

TOUTA



**FOLLOW THE  
TRAIL**

# **INCLUSIVE METHODS IN OUTDOOR EDUCATION**

2024



Erasmus+

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# FOREWORD

From all  
of us

The mobility of youth workers “Follow the trail : on the path to inclusive outdoor education ” was funded with the support of the European Commission, organised in the frame of the Erasmus+ programme.

It gathered **25** youth workers from Norway, France, Portugal, Latvia, and Belgium for a week in Saint-Maurice en Trièves, France, and a week in Volda, Norway. Together, they explored the different ways to either implement or improve inclusive workshops and outdoor activities for young people. Ultimately, they developed a set of skills and attitudes, which helped them to adopt more inclusive approach towards their target group(s) and direct beneficiaries.

This handbook presents what they have learned during this mobility and how they contributed to the project.

It reflects the views only of the author; the European Commission cannot be held responsible for any use which may be made of the information contained therein.



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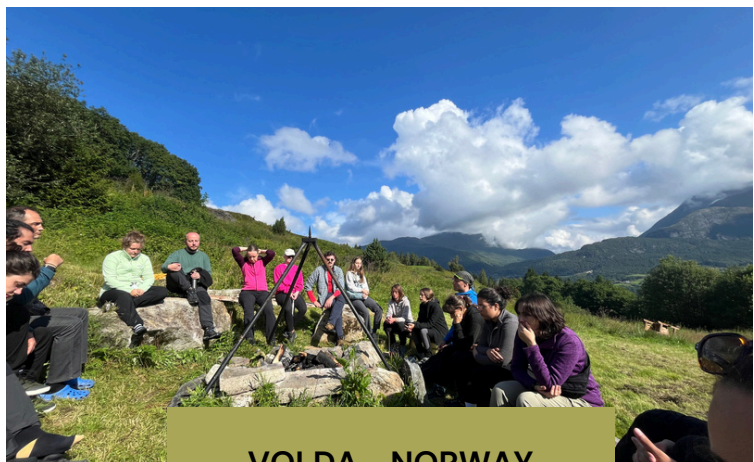
# OUR PROJECT



SAINT- MAURICE EN  
TRIEVES - FRANCE

Our first activity focused on theoretical knowledge, sports, and advocacy. It was organized around the following objectives:

- Learning how to create an inclusive project/activity.
- Experiencing new sports and outdoor activities, discovering that most activities can be adapted and that no one should have hindered their participation based on social and accessibility difficulties.
- Initiating the creation of a youth exchange on inclusion and outdoor education.



VOLDA - NORWAY

The second mobility was oriented towards outdoor skills development. We spent our week fully outdoors and discovered activities such as hiking, kayaking, and fishing. We were also able to facilitate these activities with young refugees that spent a day and a night with us at the camp.



# OUR MISSION

Outdoor education is a powerful tool for learning and personal development. It extends beyond the traditional classroom, using nature and outdoor spaces to engage participants in meaningful experiences. Far from being an activity reserved for the physically fit or highly athletic, outdoor education is an inclusive practice that can benefit everyone, regardless of physical ability or fitness level. Our mission through this handbook is to promote inclusive and accessible outdoor activities for all.



# OUR VISION

Outdoor activities can be tailored to suit a wide range of needs, ensuring that everyone feels included and empowered. Whether it's a gentle nature walk, adaptive sports, or hands-on environmental learning, there are countless ways to create meaningful outdoor experiences for all participants. This inclusivity reinforces the message that no one should be excluded based on physical ability, social background, or other perceived limitations, but rather that each learner should be at the center of the activity design.

# INCLUSIVE PROJECTS

## FOR YOUNG PEOPLE WITH SPECIAL MOBILITY NEEDS

### 1 ACCOMODATION

Selecting an accessible accommodation is crucial to host a diverse group of participants. Start by identifying the specific needs of the individuals, such as mobility, sensory, or cognitive requirements. Research accommodations that explicitly state accessibility features and confirm details like ramps, elevators, accessible bathrooms, and wide pathways by contacting the property directly. Check for compliance with accessibility standards and read reviews from travelers with similar needs to ensure the place truly meets expectations. Prioritize accommodations close to essential services like transportation and medical facilities, and request photos or videos for visual confirmation of accessibility features. Finally, inquire about additional services like accessible shuttles or equipment rentals and prepare backup options for unforeseen challenges.

### 2 EQUIPMENT

You may need to allocate some of your project's/ activity's budget to provide adaptive equipment that meets participants' diverse needs. You may need to provide warm or outdoor clothes, rent adaptive chairs, skis, bikes.. There are many possibilities, for which grants usually provide extra financial support. In the case of Erasmus+, you will need to provide a detailed spending plan based on actual rental or buying prices when applying for your project.

### 3 TRANSPORT

Adaptive transport ensures that individuals with mobility, sensory, or other accessibility needs can travel safely and comfortably. This includes vehicles equipped with ramps, lifts, secure wheelchair spaces, and features like handrails, audio announcements, or visual displays. Designed to promote independence, adaptive transport helps break barriers, enabling everyone to access education, work, and social activities with ease. You may also want to include this when planning your project's budget, so that everyone can join you in your adventure!

# PRINCIPLES APPLICATION :

# HIKING



When organizing a hike for people with special mobility needs, it is important to understand each participant's specific requirements, whether they use wheelchairs, walkers, or have other health considerations. Choose a trail that is wheelchair-friendly with wide surfaces, avoid steep or rough terrain. Assess the trail to ensure there are rest stops, benches, or shaded areas, and ensure that necessary equipment like hiking wheelchairs or joëlettes (pictured above) are available. Bringing a first aid kits is also essential. Effective communication and safety measures are key! It is important to respect privacy, dignity, and personal preferences while ensuring the experience is enjoyable, inclusive, and safe for all participants.



# OTHER ADAPTIVE ACTIVITIES

Adaptive paragliding offers incredible sensations and possibilities, this activity is available for people with different mobility abilities.



Adaptive skiing exists since World War II! It is also a Paralympic sport.

Adaptive water sports are numerous and safe. People with different mobility needs can sail, paddle, etc.





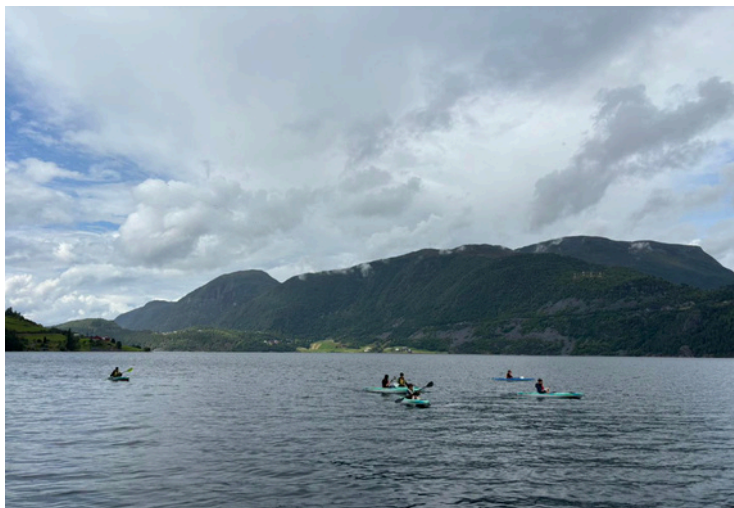
# INCLUSIVE ACTIVITIES FOR LOCAL YOUTH AND MIGRANTS



One of the highlight of our stay in Volda was hosting young people at the farm! We had an incredibly meaningful day as we welcomed refugees as our special guests. Our participants took the lead, organizing the entire day, from catering to setting up the tents and planning a series of engaging activities, including kayaking, fishing, playing werewolf and other card games.

It was heartwarming to see everyone come together, share experiences, and learn from one another. The day was filled with laughter, stories, and a genuine sense of community. Our participants did an amazing job making sure everyone felt included and valued.

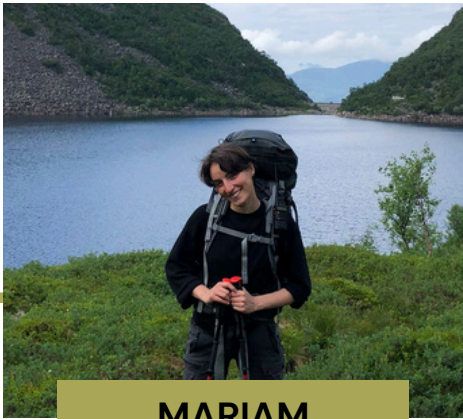
The activity was implemented with the support of IMDI & UDI. These activities did not require much more than open communication and warm welcoming into our camp and our group, along with a needs assessment conducted during the preparation of the activities regarding dietary needs and choice of activities.





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# OUR TEAM OF TRAINERS



**MARIAM**

MARIAM.RAPHAVA@GMAIL.COM



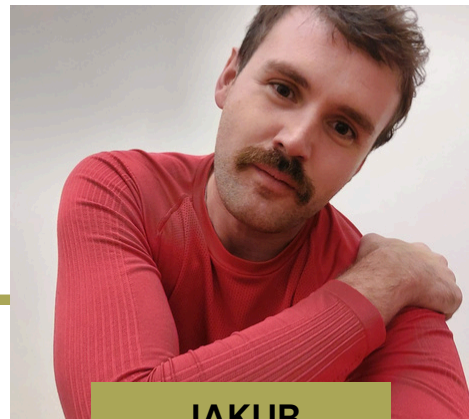
**MARION**

JACQUART.MARION@GMAIL.COM



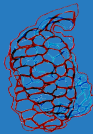
**ARNOUT**

SWANNET\_ARNOUT@HOTMAIL.COM



**JAKUB**

JLIBISZEWSKI@GMAIL.COM



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