Users can explore new trails, create their own routes, and share their experiences with friends.

AllTrails: This app provides access to a vast database of hiking, biking, and running trails worldwide, including Austria. With user-generated reviews and photos, AllTrails is popular among teenagers looking for new outdoor adventures and sharing their experiences.

Bergfex: This popular app provides detailed information on ski resorts, hiking trails, and mountain biking routes throughout Austria. It offers localized weather forecasts, snow reports, webcams, and trail maps.

Alpenvereinaktiv: Developed by the Austrian Alpine Club, this app offers an extensive database of hiking, climbing, and ski touring routes in Austria, along with detailed route descriptions, topographic maps, and GPS tracks.

Nationalpark Hohe Tauern: Focused on the Hohe Tauern National Park in Austria, this app offers comprehensive information about the park, including suggested hiking routes, points of interest, wildlife, and flora.

Outdooractive is a versatile mobile app designed for outdoor enthusiasts, offering a comprehensive platform to discover, plan, and navigate hiking, cycling, and other adventure routes worldwide. The app provides detailed maps, trail information, and user-generated content.



Digital guided hiking emerged as a way to make hiking more accessible and enjoyable for participants by providing accurate navigation, route planning, and additional information about the surroundings. It also serves as a tool for introducing new participants to hiking and promoting responsible and sustainable outdoor practices.

HOW TO TRY?



<https://www.komoot.com/>

<https://www.alltrails.com/>

<https://www.bergfex.com/>

<https://www.alpenvereinaktiv.com/en/>

<https://www.hohetauern.at/en/national-park-app.html>

<https://www.outdooractive.com/en/>





DIGITAL WILDLIFE WATCHING

DESCRIPTION OF THE ACTIVITY

In digital wildlife watching, participants use digital tools to locate and observe various wildlife species in their natural habitats. The tools provide information on species identification, behavior, and conservation status, as well as tips for responsible wildlife watching practices.

The goal of digital wildlife watching is to educate participants about local wildlife species, their habitats, and conservation efforts, while promoting responsible and sustainable wildlife watching practices.

Most digital tools used for digital wildlife watching are free, but some advanced features or additional content may require a subscription or one-time purchase.

Success can be measured by the number of wildlife species observed, the accuracy of species identification, the level of participant engagement, and the increased awareness of wildlife conservation and responsible watching practices.

Challenges may include ensuring accurate species identification, keeping the digital tools up-to-date with current conservation information, and promoting responsible wildlife watching practices among participants.

DESCRIPTION OF THE TOOL

Digital wildlife watching tools include mobile apps, websites, and online platforms that provide information on wildlife species, their habitats, and the best locations and times for observing them in the Austrian outdoors.

Mobile apps (such as iNaturalist, Seek by iNaturalist, or Merlin Bird ID), websites, and online platforms focused on wildlife watching and conservation are commonly used in this activity.

iNaturalist: iNaturalist is a widely-used mobile app and online platform dedicated to wildlife observation and conservation. It allows users to document and share their observations of plants, animals, and other organisms while connecting with a community of nature enthusiasts, scientists, and researchers. The platform uses AI technology to identify species, helping users learn more about the natural world around them.

Seek by iNaturalist: Seek is a user-friendly mobile app developed by the creators of iNaturalist, designed to make nature exploration fun and informative. Using advanced image recognition technology, Seek allows users to identify plants, animals, and fungi by simply pointing their smartphone camera at the organism. The app provides instant information about the species, including its scientific name, habitat, and conservation status.

Merlin Bird ID: Merlin Bird ID is a powerful and easy-to-use mobile app created by the Cornell Lab of Ornithology, designed specifically for bird identification and observation. With a vast database of bird species from around the world, the app helps users identify birds by answering a few simple questions or uploading a photo. Merlin Bird ID also offers features such as bird songs, range maps, and expert tips to enhance users' birdwatching experiences. By encouraging birdwatchers to share their observations, the app contributes to global bird conservation efforts and research projects.



Digital wildlife watching emerged as a means to involve individuals in wildlife conservation endeavors and encourage responsible outdoor behavior. By offering precise information about local wildlife species and their habitats, digital tools enable participants to gain a deeper understanding and appreciation of the nature surrounding them. These mobile apps and online platforms foster wildlife observation, education, and preservation by equipping users with user-friendly tools to recognize, record, and learn about different species, all while contributing to essential scientific data and conservation efforts.

HOW TO TRY?



<https://www.inaturalist.org/>

https://www.inaturalist.org/pages/seek_app

<https://merlin.allaboutbirds.org/>





DIGITAL OUTDOOR FITNESS CHALLENGES

DESCRIPTION OF THE ACTIVITY

Digital outdoor fitness challenges involve the use of mobile apps, wearable devices, and online platforms to create, participate in, and track various fitness challenges in outdoor settings.

Mobile apps (such as Strava, or Runkeeper), wearable devices (e.g. fitness trackers or smartwatches), and online platforms for creating and participating in fitness challenges are commonly used in this activity.

Strava: It is a fitness tracking app among young people, Strava not only tracks running and cycling activities but also encourages friendly competition through leaderboards and challenges. Users can join clubs, connect with friends, and share their routes and accomplishments.

Runkeeper is a popular fitness tracking app designed to help users track and improve their running, walking, and cycling activities. It uses GPS technology to monitor and record various metrics, including distance, pace, time, and elevation, providing users with valuable insights into their performance and progress.

DESCRIPTION OF THE TOOL

Participants use digital tools to join or create fitness challenges that take place in outdoor locations across Austria. Challenges can range from running or cycling specific distances to completing a set number of workouts in a certain time frame. Participants can track their progress, compete with others, and share their results on social media.

The goal of digital outdoor fitness challenges is to encourage participants to stay active and engaged in outdoor physical activities while fostering a sense of community and friendly competition.

Many digital tools used for outdoor fitness challenges offer basic features for free, but some advanced features or additional content may require a subscription or one-time purchase.

Success can be measured by the number of participants, the completion rate of challenges, personal improvements in fitness levels, and the overall engagement and enjoyment of the activity.

Challenges may include motivating participants to stay engaged, ensuring accurate tracking of activities, and maintaining a user-friendly and up-to-date digital platform.

STRAVA



Digital outdoor fitness challenges were developed as a way to encourage people to stay active and engaged in outdoor physical activities while leveraging the power of digital tools and social connections. The idea was inspired by the growing popularity of fitness apps and wearables, as well as the desire to promote a sense of community and friendly competition among participants.

HOW TO
TRY?



<https://www.strava.com/>

<https://runkeeper.com/cms/>





DIGITAL ROCK CLIMBING AND BOULDERING

DESCRIPTION OF THE ACTIVITY

In digital rock climbing and bouldering, participants use digital tools to find and navigate climbing routes at various outdoor locations across Austria. The tools provide information about route difficulty, safety precautions, and user-generated ratings and comments.

Participants use mobile apps or online platforms to search for climbing spots, review route information, and log their climbs. They can also contribute by rating and commenting on routes, as well as adding new ones.

The goal of digital rock climbing and bouldering is to enhance the climbing experience by providing accurate and up-to-date route information, fostering a sense of community among climbers, and promoting responsible and sustainable climbing practices.

Many digital tools used for digital rock climbing and bouldering offer basic features for free, but some advanced features or additional content may require a subscription or one-time purchase.

Success can be measured by the number of routes completed, personal improvements in climbing skills, increased awareness of safety precautions, and overall enjoyment of the activity.

Challenges may include ensuring accurate route information, maintaining user-friendly and up-to-date digital platforms, and promoting responsible climbing practices among participants.

DESCRIPTION OF THE TOOL

Digital rock climbing and bouldering tools include mobile apps and online platforms that provide information on climbing routes, difficulty levels, and locations of climbing spots in Austria.

Mobile apps (such as 27 Crags, Vertical-Life, or Mountain Project) and online platforms focused on rock climbing and bouldering are commonly used in this activity.

27 Crags: A comprehensive rock climbing app that helps users discover and navigate climbing routes worldwide. It features detailed topo maps, route descriptions, and user-generated reviews, making it an essential tool for climbers of all skill levels.

Vertical-Life: A versatile climbing app designed for sport climbing, bouldering, and indoor gyms. It offers route information, topos, and tick lists, along with a training log and workout plans to help climbers improve their skills and track their progress.

Mountain Project: A community-driven app for discovering and sharing climbing routes across the globe. It boasts a vast database of climbing routes, complete with photos, route descriptions, and user-generated ratings, providing climbers with valuable insights and recommendations.



Digital rock climbing and bouldering emerged as a way to enhance the climbing experience by providing accurate and up-to-date route information and fostering a sense of community among climbers. The idea was inspired by the growing popularity of climbing and the desire to promote responsible and sustainable climbing practices.

HOW TO
TRY?



<https://27crags.com/>

<https://www.vertical-life.info/en/>

<https://www.mountainproject.com/>





DIGITAL SCAVENGER HUNTS

DESCRIPTION OF THE ACTIVITY

In digital scavenger hunts, teenagers use digital tools to engage in location-based challenges and solve riddles, puzzles, or tasks at various points within a designated area. These activities can be tailored to suit different interests and skill levels and often include an element of friendly competition among participants.

Participants use mobile apps or online platforms to access the scavenger hunt's challenges and tasks. They then navigate to the specified locations, complete the challenges, and document their progress using the digital tool.

The goal of digital scavenger hunts is to encourage young people to explore their surroundings, develop problem-solving skills, and engage in physical activity while having fun in an outdoor setting.

Many digital tools used for digital scavenger hunts offer basic features for free, but some advanced features or additional content may require a subscription or one-time purchase.

Success can be measured by the completion of challenges, the level of participant engagement and enjoyment, and the development of problem-solving, teamwork, and navigational skills.

Challenges may include creating engaging and age-appropriate challenges, ensuring accurate location data, and maintaining a user-friendly and up-to-date digital platform.

DESCRIPTION OF THE TOOL

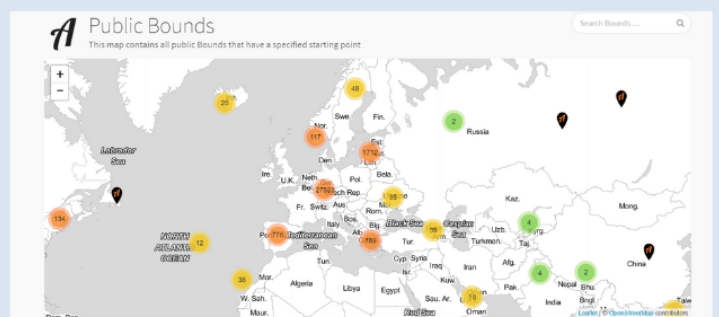
Digital scavenger hunts involve the use of mobile apps and online platforms that create interactive, location-based challenges for participants to complete in a specific area, such as a city or park.

Mobile apps (such as Actionbound, GooseChase, or Scavify) and online platforms focused on creating and participating in scavenger hunts are commonly used in this activity.

Actionbound: An interactive app that enables users to create and participate in custom-made, location-based scavenger hunts, educational games, and guided tours. It utilizes multimedia elements, such as quizzes, tasks, and GPS checkpoints, providing engaging experiences for individuals, groups, and events.

GooseChase: A dynamic app that facilitates the creation and participation of fun, customizable scavenger hunts for various occasions, including team-building events, educational activities, and social gatherings. Users can join or create games, complete missions, earn points, and compete with others in real-time.

Scavify: A user-friendly app designed for organizing and participating in scavenger hunts and team-building activities. It offers customizable templates, task lists, and real-time leaderboards, making it an ideal solution for corporate events, campus orientation programs, and group outings.



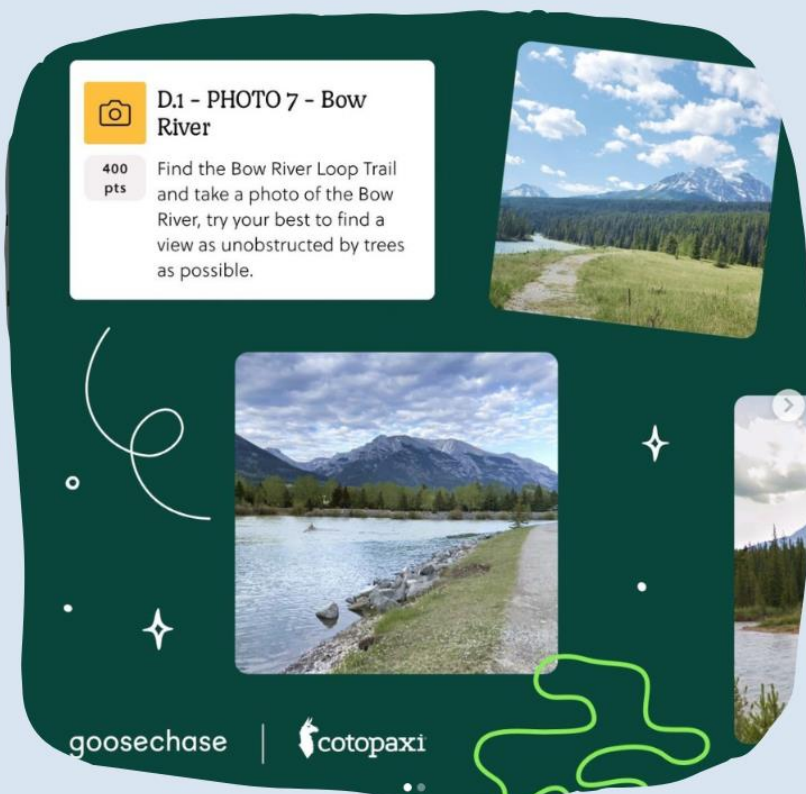
Digital scavenger hunts were developed as a way to engage young people in outdoor activities that combine technology, physical activity, and problem-solving. The idea was inspired by the growing popularity of location-based games and the desire to create fun and educational experiences for young people in an outdoor setting.

HOW TO
TRY? →

<https://en.actionbound.com/>

<https://www.goosechase.com/>

<https://www.scavify.com/>





DIGITAL ADVENTURE RACES

DESCRIPTION OF THE ACTIVITY

In digital adventure races, young participants aged 16-19 use digital tools to engage in a series of outdoor challenges and activities at various checkpoints within a designated area. These activities can include physical tasks, problem-solving puzzles, and team-building exercises. The goal is to complete all the challenges and reach the finish line within a specific time frame.

Participants use mobile apps or online platforms to access the adventure race's challenges, tasks, and checkpoints. They then navigate to the specified locations, complete the challenges, and document their progress using the digital tool.

The goal of digital adventure races is to encourage young people to participate in outdoor physical activities, develop teamwork and problem-solving skills, and foster a sense of friendly competition and camaraderie among participants.

Many digital tools used for digital adventure races offer basic features for free, but some advanced features or additional content may require a subscription or one-time purchase.

Success can be measured by the completion of challenges, the level of participant engagement and enjoyment, and the development of teamwork, problem-solving, and navigational skills.

Challenges may include creating engaging and age-appropriate challenges, ensuring accurate location data, promoting safety during the race, and maintaining a user-friendly and up-to-date digital platform.

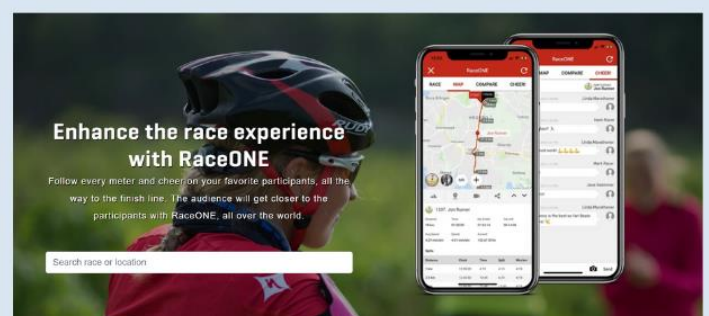
DESCRIPTION OF THE TOOL

Digital adventure races involve the use of mobile apps and online platforms that create a series of outdoor challenges and checkpoints for participants to complete in a race format within a specific time frame

Mobile apps (such as RaceONE or TeamSnap) and online platforms focused on creating and participating in adventure races are commonly used in this activity.

RaceONE: A social racing app that allows participants, spectators, and organizers to track and share real-time information during running and cycling races. The app provides live tracking, race progress updates, and the ability to send cheers and motivational messages to racers, creating an interactive and engaging event experience.

2. TeamSnap: A team management app designed to simplify communication, scheduling, and organization for sports teams, clubs, and recreational groups. It offers features such as event scheduling, player availability tracking, messaging, and team statistics, making it an essential tool for coaches, team managers, and players.



Digital adventure races were developed as a way to engage young people in outdoor activities that combine technology, physical activity, and problem-solving in a competitive and exciting format. The idea was inspired by the growing popularity of adventure races and the desire to create fun and challenging experiences for young people in an outdoor setting.

HOW TO
TRY?



<https://raceone.com/>
<https://www.teamsnap.com/>





GO PADDLING

DESCRIPTION OF THE ACTIVITY

Go Paddling Adventure is an exciting outdoor activity that encourages water sports enthusiasts to explore nearby kayaking, canoeing, and stand-up paddleboarding locations using the Go Paddling app. This digitally-enhanced experience helps users plan their next paddling adventure by providing essential information about launch points, water conditions, and user-generated reviews.

Participants can easily find suitable waterways in their vicinity or new destinations to explore, thanks to the app's location-based features and extensive database of paddling spots. The app also offers valuable insights, such as parking availability, facilities, safety information, and tips from fellow paddlers, ensuring a smooth and enjoyable experience on the water.

In addition to helping users discover new locations, the Go Paddling app enables participants to track their personal progress and performance, including distance, speed, and route mapping. Users can set personal goals, share their experiences with friends, and connect with the wider paddling community.

By combining the thrill of water sports with the convenience of digital tools, the Go Paddling Adventure activity inspires individuals to venture outdoors, hone their paddling skills, and engage with like-minded enthusiasts in a fun and interactive way.

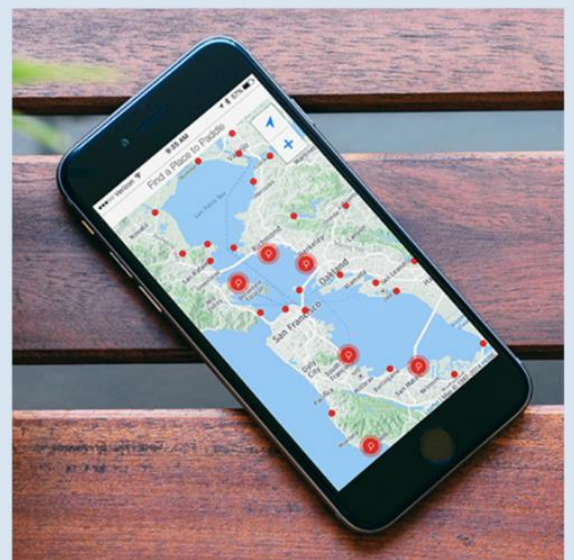
The primary digital tool used is the Go Paddling mobile app, available on iOS and Android devices. Users may also integrate wearable devices, such as smartwatches or fitness trackers, to track personal performance metrics during their paddling adventures.

The Go Paddling app is free to download and use. However, some additional features or premium content may require in-app purchases or a subscription.

Some challenges encountered while implementing the Go Paddling app in outdoor activities include ensuring the accuracy of information, protecting user privacy and security, addressing technical issues, and catering to varying skill levels among users.

DESCRIPTION OF THE TOOL

Go Paddling is a user-friendly mobile app designed to help paddling enthusiasts discover nearby kayaking, canoeing, and stand-up paddleboarding locations. It provides detailed information about launch points, water conditions, and user-generated reviews, making it an invaluable resource for planning water-based adventures and connecting with the paddling community.



The idea for the Go Paddling app came from the desire to create a comprehensive platform that simplifies the process of discovering new paddling locations and connects water sports enthusiasts. By combining the convenience of digital tools with the excitement of outdoor activities, the app aims to inspire more people to explore and enjoy paddling sports.

**HOW TO
TRY?**



<https://paddling.com/paddle/go-paddling-app>

<https://gopaddling.info/>





ENDOMONDO

DESCRIPTION OF THE ACTIVITY

Physical education teachers started using apps with students during the pandemic. Students were tasked with running and similar physical activities, then sending a print screen of the results from the application to the teachers or share the results in the real time. The results from the application were not used only for school assessment, but students competed with each other and this motivated them to move more. Even after the pandemic, the school continues to use applications as a motivational tool.

Using apps in Physical Education (PE) at schools can offer numerous benefits for both students and teachers. Apps can make PE classes more interactive and engaging for students. They often use gamification elements, challenges, and rewards, which can motivate students to participate actively in physical activities. Apps can offer flexibility in how students learn and practice physical activities. They can use the apps both in the classroom and outside, allowing for continuous learning and practice beyond the school setting. Apps that include social components enable students to interact and collaborate with their peers, fostering teamwork and communication skills. Many apps can be personalized to suit individual fitness levels and abilities. This customization ensures that students can work at their own pace and feel challenged without being overwhelmed. Integrating technology into PE classes can help students become more comfortable with using technology in different aspects of their lives.

Overall, integrating apps into PE classes can make physical education more dynamic, inclusive, and effective in promoting an active and healthy lifestyle among students. However, it's essential to strike a balance between technology use and traditional physical activities to ensure a well-rounded PE curriculum.

DESCRIPTION OF THE TOOL

Endomondo is a popular fitness tracking app developed by Endomondo LLC, which allows users to track and analyze their various fitness activities.

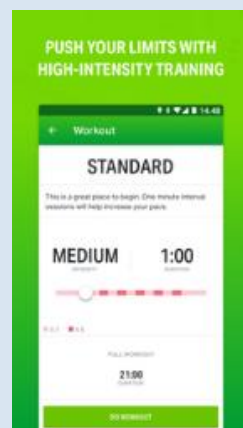
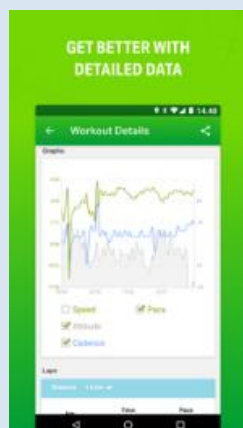
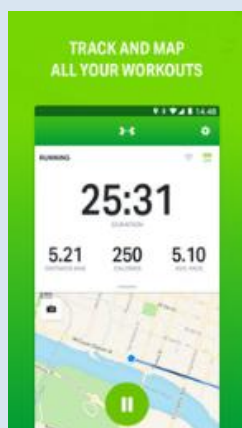
Endomondo provides a range of features to help users stay motivated and track their workouts, including:

- **Activity Tracking:** allows users to track various activities. It uses GPS to map the routes and provides real-time information about distance, duration, speed, and calories burned during the activity.
- **Social Network:** The app has a social component that allows users to connect with friends and other users. You could see your friends' activities, give them "pep talks" or "thumbs up," and engage in friendly competition to motivate each other.
- **Challenges:** it offers various fitness challenges that users could join. These challenges encourage users to achieve specific goals, such as running a certain distance or burning a set number of calories.
- **Training Plans:** The app provides personalized training plans for different fitness goals, like running a 5k, half marathon, or marathon.
- **Audio Coach:** features an audio coach that provides real-time audio feedback during workouts.
- **Personal Statistics:** The app allows users to view and analyze their workout history, personal records, and other statistics over time to monitor progress.
- **Integration:** Endomondo could be integrated with various fitness wearables and accessories, like heart rate monitors and smartwatches, to provide more comprehensive fitness data.

As mentioned in the introduction, the school started using applications during the pandemic, when schools were closed and learning took place remotely. But the application was such a success with students and teachers that they continue to use it as part of regular teaching.

One of the school's main fields is information technology, so it is possible that student motivation leads not only to physical activity, but also to the development of new applications supporting sports.

Since each application undergoes modifications and new ones are created, it is possible that the school is currently using a different form of the application during teaching.



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DIALIGA

DESCRIPTION OF THE ACTIVITY

The organization DIALIGA, which creates a community of patients with diabetes, recommends this tool and encourages patients to monitor progress when walking or running, but also when cycling or skating. The application records the number of calories burned or the average speed. Patients can share their results on social networks or connect directly with other users within the app and track their progress.

Every person suffering from diabetes can turn to this organization, which will give them professional advice so that sports are suitable and safe. They can also review sports results, routes and difficulty together, and the athlete can receive recommendations to improve their fitness.

Engaging in sports and physical activities can be beneficial for individuals with diabetes. Regular exercise can help manage blood sugar levels, improve insulin sensitivity, control weight, and enhance overall well-being. However, it's essential to approach sports and physical activities with some considerations to ensure safety and optimal diabetes management.

The community of users encourages each other, compare their sports performance and share tracks, photos and experiences.

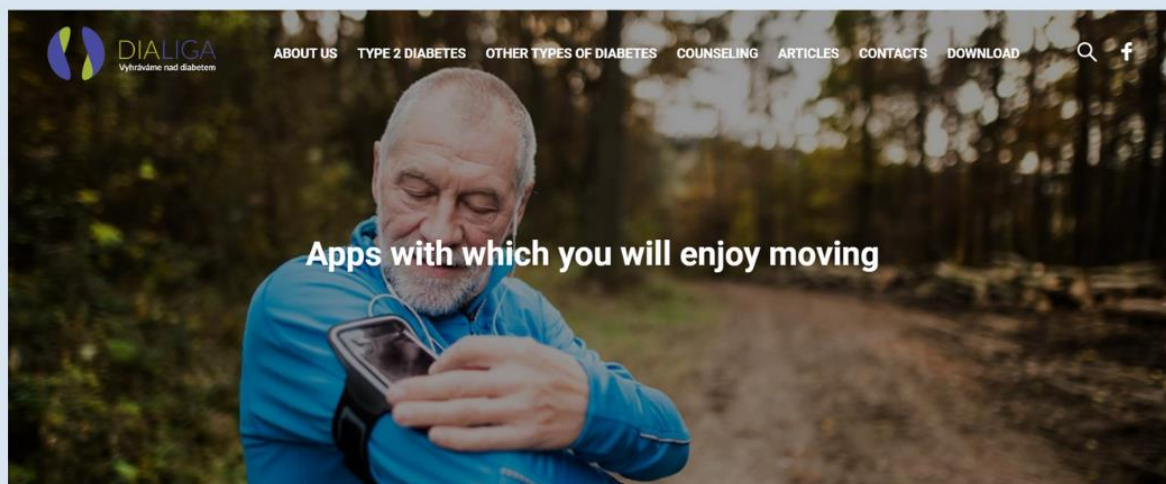
DESCRIPTION OF THE TOOL

Sports tracker application - a helper for tracking outdoor activities. The app uses the phone's built-in sensors or GPS to record data related to distance, time, speed, and other metrics.

HOW TO TRY?



<https://www.dialiga.cz/aplikace-se-kterymi-vas-bude-pohyb-bavit/>



Experts encourage the patients to do sports, however, they know how important it is to monitor their pulse or regularity.

Helping people with diabetes engage in sports and motivating them to be physically active is beneficial for several reasons. Regular physical activity can help improve insulin sensitivity, leading to better blood sugar control. It can help lower blood sugar levels and reduce the risk of hyperglycemia (high blood sugar) in people with diabetes. Physical activity contributes to weight management, which is particularly important for individuals with type 2 diabetes. Maintaining a healthy weight can improve insulin resistance and overall diabetes management. Exercise has positive effects on the cardiovascular system, reducing the risk of heart disease, which is a common complication of diabetes. Engaging in sports and physical activities can help reduce stress levels, which may indirectly contribute to better blood sugar management. Exercise is known to release endorphins, which can improve mood and mental well-being. This is especially important for individuals with diabetes, as they may experience emotional challenges related to their condition. Participating in sports and group activities provides opportunities for social interaction, which can enhance emotional well-being and support a sense of community. Regular physical activity can have a positive impact on long-term health outcomes in individuals with diabetes, reducing the risk of complications associated with the condition. By promoting an active lifestyle, individuals with diabetes can experience an improved overall quality of life, with increased energy levels and a sense of accomplishment.



SPORTS GRAMMAR SCHOOL

DESCRIPTION OF THE ACTIVITY

Physical education teachers and sports coaches use the interactive whiteboard as a valuable coaching tool to analyze games such as volleyball or soccer. Thanks to the whiteboard, they can, for example, project videos back and mark incorrect team positions. They use interactive boards to enhance training sessions, tactics, and player development.

- **Tactical Analysis:** Coaches can use the interactive board to display game footage, diagrams, and animations to analyze team tactics and strategies. They can show players different plays, positions, and movements, enabling a better understanding of the game plan.
- **Pre-Match Preparation:** Before games, coaches can use the interactive board to discuss opponents' strengths and weaknesses. They can analyze the opposition's plays, formations, and key players, helping their team prepare better.
- **Post-Match Review:** After games, coaches can use the interactive board to review player performances, highlight strengths, and identify areas for improvement. This visual feedback helps players grasp concepts more effectively.
- **Individual Player Development:** Coaches can use the interactive board to work with individual players on specific skills, techniques, and positioning. This personalized coaching aids player development and skill refinement.
- **Collaboration and Participation:** Interactive boards encourage player involvement, as athletes can interact with the board, contribute their ideas, and ask questions during team meetings and tactical sessions.
- **Game Simulation:** Some interactive boards allow coaches to simulate game situations, such as set-pieces, penalty kicks, or offensive/defensive plays. This enables players to practice specific scenarios in a controlled environment.

DESCRIPTION OF THE TOOL

An interactive whiteboard is a large interactive surface to which a computer with a data projector is connected, or it is a large screen with a touch sensor. The projector projects the image from the computer onto the surface of the whiteboard, and through it we can use our finger, special markers or other tools to control the computer or work directly with the interactive whiteboard. The board is usually attached directly to the wall, or it can be on a mobile stand.

LEARN MORE!



<https://www.sgldbrno.cz/>



The school purchased the interactive whiteboard thanks to the donation from the Ministry of Education.

Since it is a sports-oriented school, the interactive whiteboard is used during physical education, training and matches. A teacher or coach can quickly and clearly transfer his thoughts to the board, where it is visually easy to understand for the athletes.



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welcome on the site

**Ludvík Daňek Sports Gymnasium,
Brno**





DIGITAL FOREST ORIENTEERING

DESCRIPTION OF THE ACTIVITY

Multi-day program focused on direct and active contact of students with nature and the local environment. Students stay in different types of terrain (city, nature, on and off roads), they get to know the laws of the natural cycle and the functioning of the local community. One of the goals is to motivate students to move and improve their orientation ability in the field of IT and the surrounding environment. Through maps on electronic devices and contact with the real environment, students are motivated to move and use the IT efficiently.

DESCRIPTION OF THE TOOL

Orienteering using digital tools, also known as "electronic orienteering" or "eOrienteering," incorporates modern technology to enhance the traditional sport of orienteering. Digital tools have made orienteering more accessible, interactive, and efficient.

The needed tools are smart phones and QR codes.

There are some benefits in comparison with classical orienteering:

Electronic Punching: Instead of traditional paper punch cards, electronic punching systems are used to record a participant's visit to each control point. This is often done using electronic control boxes or "e-punches" that participants touch their electronic device or RFID card against to record their visit.

Data Analysis: Digital tools provide comprehensive data on participants' performance, including route choices, split times, and overall race statistics. This data can be used for training, feedback, and improvement.

Online Mapping Tools: Web-based mapping tools allow participants to plan routes and study maps digitally before and after events. These tools often integrate with GPS tracking data to review and analyze performances.



LEARN
MORE!



<https://www.orientacnibeh.cz/novinky-sekce-ob/zazitkova-vyuka-s-mapou-za-vzdelanim>

The activity was prepared as a methodology of the Czech Association of orienteering sports and is intended for teachers, trainers and leaders of leisure activities as a comprehensive set of educational programs with the theme of staying and orienteering in nature.

Orienteering is a sport and recreational activity that involves navigating through unfamiliar terrain using a map and a compass or newly QR codes, smartphones and tablets. Participants must find specific checkpoints or control points marked on the map and visit them in a predetermined sequence. The sport requires a combination of physical fitness, map-reading skills, and strategic planning. Orienteering can be done on foot, on skis, or by mountain bike, and it offers a challenging and enjoyable way to explore the outdoors and improve navigation abilities. It is often practiced as a competitive sport or a leisure activity for individuals and families.

We will find options directly for your place of residence

Drag the pointer to where you live. If you are currently at home, just click on Get my current location.

ADDRESS
Introduce a location

COORDINATES

📍 Get my location

✅ Confirm location

In the vicinity of the specified location, we will find all the options to start or try the landmark.





SIMPLY YOGA – FITNESS TRAINING

DESCRIPTION OF THE ACTIVITY

The application offers 20, 40 or 60 minute exercise videos that give users the necessary information on how to perform various poses correctly. The application offers the possibility of linking with the Health application on the iPhone. It is often used as an addictive exercise for people who practice yoga in a group with a real trainer.

The app is designed to help users learn and practice yoga at their own pace and convenience, making it easier for beginners to get started and for experienced practitioners to deepen their practice.

DESCRIPTION OF THE TOOL

Simply Yoga - Fitness Trainer app works as a personal virtual yoga trainer. This is a mobile application that provides users with access to various yoga exercises, routines, and guided classes.

SOME MORE INFO

The application is an additional tool for people, who come regularly to the organization that provides yoga lessons. Sometimes users missed lessons, in order to stay fit and keep in touch with yoga, trainers recommend using the app, for example when being abroad.

The benefits are continuous training, progress, customization, community and support.



LEARN MORE!



<https://www.karmasrdcem.cz/>





OUTDOOR SPORTS FOR CHILDREN AND YOUNGSTERS

DESCRIPTION OF THE ACTIVITY

The World Health Organization (WHO) recommends at least 7 hours of active movement for children per week. Physical education in schools provides a total of only 1 hour of movement, the remaining 6 hours are the responsibility of the parents. In 1991, 10% of children suffered from obesity or were overweight, but in 2021 it is already 26% and this number is still rising. Children are less and less involved in regular sports and physical activities, they eat more poorly, they have not formed the right habits and they lack joint physical activities with their parents. This trend will have a very negative impact on the quality of life of the entire society in the future. That's why the 6 hours initiative was created, which gives creative ways to children and their parents in digital form. Users can filter the results in the menu - exercise at home, exercise outside, exercise for health and the like. Well-known figures from the field of sports were also involved in the project, making it even more attractive for users.

DESCRIPTION OF THE TOOL

Videos and tutorials engaging parents and their children to exercise and do sports.

SOME MORE INFO

The organizations provides also other materials to keep families active, for example tips for free time activities.



LEARN MORE!



<https://www.6hodin.cz/onas/>

<https://cesko.digital/projects/pohyb-je-reseni>

STROLLING

DESCRIPTION OF THE ACTIVITY

Strolling is an outdoor exercise in the fresh air, the basis of which is sports dynamic walking with a stroller, which is considered by experts to be the most natural and effective type of movement. Strolling effectively combines sporty walking with a stroller with cardio-exercises and strengthening exercises.

SOME MORE INFO

The exercises are organized in a group, but due to the fact that the children have different daily routines, mothers can also exercise individually thanks to the online tool.

DESCRIPTION OF THE TOOL

The organization created videos and instructions for parents, especially mothers, on maternity leave. Women can exercise according to the video, the exercises are adapted to movement outside, mainly in the form of exercises with a stroller.



LEARN MORE!



<https://strolling.cz/vyzvy/>





CYCLING

DESCRIPTION OF THE ACTIVITY

The BikeMi App is a digital tool used for outdoor cycling in Milan, Italy. It is part of the BikeMi bike-sharing system, which provides residents and visitors with a convenient and sustainable transportation option. With the BikeMi App, users can locate and reserve available bikes from BikeMi stations throughout the city. The app allows users to unlock the bikes and pay for the service directly from their smartphones. It also provides information on bike and station availability, maps of cycling routes, and urban cycling tips. Cyclists can enjoy exploring Milan and its surroundings while using the BikeMi App to access bicycles and navigate the city's bike lanes and paths.

SOME MORE INFO

The BikeMi bike-sharing system was introduced in Milan to promote sustainable mobility and provide an alternative to traditional transportation methods. The BikeMi App was developed to enhance the user experience by allowing easy access to bike availability and enabling convenient payment options. The system encourages residents and visitors to choose cycling as a means of transportation, reducing traffic congestion and environmental impact. The idea behind the BikeMi App and bike-sharing system is to create a more bike-friendly city and support a healthier and greener urban lifestyle.

DESCRIPTION OF THE TOOL

BikeMi App (Milan Bike Sharing)

The app is free and then you need to pay a daily, weekly or annual fee to use the bikes.



HOW TO
TRY?



<https://www.bikemi.com>



MEETERS

DESCRIPTION OF THE ACTIVITY

Meeters.org enables users to engage in outdoor sports activities by connecting them with fellow enthusiasts. Users can create and organize outdoor sports sessions, specifying the type of activity, location, and time. They can also search for existing activities in their area and join those that align with their interests and availability. Through the platform, users can communicate with each other, coordinate meeting points, and share their experiences before, during, and after the activity.

SOME MORE INFO

Meeters.org was developed with the goal of fostering a sense of community and encouraging outdoor sports participation. The platform aims to bring together individuals who share a passion for running, cycling, and other outdoor activities, providing them with a convenient way to connect, organize, and engage in these activities. Meeters.org aims to promote a healthy and active lifestyle while creating a supportive environment for individuals to connect and motivate each other in their fitness journeys.

DESCRIPTION OF THE TOOL

Meeters is a platform based in Italy that facilitates meetings and socialization among people with similar interests. It allows individuals to connect and organize events and trips. In 2021, Meeters facilitated 25,000 meetings through 1,600 events and 90 travels. The platform is now looking to expand internationally. Meeters is currently seeking a Travel Organizer Intern to join their team. The intern will be responsible for building relationships with accommodation facilities, managing options and room allotments, and scouting for suppliers. Meeters offers a dynamic and inclusive working environment, various benefits such as paid internship, extra holidays, remote work options, and participation in free events or trips.



HOW TO
TRY?



<https://meeters.org/>



VARIOUS OUTDOOR SPORTS AND ACTIVITIES

DESCRIPTION OF THE ACTIVITY

The Strava App is a popular digital tool used for tracking and analyzing various outdoor sports and activities, including running, cycling, hiking, swimming, and more. The app utilizes GPS technology to track the user's route, distance, speed, elevation, and other performance metrics. Users can record their activities in real-time, set personal goals, compete with friends and other users, and join challenges and virtual events. The app provides detailed activity summaries, including maps, splits, and segment times. It also allows users to share their activities on social media and connect with a community of athletes.

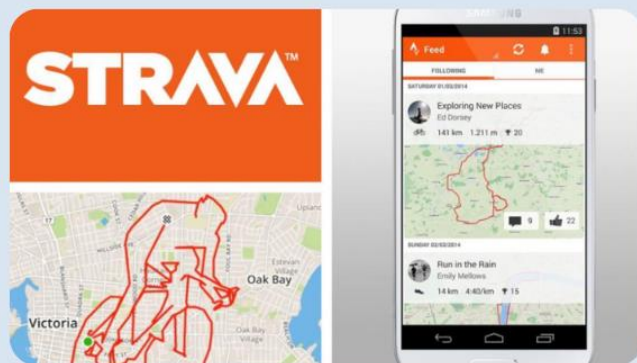
SOME MORE INFO

Strava was initially developed to cater to the needs of cyclists, but it has expanded to include various outdoor activities. The app aims to create a social and competitive platform for athletes to connect, motivate each other, and track their performance over time. Strava's features, such as leaderboards, segment challenges, and virtual events, provide an engaging experience for users. The app's user-friendly interface and extensive functionality have made it a popular choice among outdoor enthusiasts worldwide.

DESCRIPTION OF THE TOOL

Strava App

The app is free and then you can pay for premium version.



HOW TO TRY?



<https://www.strava.com/>





RUNTASTIC

DESCRIPTION OF THE ACTIVITY

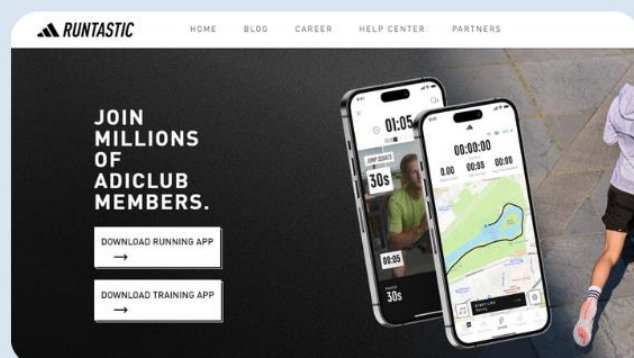
The Runtastic App is a comprehensive digital tool designed for tracking and analyzing various outdoor sports and activities, including running, jogging, cycling, walking, and more. The app utilizes GPS technology to track the user's route, distance, speed, pace, elevation, and other key metrics. It provides real-time audio feedback during workouts, allowing users to stay motivated and monitor their performance. The app also offers training plans, customized workouts, and challenges to help users reach their fitness goals. Additionally, it provides detailed statistics and progress tracking to monitor improvements over time. Users can share their activities on social media and connect with a community of fitness enthusiasts.

SOME MORE INFO

Runtastic was founded with the aim of using technology to inspire people to lead healthier and more active lives. The app was developed to provide users with a comprehensive tracking and training platform for their outdoor activities. Runtastic offers a user-friendly interface, accurate tracking, and a range of features to cater to different fitness levels and goals. The app's integration with social media and its community aspect allow users to share their progress, connect with others, and find motivation and support. Runtastic has become a popular choice among individuals who want to track and improve their performance in various outdoor sports and activities.

DESCRIPTION OF THE TOOL

Runtastic is a mobile fitness brand owned by Adidas that offers a range of apps to track various fitness and sports activities. In Italy, the Runtastic app is used by individuals to track their runs, bodyweight training sessions, cycling, hiking, walking, and other activities. The app allows users to develop personalized fitness plans, track their workouts and progress, and stay motivated with friends. With over 90 million customers worldwide, Runtastic aims to provide personalized marketing communications to engage with its users on a one-to-one basis. The company follows a mobile-first, subscription-based business model, encouraging users to download its apps and eventually become subscribers. In Italy, users can benefit from the app's features to maintain an active and healthy lifestyle.



HOW TO

TRY?



<https://www.runtastic.com/>



VERTICAL LIFE

DESCRIPTION OF THE ACTIVITY

The Vertical Life App is a digital tool specifically designed for climbers. It provides climbers with a comprehensive platform to discover, track, and share climbing routes and information. The app features a vast database of climbing areas, crags, and routes, including detailed descriptions, grades, photos, and user-generated content. Climbers can use the app to find new climbing destinations, browse routes based on difficulty or location, and access interactive maps for navigation. The app also offers the ability to track personal climbing progress, record ascents, and log training sessions. Users can share their climbing experiences, photos, and achievements with the climbing community through the app's social features.

SOME MORE INFO

The Vertical Life App was developed with the aim of providing climbers with a comprehensive and user-friendly tool to enhance their climbing experience. It allows climbers to easily access information about climbing areas, routes, and conditions, thereby facilitating trip planning and route selection. The app's community-driven nature encourages climbers to connect and share their knowledge, experiences, and achievements. Vertical Life aims to promote climbing as a sport and create a platform that fosters community engagement and supports climbers in their pursuit of their climbing goals.

DESCRIPTION OF THE TOOL

Vertical Life is a website that offers an online platform for climbers and outdoor enthusiasts. It serves as a comprehensive resource for climbing information, providing details on climbing routes, bouldering areas, and mountaineering locations around the world. Users can access route descriptions, difficulty levels, and visual guides to aid in planning their climbing adventures. Additionally, Vertical Life offers a social networking aspect, allowing climbers to connect, share experiences, and join climbing communities. The website aims to foster a thriving online community while catering to climbers' needs for route information and networking opportunities.

Climbing apps are very popular in Italy in the last years and a lot of people are using them to go outdoor.

vertical-life
climbing



HOW TO
TRY?



<https://www.vertical-life.info/>





HIKING WITH DIGITAL TRACKING MAPS

DESCRIPTION OF THE ACTIVITY

The digital tool used in this context is a digital tracking map application or GPS device specifically designed for hiking. These tools utilize GPS technology to track the hiker's location in real-time and display it on a digital map. They often offer features such as route planning, elevation profiles, distance measurements, and points of interest along the trails. An example of such an application is FATMAP (<https://fatmap.com/>). The digital tracking map can provide interesting and useful information about the surroundings. It may include descriptions of flora and fauna, historical sites, geological formations, or scenic viewpoints along the trail.

The use of digital tracking maps in hiking brings several benefits and interesting features. Firstly, it enhances safety by reducing the risk of getting lost, particularly in remote or poorly marked trails. Hikers can rely on the accuracy of the digital map and easily reorient themselves if they stray off course.

Furthermore, the digital tracking maps often allow hikers to record their hikes and track their performance. They can review their distance covered, elevation gain, and average speed, providing a sense of achievement and motivation to explore more trails. Some applications also allow hikers to share their hiking experiences, photos, and achievements with fellow hikers in an online community.

DESCRIPTION OF THE TOOL

The activity involves hikers using the digital tracking map to navigate and explore hiking trails in Romania. They can select their desired route from the available options, such as mountain peaks, forest trails, or nature reserves. The digital tool provides detailed information about the trail, including its difficulty level, estimated duration, elevation changes, and any potential hazards.

With the digital tracking map, hikers can follow their progress along the trail, ensuring they stay on the right path and reach their desired destinations. The map displays the hiker's current location, trail markers, and waypoints, offering a sense of security and confidence in unfamiliar terrains. Hikers can access this information during their hike, enriching their experience and deepening their understanding of the natural and cultural aspects of Romania.

Moreover, the use of digital tracking maps contributes to responsible hiking practices and environmental conservation. Hikers can adhere to designated trails, minimizing their impact on fragile ecosystems and respecting protected areas. The maps can also highlight specific rules and regulations for each trail, promoting responsible behaviour and preservation of natural resources.

In summary, combining digital tracking maps with hiking in Romania enhances the outdoor experience by providing navigational assistance, safety features, and information about the trails. It ensures hikers stay on the right path, enriches their knowledge about the surroundings, and contributes to responsible hiking practices. With the digital tool, hikers can confidently explore the diverse and breath-taking landscapes that Romania has to offer.



The advent of GPS technology and the widespread availability of smartphones have revolutionized the way hikers navigate trails in Romania. Digital tracking maps provide accurate real-time positioning, eliminating the need for traditional paper maps and compasses. Many digital tracking map applications now offer offline capabilities, allowing hikers to download maps in advance and access them without an internet connection. This is particularly beneficial in remote areas with limited or no network coverage, ensuring hikers can navigate even in areas where connectivity is scarce.

Hiking with digital tracking maps has facilitated the growth of online communities centered around hiking in Romania. Hikers can join forums, share experiences, exchange trail recommendations, and seek advice from fellow enthusiasts. This digital networking enhances the sense of camaraderie among hikers and fosters a collective love for the outdoors.



HOW TO TRY?



<https://fatmap.com/>

<https://www.wired.com/story/apps-for-hiking-trails/>



GEOCACHING ROMANIA

DESCRIPTION OF THE ACTIVITY

Geocaching is an outdoor recreational treasure hunting activity. The game uses GPS coordinates to hide and seek treasure boxes named 'geocaches' (or simply caches). The treasure boxes are hidden at certain geographic coordinates. Romania offers a diverse range of geocaching opportunities, from urban areas to stunning natural landscapes. A regular cache is actually a small, hermetically sealed box that necessarily contains a notebook or a sheet of paper (logbook). Larger boxes can contain various toys or things of small value that can be taken to find if they are replaced with similar ones.

In order to play this outdoor game, participants are required to follow the next steps:

1. Create a free account on <https://www.geocaching.com/play>.
2. Go to the website and check the map (or use the search function) to identify the nearest caches.
3. Search the cache:
Enter the coordinates of the chosen cache into the GPS and start looking for it, or,
Download one of the mobile apps – the official Geocaching® app (GooglePlay or AppStore).
Enable Location and navigate to cache.
6. Identify the area where the cache is (GZ - Ground Zero) and find the cache.
7. Sign In the journal (Log) and then put the geocache in the same way you found it for other geocachers to find it.
8. Log in to the website (or mobile app) and share your experience and any photos with other searchers.

DESCRIPTION OF THE TOOL

The digital tool that is used is constituted by GPS devices. In order to have access to the GPS device, participants use a smartphone or a handheld GPS receiver in order to navigate to specific coordinates and find hidden caches.



Geocaching was conceived on May 1, 2000, shortly after restrictions on the use of GPS were lifted, and is similar to a 150-year-old game that used clues and landmarks in stories. The idea originated from the worldwide geocaching community and has gained popularity in Romania, with various geocaches hidden in beautiful outdoor locations.

Romania is a geocaching-friendly country with numerous fantastic locations to explore. Some popular geocaching areas include:

- **Bucharest:** the capital offers a wide range of urban geocaches, allowing participants to discover the city's landmarks, parks, and hidden corners.
- **Transylvania:** Known for its beautiful landscapes and rich history, Transylvania has plenty of geocaches to be found in cities like Brasov, Sibiu, or Cluj-Napoca, as well as in the surrounding countryside.
- **Carpathian Mountains:** The Carpathian range stretches across Romania and offers breath-taking scenery. Geocaching in the mountains allows you to combine outdoor exploration with finding hidden treasures.
- **Danube Delta:** This UNESCO World Heritage Site is a unique and biodiverse area. Geocaching here can take you through stunning wetlands and introduce you to the local flora and fauna.

HOW TO TRY?



<https://www.geocaching-romania.ro/ce-este-geocaching/>
<https://www.youtube.com/watch?v=O8CpkSHtoeY>
https://play.google.com/store/apps/details?id=com.groundspeak.geocaching.intro&hl=en_US



BIRDWATCHING

DESCRIPTION OF THE ACTIVITY

Birdwatching, also known as birding, is the recreational observation of birds in their natural habitats. It involves locating and observing birds, noting their behaviours, and identifying different species. Birdwatching can be done in various outdoor settings, including parks, forests, wetlands, and even urban areas. It is a popular activity among nature enthusiasts, photographers, and conservationists.

For example, 'Birding in Romania tours' offer birding adventures to interested participants and expert guidance by professional tour leaders. In addition, birdwatching with bird identification apps in Romania combines the joy of outdoor exploration, the thrill of bird discovery, and the convenience of digital tools to create a rewarding and educational experience for bird enthusiasts.

SOME MORE INFO

The idea of birdwatching in Romania with bird identification apps emerged with the advancement of mobile technology and the increasing popularity of smartphone apps. Bird identification apps revolutionized the activity by providing a portable and user-friendly tool for quick and accurate identification.

DESCRIPTION OF THE TOOL

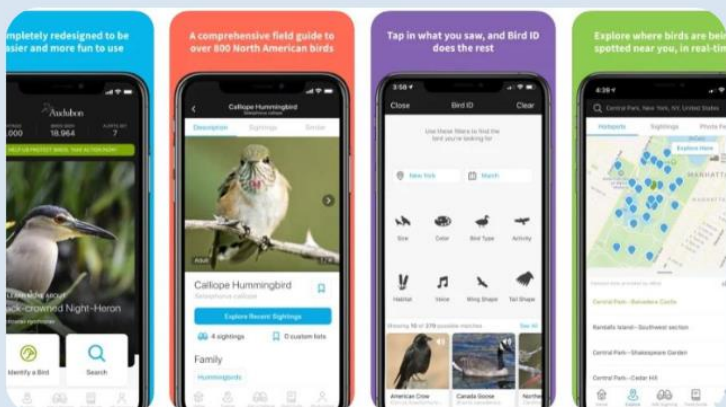
The digital tool that is used is represented by smartphones or tablets that have specialized bird identification apps. These apps include image recognition algorithms and extensive databases, to assist birdwatchers in identifying bird species. Other features that are offered by these apps are: species guides, audio recordings of bird songs and calls, distribution maps, and user-contributed sightings and photos.



HOW TO TRY?



<https://www.birdinginromania.com/>
<https://www.wheretowatchbirdsandotherwildlifeintheworld.co.uk/romania.html>
<https://www.birdguides.com/sites/europe/romania/>
<https://files.eric.ed.gov/fulltext/EJ1029187.pdf>
<https://www.eco-romania.ro/en/danube-delta/birdwatching-tour-in-danube-delta-private-tour/>





CYCLING/CYCLOTURISM

DESCRIPTION OF THE ACTIVITY

Cycling is an outdoor activity that people in Romania usually practice in order to exercise, explore, and connect with other people and nature itself. The activity involves cyclists embarking on a cycling journey and make use of a video camera to seize their experience, capture their adventures, surroundings and create visual content. Since Romania has plenty of picturesque landscapes and cycling routes to explore, a video camera well placed while cycling maximize the experience of the bikers because they can afterwards publish the visual content created with the wider audience, on social media, with their friends, on their blogs, etc.

While cycling or practising cyclotourism and using a video camera in Romania, riders can film the biodiversity of the country, the mountains, rolling hills, rivers, forests and charming landscapes. They can also capture the spirit of towns and villages, the architectural diversity, the historical sites, medieval castles, monasteries and other places along their way. In Romania, there are several routes available for cyclotourism. People that are interested in exploring the itineraries, can rent a bike and embark on the tours/ circuits offered by the locals (<https://taradornel.ro/en/cycling-tourism/>). If they want to film the circuits, they need to come prepared with the digital tools and even ask the guide whether it is fine with them and the group to film the route and create visual content, without invading the privacy of the others.

Filming while cycling not only ensures a pleasant experience to the biker, but also ensures that the beauty of Romania is promoted with other people on social media platforms and video-sharing websites. Cyclists can create vlogs, travel documentaries, short videos highlighting their adventures.

DESCRIPTION OF THE TOOL

Bikers use in this context a video camera or a smartphone. The camera can be placed on their helmets, handlebars, or body to record the surroundings while cycling. The video camera can be bought online and has particular recoding capabilities. There are even helmets that come with the camera incorporated. The cameras record high-quality videos.



Filming while cycling not only ensures a pleasant experience to the biker, but also ensures that the beauty of Romania is promoted with other people on social media platforms and video-sharing websites. Cyclists can create vlogs, travel documentaries, short videos highlighting their adventures.

These videos can:

- inspire other people to explore the country at their turn while cycling
- inform people about cycling routes
- attract visitors and travel enthusiasts
- promote cycling as a sustainable and eco-friendly mode of transportation, entertainment and healthy lifestyle.

It is important for those interested in combining cycling with filming to ensure their safety, by making sure that the camera does not interfere with their ability to ride safely. Also, they need to respect the privacy of other people.

The idea of combining cycling with a wearable intelligent video came with the advanced technology. The desire to seize the moment, record the beauty of the experiences and adventures and share these with others determined people to carry out these activities.

HOW TO
TRY?



<https://padureacraiului.ro/cicloturism-mountain-bike/>

<https://taradornelor.ro/en/cycling-tourism/>

<https://www.ecomaramures.com/1-oferta-turistica/1-1-activitati-in-natura/cicloturism/>





OUTDOOR FITNESS TRACKING WITH WEARABLE DEVICES

DESCRIPTION OF THE ACTIVITY

Outdoor fitness tracking involves engaging in physical activities such as running, cycling, hiking, or walking, while utilizing wearable devices to track and monitor various fitness metrics. The devices capture data related to the intensity, duration, distance, pace, elevation, and other parameters of the activity. Users can then review and analyse this data to assess their performance, set goals, and track progress over time.

In Romania, outdoor fitness tracking with wearable devices has gained popularity as individuals seek to explore the country's stunning natural landscapes while improving their fitness levels. From the picturesque Carpathian Mountains to the Danube Delta and various parks and trails, Romania offers diverse outdoor environments for fitness enthusiasts to engage in activities like running, cycling, or hiking.

By utilizing wearable devices, such as fitness trackers or smartwatches, individuals in Romania can monitor their heart rate, distance covered, pace, and other fitness metrics specific to their chosen activity. These devices often come with GPS capabilities, allowing users to track their routes and explore new paths. The collected data can be analyzed through smartphone apps or web platforms to gain insights into progress, set goals, and maintain motivation.

Outdoor fitness tracking with wearable devices in Romania combines the advantages of technology, the joy of outdoor exercise, and the opportunity to explore the country's natural beauty. It encourages individuals to embrace an active lifestyle, make the most of their outdoor workouts, and optimize their fitness routines.

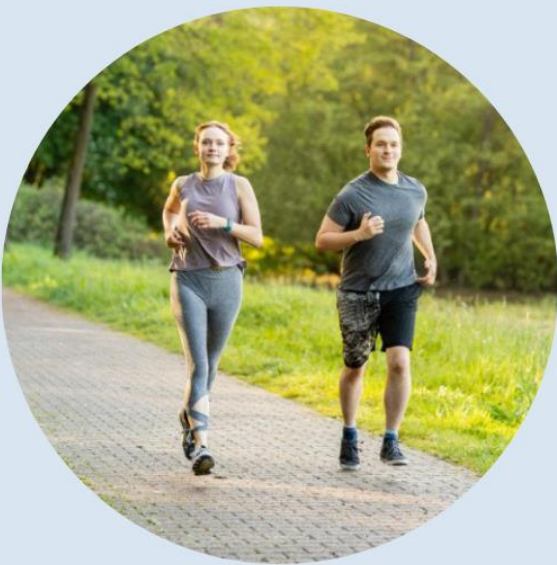
Please note that while wearable devices and outdoor fitness tracking are prevalent in Romania, it's always essential to follow local regulations, exercise safely, and respect the environment when engaging in outdoor activities.

DESCRIPTION OF THE TOOL

Wearable devices are electronic devices designed to be worn on the body, typically in the form of wristbands, watches, or even smart clothing. These devices incorporate sensors and technologies that can monitor various aspects of physical activity, such as heart rate, steps taken, distance covered, calories burned, and even GPS tracking for location-based data. They often sync with smartphone apps or web platforms to provide a comprehensive view of fitness progress and analysis.



The idea of outdoor fitness tracking with wearable devices originated from the broader global trends in fitness and technology integration. As wearable technology advanced and became more accessible, people began to realize the benefits of tracking their fitness activities. The desire to make the most of outdoor workouts, improve performance, and maintain an active lifestyle led to the adoption of wearable devices for fitness tracking.



LEARN MORE!



<https://www.digi24.ro/magazin/stil-de-viata/viata-sanatoasa/idei-inedite-de-fitness-960213>

<https://play.google.com/store/apps/details?id=com.technogym.tgapp&hl=ro&gl=US>

<https://www.gsmfit.ro/blog/post/5-idei-de-integrare-a-tehnologiei-in-vacanta-copiilor>

<https://eceasuri.ro/blog/fitness-sau-in-aer-liber-noua-varianta-a-ceasului-sport-polar-pacer-pro-gold-dust>

<https://www.wall-street.ro/articol/Lifestyle/198382/cele-mai-bune-aplicatii-gratuite-pentru-fitness.html#gref>



ENVIRONMENT AND SPORT THROUGH PHOTOGRAPHS

DESCRIPTION OF THE ACTIVITY

The aim of the project is to promote care for nature and raise awareness among future generations through sport and photography, allowing users to virtually monitor trees, plants or specific points in any natural enclave. At the same time, the tool makes it possible to disseminate the landscape heritage of the different localities, which helps to promote tourism and give added value to all those natural environments which, due to their simplicity or lack of knowledge, are not popular among citizens.

The Guadalinfo centre in Cazalilla, which belongs to the network of centres for access to the information society managed by the Fernando de los Ríos Consortium, is the promoter of the project which arose from the need to promote care for nature among young people in order to achieve generations more aware of their environment and environmental problems.

DESCRIPTION OF THE TOOL

If you are interested in the environment and sport, PlantaTic is your social network. With the idea of walking and compiling photographs of natural areas in the most remote and unknown places to give them the value they deserve, this initiative was born in the Guadalinfo centre in Cazalilla (Jaén), where they decided to combine communication technologies and nature. Anyone interested in their environment and improving it has an ally in this social network, a project of the company SolucionesNTic, which has already launched the application for Android for free, while development continues for the Apple app. In any case, the website is available and all you have to do is register to share and enjoy the environment anywhere.



LEARN MORE!



<https://blog.guadalinfo.es/comparte-y-cuida-el-medio-ambiente-con-plantatic/>



GHYMKANA

DESCRIPTION OF THE ACTIVITY

You create an Actionbound related with the topic that you want, adding the GPS quests and different missions you can combine this app with any sport or physical exercise that you want.

Example:

Action bound in María Luisa Park and Plaza de España to do physical activity while learning and having fun through an app. Everyone can choose when and with whom to do it.

This Actionbound is made in three different levels of complexity to be attractive and adapt to the level of understanding of any person with and without ASD regardless of their age:

Level 1: Option of less complexity, it is an agenda of the places we have to go through with specific photos of them that give meaning to where we are going. Its route has a distance of approximately 3 km with 11 places to pass through with no tests to solve in them.

Level 2: Intermediate option, there are also photos of the places we have to go through, but there are simple tests in them. Its route has a distance of approximately 3.5 km with 14 places to find and 14 tests to solve.

Level 3: More complex option, it only gives a clue as to where we are going. Its route has a distance of approximately 3.5 km with 14 places to find and 18 tests to solve a little more complex, many of which will serve to discover curiosities of the park that you would not know.

In levels 1 and 2 there is an arrow indicating the direction in which to walk and the distance to go, and in level 3, a map.

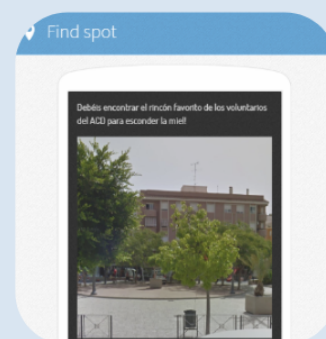
It should be noted that it is not compulsory to find all the places or solve all the tests (it is possible to go on to the next one), but every time we find a place or solve a test properly, we get a score.

DESCRIPTION OF THE TOOL

Actionbound is an app for playing digitally interactive scavenger hunts to lead the learner on a path of discovery. We call these multimedia based hunts 'Bounds'.

The program quite literally augments our reality by enhancing peoples' real-life interaction whilst using their smartphones and tablets. Create your app-based DIY escape game, a digital timeline of events or a places of interest tour, with the use of GPS coordinates and pre-placed codes and mysteries.

Excellent for ice-breaking exercises, historical or archaeological sites, or more simply presenting a vision for the future. Take full advantage of the huge potential of gamification with the Bound Creator's extensive game elements and tools like GPS locations, directions, maps, compass, pictures, videos, quizzes, missions, tournaments, QR codes and much more to create fun and exciting mobile app-based adventures.



HOW TO TRY?



<https://en.actionbound.com/>
<https://www.autismosevilla.org/blog/gymkana-club-deportivo-autismo-sevilla/>



TREASURE HUNT WITH POKEMON GO

DESCRIPTION OF THE ACTIVITY

The idea is to create a group that plays the game to do different meetings to go and enjoy together from the natural areas and the unique and limited Pokémons from that areas.

Example:

The idea of this gamified project, which uses the famous video game as a common thread, is to work on the physical condition of the students of the CRA Villas del Tajo (Toledo). The teacher Ernesto Bautista Saturnino Díaz tells us about it.

For children and young people aged five to 17, physical activity consists of games, sports, movement, recreational activities, physical education or exercises programmed in the context of family, school or community activities. With the intention of improving the physical and mental health of students, I decided to carry out this gamified activity in which the hunt for 'Pokémon' is the protagonist.

The idea for this project arose from the need to meet the WHO recommendations regarding daily physical activity. In order to improve cardiorespiratory functions, muscle and bone health, it is recommended:

Children and young people aged 5-17 years should spend at least 60 minutes per day in moderate to vigorous intensity physical activity.

Physical activity for more than 60 minutes a day has an even greater health benefit.

Daily physical activity should be mostly aerobic. Vigorous activities that strengthen, in particular, muscles and bones should be incorporated at least three times a week.

The activity itself consisted of weekly challenges, both individual and collective: each week they had to do a different challenge after school hours. These challenges had a format very similar to video games so that the pupils found them attractive and wanted to do the activities, as they were voluntary.

DESCRIPTION OF THE TOOL

It burst onto the scene a few years ago as the perfect leisure option that combined technology and interaction with the physical environment. It was, therefore, a technological game that got you off the couch. Now it is no longer a media phenomenon, but it is still an attractive outdoor game. Yes, you've probably already played Pokémon Go. Or you've seen large groups of children and teenagers, or even adults, walking around shopping malls or other public spaces while glued to their phones, keeping an eye on Pokémon. Players use their smartphones' GPS to locate, capture, battle and train Pokémon characters.



The activity consisted of capturing the 'Pokémon' proposed to them through a 'Genially' and defeating Team Rocket. But how did they capture them? By means of a photograph that they later sent to my email or phone to confirm that they had succeeded. The contents worked on in this project not only covered the area of Physical Education but also Natural Sciences.

The collaboration of the parents or relatives of the pupils was necessary, especially with the youngest pupils, as they had to use their mobile phones. The involvement of pupils and families was fundamental for this project to be so successful. The aim of this initiative was to put an end to the sedentary lifestyle of the pupils and to promote healthy habits, which are so beneficial for our bodies.

I also created a 'Pokémon' field notebook for outings in the surrounding area, enabling pupils to get to know the area in a different and motivating way by hunting 'Pokémon'. This methodology was appropriate for the children to achieve meaningful learning, to see what they had done in the classroom and its practical application.

Valdeverdeja Town Council found this idea so ingenious that they have incorporated their Pokémon field book into the Town Council's website so that anyone can download it and carry out the proposed activities. It is also a reason for the whole family to follow the routes in the area and enjoy the scenery, as well as attracting people from outside the region to go hiking in a different and original way.



LEARN
MORE!



<https://www.educaciontrespuntocero.com/experiencias/pokemon-actividad-fisica/>

PROJECT CONSORTIUM



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The "Digital Outdoor Sports" handbook provides valuable insights into the exciting possibilities that arise from combining outdoor sports with digital tools. Throughout this handbook, various outdoor activities, such as hiking, cycling, rock climbing, and water sports, have been explored, highlighting their numerous physical, mental, and social benefits.

The integration of digital tools into outdoor sports opens up a promising future for enthusiasts. These tools have revolutionized interactions with nature, offering precise navigation systems, enhanced safety features, performance tracking, and improved connectivity. By leveraging these advancements, outdoor enthusiasts can optimize their experiences, ensuring safety, enhancing performance, and fostering a sense of community among like-minded sports enthusiasts.

Throughout the handbook, innovative apps, gadgets, and strategies that have emerged from different outdoor communities indicate the numerous opportunities for growth and development in this dynamic field. By adopting these best practices and embracing technology responsibly, enthusiasts can ensure that future generations continue to relish the beauty of nature while preserving the environment.

As readers explore the limitless potential of digital outdoor sports, they are encouraged to remain curious, open-minded, and adventurous. Embracing this digital revolution in outdoor sports promises to offer new and exciting avenues for exploration, connection, and achievement.

