GUIDE FOR YOUTH WORKERS

NEW OUTDOOR ACTIVITIES COMBINED WITH THE USE OF DIGITAL TOOLS

DiSPO
Digital outdoor sports

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CONTENT

Purpose of the manual

The guide is a comprehensive tool designed to offer creative outdoor activities that includes digital resources. This initiative was created especially for youth workers and was developed in partnership with partners from Austria, Spain, Italy, Czech Republic and Romania. The exercises in this book are designed to provide a dynamic learning environment that integrates digital technology and outdoor sports concepts, all while engaging and educating teens. The activities featured in this guide have been carefully crafted to engage and educate teenagers while fostering a dynamic learning environment that incorporates the principles of outdoor sports and digital technology.

This guide's goal is to provide youth workers with a wide range of digital tool-integrated outdoor activities. By offering a range of engaging activities, this guide seeks to enhance the effectiveness of youth work and contribute to the personal and educational development of young people. For those who want to use innovative and engaging methods to inspire and include youth, this handbook is an invaluable resource.

Outdoor activities offer a special chance for hands-on learning. They encourage personal development, problem-solving skills, cooperation, and physical health. We use outdoor sports as a means to help teens learn, grow as individuals, and strengthen their teams in this guide. The addition of digital tools to outdoor learning activities improves the educational process by including a technological aspect that is extremely relevant to today's youth. These are useful tools for gathering and analyzing data as well as for narrative. Through the integration of digital technologies and outdoor sports advantages, youth workers may design captivating and interactive learning experiences that connect with today's young people.

The primary audience for this book is youth workers, who are in charge of supporting teens' personal and academic development. It provides them with an abundance of methods and exercises to empower and include youth in an enjoyable and instructive manner.

In conclusion, this guide is an invaluable tool for youth workers, providing a variety of fun outdoor activities together with digital resources to support young people growth. Additionally, it offers a model for youth workers to design their own programs, which will eventually increase the effectiveness of youth work and guarantee that young people are motivated and taught by these cutting-edge techniques.

Outdoor Sport as an Educational Tool

Outdoor sport refers to organized or unorganized physical activity, sports, or recreation activities that are done outside, along with the supporting infrastructure and equipment needed for these types of activities. It could involve activities that have their origins in the natural environment but make use of man-made structures meant to resemble it. The natural environment is of utmost importance, and any infrastructure is small and focused on environmental preservation. Some examples of outdoor sport activities include hiking, running, cycling, water sports, skiing & snowboarding, team sports (football, baseball, rugby), etc.

Individuals can be inspired to enjoy the outdoors and benefit from active participation by learning about the fundamentals of outdoor sports, trying out many popular activities, and realizing the all-around benefits they provide. Usually, these outdoor sport activities are organized for purposes of competitiveness, amusement, or the improvement of mental and physical health, but it can also serve as educational and training tools. Outdoor education adds a new and fascinating dimension to education, attracting the interest of individuals and capturing their attention. Outdoor education through sports gives an interesting and dynamic environment for exploration when individuals have access to natural environments such as parks, forests, and even urban areas. Individuals become more engaged and motivated to study when they are able to apply what they are learning to the real world through this practical approach. By looking after their physical, mental, and social needs, it also aids in their overall personal development. It motivates individuals to move around and be active, which results in better behaviours and less time spent sitting idle. The benefits of adopting outdoor sports as an educational tool include:

- Participating in outdoor sport activities promotes improved learning of tactical, mental, and physical training as well as easier interpersonal communication.
- An individual's self-esteem is boosted because they can more freely meet new people, visit new places, and use this confidence in other aspects of their lives, such as their career, relationships with others, or their studies.
- When it comes to team sports, it helps individuals learn how to collaborate with teammates, develop leadership skills and learn how fulfilling it is to play when the objective is to win. This can build stronger relationships and create a sense of togetherness.

- Education through outdoor sports sets healthy habits, developing and maintaining physical and mental health of individuals.
- This approach also helps in reducing stress of academics, work, or other personal issues. Individuals can focus on having fun and being in the moment without having to worry about anything else.

Education through outdoor sports is ultimately an effective approach since it will improve individuals' general satisfaction and allow them to focus, which may lead to improved academic or professional success.

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Benefits of combining outdoor sports and digital tools

In a world increasingly dominated by screens and digital interfaces, outdoor sports offer a refreshing escape into the natural world. The thrill of hiking through pristine forests, the exhilaration of conquering challenging mountain trails, or the serenity of a quiet fishing trip are experiences that have long captured the hearts of adventure enthusiasts. However, in today's tech-driven age, outdoor sports and digital tools can be a winning combination that enhances our experiences and offers a multitude of benefits.

One of the primary advantages of integrating digital tools with outdoor sports is the boost in safety and preparedness. GPS devices and smartphone apps provide real-time location tracking, ensuring that adventurers never lose their way in the wilderness. Mapping applications like AllTrails and Gaia GPS offer detailed trail maps and information, helping hikers and campers plan their routes and share their locations with friends and family.

Moreover, weather forecasting apps provide up-to-the-minute information on changing weather conditions, allowing outdoor enthusiasts to make informed decisions and stay safe during their activities. Being prepared and having access to digital tools can be a literal lifesaver in case of emergencies, helping adventurers navigate unforeseen challenges.

Digital tools have revolutionized how individuals train and track their progress in outdoor sports. Fitness trackers, such as smartwatches and dedicated sports devices, monitor heart rate, altitude, speed, and various other performance metrics. These tools allow athletes to adjust their training regimens and optimize their performance.

Apps like Strava and MapMyRun enable users to record their activities and track their progress over time, making it easier to set goals and measure improvement. Gamification features, like leaderboards and virtual challenges, add a competitive element to outdoor sports, motivating individuals to push their limits and achieve their best.

Digital tools have brought outdoor enthusiasts from around the world closer together through online communities and social media. Whether it's sharing breathtaking photos of a mountain summit on Instagram, connecting with fellow hikers on specialized forums, or participating in virtual events, the outdoor sports community has never been more connected.

Apps like Meetup help people discover local outdoor sports groups and events, fostering a sense of community and camaraderie. Sharing experiences, tips, and advice has become easier than ever, making it possible for novices and experts to connect and learn from one another.

The marriage of outdoor sports and digital tools can also contribute to the preservation of natural environments. Educational apps, wildlife identification guides, and augmented reality experiences are empowering outdoor enthusiasts to learn about the ecosystems they explore. Mobile apps, such as iNaturalist, allow users to document and identify wildlife, contributing valuable data to conservation efforts.

Moreover, digital platforms and blogs can raise awareness about environmental issues and promote responsible outdoor practices. The ability to connect with like-minded individuals who share a passion for nature can inspire a collective effort towards environmental protection.

Digital tools simplify the logistics of outdoor sports, from planning trips to purchasing gear. Online marketplaces, like REI and Backcountry, offer a vast selection of outdoor equipment, making it easy for enthusiasts to find the right gear for their activities. Apps for camping, fishing, and hunting provide detailed information about locations, regulations, and permits, streamlining the preparation process. Additionally, mobile apps can serve as comprehensive guides for outdoor adventures, offering insights on camping sites, hiking trails, and points of interest. This convenience enhances the overall experience and reduces the barriers to entry for newcomers to outdoor sports.

The union of outdoor sports and digital tools presents a world of opportunities and benefits for adventure seekers and nature lovers alike. Safety, training, community, conservation, and convenience are just a few of the many advantages of combining the two. The key is to strike a balance, leveraging technology to enhance, not overshadow, the authentic outdoor experience. As we continue to embrace this integration, the great outdoors will remain a place of wonder and discovery, complemented by the power of digital tools to make our journeys safer, more engaging, and more meaningful. So, grab your smartphone, GPS device, or fitness tracker, and embark on your next outdoor adventure, where nature and technology coexist harmoniously.

Target audience: Youth Workers

Youth workers play a crucial role in the life of young people. They are often seen as mentors and advisors who help young people navigate the various challenges they face in their daily lives. Youth workers provide a safe and encouraging environment where young people can explore their potential and develop their skills.
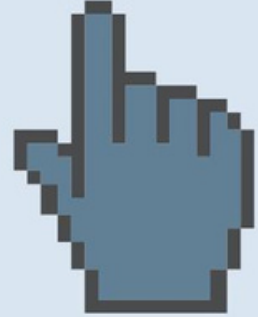
1. Support and Guidance: Youth workers offer support and guidance to young people, helping them make informed decisions about their personal, educational, and career paths. They listen and provide advice on issues related to health, relationships, bullying, substance abuse, and other social problems.

2. Positive Role Models: Youth workers often act as positive role models, influencing young people's behavior and attitudes. They help instill important values such as respect, responsibility, and empathy.

3. Skill Development: They provide opportunities for young people to develop a range of skills. This can include communication skills, leadership skills, problem-solving skills, and teamwork skills. They also help young people to improve their self-confidence and resilience.

4. Advocacy: Youth workers advocate for the needs and rights of young people within their communities, schools, and families. This can involve raising awareness about youth issues or lobbying for changes to policies or services.

5. Activities and Programs: Youth workers plan, organize, and deliver various activities and programs that engage young people. This can include sports programs, arts workshops, leadership programs, and community service projects. These activities provide young people with positive and constructive ways to spend their time.

6. Emotional Support and Counseling: Sometimes, young people need someone to talk to about their problems. Youth workers can provide emotional support and counseling, helping young people cope with stress, anxiety, depression, or other mental health issues.

7. Networking: Youth workers help young people connect with other services, organizations, or opportunities that can support their development.

In conclusion, youth workers play a significant role in guiding and supporting young people during their formative years. They help young people feel valued, heard, and empowered, and they contribute to the development of healthier, happier, and more resilient young people.

Youth workers play a pivotal role in molding the lives of young people by guiding them through their formative years. They are professionals who work in different settings including schools, community projects, youth centers, hospitals, and other non-profit organizations, serving young people aged between 12 and 24. The primary objective of youth workers is to foster personal, social, and educational development in the young population, enabling them to gain voice, influence, and place in society.

In the context of a publication focused on the incorporation of digital tools in outdoor sports, youth workers present a valuable target audience. The publication can serve as a resource, providing them with insights on how to utilize digital technology to enhance outdoor sports and make them more appealing to the young population who are technologically savvy.

There are numerous opportunities for youth workers to combine outdoor sports and digital tools in their work. For instance, they can use digital tools to track the physical performance of the youth during sports activities. Various apps and wearable devices can provide real-time data on heart rate, speed, distance covered, and calories burned, among other parameters. This can motivate the young people to improve their performance and attain their personal goals in sports.

Digital tools also offer the opportunity to gamify outdoor sports. For instance, youth workers can incorporate augmented reality or virtual reality in traditional sports to make them more exciting and engaging. This can stimulate the interest of young people in outdoor sports, encouraging them to be more physically active.

Moreover, digital tools can facilitate the organization and management of outdoor sports events. They can be used in scheduling, monitoring participants, recording scores, and sharing results on social media. This can help in fostering a sense of community, teamwork, and healthy competition among the young people.

Furthermore, the integration of digital tools in outdoor sports allows youth workers to educate the young people about the responsible use of technology. They can use this platform to stress the importance of balancing screen time with physical activities and the role of technology in promoting health and wellness.

In summary, the opportunities for youth workers to combine outdoor sports and digital tools are vast and varied. A publication on this theme would be a valuable resource for youth workers, equipping them with knowledge and ideas on how to effectively integrate technology in their work. The goal is to make outdoor sports more appealing, engaging, and beneficial to the young people they serve.

Safety Considerations

Safety is a paramount concern in any outdoor activity, especially when it involves young people. In this project, we aim to strike a balance between fostering motivation and active engagement through non-formal education (NFE) activities in nature and ensuring the safety of all participants.

- **Digital Tools and Safety**

The use of digital tools can enhance safety during outdoor sports activities. These tools can provide real-time updates on weather conditions, allow for easy communication between participants, and help track participants' locations during outdoor activities. However, the use of digital tools should not replace basic safety precautions and common sense.

- **Basic Safety Precautions**

Before any outdoor activity, participants should be briefed about the nature of the activity, potential risks, and safety measures to be taken. They should be encouraged to wear appropriate clothing and protective gear. A first aid kit should always be available, and at least one person present should be trained in first aid procedures.

- **Supervision and Guidance**

For the 13-19 age group, supervision is crucial. Youth workers will play a significant role in ensuring safety, providing guidance, and making sure that everyone follows the rules. They will also ensure that the digital tools are used appropriately and safely.

- **Accessibility and Inclusion**

Safety considerations also extend to ensuring accessibility and inclusion. Outdoor sports activities should be designed in such a way that they are accessible to young people with fewer opportunities. For instance, certain modifications might be needed to accommodate those with physical disabilities.

In conclusion, while our project aims to connect young people to nature through outdoor sports and digital tools, our priority is to ensure that these activities are conducted in a safe and inclusive environment. We believe that by taking these safety considerations into account, we can create an enjoyable and enriching experience for all participants.

Sport Activities combined with Digital Tools

Austria

Vienna Velocity Quest

DESCRIPTION OF THE ACTIVITY

Teenagers will embark on a guided bike tour around Vienna, using the Strava app to track their journey. Along the route, there will be designated "challenge points" where they must stop and complete a quick task (like a trivia question about Vienna or a physical challenge) before moving on. The goal is not only to complete the bike tour but also to engage with the city's rich history and culture in a fun and interactive way.

DESCRIPTION OF THE TOOL

The Strava app is a mobile application that uses GPS to track sports activities. Users can map their routes, compete with their previous times, share their activities with friends, and discover new routes from the community. More information can be found here.

STRAVA

MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

To achieve the Vienna Velocity Quest, here are the steps and resources needed:

- **Planning:** Decide the route for the bike tour. The route should include notable landmarks in Vienna and safe paths for biking. The distance should be manageable for teenagers.
- **Digital Tool Setup:** Download the Strava app from either the App Store or Google Play Store. Create an account and familiarize yourself with the app's features.
- **Challenge Points Setup:** Identify several points along the route where participants will stop for challenges. These could be historical sites, parks, or other points of interest. Prepare trivia questions or physical challenges related to these points.

TARGET GROUP	TIME (PREPARATION AND IMPLEMENTATION)	LEVEL OF DIFFICULTY
This event is designed for teenagers who have an interest in historical landmarks and outdoor activities. However, it is open to all ages above 18.	The event might take approximately 2.5 hours. Please note that this is a rough estimation and the actual time might vary.	Participants should be in good health and comfortable walking or cycling for a few hours.

EQUIPMENT AND MATERIALS

- **Participants will need a smartphone or GPS device to follow the GPX map. For those choosing to cycle, they will need to bring their own bike or rent one.**
- **Ensure all participants are wearing helmets and understand road safety rules. It might be useful to have a few volunteers along the route for guidance and assistance.**

NOTE - ADDITIONAL INFORMATION

GPX Map and Route: You can create a GPX map of your route using Strava. You can see a video tutorial to create one.

Start Point: Schönbrunn Palace: The fascinating Schönbrunn Palace dates back to the Middle Ages, but its present form was built and remodelled during the 1740–50s under the reign of Empress Maria Theresa1.

Challenge question: What year was the palace built and who were its first royal residents?

Waypoint 1, St. Stephen's Cathedral: This iconic cathedral is a must-visit.

Challenge question: How many bells does the cathedral have?

Waypoint 2, Prater Park: Home to the Giant Ferris Wheel, one of Vienna's most popular tourist attractions.

Challenge question: What is the height of the Ferris Wheel in the park?

Waypoint 3, Belvedere Museum: This museum houses works by famous Austrian painters.

Challenge question: Which famous Austrian painter's works are prominently displayed here?

End Point, Vienna State Opera: One of the leading opera houses in the world.

Challenge question: Who was the first conductor of the opera?

Please remember to adapt these questions according to your audience's age and interests. You could also include physical challenges like 'Take a picture with a street musician' or 'Complete a lap around the park'.
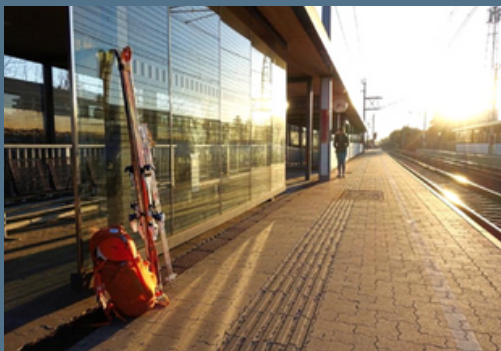
Link: https://www.strava.com/

Hiking to explore mountains of Austria

DESCRIPTION OF THE ACTIVITY

This activity is a fantastic opportunity for teenagers to experience the great outdoors, develop resilience, and form a deeper appreciation for nature.

DESCRIPTION OF THE TOOL

"Zuugle" is a revolutionary tool that was developed by the NGO "Bahn zum Berg" in 2021 as a search engine for hikes reachable by public transportation. This digital platform is designed to promote sustainable outdoor adventures by connecting hiking routes with public transportation schedules. It currently scans 11 different hiking portals in the Alpine region of *Germany, Austria, and Slovenia*, verifying each hike's accessibility via public transport. The result is a comprehensive database of over 19,000 unique hiking tours, supported by more than 7 million public transport connections. The platform is multilingual, offering services in *English, German, Slovenian, Italian, and French*, making it accessible to a wide range of users. By the end of 2023, the platform will be available in the Alpine part of Italy, and in 2024, it is planned to extend its services to Switzerland and the Alpine region of France.

The tours curated by Zuugle offer the convenience of downloading a GPX track for your GPS device or a printable version that can be easily shared via email. This makes hiking in the Alpine mountains not just an exhilarating experience, but also a seamlessly planned adventure.

MIX OF DIGITAL TOOL
AND SPORT ACTIVITY:

Hiking to explore mountains of Austria using Zuugle is not only a fun and low-cost activity, but it also promotes environmental consciousness by promoting zero carbon emission. This way, teenagers can engage in physical activity, discover nature, and understand the importance of sustainable travel options that minimize carbon footprints. It's a unique opportunity to combine sport, adventure, and environmental education in one thrilling package. It is also about learning survival skills and fostering teamwork.

- The hike begins with a brief orientation session, where the teenagers are introduced to basic hiking etiquette, safety measures, and the importance of respecting nature. Armed with backpacks filled with essentials like water bottles, snacks, sunscreen, and first-aid kits, they set off on their trail, guided by experienced instructors.
- As they tread along the winding paths, they encounter diverse flora and fauna, lush green landscapes, and panoramic views that make for great photo opportunities. The hike's pace is moderately challenging, designed to cater to the physical abilities of teenagers, and includes regular breaks for rest and hydration.
- Along the way, teenagers learn to navigate using maps and compasses, identify different plant and animal species, and understand the significance of preserving our natural environment. They can also engage in fun activities like scavenger hunts and team-building games that spice up the journey and foster a sense of unity.
- Upon reaching the summit, the sense of accomplishment is palpable among the group. It's a moment to reflect on the journey, admire the sprawling vistas, and maybe even enjoy a well-deserved picnic.

TARGET GROUP	TIME (PREPARATION AND IMPLMENTATION)	LEVEL OF DIFFICULTY
15 and above	The duration of each hiking tour, which includes the time spent on public transportation to reach and return from the hike, is clearly specified in the tour descriptions. The time given on the Zuugle platform shows the time from stop to stop, whereas the time given in the description of the hike, may be less, if it was not starting directly at the railway station or bus stop.	Zuugle gives the flexibility to filter tours based on your comfort level and hiking proficiency. Every tour comes with a detailed description, including the distance to be covered ascension, max height, and descent.

EQUIPMENT AND MATERIALS

- **Backpack, Hiking Boots/Shoes, Water Bottle, Snacks, First Aid Kit, Map and Compass, Weather-Appropriate Clothing, Sunscreen and Bug Spray, Headlamp or Flashlight, Whistle, Mobile Phone**
- **Always check the weather forecast before you go and adjust your gear accordingly.**

NOTE - ADDITIONAL INFORMATION

Here you may find more information how to utilize the tool: https://www.zuugle.at/about

Additionally, this activity can be expanded across the Alpine regions of Germany, Austria, and Slovenia.

Moreover, the hiking experience can be transformed into a cross-border adventure with the use of Zuugle.

Link: https://www.zuugle.at/

Geology Scavenger Hunt

DESCRIPTION OF THE ACTIVITY

The Rockd app is a fantastic tool for outdoor activities, particularly for those interested in geology. This activity not only gets teenagers outside and moving, but it also provides an educational experience. It's a fun and interactive way to learn about geology and the natural world around us.

DESCRIPTION OF THE TOOL

Rockd provides you with information about nearby geologic formations and the possible fossils and minerals that may be found in the area.
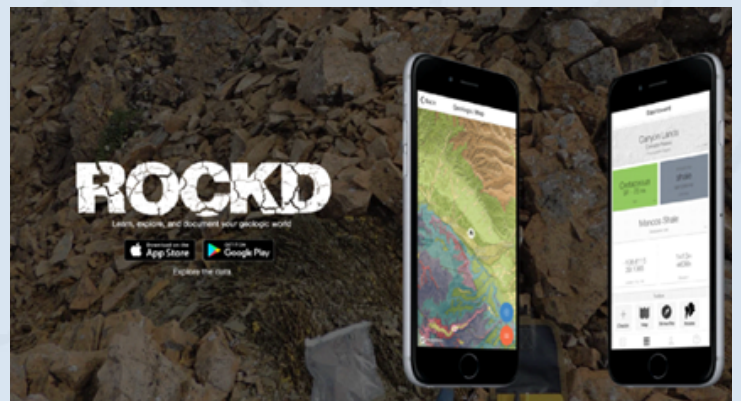
MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

Geology Scavenger Hunt

- **Preparation:** Before heading out, everyone should install the Rockd app on their smartphones. This can be found on both the Apple App Store and Google Play Store.
- **Introduction:** Once you're in your chosen outdoor location, have everyone open the app. It will show geological information about your current location, such as the types of rocks and minerals that can be found there.
- **Scavenger Hunt:** Create a list of geological features to find, such as specific types of rocks or minerals that are native to the area you're in. The aim of the game is to find as many of these features as possible.
- **Learning & Documenting:** As participants find each item on the list, they can use the Rockd app to learn more about what they've found and document it within the app. This could include taking photographs or making notes about the location and appearance of the feature.
- **Discussion:** After the scavenger hunt, gather everyone together to discuss what they found. This is a great opportunity to share interesting facts learned from the app about the geological features discovered.

Here's a list of geological features and native rocks or minerals that participants could look for during the Geology Scavenger Hunt in Vienna:

- **Limestone:** A large part of Vienna is built on limestone, which can be seen in many buildings and monuments.
- **Granite:** This rock is used extensively in Vienna's architecture. Look for its coarse-grained texture in buildings and statues.
- **Gneiss:** This metamorphic rock can be found in the Vienna Woods.
- **Quartz:** This common mineral is often found in Vienna's sandy soils.
- **Clay Minerals:** Vienna is known for its clay deposits, which were used historically in pottery and brick-making.
- **Fossils:** Look for fossils embedded in the limestone around the city.

- **Sandstone:** Another rock used in local architecture. It can be identified by its grainy texture.
- **Schist:** This shiny, layered metamorphic rock can also be found in the Vienna Woods.
- **Conglomerate Rocks:** These are sedimentary rocks composed of individual rounded pebbles cemented together. They can be found in certain areas of Vienna.
- **Natural Springs:** Vienna has several natural springs, which are an important geological feature.

Remember, the goal is not just to find these features but also to learn about how they formed and their role in Vienna's history and environment

TARGET GROUP	TIME (PREPARATION AND IMPLEMENTATION)	EQUIPMENTS AND MATERIALS
14 and above	The estimated duration of the outdoor activity with the Rockd app would vary depending on the pace of the participants and the time spent at each location. It would be best to allow for some extra time for breaks, meals, and any unexpected delays.	Smartphone, Rockd App, Portable Charger, Comfortable Shoes, Weather-appropriate clothing, Water and Snacks, Notebook and Pen, Backpack, First Aid Kit and Map: although the Rockd app will provide locations, a physical map could be useful for larger orientation.

LEVEL OF DIFFICULTY

- **Physical Difficulty: There's a fair amount of walking involved, including potentially uneven terrains. However, all locations are accessible, and there's no strenuous climbing or hiking involved.**
- **Technical Difficulty: Using the Rockd app requires a basic understanding of smartphones. The app itself is user-friendly, but participants will need to navigate the app to find geological information.**
- **Intellectual Difficulty: The level of geological knowledge needed depends on how you structure the hunt. If it's about identifying rocks and minerals or understanding basic geological concepts, then it's suitable for beginners. If you incorporate more complex geological history or processes, it could be more challenging.**

NOTE - ADDITIONAL INFORMATION

Here's an example of a Geology Scavenger Hunt in Vienna using the Rockd app:

Preparation: Before heading out, everyone should install the Rockd app on their smartphones. Then, gather at a predetermined location in Vienna.

Kick-off at St. Stephen's Cathedral: Start off your hunt at St. Stephen's Cathedral. Use the Rockd app to learn about the type of stone used in its construction and the geological history of that stone.

Hunt at Hofburg Palace: Next, head to the Hofburg Palace. Use the Rockd app to discover what kind of rocks and minerals were used in the construction of this historic building.

Riddles at Ringstrasse: Walk along the Ringstrasse, where many historical buildings are located. Create riddles based on the geological information provided by the Rockd app for each building, and have the participants solve them.

Exploration at Vienna Woods: Head to the Vienna Woods, a natural treasure on the outskirts of the city. Here, use the Rockd app to identify different types of rocks and minerals found naturally in the area.

Final Destination at Schönbrunn Palace: End your scavenger hunt at the Schönbrunn Palace. Here, participants can use the Rockd app to identify the geological materials used in the palace and its gardens.

Wrap-Up: At the end of the hunt, gather everyone together to discuss the geological discoveries made during the day. This is a great opportunity to share interesting facts learned from the app about the geological features and history of Vienna.

Remember to ensure everyone respects the natural and built environments while exploring.
This totals to an estimated 7 - 8.5 hours.

Link: https://rockd.org/

Night Sky Hike

DESCRIPTION OF THE ACTIVITY

Night Sky Hike identifies as many constellations, planets, and satellites as possible while hiking under the stars.

DESCRIPTION OF THE TOOL

Skyview is an awesome app that makes it easy to identify and discover constellations, satellites, and asteroids in the night sky.

MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

- **Preparation:** Ensure each participant has the Skyview app downloaded and installed on their phone. Prior to the hike, hold a brief session to familiarize everyone with its features.
- **Safety Briefing:** Before starting the hike, remind everyone about basic hiking safety, especially for nighttime. Make sure everyone has a headlamp or flashlight, stays on the trail, and maintains a steady pace.
- **The Hike:** Choose a hiking trail that is safe for nighttime hiking and far away from city lights for best stargazing. As you hike, stop at various points and use the Skyview app to identify the celestial bodies overhead.
- **Recording:** Encourage the teenagers to write down or take pictures of the constellations, stars, and satellites they identify. They could also note interesting facts they learn from the app about each celestial body.
- **Competition:** Make it a competition to see who can identify the most celestial objects during the hike. You could also include bonus points for spotting shooting stars or satellites.
- **Discussion:** At the end of the hike, gather around and discuss what everyone found. This can be a great opportunity for learning and sharing.

Remember, the goal of this activity is not only to identify celestial bodies but also to learn about them while enjoying the beauty of a night hike. Safety should always be the top priority.

TARGET GROUP	EQUIPMENT AND MATERIALS
14 and above	Smartphone with the Skyview app installed, Notebook and pen for jotting down your findings, A comfortable chair or blanket to lay on while stargazing, Snacks and drinks to enjoy during the activity.

TIME (PREPARATION AND IMPLEMENTATION)

- **Preparation Time:**

Downloading and Familiarizing with the App: This should take about 30 minutes. This includes time for downloading the app and getting to know its features.

Safety Briefing and Rule Explanation: Allocate around 15 minutes for this. It's crucial everyone understands the safety requirements and rules of the activity.

Gathering Materials: Depending on what you already have at hand, this could take anywhere from 15 minutes to an hour.

- **Implementation Time:**

Hiking Time: The length of the hike itself will vary depending on the trail you choose. For a moderate trail of around 3-4 miles, expect to spend 1.5 - 2 hours hiking.

Stargazing and Identifying Celestial Bodies: As you'll be doing this throughout the hike, there's no additional time added here.

Discussion and Competition Conclusion: Reserve about 30 minutes at the end of the hike for discussing findings and declaring the winner of the competition.

So, overall, you're looking at around 1 hour of preparation time and approximately 2 - 2.5 hours of actual activity time.

LEVEL OF DIFFICULTY

The distance you plan to cover will also determine the difficulty. A short hike of 1-2 miles might be considered easy, while a longer hike of 5+ miles could be moderate to difficult.

Hiking at night adds an additional level of difficulty due to decreased visibility. Even an easy trail can become more challenging in the dark.

The stargazing aspect of the hike could be challenging for those who are new to astronomy. However, using a user-friendly app like Skyview should make this part of the hike accessible to beginners.

Considering all these factors, a Night Sky Hike can be tailored to be easy for beginners or more challenging for experienced hikers.

NOTE - ADDITIONAL INFORMATION

Safety First: Always prioritize safety. Ensure all participants have a flashlight or headlamp with them and are wearing appropriate footwear for hiking. Keep a first-aid kit handy.

Check Weather: Check the weather forecast before planning your hike. Clear skies are ideal for stargazing.

Choose the Right Spot: Choose a hiking trail away from city lights for the best view of the night sky.

Plan for Comfort: Bring along blankets or chairs for comfortable stargazing, especially if you plan to stop at certain points along the trail.

Hydrate and Snack: Don't forget to bring water and some light snacks for the hike.

Respect Nature: Remind everyone to respect the natural environment by not littering and disturbing wildlife.

App Alternative: If you don't have smartphone access, a printed star chart can also work though it might be more challenging.

Group Size: Smaller groups are usually easier to manage, especially on darker trails.

Time It Right: The best time for stargazing is during a new moon or when the moon isn't very visible. You can use a moon calendar to plan this.

Learning Opportunity: Use this as an opportunity to learn more about astronomy. You could even invite an astronomy enthusiast or expert to join and share their knowledge.

Link: https://play.google.com/store/apps/details?id=com.t11.skyviewfree&hl=es&gl=US
https://apps.apple.com/es/app/skyview-lite/id413936865

Birdwatching Scavenger Hunt with Merlin Bird ID App

DESCRIPTION OF THE ACTIVITY

Birdwatching, also known as birding, is a fun and educational outdoor activity that can be done almost anywhere. It's an excellent way for teenagers to connect with nature and learn about different bird species. With the help of the Merlin Bird ID app, identifying birds becomes an interactive and engaging experience. The objective of this activity is to identify as many different bird species as possible within a set time limit using the Merlin Bird ID app. The team or individual who identifies the most species wins the scavenger hunt.

DESCRIPTION OF THE TOOL

Merlin Bird ID is a leading bird identification app developed by the Cornell Lab of Ornithology. It provides users with free, instant bird identification help using a combination of artificial intelligence and user-provided information. Users can input details about a bird they've seen or upload a photo, and the app will provide potential matches from its database of over 10,000 species from around the world. In addition to visual identification, Merlin Bird ID also includes a Sound ID feature, which listens to the birds around you and offers real-time suggestions for who's singing. The app is available on six continents and is highly recommended for anyone interested in birds, whether they're beginners or experienced birdwatchers.
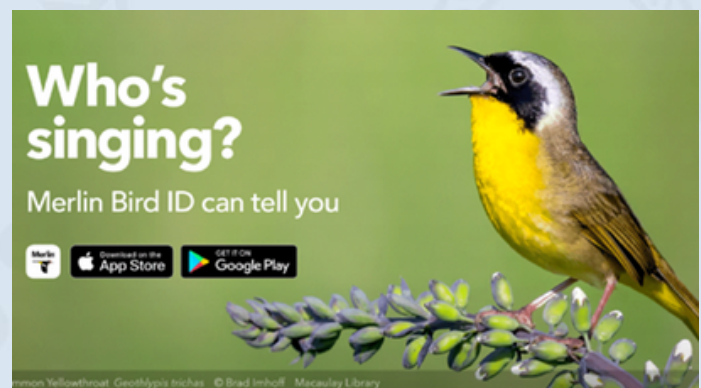
MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

- **Form Teams: Divide the group into teams of 2-3 people. Each team will need at least one smartphone with the Merlin Bird ID app installed.**
- **Explain the Rules: Each team must use the app to identify different bird species. They must take a picture of each bird they identify and note it down along with the name of the species.**
- **Set Boundaries and Time Limit: Define the area in which the teams can search for birds and set a time limit for the scavenger hunt.**
- **Start the Hunt: Send the teams off to start identifying birds. Remind them to be respectful of nature and not to disturb the birds.**
- **Review and Declare Winner: After the time limit, have the teams gather and share their findings. The team that identified the most bird species is the winner.**

TARGET GROUP	EQUIPMENT AND MATERIALS
13 and above	Smartphone or tablet, internet connection or mobile data (the app requires an internet connection to download bird packs and to access certain features), binoculars (optional), notebooks and pens, comfortable outdoor clothing and footwear, water and snacks, first aid kit, camera (optional).

TIME (PREPARATION AND IMPLEMENTATION)

1) Preparation Time: Approximately 1-2 hours
This includes the time needed to:
- **Download and familiarize yourself with the Merlin Bird ID app**
- **Plan the boundaries of the scavenger hunt area**
- **Formulate the rules and objectives of the game**
- **Prepare any materials necessary for the activity (like notepads, pens, etc. if required)**

2) Implementation Time: Approximately 2-3 hours
This includes the time needed to:
- **Explain the rules and objectives to the participants (around 15-20 minutes)**
- **Carry out the scavenger hunt (around 1.5-2 hours depending on the size of the area and the number of bird species available)**
- **Gather the participants and review the findings (around 30-45 minutes)**

Please note that these times are approximate and can vary based on factors such as the size and age of the group, the size of the scavenger hunt area, and the number of bird species in the area.

LEVEL OF DIFFICULTY

The level of difficulty for a Birdwatching Scavenger Hunt with the Merlin Bird ID App can be considered as "Moderate."

While the use of the Merlin Bird ID app simplifies the process of identifying birds, participants still need to have patience and a keen eye to spot and identify different bird species. This may be challenging for beginners or younger participants. However, the difficulty level can also be adjusted based on the participants' age and experience level.

The physical aspect of the activity, which involves walking or hiking outdoors, could also contribute to the difficulty level. But this largely depends on the chosen location and the physical capabilities of the participants.

Overall, while it requires some effort and patience, this activity is very accessible and can be enjoyed by people of varying ages and fitness levels.

NOTE - ADDITIONAL INFORMATION

This activity works best in a park or natural area with a variety of bird species.

Encourage teams to move quietly and slowly to avoid scaring away the birds.

Remind participants to respect wildlife and not to touch or feed the birds.

In case of similar scores, the team with the most unique or rare bird species could be declared the winner.

Link: https://academy.allaboutbirds.org/

Sport Activities combined with Digital Tools
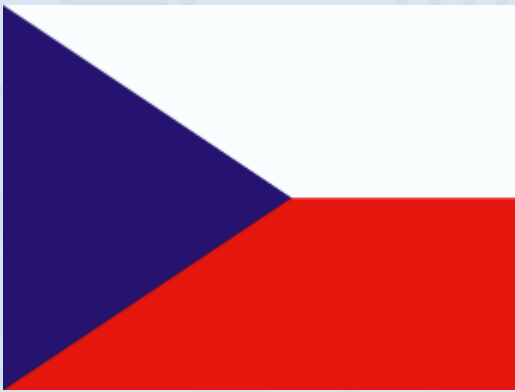
Czech Republic

Hiking

DESCRIPTION OF THE ACTIVITY

Hiking is an outdoor activity that involves walking on trails or paths in natural environments like mountains, forests, or parks. It's a form of exercise and recreation where people explore nature, enjoy scenic views, and experience the outdoors. Hikers often seek adventure, exercise, and relaxation while connecting with nature and can choose trails of various lengths and difficulty levels.

DESCRIPTION OF THE TOOL

Google Lens is an image recognition technology developed by Google that uses a smartphone's camera to recognize objects, landmarks, text, and more in the real world and provide information or perform actions based on what it sees.

Google Lens

MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

The Forest Hike and Lens Learning Journey is an activity that blends physical activity with the joy of learning about nature. Participants will embark on a forest hike while using the Google Lens App to identify and learn about various flora and fauna encountered during the hike.

Implementation:
- Choose a suitable forest trail based on your fitness level and interest.
- Download and familiarize yourself with the Google Lens app on your smartphone.
- Pack your backpack with your smartphone, a portable charger, snacks, a water bottle, and a first aid kit.
- Begin your hike and use the Google Lens app to identify and learn about various plants, animals, and landmarks you come across.
- Make stops along the way to rest, hydrate, and enjoy the beauty of the forest.
- Conclude your hike and take time to reflect on what you've learned and seen.

TARGET GROUP

Suggestion 5 – 20 young people, age 10 – 18 years old, aprox. 1 – 2 youth workers for 10 participants (depending on the age of the participants and their profile)

EQUIPMENT AND MATERIALS

- Appropriate hiking gear (hiking boots, backpack, weather-appropriate clothing)
- A smartphone with the Google Lens app installed
- A portable charger for your smartphone
- Snack and a water bottle -First aid kit

TIME (PREPARATION AND IMPLEMENTATION)

- Preparation: 1 hour
- Duration: 2-4 hours (depending on length and difficulty of the hike)

LEVEL OF DIFFICULTY

Moderate (Participants should have basic hiking experience and be comfortable with using the Google Lens app)

NOTE - ADDITIONAL INFORMATION

Always let someone know where you're going and when you plan to return. Stay on the marked trails to ensure your safety and protect the forest ecosystem. Stay aware of your surroundings and take your time – the aim is to learn and enjoy the process, not rush through it.

Link: https://lens.google/intl/es/

Football

DESCRIPTION OF THE ACTIVITY

Football is a team sport played with a spherical ball. Two teams, each with 11 players, aim to score goals by getting the ball into the opposing team's net using any part of their body except their arms and hands. It's a fast-paced game that requires skill, strategy, teamwork, and agility, with matches played on a rectangular field. Football is one of the most popular and widely followed sports globally.

DESCRIPTION OF THE TOOL

Virtual Reality Glasses are devices that use technology to create immersive, three-dimensional, computer-generated environments that users can explore and interact with. When a person wears VR glasses, they are transported into a simulated world that can be entirely different from the real physical surroundings.

MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

The Virtual Reality Football Challenge is a unique way of combining a traditional sport with modern technology. Participants will play a football match while wearing virtual reality glasses. This activity promotes physical fitness and coordination while providing a unique interactive experience.

Implementation:
- Choose a suitable and spacious area for your virtual reality football game. Ensure there are no obstacles that could cause accidents.
- Charge and set up the virtual reality glasses. Download and install a football game that is compatible with your VR glasses.
- Dress in comfortable sportswear and football boots.
- Sync the VR glasses with the football game and adjust the settings according to your preferences.
- Start the game and enjoy a unique virtual reality football match. Use the real football to physically kick while in the VR game.
- Once finished, take a break and hydrate.

TARGET GROUP

22 participants or possibility to adapt the groups according to the conditions and also smaller groups, 10 + years old

EQUIPMENT AND MATERIALS

Football

Virtual reality glasses compatible with a football game

Comfortable sportswear and football boots

A spacious and safe area to play

TIME (PREPARATION AND IMPLEMENTATION)

- Preparation: 1 hour
- Duration: 1-2 hours

LEVEL OF DIFFICULTY

High (Participants should be comfortable in playing football and using virtual reality technology).

NOTE - ADDITIONAL INFORMATION

Ensure the area around you is safe and clear of any obstacles before starting the game. As VR glasses obstruct vision of the real world, it's important not to run or move too fast to avoid accidents. Always keep safety in mind and don't push yourself too hard.
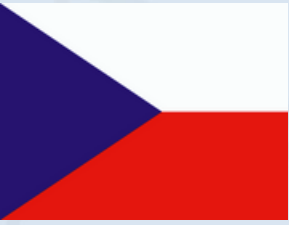
Jogging

DESCRIPTION OF THE ACTIVITY

Jogging is a form of running at a slower and steadier pace, typically done as a form of exercise or recreational activity. It involves a continuous, rhythmic motion that is faster than walking but not as intense as running, often performed outdoors, and is a popular activity for improving cardiovascular fitness and overall health.

DESCRIPTION OF THE TOOL

Youper was an innovative emotional health app designed to help users manage their mental and emotional well-being. The app utilized AI (artificial intelligence) to provide personalized support and guidance to individuals seeking to improve their emotional health.

youper

MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

The Plog and Purge Emotionally challenge combines physical activity, environmental care, and emotional well-being. Participants will plog (pick up litter while jogging) in their local area while using Youper – Emotional Health app for mindful exercises and emotional health check-ins. This activity promotes physical health, environmental consciousness, mindfulness, and emotional well-being.

Implementation:
- Choose a suitable plogging route in your neighborhood or a nearby park.
- Download the Youper – Emotional Health app on your smartphone.
- Dress in appropriate sportswear and running shoes. Bring your biodegradable garbage bags and gloves.
- Start the Youper app before you begin your plogging. The app will guide you through mindfulness exercises and emotional health check-ins.
- As you jog, pick up any litter you see and place it in your garbage bag.
- While plogging, listen to the mindfulness exercises and participate in the emotional check-ins on the Youper app.
- Once done, properly dispose of the garbage bag in a recycling bin.
- Finish with a few minutes of mindful breathing or meditation as guided by the Youper app.

TARGET GROUP

For all age groups. Young children should be supervised by adults.

EQUIPMENT AND MATERIALS

- Sportswear and running shoes
- A smartphone with the Youper – Emotional Health app installed
- Headphones or earbuds
- Biodegradable garbage bags and gloves for picking up litter
- Water bottle (to stay hydrated)

TIME (PREPARATION AND IMPLEMENTATION)

- **Preparation: 15-20 minutes**
- **Duration: 1-2 hours**

LEVEL OF DIFFICULTY

Easy-Moderate (Participants should be comfortable with jogging and familiar with using the Youper – Emotional Health app).

NOTE - ADDITIONAL INFORMATION

Be aware of your surroundings while plogging and jogging. Do not attempt to pick up dangerous items like broken glass. Use gloves to protect your hands. It's also important to stay hydrated and take breaks as needed.

Link: https://www.youper.ai/

Cycling

DESCRIPTION OF THE ACTIVITY

Cycling involves riding a bicycle. It's a form of transportation, exercise, and recreation, where riders pedal to move forward. Cyclists can enjoy various terrains, from city streets to off-road trails, and it's a popular activity for fitness, commuting, and leisure, promoting cardiovascular health and strength.

DESCRIPTION OF THE TOOL

Pokémon GO is a mobile game that combines the real world with the Pokémon universe. Using augmented reality, players find and catch Pokémon in their actual surroundings. They explore locations, collect items from PokéStops, battle at Gyms, and engage in social activities with other players.
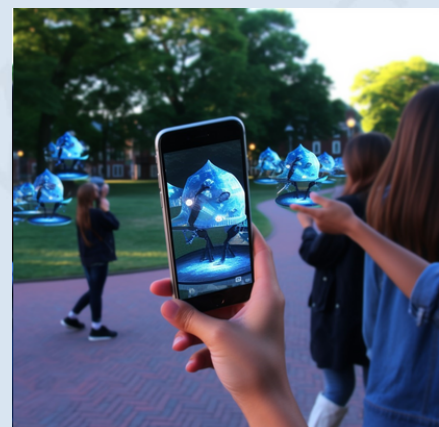
MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

Cycling Go Catch 'Em All is a fun and engaging way to combine exercise and gaming. Get on your bike, explore your neighbourhood and catch virtual creatures with Pokemon Go. This activity promotes physical well-being, outdoor play, and social interaction.

Implementation:
- Start by ensuring that your bicycle is in good working order. Consider visiting a bike shop for a quick tune-up if needed.
- Download and install the Pokemon Go app on your smartphone. Make sure it is fully charged before you start your journey.
- Secure your smartphone onto the bike mount.
- Wear your helmet and appropriate clothing and footwear for a bike ride.
- Plan a route in advance. Choose routes that are known for having a lot of PokeStops and Pokemon Gyms.
- Start your journey, and as you cycle, keep an eye on your game map for nearby Pokemon, PokeStops, and gyms.
- When a Pokemon appears, stop your bike safely on the side of the road before trying to catch it.
- Continue your adventure, visiting as many stops as you can to collect items and catch as many Pokemon as possible.

TARGET GROUP

12+ years old, number of the participants adapted to the planned path/road, 10 participants per 1 youth worker, important to take into consideration the safety, no beginners

EQUIPMENT AND MATERIALS

- A bicycle in good working condition with a bike helmet
- A smartphone with the Pokemon Go app installed
- Comfortable clothing and footwear
- A bike mount for your smartphone
- Water bottle (to stay hydrated)
- Snacks (if you plan on biking for a long period)

TIME (PREPARATION AND IMPLEMENTATION)

- **Preparation: 15 minutes**
- **Duration: 2-3 hours**

LEVEL OF DIFFICULTY

Moderate (Participants should know how to ride a bike and be familiar with the rules of the road. They also need to understand the game Pokemon Go).

NOTE - ADDITIONAL INFORMATION

While it's important to have fun, safety should come first. Always keep an eye on the road and your surroundings, and never try to catch a Pokemon while you're moving on your bike.

Link: https://pokemongolive.com/?hl=es

Skiing

DESCRIPTION OF THE ACTIVITY

Skiing is a winter sport that involves gliding over snow on long, narrow strips of equipment known as skis. It's a popular recreational and competitive activity where individuals slide down slopes or trails, using poles for balance and steering. It's a thrilling way to navigate snowy terrains while promoting fitness and outdoor enjoyment.

DESCRIPTION OF THE TOOL

TikTok is a social media platform for sharing short-form videos. It allows users to create, edit, and share videos ranging from 15 seconds to 3 minutes, often featuring music, filters, and special effects. The app's content spans diverse categories, including lip-syncing, comedy, dancing, educational content, and more, and it's known for its engaging and creative user-generated content.

MIX OF DIGITAL TOOL
AND SPORT ACTIVITY:

The TikTok Ski Challenge is an innovative way to combine exercise and social media. Participants will cross-country ski across beautiful terrains, stop at scenic spots to film creative TikTok videos, and then share their adventures online. This activity promotes physical fitness, creativity, and social interaction.

Implementation:
- Make sure your cross-country ski equipment is in good condition. You may want to visit a sports shop for any necessary tune-ups.
- Download and familiarize yourself with the TikTok app on your smartphone.
- Dress in warm, comfortable ski clothing. Don't forget your water bottle and snacks.
- Plan your skiing route in advance. Choose routes that offer a variety of scenic spots for filming TikTok videos.
- Begin your skiing adventure. As you ski, look for opportunities to create fun, unique TikTok videos showcasing your skills and the beautiful scenery around you.
- When you find a good spot, safely stop and film your TikTok video. Be creative and have fun with it!
- Continue your skiing journey, stopping as many times as you wish to create more videos.
- Once you've finished your adventure, share your TikTok videos online.

TARGET GROUP

Suggested group f 10 young people, number of the participants can be adapted based on the youth worker experience and the skills of the young people, age 15+ years old.

EQUIPMENT AND MATERIALS

- Cross-country skis, poles, and ski boots
- Ski clothing (Jacket, pants, gloves, hat)
- A smartphone with the TikTok app installed
- A portable power bank (to ensure your phone doesn't run out of battery)
- Water bottle and snacks
- First-Aid kit (for safety)

TIME (PREPARATION AND IMPLEMENTATION)

- **Preparation: 30 minutes**
- **Duration: 2-3 hours**

LEVEL OF DIFFICULTY

Moderate-High (Participants should know how to cross-country ski and be familiar with creating and posting videos on TikTok).

NOTE - ADDITIONAL INFORMATION

Always keep safety in mind. Do not attempt to film while skiing. Stop safely before beginning to film. Be aware of your surroundings and other skiers at all times. Also, ensure you are skiing within your ability level and do not attempt dangerous stunts for the sake of a video.

Link: https://www.tiktok.com/en/

Sport Activities combined with Digital Tools

Italy

Virtual Outdoor Quiz Hunt

DESCRIPTION OF THE ACTIVITY

Hide different QR codes in a familiar location (big area is necessary), such as a park or schoolyard. The youngsters in their designated groups will look for each QR code through the clues provided by the teacher, which when scanned, will bring up a Microsoft Forms multiple-choice question. The team with the most correct responses wins.

DESCRIPTION OF THE TOOL

A mobile can be used as a smart learning tool to avoid children being addicted to the mobile and not performing any activity outside. Microsoft Forms are often used in schools for quizzes, examinations, etc. This concept of a quiz through Microsoft Forms can be taken for an outdoor activity through the QR codes scannable through mobiles.

This is our Test form

We are testing out Forms for the first time

Hi, Tessa. When you submit this form, the owner will see your name and email address.

* Required

1. This is the first question *

☐ Sample 1

☐ Sample 2

☐ Sample 3

MIX OF DIGITAL TOOL
AND SPORT ACTIVITY:

Any teacher in school can plan a quiz in an innovative way for their class, as an outdoor activity. Suppose there is a class of 30 children,

- Create a quiz of 10 questions maximum on Microsoft Forms on a particular topic. While selecting on how to share and collect responses, choose the option QR code, and download the .png image. Print the images of the QR codes and hide in a familiar location, such as a park or schoolyard. Create tricky clues of the hidden spots with numbering of each question.
- Divide the class into groups, with 6 children maximum in each group. Explain to them about the Virtual Outdoor Quiz, the boundaries, etc. Specifically, tell all the groups that once they find a hidden QR code at a particular location, they should scan it on their mobile, hide the QR code back where they found it, and move away from that location. The groups should then return to the teacher to collect their next clue. Give each group 1 clue for starters (group 1, Q.1 and so on). The goal is to not let multiple groups have the same QR code location when starting the game.
- The groups go on their way to search for the QR codes through the clues provided. The game goes on until all groups have found all 10 locations of the QR codes through the clues provided and have answered the multiple-choice questions.
- The teacher reviews the results and declares the winning group with maximum correct responses. The teacher can award a prize to the winning group.

The aim of this activity is for children to develop collaboration in the group, problem solving skills, and be physically active outdoors while also testing their knowledge by answering the multiple-choice questions.

TARGET GROUP

- Age: 10+
- Number of participants: Multiple groups, with 6 children maximum in each group.

TIME (PREPARATION AND IMPLEMENTATION)	LEVEL OF DIFFICULTY	EQUIPMENT AND MATERIALS
• **Preparation of quiz: 1 to 2 hrs** • **Hiding of QR codes: 1 hr** • **Activity time: 3 hrs**	**Medium/Standard**	**Each group of children should have at least 1 mobile to scan the QR codes and answer the questions.**

NOTE - ADDITIONAL INFORMATION

- **Make sure to ask children to bring their mobiles for this activity.**
- **Make sure the QR codes with the quiz on Microsoft Forms is accessible.**
- **The children can search online for answers. The goal is to give knowledge and learn it, not to ask the children to mug-up everything.**

Link: https://teambuilding.com/blog/virtual-scavenger-hunt

Geocaching

DESCRIPTION OF THE ACTIVITY

With the use of a smartphone app, participants can locate hidden "caches" on trails or in the neighborhood when *'Geocaching.'* Any size container can be used as a cache, and they can be disguised to look natural. There will be a logbook to sign and larger caches holding other goodies for exchange as well. The idea is to go outdoors on hikes in natural or city areas, searching for a well-hidden geocache container. There are 3 million active geocaches hidden all over the world.

DESCRIPTION OF THE TOOL

A mobile can be used as a smart learning tool to avoid children being addicted to the mobile and not performing any activity outside. Geocaching is an outdoor activity-based app where treasures are hidden and found (objects left by users) with the help of GPS.
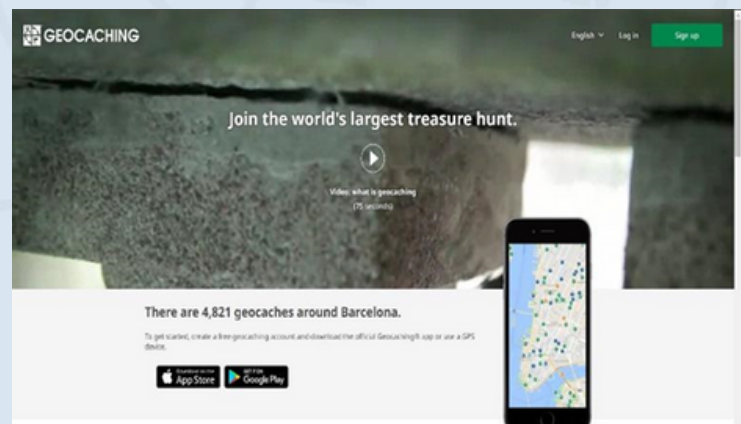
MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

It is quite easy to start Geocaching. Download the app on mobile, create an account, and start hunting a Geocache in nearby locations or in far distances.

This activity can be performed by children once a week, always supervised by an adult.

Start with the easy level for children, and search for small geocaches in nearest locations. Let the child navigate the way on the mobile to search for the geocache. The aim of this activity is for children to develop their navigation skills, while also developing a walking/running habit outdoors. Children also develop their self-esteem through the sense of accomplishment that comes with finding a hidden geocache.

TARGET GROUP

- **Age: 13+**

TIME (PREPARATION AND IMPLEMENTATION)

- **Preparation:** parents can discuss this idea with children and plan weekly hikes to different locations to search for a hidden geocache.
- **Implementation:** For starters, hikes can be for 1 to 2 hrs in nearby locations. As the interest and the navigation skills of the child develops, longer hikes can be planned to far away locations, upto 8 to 10 hrs.

LEVEL OF DIFFICULTY

There are different difficulty levels. As this activity is focused on children, should start with easy and progress upon development.

EQUIPMENT AND MATERIALS

Mobile with GPS or a separate GPS equipment, comfortable clothing, snacks/water, medical kit, and a souvenir to leave in the geocache container found.

NOTE - ADDITIONAL INFORMATION

- **Important to remember: If taken something from the geocache found, should keep something in place of it.**
- **Don't leave any traces to the geocache in the natural environment.**
- **Follow all rules and regulations, seek permission to locate the geocache (whether on public or private property).**

Link: https://www.geocaching.com/play

Hike & Bike

DESCRIPTION OF THE ACTIVITY

Hike & Bike is an outdoor activity for a family or for a group of friends. The participating group can plan weekly or monthly hikes to nearby or far-away trails on the app.

DESCRIPTION OF THE TOOL

AllTrails is a person's outdoor friend and guide, whether they choose to hike, bike, run, or walk. Get thorough evaluations and motivation from other hikers. Plan, experience, and share outdoor activities with the aid of AllTrails.
More than just a running app or fitness activity tracker is available with AllTrails. Its foundation is the idea that everyone is a part of the outside world rather than somewhere to be sought after. The user can search for dog-friendly, kid-friendly, stroller-friendly, wheelchair-friendly, and more paths with custom route planning.

"Piensa en ese amigo que era guardabosques".

The Cut
de New York Magazine

Cerca o lejos, busca las mejores rutas

Buenas tardes

Las principales rutas cercanas

MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

Parents can plan along with their children to perform this activity to develop fitness of the child while the parents also maintain their fitness. Also, this activity is a good bonding activity where the child along with the supervision of parents can develop navigation skills, explore new trails and keep a record of the activities performed on the app. Similarly, a group of friends can search the best trails to hike.
The idea of this outdoor activity is to perform the activity using a bicycle, track the progress, explore the trails searched on the app and keep a record of the activities on the app.

TARGET GROUP

- **Age: 10+**
- **No. of participants can vary depending on the group.**

TIME (PREPARATION AND IMPLEMENTATION)	LEVEL OF DIFFICULTY	EQUIPMENT AND MATERIALS
• **Preparation: 1-2 hrs for searching the trails to hike and set up the app** • **Implementation: Depends on if the trail is nearby or far-away. Minimum should be 1-2 hrs. Maximum can be a full day hike (start in morning, end at night).**	**Depending on the participants: children with parents- start with easy and then level up accordingly.**	**Mobile with the AllTrails app, Bicycle, comfortable clothing to Hike & Bike, snacks and water, medical kit.**

NOTE - ADDITIONAL INFORMATION

The children should always be supervised by parents or family.

Link: https://play.google.com/store/apps/details?id=com.alltrails.alltrails&hl=es&gl=US

Picture This!

DESCRIPTION OF THE ACTIVITY

Picture This! is a simple outdoor activity for children in school where they take pictures of different plants/flowers on Pl@ntNet app in mobile and make a report based on that information for their knowledge.

DESCRIPTION OF THE TOOL

With the Pl@ntNet application, users can identify plants by taking a smartphone photo of them. Pl@ntNet is a fantastic citizen science project, where anyone can upload pictures of plants and have them analyzed by scientists worldwide to learn more about the evolution of plant biodiversity and how to better conserve it.
Users can identify and learn more about any type of plant found in nature with Pl@ntNet, including cactus, blooming plants, trees, grasses, conifers, ferns, vines, and wild salads. Additionally, Pl@ntNet can identify a vast array of cultivated plants (found in gardens and parks).
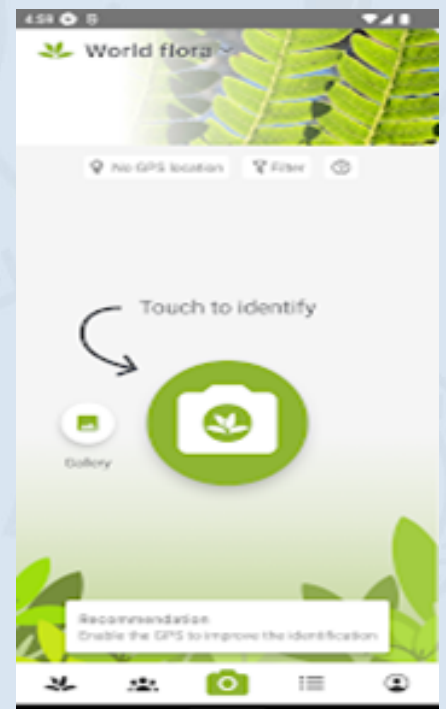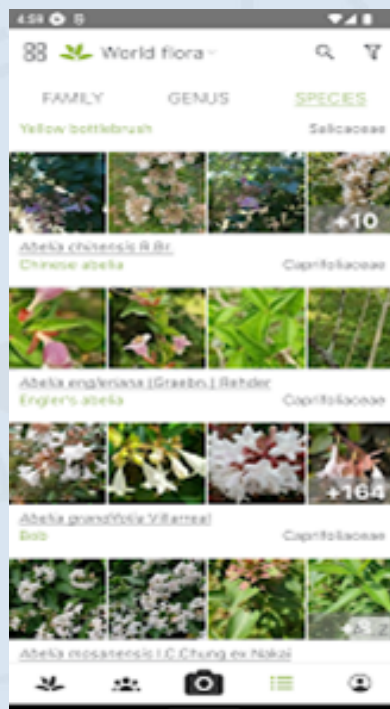
MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

This activity is very well served for the education of children in school.

Plan a trip to a big park or a botanist garden for the class. Divide the class (say 30 children) in 5 groups. Each group is tasked with taking photos of at least 20 plants/flowers on Pl@ntNet app through a mobile. The group then lists key information in a book and make a report of all the findings. After all groups have finished with collecting photos of 20 plants/flowers and have made a report, each group presents their findings to all children. The aim is to educate children about the diversity of plants/flowers, their characteristics and how to conserve them.

TARGET GROUP

- **Age: 12+**
- **Number of participants: Can vary depending on the strength of the class. Suggestion would be to at least have 4/5 children in each group.**

TIME (PREPARATION AND IMPLEMENTATION)	LEVEL OF DIFFICULTY	EQUIPMENT AND MATERIALS
- **Trip planning: 2-3 hrs** - **Implementation: 4-5 hrs**	**Easy**	**Mobile with the Pl@ntNet app, snacks and water, medical kit for emergencies.**

NOTE - ADDITIONAL INFORMATION

- **Ensure each group has at least 1 mobile with the Pl@ntnet app.**
- **No worries if multiple groups may have the same listing of a plant/flower. The goal is for children to learn about each type.**

Link: https://identify.plantnet.org/

City Orienteering

DESCRIPTION OF THE ACTIVITY

City Orienteering is an outdoor activity for high-school or college students. In this activity, each group has a set of checkpoints in the city which they must navigate through Google Maps and then reach the finishing point at the campus. The first group to reach the campus wins.

DESCRIPTION OF THE TOOL

A mobile can be used as a smart learning tool to avoid children being addicted to the mobile and not performing any activity outside. Google Maps is a web service that provides detailed information about geographical regions and sites worldwide. In addition to conventional road maps, Google Maps offers aerial and satellite views of many locations. In some cities, Google Maps offers street views comprising photographs taken from vehicles.

MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

A teacher can plan an outdoor quiz activity for their class in an innovative way. Suppose there is a class of 30 children,

- Divide the class in 5 groups.
- Give each group the infopack listed with 5 checkpoints and their location.
- Explain the basic rules of the activity like use Google maps for navigation to the checkpoints in the city; no use of a vehicle, only walking/running; must reach each checkpoint, collect the paper of 5 MCQ questions placed in a box with group number; only return to the campus after collecting all papers from the checkpoints and writing the answers to all questions.
- The groups go their way to access all the checkpoints listed in their infopack, collect the paper with 5 MCQ questions, write the answers and return to the campus.
- The game continues until all groups return to the campus. Then the teacher evaluates the answers of each group and declares the winning group with most correct answers.

The aim of this activity is for young people to develop collaboration in the group, problem solving skills, and be physically active outdoors while also testing their knowledge by answering the multiple-choice questions.

TARGET GROUP

- Age: 16+
- Participants: Can vary depending on the strength of the class. Suggestion would be to have at least 4/5 students in each group.

TIME (PREPARATION AND IMPLEMENTATION)

- **Preparation of quiz: 3 to 4 hrs**
- **Preparation of all checkpoints: A Day**
- **Activity time: 3-4 hrs**

LEVEL OF DIFFICULTY

Medium/Standard

EQUIPMENT AND MATERIALS

Each group of students should have at least 1 mobile with Google maps to navigate to the checkpoints. Also, each group should have snacks and water and some money if there is some need.

NOTE - ADDITIONAL INFORMATION

- **Make sure to ask children to bring their mobiles for this activity.**
- **Make sure the QR codes with the quiz on Microsoft Forms is accessible.**
- **The children can search online for answers. The goal is to give knowledge and learn it, not to ask the children to mug-up everything.**
- **Make sure the overall distance covered by each group is similar even though the checkpoints are different.**

Link: https://cityracetour.org/

Sport Activities combined with Digital Tools

Romania

Treasure Hunt

DESCRIPTION OF THE ACTIVITY

A treasure hunt is a recreational activity physical or game in which participants follow a series of clues or riddles to find a hidden "treasure" (which can be: a physical object, a prize, or simply a symbolic goal). The objective of a treasure hunt is to encourage exploration, problem-solving, physical movement and teamwork. Typically, a person or even better a group sets up the hunt by creating a set of clues or a map that leads the participants from one location to another, with each location providing a new clue to the next destination. The final destination often holds the hidden treasure or prize. Treasure hunts can be organized for entertainment, educational purposes, or as part of events like parties, team-building activities, or scavenger hunts.

DESCRIPTION OF THE TOOL

CSOE Mission is your mobile guide for independent outdoor learning. Embark on numerous educational paths that lead you through the secret corners of Europe nature. Each path will challenge you with interesting tasks, and if you complete enough, you may receive a reward at the end!

MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

Youth workers can use the APP to design interactive Treasure hunt activities for young people in order for them to more willingly do outdoor activities and sports. The activity can be designed as a challenge between teams, give points and award prizes. There are already some example activities designed in the App that can be used as a reference.

TARGET GROUP

- **8-99, teams of 4-7 people**

TIME (PREPARATION AND IMPLEMENTATION)	LEVEL OF DIFFICULTY	EQUIPMENT AND MATERIALS
• Preparation can take a little bit of time and planning, but once it is set can be used over and over again. • Implementation is done as ready as the "game"is set in the App.	Medium	Phone, App, other creative materials for the Game (optional)

NOTE - ADDITIONAL INFORMATION

- **In order to create new games in the app, you need to contact the publisher.**

Link:
- **Android:**
https://play.google.com/store/apps/details?id=si.digied.naturequest

- **IOS:**
https://itunes.apple.com/WebObjects/MZStore.woa/wa/search?term=digied%20d%20o%20o&mt=8

Hiking

DESCRIPTION OF THE ACTIVITY

Hiking is a recreational outdoor activity that involves walking or trekking along natural trails, paths, or terrain, typically in natural environments such as forests, mountains, hills, valleys, or other wilderness areas. Usually is done by following a preset path but can also be off-track. Hiking is often enjoyed for its connection with nature, exercise, and the exploration of beautiful landscapes. Hikers may traverse a variety of terrains, from easy, well-maintained trails to more challenging and rugged routes. Hiking can be a leisurely activity for enjoying the outdoors, a means of exercise, or a way to reach specific destinations, such as viewpoints, lakes, or historical sites. It is a popular pastime for individuals, families, and groups who want to appreciate the beauty of the great outdoors and immerse themselves in nature. Hiking also has great benefits for health and wellbeing, especially for young people.

DESCRIPTION OF THE TOOL

CSOE Mission is your mobile guide for independent outdoor learning. Embark on numerous educational paths that lead you through the secret corners of Europe nature. Each path will challenge you with interesting tasks, and if you complete enough, you may receive a reward at the end!

MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

Youth workers can use the APP to design interactive hiking paths for young people. The participants will collect different badges for reaching different landmarks so in the end they will be motivated to do the whole track and receive points. In the end the App is helping the youth workers to gamify the hiking experience in order to motivate young people that need an extra push. In the end the whole family can enjoy doing lite sports in nature, have some fresh air and improve their health.

TARGET GROUP

- **8-60, individual or in teams of max 10-15 people**

TIME (PREPARATION AND IMPLEMENTATION)	LEVEL OF DIFFICULTY	EQUIPMENT AND MATERIALS
- **Preparation can take a little bit of time and planning, but once it is set can be used over and over again.** - **Implementation is done as ready as the "game" is set in the App.**	**Medium**	**Phone, App, other creative materials for the Hike (optional).**

NOTE - ADDITIONAL INFORMATION

- In order to create new games in the app, you need to contact the publisher.

Link:
- **Android:**
https://play.google.com/store/apps/details?id=si.digied.naturequest

- **IOS:**
https://itunes.apple.com/WebObjects/MZStore.woa/wa/search?term=digied%20d%20o%20o&mt=8

Triathlon

DESCRIPTION OF THE ACTIVITY

A triathlon is a multi-sport endurance event that combines three different disciplines, usually consisting of swimming, cycling, and running, in that order. Participants, known as triathletes, compete in a sequence, with the clock running continuously through all three segments. The distances for each discipline can vary widely, but the most common standard distances for a triathlon are:

- Sprint Triathlon: Typically includes a 750-meter swim, a 20-kilometer bike ride, and a 5-kilometer run.
- Olympic Triathlon: Also known as the standard distance, it comprises a 1.5-kilometer swim, a 40-kilometer bike ride, and a 10-kilometer run.
- Ironman Triathlon: This is an ultra-distance triathlon that challenges athletes to complete a 3.86-kilometer swim, a 180.25-kilometer bike ride, and a full marathon run of 42.2 kilometers (26.2 miles).

DESCRIPTION OF THE TOOL

Strava is a feature-rich platform that enables athletes to connect with one another, find motivation, explore new places, and memorialize and track their athletic journeys. Whether you're here to track your own progress, keep up with your friends, or compete in our virtual competitions and leaderboards, there is something for everyone.

MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

Design a competition between young people from different communities and even countries for a mix of sports (swimming, cycling and running). They can form teams locally or internationally (digital) and perform the sports in a certain period of time. The best score that they will register in that sport will also register for the Triathlon Competition. Young people will be encouraged to improve their stats and share their ranks encouraging others to join. At the end of the competition the winners can receive online recognition and even small prizes.

TARGET GROUP

- **15-30, individual or in teams of max 3 people**

TIME (PREPARATION AND IMPLEMENTATION)

- **Preparation can take a little bit of time and planning, but once it is set can be used over and over again each year for example.**
- **Implementation can be performed by a Sport Organisation or a physical education institution.**

LEVEL OF DIFFICULTY

Medium - Hard

EQUIPMENT AND MATERIALS

Phone/Watch, App

NOTE - ADDITIONAL INFORMATION

- **In order to create the event, sports organisations across Europe should work together, possibly involving the *Strava* company.**

Link: https://www.strava.com/mobile

Kayaking

DESCRIPTION OF THE ACTIVITY

Kayaking is a water-based recreational activity or sport in which individuals use a kayak, a narrow, typically one-person watercraft, to paddle and navigate across bodies of water. Kayaks are characterised by their enclosed cockpit design, where the paddler sits with their legs stretched out in front and uses a double-bladed paddle to propel the kayak through the water.

DESCRIPTION OF THE TOOL

DJI app's intuitive UI controls, flight tutorials, and editing tools are perfect for new drone enthusiasts, everyday flyers, and content creators. For seasoned photographers and videographers, DJI Fly app also provides integrated access to SkyPixel, a social media platform for users to create unique content.
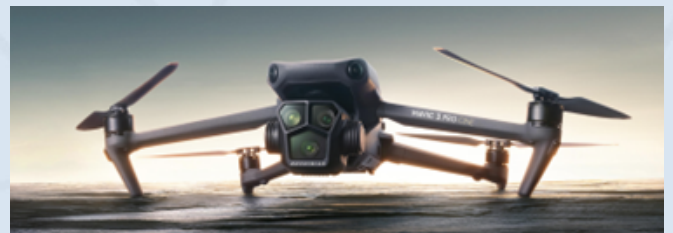
MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

A sport coach/expert can follow people kayaking with a drone in order to give them real time instructions in order to improve their technique. Alternatively the video can be streamed live in order to encourage other people to do sports and also to promote the ones that are doing already.

TARGET GROUP

- **12-60, can be individual or team sports/activity**

TIME (PREPARATION AND IMPLEMENTATION)

- **Preparation: 2 hours**
- **Implementation: 1-2 hours**

LEVEL OF DIFFICULTY

Medium - Hard

EQUIPMENT AND MATERIALS

Phone, Drone, App

NOTE - ADDITIONAL INFORMATION

- **In order to create this environment you need some technical expertise.**

Link: https://www.dji.com/global/downloads/djiapp/dji-fly

Sports

DESCRIPTION OF THE ACTIVITY

Can be any sport that is generally accepted and recognized by the international sport federations. For example: football, running, cycling, swimming.

DESCRIPTION OF THE TOOL

Strava is a feature-rich platform that enables athletes to connect with one another, find motivation, explore new places, and memorialize and track the athletic journeys. Whether you're here to track your own progress, keep up with your friends, or compete in our virtual competitions and leaderboards, there is something for everyone.
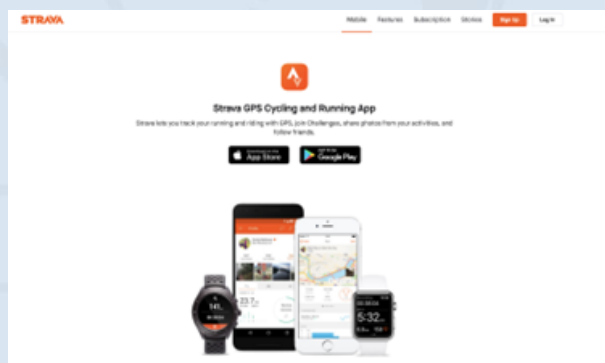
MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

Design voice/video messages from sports sparts (ex. In football, running, swimming) that can be adapted with AI to any person in such a way that the message will appear personal. At certain rankings the user will receive a personal message from his/her sports favourite.

TARGET GROUP

- Any age, can be individual or team sports/activity

TIME (PREPARATION AND IMPLEMENTATION)	LEVEL OF DIFFICULTY	EQUIPMENT AND MATERIALS
• Depends on sport activity to be performed and number of participants.	Hard	Phone/Watch, App

NOTE - ADDITIONAL INFORMATION

- In order to create this environment, Strava needs to work together with an AI company and sports persons.

Link: https://www.strava.com/mobile

Sport Activities combined with Digital Tools

Spain

ELCHE´S HISTORY ACTIONBOUND ADVENTURE

DESCRIPTION OF THE ACTIVITY

Trekking is a physical activity that consists of walking through natural scenery, such as mountains, forests, jungles, canyons or rivers. It differs from hiking in that trekking requires a greater physical effort, because while the route taken in hiking usually has a lower degree of difficulty, due to the fact that its routes run along paths, tracks and marked trails, in hiking the routes are taken through isolated places and without any help from signs or paths, which represents a greater contact with nature. Hiking is often considered to be a more relaxing activity, while trekking is associated with greater physical demands. In addition to this difference, trekking is often combined with other natural activities, such as camping. Trekking has one basic rule: do not disturb or damage nature. Although the activity depends on the degree of difficulty of the terrain, it is vital to have the right equipment:

- A compass: As it is an activity that takes place in unmarked natural areas, it is essential to use a compass so as not to lose your bearings.
- Ropes: Most trekking routes are mountain routes or are located in steep and difficult terrain. In such areas a rope can become essential.
- Food: Many treks last several days and involve a significant expenditure of energy. Eating food rich in vitamins and protein will give you enough energy to complete the routes successfully.
- Comfortable and appropriate clothing for the weather: Although trekking does not have a set dress code, it is necessary to have the appropriate clothing for each situation. In addition, footwear should be comfortable, as the routes are long.

There are now groups that promote this activity and try to establish guidelines. The main objective of the rules is to ensure the safety of hikers while protecting the environment and natural heritage.

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.

MIX OF DIGITAL TOOL
AND SPORT ACTIVITY:

Activity Description:
This activity combines trekking with the Actionbound app for a fun and educational orienteering experience in nature. The route takes place in a natural environment and can be adapted for different levels of difficulty and distance.

- **Preparation: Create the route in Actionbound, including challenges, questions and nature-related activities.Make sure the app is working properly and that the route is clear and safe.**
- **Registration: Invite participants to sign up for the activity and download the app on their mobile devices.**
- **Group meeting: Gather participants at the trailhead.Provide an introduction to the activity and explain how to use the app.**
- **Interactive Hiking: Participants start the hike and follow the route on the app.They solve challenges, answer questions and learn about the natural environment as they go.**
- **Points of Interest: Organise stops at key points of interest where participants can explore and learn more about the surrounding nature.**
- **Route Completion: Ensure that all participants complete the route and arrive at the end point.**
- **Celebration and Reflection: Organise a celebration at the end of the walk where participants share their experiences and learnings.Give out symbolic recognition or prizes.**
- **Sharing and Evaluation: Encourage participants to share their experiences and photos on social media or on the Actionbound platform.Collect feedback from participants for future improvements.**

TARGET GROUP

- **Young people, 13-30, 20 Participants**

TIME (PREPARATION AND IMPLEMENTATION)

- **Preparation time: 3 hours (excluding equipment purchase, if necessary)**
- **Implementation Time: 4-6 hours**

LEVEL OF DIFFICULTY

Easy to moderate level hiking, suitable for participants of all ages. Challenges in the app can be adapted to suit different levels of skill and knowledge. Participants are recommended to have a basic level of familiarity with mobile devices and the Actionbound app.

EQUIPMENT AND MATERIALS

- **Hiking shoes: A comfortable, sturdy pair.**
- **Suitable clothing: Breathable clothing, extra layers if necessary.**
- **Backpack: To carry water, food and additional equipment.**
- **Water bottle: Take enough water to keep you hydrated throughout the hike.**
- **Food and snacks: Energy and nutritious food.**
- **Compass and map: Important for orientation.**
- **Mobile phone with Actionbound: Make sure the Actionbound app is installed and running on your device.**
- **External battery: To keep your phone charged during the activity.**
- **First aid kit: Basic items to treat minor injuries.**

NOTE - ADDITIONAL INFORMATION

Additional tips:
- **Communicate your plan to someone, indicating the route and estimated time of return.**
- **Keep safety in mind at all times and follow the rules of responsible hiking.**
- **Respect the environment and do not leave litter or damage flora and fauna.**
- **This activity is ideal for groups who want to combine trekking with the thrill of an orienteering game. The Actionbound app adds an interactive and educational touch to the experience while exploring nature. Make sure you are ready and willing to face the challenge.**

Link: https://en.actionbound.com

RELIEVE-STRAVA COMPETITION

DESCRIPTION OF THE ACTIVITY

This activity is based on running. Running/jogging are some of the terms most commonly used nowadays to refer to continuous running, the act of alternately touching the ground at a faster speed than walking. In principle, this discipline can be practiced by anyone and is usually performed outdoors. In recent years, the number of people who have taken up running has increased considerably due to the physical and mental benefits it brings to the body. It reduces the likelihood of contracting diseases: Regular running considerably reduces the risk of developing hypercholesterolemia, obesity, hypertension or type 2 diabetes. It also reduces the risk of stroke, breast cancer and osteoporosis, among other diseases.

- Improved health: Other benefits associated with running are the improvement of the immune system and the cardiovascular system, the stimulation of lung capacity, the acceleration of the metabolism and the increase in the levels of good cholesterol. It also reduces the risk of blood clots.
- Strengthens bones: Impact exercise, such as running, helps to strengthen bones and increase their density, thus preventing osteoporosis.
- Helps combat anxiety and stress: Running secretes endorphins that improve the runner's mental attitude and help the athlete cope with problems such as anxiety.
- Helps to control weight: The calorie burn during running helps to increase the calorie expenditure of the day and thus to promote weight loss or weight maintenance. If the athlete's goal is to lose weight, specialists recommend combining exercise with a good diet.
- Fighting cellulite: Running helps to reduce body fat, even the fat that accumulates to create cellulite.
- Tones up: Running not only tones up and strengthens the legs. Arms, abdomen and back also benefit.
- Helps you rest better: The effort of running and the day's activity makes it easier to fall asleep at night.
- Increases self-esteem: If done frequently, setting goals and achieving them and the physical improvements that the body undergoes increases the runner's self-esteem.

DESCRIPTION OF THE TOOL

- Strava is an application to record routes and training with a GPS. In addition, can analyze activities using data on distance, elevation, and with the right accessories, also power, heart rate and cadence among others.
- The Relive app creates 3D videos of your bike rides, runs, hikes, and snow sessions—like a "fly-over your route," they advertise. Then, you can share these personal adventures with others, whether through social media or messaging

MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

This activity combines a jogging session with tracking and analysis of your performance via Strava, along with the creation of a 3D video of your route in Relive to relive the experience.

- **Preparation:** Set up routes in the Relive and Strava apps, choosing options suitable for the length and difficulty of the race. Plan your jogging route and decide how far you want to run.
- Check that your device is charged and ready to record your activity on Strava. If you want to create a 3D video in Relive, make sure your Strava account is linked to your Relive account.
- **Registration:** Invites participants to join the activity and provides instructions for downloading and setting up the apps on their mobile devices.
- **Group Meeting and Orientation Session:** Gathers participants at the race start point.Provides a brief orientation session on the use of the apps, the route and safety rules.
- **Jogging with Relive and Strava:** Participants start the run and use the apps to track their route.The apps provide information on distance, pace and other relevant data.
- **Exploration and Exercise:** Encourages exploration and exercise as participants run the selected route.
- **Points of Interest and Rest:** Mark points of interest in the apps, such as scenic views or landmarks, so runners can stop and rest if they wish and enjoy.
- **Race Completion:** Ensure that all participants complete their run safely and return to the starting point. When you finish, save your activity to Strava and admire your performance stats. If you have your Strava account linked to Relive, create a 3D video of your route in Relive.
- **Celebration and Reflection:** Organize a small celebration at the end of the activity where participants share their experiences, their records and reflect on the race.

TARGET GROUP

- **Young people 13-30, 20 participants.**

TIME (PREPARATION AND IMPLEMENTATION)

- **Preparation Time**
- **Route setup in Relive and Strava: 1-2 weeks before the event.**
- **Review and test routes, equipment and apps: 1-2 days before the event.**
- **Implementation time:**
- **Duration of jogging session: Variable (depending on distance and speed of participants).**
- **Pre-race group meeting: 15-30 minutes.**

LEVEL OF DIFFICULTY

Variable difficulty level depending on the route selected on Relive and Strava. The activity can be adapted to suit participants of different fitness levels, from beginners to experienced runners.

EQUIPMENT AND MATERIALS

- **Jogging shoes: A comfortable pair suitable for running.**
- **Sportswear: T-shirt, shorts or tights, and suitable socks.**
- **Watch or mobile phone: With GPS and Strava app installed.**
- **Headphones (optional): To listen to music or Strava directions while running.**
- **Strava and Relive account: Make sure you have accounts on both platforms and that they are linked if you want to create a 3D video on Relive.**
- **Phone band: If you prefer to carry your phone on your arm.**
- **Water bottle: To keep you hydrated during the race.**
- **Keys and ID card: Just in case.**

NOTE - ADDITIONAL INFORMATION

Pace yourself according to your fitness level and personal goals.
Listen to your body and take breaks if necessary.
Don't worry too much about speed; consistency is key to
improving your jogging ability.
This activity is ideal for jogging enthusiasts who want to track
their performance and relive their routes in a visually appealing
way through Relive. Although jogging is a moderately difficult
activity, it is important to consider your personal fitness level
and listen to your body during the run.

Link:
https://www.strava.com/?hl=es-ES
https://www.relive.cc/

PADDLETOK

DESCRIPTION OF THE ACTIVITY

Stand Up Paddle Surf is an ancient form of sliding in which the navigator uses one oar to move through the water while standing on a surfboard. This discipline has its origins in the roots of the Polynesian peoples. One difference between surfing and SUP is that the latter does not need a wave. In this new sport you can paddle at sea, in lakes, or any large body of water.

With this sport you will strengthen the core (trunk/posture/stability) and the lower limbs in a natural way, besides doing a high aerobic exercise without impact, while enjoying the sea.

The SUP is a sport for all ages and any physical condition.

DESCRIPTION OF THE TOOL

TikTok is the world's leading destination for short-form mobile videos. TikTok, social media platform designed for creating, editing, and sharing short videos between 15 seconds and three minutes in length. TikTok provides songs and sounds as well as filters and special effects that users can add to their videos. Users also have the option to upload videos from their own devices to TikTok.

MIX OF DIGITAL TOOL
AND SPORT ACTIVITY:

Activity: Paddlesurfing and Creating Audiovisual Material to Promote Outdoor Sport in TikTok.
This activity combines the thrill of Paddlesurfing with the creation of audiovisual content on TikTok to promote outdoor sport and active living. The goal is to inspire others to enjoy nature and outdoor exercise.

- **Preparation: Reserve paddleboards and necessary equipment for participants.Organise an orientation session before the event to teach participants how to use TikTok and water safety guidelines. Check the water and wind conditions before you head out to make sure they are safe. Make sure your phone is fully charged and ready to record. Dress appropriately for the activity and take any necessary equipment with you.**
- **Registration: Invite participants to register for the activity and ensure they have the TikTok app installed on their mobile devices.**
- **Group Meeting and Orientation Session: Gather participants at the activity start location. Provide a brief orientation session on the use of paddleboards, safety equipment and water safety guidelines.**
- **Paddle Surfing and TikTok Content Creation: Participants begin the paddle surfing experience and while enjoying time on the water, record creative videos that highlight the beauty of the environment and the thrill of Paddlesurfing.**
- **Exploration and Fun: Encourages exploration and fun in the water as participants enjoy paddle surfing and create creative content for TikTok.**
- **Activity Finish: Ensure all participants return to the starting point safely. Add music, effects and text to your videos on TikTok to make them engaging and motivating. Show your passion for the outdoor sport and highlight its health and wellness benefits. At the end of your session, review your recordings and select the best clips to share on TikTok with an inspirational and promotional message.**
- **Celebration and Reflection: Organize a small celebration at the end of the activity where participants share their experiences and view the TikTok content they created.**

TARGET GROUP

- **Young people 13-30, 20 participants.**

TIME (PREPARATION AND IMPLEMENTATION)

- **Preparation Time: Booking of paddleboards and equipment: 1-2 weeks before the event.**
- **Orientation session on the use of TikTok and safety guidelines: 30-60 minutes before the event.**

LEVEL OF DIFFICULTY

**Easy to moderate level paddle surfing, suitable for beginners and people with little experience in water sports.
The TikTok activity does not add difficulty to the paddle surfing experience.**

EQUIPMENT AND MATERIALS

- **Paddlesurf (SUP) Board: Make sure you have a board suitable for the activity.**
- **Paddle: An adjustable paddle for Paddlesurfing.**
- **Lifejacket: For safety reasons.**
- **Swimming costume or comfortable clothing: Depending on water temperature and weather.**
- **Mobile phone with TikTok application installed.**
- **Waterproof phone case: To protect your device from splashes.**
- **Mobile phone holder or sturdy tripod: To stabilise your footage.**
- **Cap or hat: To protect you from the sun if necessary.**

NOTE - ADDITIONAL INFORMATION

**Make sure you are comfortable with your Paddlesurfing skills before recording, as it is important to maintain a good balance.
Protect your phone from water damage by using a quality waterproof case.
Use relevant hashtags and share your video with the community of outdoor enthusiasts.
This activity is an effective and fun way to promote outdoor sports while enjoying nature and exercise. You can make your video entertaining and motivational, which can inspire others to join you in the pursuit of an active and healthy lifestyle.**

Link: https://www.tiktok.com

Coasteering and Nature

DESCRIPTION OF THE ACTIVITY

Coasteering is a relatively new adventure activity. The word first appeared in a coastal climbing book in the 1970s. But its invention, and evolution into what we know today, is attributed to surfers in Pembrokeshire in the 1980s. This is where it was first developed commercially and Pembrokeshire is still one of the top coasteering destinations in the UK.

The word coasteering is a combination of 'coast' and 'mountaineering' - although we reckon it's really more like scrambling than mountaineering.

"Exploring and journeying through the impact zone between the levels of high and low, often including total immersion in seawater."

Coasteering has an association with jumping off eight meters cliffs into deep saltwater pools. You can totally do that, but there's far more traversing than there is plunging into the ocean. It's more about the complete journey and very high jumps are often optional adrenaline kicks. Common features in coasteering routes include scrambling up and climbing over rocks, or swim-walking through gullies and squeezes.

Here are some of the top health benefits of coasteering:

- **Cardiovascular exercise:** Coasteering involves a combination of physical activities that provide a good cardiovascular workout. Climbing, swimming, and diving all require a certain level of physical fitness, which can help improve heart health and increase endurance.
- **Strength training:** Coasteering also involves a lot of upper body strength, as you'll need to be able to pull yourself up and over rocks and cliffs. This can help to improve overall muscle strength and tone, particularly in the arms, shoulders, and back.
- **Stress relief:** The great outdoors has a way of helping us relax and de-stress, and coasteering is no exception. The sense of accomplishment and adventure that comes with tackling a coasteering route can help to release feel-good chemicals in the brain, making it a great activity for relieving stress and promoting mental well-being.
- **Improved balance and coordination:** Coasteering requires good balance and coordination, as you'll need to navigate uneven and slippery surfaces while in the water. This can help to improve overall balance and coordination, making it a great activity for people of all ages.
- **Social interaction:** Coasteering is often done in groups, which can be a great way to meet new people and socialize. The teamwork and camaraderie that comes with tackling a coasteering route can also help to build friendships and improve mental well-being.

DESCRIPTION OF THE TOOL

iNaturalist is an online social network of people sharing biodiversity information to help each other learn about nature. iNaturalist is a citizen science project and online social network of naturalists, citizen scientists, and biologists based on the concept of mapping and sharing observations of biodiversity around the world.

It also helps with identification – it is common to upload a photo and wait for the iNaturalist community to identify it. The iNaturalist system has also been 'trained' to identify species in photos.

iNaturalist's mission is to build a global community of 100 million naturalists by 2030 in order to connect people to nature and advance biodiversity science and conservation.

MIX OF DIGITAL TOOL
AND SPORT ACTIVITY:

This exciting activity combines coasteering with nature observation using the iNaturalist app. Participants will explore the coastline and marine environment while documenting the wildlife and species they encounter along the way.

- Preparation: Select a suitable coastal location for coasteering and prepare educational content about local wildlife and species on iNaturalist.
- Registration: Invite participants to register for the activity and ensure they have the iNaturalist app installed on their mobile devices.
- Group Meeting and Orientation Session: Gather participants at the starting point of the activity. Provide a brief orientation session on the use of the iNaturalist app, coasteering equipment and safety guidelines.
- Coasteering and Nature Observation: Participants initiate the coasteering experience and document the wildlife and species they encounter using iNaturalist. Take pictures and notes.
- Active Exploration and Learning: Encourage active exploration and learning about marine and coastal life as participants move along the coast, prepare some activities to motivate the participants to get more information and be active.
- End of Coasteering Activity: Ensure that all participants return to the starting point safely.
- Data Recording and Sharing: Participants record their observations in the iNaturalist app and can share their findings with other nature observers.
- Celebration and Reflection: Organize a celebration at the end of the activity where participants share their observations and experiences.

This activity offers a unique coastal adventure experience that combines coasteering with nature observation through iNaturalist. Participants will have the opportunity to explore the coast and learn about marine and coastal life while contributing to scientific data collection.

TARGET GROUP

- Adventurous adults and young people with a good physical condition and experience in water activities and coastal hiking.
- Educational groups interested in an outdoor learning experience in nature.

TIME (PREPARATION AND IMPLEMENTATION)

- **Preparation time: Coastal location selection and content preparation in iNaturalist: 2-4 weeks before the event.**
- **Test design and creation: 1-2 weeks before the event.**
- **Review and testing of location, equipment and application: 1-2 days before the event.**
- **Implementation time: Duration of coasteering experience: 3-4 hours, depending on length of activity and water conditions.**

LEVEL OF DIFFICULTY

Moderate to advanced level coasteering, suitable for people with experience in water activities and coastal hiking.
The difficulty of the iNaturalist activity can be adapted to suit participants of different skill levels.

EQUIPMENT AND MATERIALS

- **Wetsuits, water shoes and helmets for coasteering.**
- **Mobile devices with the iNaturalist app installed (for each participant).**
- **Mobile internet access for the app (if required).**
- **Safety and rescue equipment, including ropes, harnesses and carabiners.**
- **Waterproof cameras or phones to document the experience.**

NOTE - ADDITIONAL INFORMATION

Design quizzes that are challenging and fun, and that require participants to find and apply information about the coast.
Provide hints or help in case participants have difficulties with a particular quiz.
Encourage collaboration and teamwork among participants, as some quizzes may require cooperation.
Hire experienced guides or coasteering instructors to ensure the safety of participants.
Ensure that participants are in good physical condition and swim well.
Provide adequate safety and rescue equipment and ensure that all participants use it correctly.
Advertise the activity in advance and provide information about the educational content on iNaturalist to encourage interest and participation.

Link: https://www.inaturalist.org

WIKILOC MOUNTAIN BIKE ROUTES

DESCRIPTION OF THE ACTIVITY

MOUNTAIN BIKE:
Mountain biking or MTB is an off-road bicycle racing sport that is usually set on rough terrain like mountain, desert, or rocks with specially designed mountain bikes. Professional riders compete in various locations throughout the world while trying to stay on their bikes.
Going on a mountain bike ride has many different benefits, affecting your physical and mental health. Mountain biking is a great form of cardio exercise and it can increase muscle strength, improve balance & coordination, contribute to weight loss & management, and positively impact stress and anxiety.

DESCRIPTION OF THE TOOL

Wikiloc is a user-generated platform for sharing outdoor activity routes, where users can find, save, and share walking routes with others.
Wikiloc allows users to share their outdoor activities with others, making it a platform for discovering new walks and hikes.
You can enter route information, save and upload it for others to find, and view screenshots and data on your progress along the way using the Wikiloc app.
You can use Wikiloc to track your walks, check statistics, download routes.

MIX OF DIGITAL TOOL
AND SPORT ACTIVITY:

This mountain bike route will take you through the local terrain of your area. Discover its challenging trails and breathtaking scenery. Difficulty varies depending on the route, with sections ranging from moderate to difficult.

- **Preparation:** Select mountain biking routes on Wikiloc that suit the level of the participants and offer diversity in terms of scenery and challenges. Research the route on Wikiloc and download it to your device. Check the weather forecast and be prepared for weather conditions. Make sure your bike is in good condition and make any necessary adjustments. Make sure the routes are safe and in good condition.
- **Registration:** Invite participants to register for the activity and provide instructions for downloading and setting up the Wikiloc app.
- **Group Meeting and Orientation Session:** Gathers participants at the starting point of the route.Provides a brief orientation session on the use of the Wikiloc app and safety rules for mountain biking.
- **Mountain Biking with Wikiloc:** Participants start the mountain biking experience and follow the route on the app.The app provides real-time directions and tracks to guide riders.
- **Exploration and Adventure:** Encourages exploration and adventure on the trail, allowing participants to enjoy the beauty of nature and the challenges of mountain biking.
- **Stops and Rest:** Marks points of interest or rest areas in the app for cyclists to stop, rest, take photos, enjoy the views and enjoy the surroundings.
- **Route Completion:** Ensure that all participants complete the route safely and return to the starting point.
- **Keep an eye** on the energy level and consume water and snacks as needed. Pay attention to signs and rules of the area to protect local flora and fauna.
- **Celebration and Reflection:** Organize a small celebration at the end of the activity where participants share their experiences and reflect on the route.

TARGET GROUP

- **Young People 13-30, 20 Participants.**

TIME (PREPARATION AND IMPLEMENTATION)

- **Preparation time: Selection and creation of routes on Wikiloc: 2-4 weeks before the event.**
- **Review and testing of routes, equipment and application: 1-2 days before the event.**
- **Implementation Time: Duration of mountain biking experience: Variable (depending on the length of the route).**
- **Orientation and preparation session before the start of the activity: 30 minutes.**

LEVEL OF DIFFICULTY

Variable difficulty level depending on the route selected on Wikiloc. Mountain biking routes can be offered from easy to advanced, so the activity can be adapted to participants of different skill levels.

EQUIPMENT AND MATERIALS

- **Mountain Bike: Make sure your bike is in good condition and suitable for rough terrain.**
- **Helmet: Essential for your safety.**
- **Suitable clothing: Wear comfortable and breathable clothing, preferably long sleeves to protect you from branches and bushes.**
- **Gloves: To protect your hands in case of falls.**
- **Sunglasses: Protect your eyes from dust and branches.**
- **Water and food: Take enough water and energy snacks for the route.**
- **Basic tool kit: Include an air pump, patch kit, multi-purpose tools and a spare inner tube.**
- **Map or GPS device: Use Wikiloc on your phone or a GPS to follow the route.**

NOTE - ADDITIONAL INFORMATION

Carry a charged phone and make sure you have a signal in case of emergency.
Communicate your plan to a friend or family member, indicating the route and estimated time of return.
Respect nature and leave no trace of your passage.
This activity combines the thrill of mountain biking with the natural beauty of your area. Make sure you are prepared and aware of the challenges involved in this mountain biking experience.

Link: **https://es.wikiloc.com/**

TEMPLATE FOR THE YOUTH WORKERS

DESCRIPTION OF THE ACTIVITY

DESCRIPTION OF THE TOOL

MIX OF DIGITAL TOOL AND SPORT ACTIVITY:

TARGET GROUP:

TIME (PREPARATION AND IMPLEMENTATION)	LEVEL OF DIFFICULTY	EQUIPMENT AND MATERIALS

NOTE - ADDITIONAL INFORMATION

PROJECT CONSORTIUM

Scout Society

✉ contact@scoutsociety.ro

🌐 https://scoutsociety.ro/

HODINAH

✉ hodinah@hodinah.cz

🌐 https://www.hodinah.cz/

ACD LA HOYA

✉ acdlahoya@gmail.com

🌐 http://www.acdlahoya.org/

L'ORMA INTERNATIONAL

✉ orma@ormasite.it

🌐 https://ormasite.it/

Innovative Education Center

✉ info@zentrumib.org

🌐 https://www.zentrumib.org/