

outdoor, climbing & wellbeing

Outdoor Climbing and Wellbeing Erasmus+ project combined outdoor climbing and nature-based activities to support both physical and mental health. Through structured workshops and group challenges, participants built self-confidence, resilience, and a sense of community, while reducing stress and improving overall wellbeing. Climbing required focus, teamwork, and problem-solving, helping participants develop coping skills and healthier habits that last beyond the project itself.



about

Momentum Boulder

Sports Climbing Club Momentum Boulder, based in Osijek, Croatia, stands as a leading center for the development and promotion of sport climbing and bouldering in eastern Croatia. Since its founding, the club has become a vibrant hub for climbers of all ages and abilities, offering a modern, safe, and inclusive environment for both recreational and competitive climbing.

Founding and Vision

Momentum Boulder was established by a group of passionate local climbers who recognized the need for a dedicated indoor climbing facility in Osijek. Their vision was to create a space that would not only provide high-quality training conditions but also foster a strong sense of community, mutual support, and personal growth through climbing. Over the years, the club has grown steadily, attracting new members and expanding its activities to meet the evolving needs of the climbing community.

Facilities and Equipment

The club operates a state-of-the-art indoor climbing gym equipped with various bouldering walls of different angles and difficulties, allowing both beginners and advanced climbers to train effectively. Safety is a top priority: the gym features high-quality crash mats, well-maintained holds, and modern safety equipment. Additional amenities include changing rooms, showers, lockers, a relaxation area, and parking facilities, ensuring a comfortable experience for all members.

Activities and Programs

Momentum Boulder offers a wide range of activities designed to cater to different age groups and skill levels:

- **Bouldering:** The core activity, focusing on short, powerful climbing routes without ropes, ideal for building strength, coordination, and problem-solving skills.
- **Sport Climbing Training:** Instruction in climbing techniques, movement, and safety, including top-rope and lead climbing for those interested in outdoor climbing.
- **Climbing Schools and Workshops:** Structured programs for children, youth, and adults, covering basic and advanced climbing skills, safety procedures, and injury prevention.
- **Yoga for Climbers:** Regular yoga sessions to improve flexibility, balance, body awareness, and mental focus, complementing climbing training.
- **Competitions and Events:** The club regularly organizes local and regional competitions, social gatherings, and community events, fostering camaraderie and motivation among climbers.
- **Outdoor Climbing Trips:** Guided excursions to natural climbing sites, allowing members to experience real rock climbing and connect with nature.



about

Momentum Boulder

Community Impact and Inclusion

Momentum Boulder plays a significant role in the Osijek community by promoting an active and healthy lifestyle. The club is committed to inclusivity, offering adapted programs for children, people with disabilities, and seniors. Through climbing, participants develop not only physical strength but also confidence, perseverance, and teamwork. The club actively collaborates with schools, universities, and local organizations to introduce climbing to a wider audience and encourage youth participation in sports.

Reputation and Member Experience

Momentum Boulder is widely recognized for its professional trainers, friendly atmosphere, and supportive community. Members frequently highlight the club's welcoming environment, the quality of instruction, and the sense of belonging they feel. The club's approach emphasizes personal progress, mutual encouragement, and the joy of overcoming challenges together.

Contribution to the Climbing Scene

By providing high-quality facilities and expert guidance, Momentum Boulder has helped raise the standard of climbing in the region. Many of its members have gone on to compete successfully at national and international levels. The club's events and outreach activities have contributed to the growing popularity of climbing in Osijek and beyond.

Conclusion

Sports Climbing Club Momentum Boulder is much more than just a climbing gym—it is a community hub where people come together to challenge themselves, support one another, and grow both physically and mentally. Through its diverse programs, modern facilities, and inclusive philosophy, the club continues to inspire new generations of climbers and promote the values of health, resilience, and cooperation in Osijek and the wider region.



Project Summary

The Climbing Outdoor and Wellbeing project was a 9-day Erasmus+ youth exchange hosted in Brzet, near Omiš, Croatia, coordinated by Sportsko penjački klub "Momentum" (Croatia) in partnership with Fiatalok a részvételért Egyesület (Hungary), Asociația Clădim Destine (Romania), Asociacion Cultural Simaya (Spain), and Lunghe Frequenze (Italy). The project brought together young people from five European countries to foster personal growth, intercultural dialogue, and healthy lifestyles through outdoor activities, sport climbing, fitness, and mental health education.

Project Objectives

- Promote healthy lifestyles through sport, outdoor activities, and regular movement.
- Develop personal and social skills such as teamwork, leadership, communication, and problem-solving.
- Raise awareness of mental health and provide tools for psychological well-being.
- Strengthen intercultural dialogue and break down prejudices through shared experiences.
- Foster environmental awareness and responsible behavior toward nature.

Project Description

The project was designed as a comprehensive educational program using non-formal and experiential learning methods. Participants engaged in a variety of workshops and practical challenges, with a strong emphasis on experiential learning, group reflection, and sharing experiences.

Key activities included:

- Sport climbing: Learning basic techniques, safety, and equipment use, with a focus on trust, concentration, and teamwork. Each participant progressed at their own pace, supported by instructors and peers.
- Outdoor skills and hiking: Navigation with maps and compasses, knot-tying, camp setup, and route planning. The hiking challenge encouraged teamwork, leadership, and resilience, pushing participants beyond their comfort zones.
- Fitness and yoga: Practical workshops on physical exercise, proper breathing, and relaxation techniques, highlighting the importance of regular movement for overall well-being.
- Mental health workshops: Creative expression, role-play, and open discussions helped participants identify emotions, manage stress, and develop strategies for maintaining mental health.
- Environmental actions: Beach clean-up and education on recycling and sustainable practices, encouraging responsible attitudes toward the environment.
- Intercultural evenings: Each national team presented their culture, customs, dance, and food, promoting cultural diversity and mutual respect.
- Reflection and evaluation: Each activity concluded with group or creative reflection, encouraging participants to recognize their progress and share insights.



Participating Organizations

- Sportsko penjački klub "Momentum" (Croatia)
- Fiatalok a részvételért Egyesület (Hungary)
- Asociația Clădim Destine (Romania)
- Asociacion Cultural Simaya (Spain)
- Lunghe Frequenze (Italy)

Each partner was responsible for preparing and leading specific workshops, supporting participants, and contributing to evaluation and dissemination of project results.

Participants gained:

- Physical and sports skills: Improved fitness, coordination, strength, and endurance through climbing, hiking, and yoga.
- Mental health tools: Techniques for stress management, emotional intelligence, and resilience.
- Social and communication skills: Empathy, tolerance, trust, and effective collaboration through intensive group work and intercultural exchange.
- Environmental awareness: Responsible attitudes toward nature and practical skills for sustainable living.
- Personal development: Increased self-confidence, self-awareness, and motivation through overcoming challenges and reflecting on personal growth.

The project resulted in the creation of a digital handbook summarizing all activities, participant experiences, and practical tips for youth work. All participants received Youthpass certificates documenting their learning outcomes and competences.

Long-Term Impact

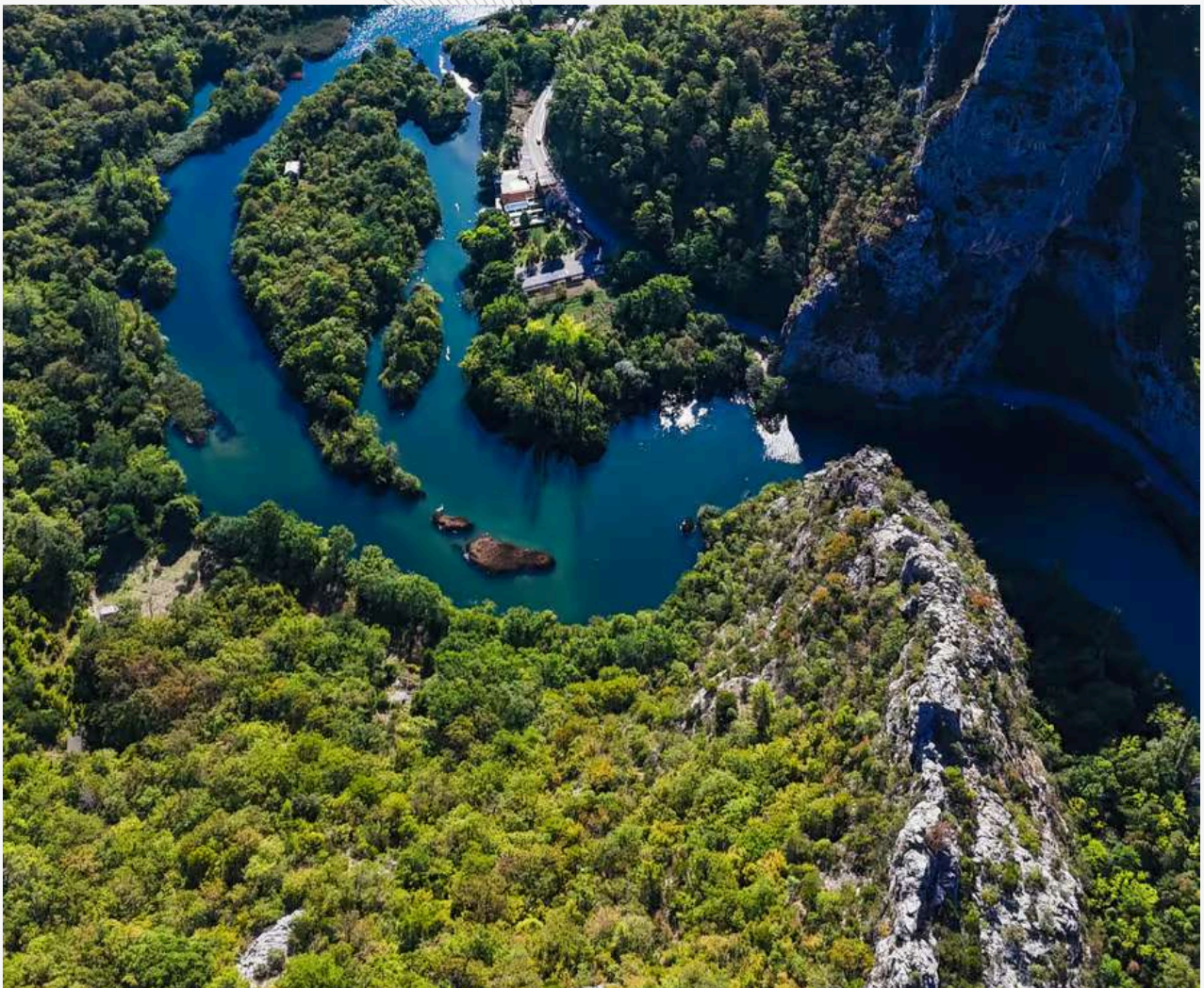
Through international cooperation and knowledge exchange, participants became ambassadors of healthy living, environmental responsibility, and intercultural dialogue in their communities. The partnership between organizations continued beyond the project, inspiring new initiatives and strengthening capacities for high-quality youth work at the European level.

Conclusion

Climbing Outdoor and Wellbeing demonstrated the value of integrating sport, nature, mental health, and intercultural dialogue in youth work. The project empowered young people to develop essential life skills, build new friendships, and become active citizens. The partner organizations strengthened their ability to deliver impactful educational programs, ensuring a lasting legacy for the project.

Welcome to **OMIŠ**

Omiš is a picturesque town on the Adriatic coast, uniquely positioned where the Cetina River meets the sea and surrounded by impressive mountains like Mosor and Omiška Dinara. This dramatic landscape offers a blend of crystal-clear river, steep cliffs, lush beaches, and Mediterranean vegetation, creating an ideal setting for outdoor activities such as climbing, hiking, and water sports. The natural beauty and diversity of Omiš greatly enriched the project by providing inspiring locations for workshops and challenges, encouraging participants to connect with nature, push their limits, and experience true adventure in a safe and stunning environment. The unique environment of Omiš not only enhanced physical activities but also contributed to participants' wellbeing and sense of community throughout the project.





Importance of outdoor activities

1.

Stress Relief

Spending time outdoors and being physically active helped participants reduce stress and boost their mood, offering a break from daily pressures.

2.

Physical Health

Climbing, hiking, and other activities improved participants' fitness, strength, and endurance, encouraging healthier lifestyle habits.

3.

Self-Confidence

Overcoming outdoor challenges and learning new skills increased participants' self-confidence and sense of personal achievement.

4.

Team Building

Group tasks and shared experiences fostered teamwork, improved communication, and helped participants build meaningful friendships.

5.

Eco Awareness

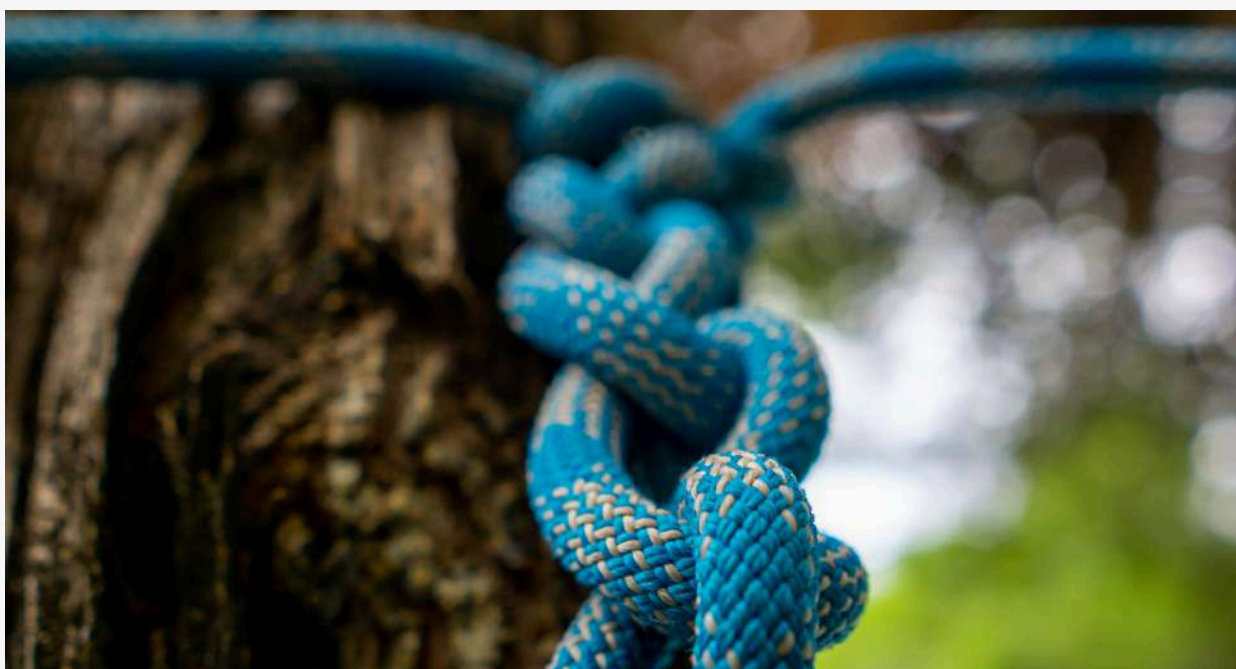
Activities like beach cleaning raised participants' awareness about environmental protection and inspired them to care more for nature.

6.

Mental Skills

Workshops and reflection sessions supported emotional regulation, resilience, and the development of healthy coping strategies.

Knots *and* ladders



Description

Participants learn the importance and application of basic knots in outdoor and survival situations. The workshop includes a demonstration of several essential knots (e.g., clove hitch, half hitch, constrictor knot) and a practical group challenge: building a functional ladder from wooden sticks and rope using the knots learned. The activity encourages teamwork, precision, and problem-solving.

Preparation

- Gather materials: straight, sturdy wooden sticks (1–1.5 m), strong rope or paracord (10–15 m per group), knives or scissors for cutting rope.
- Prepare a safe outdoor space for group work.
- Instructor reviews knot techniques and prepares a demonstration.

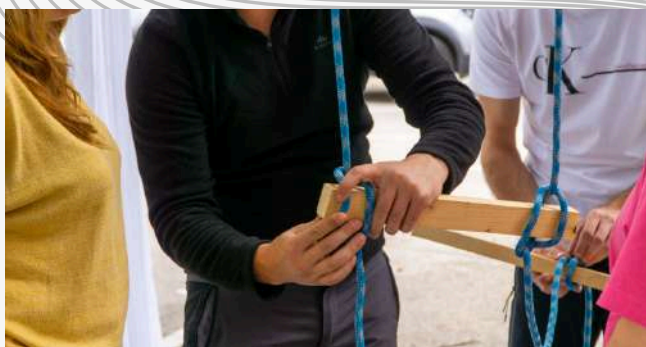
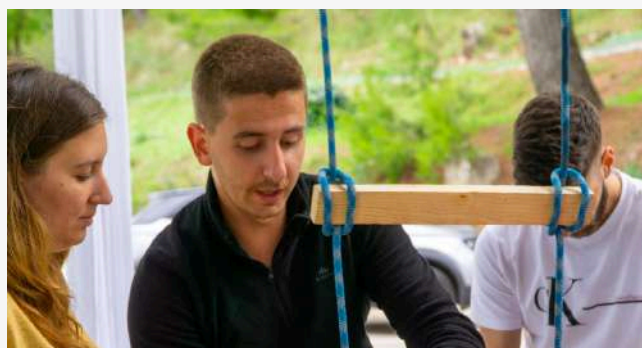
Implementation

- Introduction to the importance of knots in outdoor activities.
- Instructor demonstrates each knot and explains its use.
- Participants are divided into small groups and tasked with building a ladder using only the provided materials and knots.
- Instructors supervise, assist, and provide feedback during the building process.
- Each group tests their ladder for stability and safety.

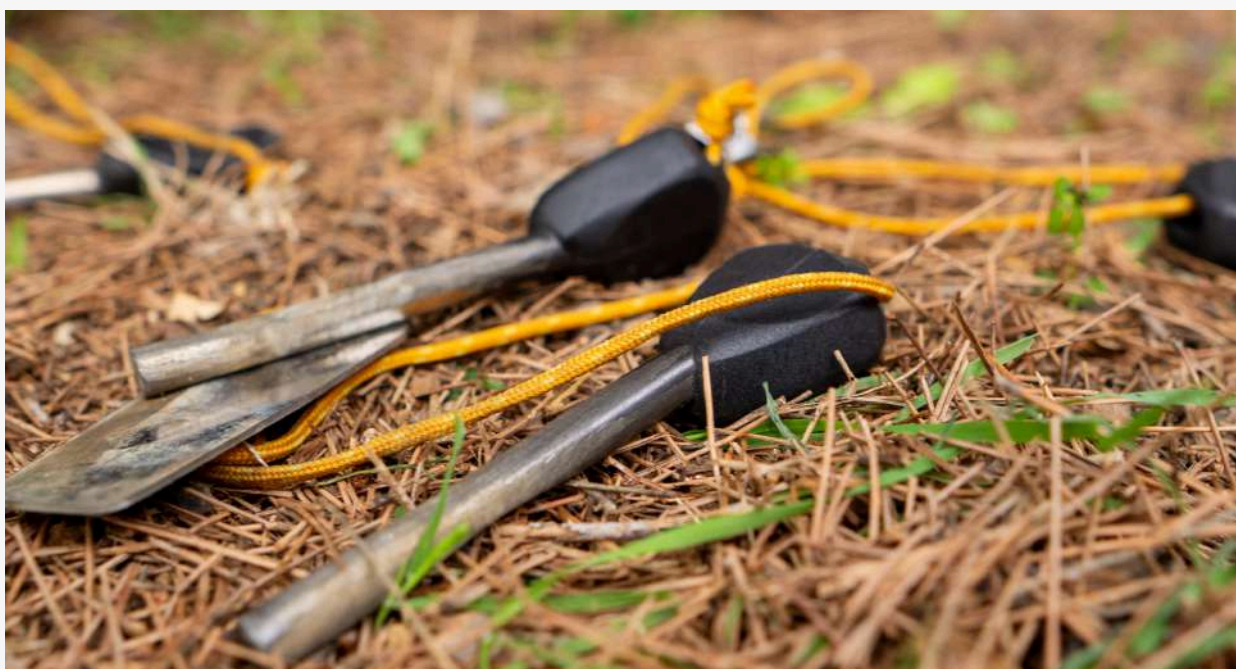
Evaluation

- Groups reflect on the process and challenges faced.
- Discussion questions: Which knot was hardest to learn? How did you organize tasks? What did you learn about knot importance? How could you use these skills elsewhere?
- Instructors provide feedback on teamwork, technique, and creativity.

Knots *and* ladders



Shelter *with* primal fire



Description

Participants gain hands-on experience in lighting a fire using flint and steel and learn how to construct a basic shelter using a tarp and rope. The workshop combines survival skills with teamwork and adaptability, essential for outdoor living.

Preparation

- Gather materials: flint and steel sets, dry tinder (grass, bark, thin twigs), tarps (1 per group), rope (10–15 m per group), stakes or sticks for securing tarps, knives or scissors.
- Select a safe location for fire making and shelter building.
- Instructor prepares a demonstration of fire making and shelter setup.

Implementation

- Instructor demonstrates how to prepare tinder and use flint and steel to create fire.
- Participants practice lighting a fire individually or in pairs, with support as needed.
- Next, the instructor explains and demonstrates how to set up a tarp shelter using basic knots.
- Groups select their shelter location and build their own shelter, testing and adjusting for stability and weather protection.

Evaluation

- Groups and individuals reflect on the biggest challenges (e.g., fire lighting, shelter stability).
- Discussion questions: What was the biggest challenge in making fire? How did you choose your shelter location? Which knot was most useful? How could you improve next time?
- Instructors provide feedback on technique, safety, and problem-solving.

Shelter *with* primal fire



Hike *but* offline



Description

This workshop challenged participants to complete a 15 km hike using only physical maps and compasses—without mobile phones or digital navigation. Divided into teams, participants had to find and visit four specific landmarks: a church, a castle (old town), a mountain peak, and a river/stream/spring. The activity promoted teamwork, orientation skills, leadership, and problem-solving, while encouraging a deeper connection with nature and the local area. Also, every group has its “shadow” - person who does not involve in decisions of the group, but it is their safe zone, with first aid kit, cellphone and a hiking professional and has knowledge of specific area.

Preparation

- Organizers prepared detailed topographic maps and compasses for each team.
- Teams received instructions about the challenge, safety guidelines, and a list of required destinations.
- Participants were briefed on basic map reading, compass use, and route planning.
- Teams packed necessary hiking gear (water, snacks, suitable clothing, first aid) and reviewed safety protocols.
- Each group included at least one local participant familiar with the area for emergency support, but without influencing navigation.

Implementation

- Teams set out after breakfast, equipped only with maps, compasses, and their hiking essentials.
- Each team planned their route to efficiently visit all four required landmarks: one church, one castle (old town), one mountain peak, and one river/stream/spring.
- Along the way, teams navigated terrain, overcame natural obstacles, and completed small group challenges (e.g., preparing a meal outdoors, setting up a simple camp).
- Teams were encouraged to rotate leadership roles and ensure everyone participated in navigation and decision-making.
- Mobile phones were used strictly for emergencies and not for navigation or communication.

Evaluation

- The following day, teams gathered for a group reflection session.
- Each participant shared their experiences, personal and group challenges, and what they learned about offline navigation and teamwork.
- Discussion questions included: What was the most difficult part of navigating without a phone? How did you solve problems as a team? Which destination was most rewarding to reach?
- Creative reflection methods were used (e.g., drawing or writing a word that captured their experience).
- Organizers provided feedback and highlighted skills developed during the hike, such as orientation, resilience, and group cooperation.

Hike *but* offline





Importance of fitness & wellbeing

1.

Physical Health

Regular fitness activities increased participants' strength, flexibility, and overall physical condition, helping them feel more energetic and healthy.

2.

Stress Reduction

Wellbeing workshops, meditation, and yoga sessions helped participants manage stress, relax, and develop techniques for emotional balance.

3.

Self-Confidence

Setting and achieving personal fitness goals empowered participants, increasing their self-esteem and belief in their own abilities.

4.

Social Connections

Group fitness and wellbeing activities encouraged teamwork, communication, and the building of new friendships among participants from different countries.

5.

Healthy Lifestyle

The project promoted daily routines that included movement, mindfulness, and self-care, inspiring participants to adopt healthier habits in their everyday lives.

6.

Increased Motivation

Through overcoming physical and mental challenges, participants developed greater motivation, perseverance, and resilience, which they can apply in future situations.

Fitness *for* you



Description

This workshop focused on introducing participants to the fundamentals of fitness and encouraging them to explore their personal relationship with physical activity. Through group discussions and practical exercises, participants reflected on their fitness goals, motivations, and barriers, and learned about the benefits of regular exercise for both physical and mental wellbeing.

Preparation

- Prepare a safe, open space for movement (indoor or outdoor).
- Gather yoga mats or exercise mats for comfort.
- Instructor prepares a short presentation on fitness principles and simple exercises.
- Ensure water and first aid supplies are available.
- Ask participants to wear comfortable sportswear.

Implementation

- Begin with a group introduction and a brief presentation on the importance of fitness.
- Lead a dynamic warm-up and demonstrate basic exercises (e.g., stretching, squats, lunges).
- Facilitate small group discussions where participants share their experiences, goals, and challenges related to fitness.
- Guide participants through exercises putting their focus on breathing properly
- Instructor offers support and advice on overcoming common barriers.

Evaluation

- Group reflection on what participants learned about themselves and fitness.
- Discussion questions: What are your personal fitness goals? What challenges do you face in maintaining regular exercise? How do you plan to integrate fitness into your daily life?
- Instructor provides feedback and encourages participants to support each other in reaching their goals.

Fitness *for* you



Acro yoga



Description

This workshop introduced participants to acro yoga, combining elements of yoga and acrobatics to promote trust, balance, and teamwork. The session included basic partner poses and exercises designed to improve body awareness, communication, and mutual support in a fun and safe environment.

Preparation

- Prepare a flat, soft surface (grass or mats) for safety during partner work.
 - Instructor selects beginner-friendly acro yoga poses and prepares a demonstration.
 - Ensure water and first aid supplies are available.
 - Communicate the need for comfortable clothing suitable for movement.

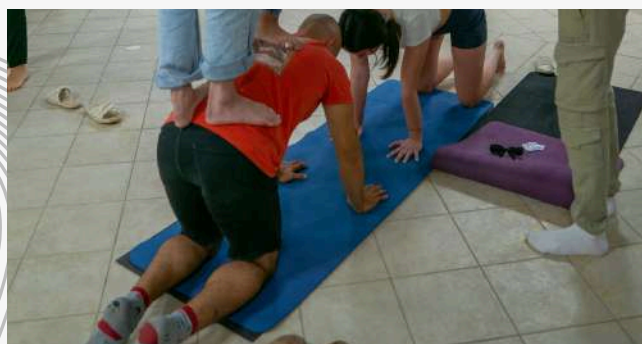
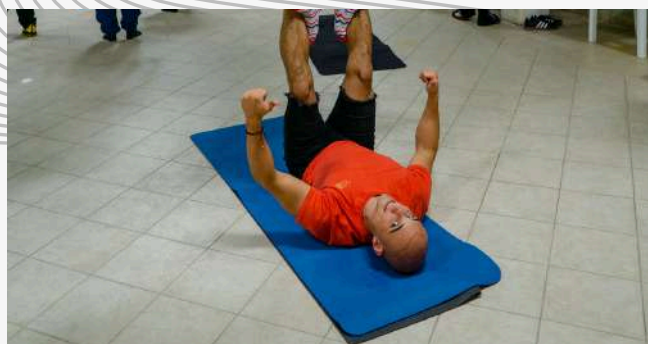
Implementation

- Start with a group warm-up and stretching to prepare the body.
 - Instructor demonstrates basic acro yoga principles and simple partner poses.
 - Participants practice acro yoga in pairs, rotating partners to build trust and cooperation.
 - Emphasize clear communication and mutual respect during all exercises.
 - Instructor supervises, provides corrections, and ensures safety throughout the session.

Evaluation

- Group reflection on the physical and emotional experience of acro yoga.
 - Discussion questions: Which pose was most challenging? How did working with a partner influence your experience? What did you learn about trust and communication?
 - Instructor provides feedback on technique, teamwork, and progress, and encourages participants to share their insights.

Acro yoga





Importance of outdoor climbing

1.

Full-Body Strength

Outdoor climbing engages nearly every muscle group, building strength, endurance, and flexibility while providing a fun and challenging workout.

2.

Boosts Confidence

Overcoming climbing challenges and reaching new heights increases self-confidence, mental strength, and the ability to handle obstacles in everyday life.

3.

Enhances Balance

Climbing requires precise movements and body awareness, helping participants develop better balance, coordination, and agility.

4.

Reduces Stress

Being active in nature and focusing on climbing routes helps relieve stress, boost mood, and support overall mental wellbeing.

5.

Teamwork and Trust

Climbing in groups fosters collaboration, communication, and trust, as participants support and motivate each other both on and off the wall.

6.

Connects with Nature

Outdoor climbing allows participants to experience beautiful natural landscapes, discover hidden places, and develop a deeper appreciation for the environment.

Outdoor climbing



Description

This workshop introduced participants to the fundamentals of outdoor climbing in the natural environment of Starigrad Paklenica. The focus was on learning basic climbing techniques, understanding safety protocols, and developing trust and teamwork among participants. The activity aimed to build physical strength, self-confidence, and resilience while encouraging participants to step out of their comfort zones and experience the unique challenges and rewards of climbing in nature.

Preparation

- Instructors prepared a detailed safety briefing and demonstration of climbing equipment (harnesses, ropes, belay devices, climbing shoes, helmets).
- The climbing site was selected and checked for safety.
- All necessary equipment was provided and checked for proper functioning.
- Participants received instructions on appropriate clothing and hydration.
- Groups were formed, pairing less experienced climbers with more experienced ones for support.

Implementation

- The workshop started with a group introduction and a review of safety rules and equipment usage.
- Instructors demonstrated basic climbing and belaying techniques.
- Participants practiced climbing on beginner-friendly routes, with instructors and experienced climbers providing support and guidance.
- As confidence grew, participants were encouraged to try more challenging routes, always under supervision.
- The activity emphasized communication, mutual encouragement, and overcoming personal fears.
- Throughout the session, instructors ensured safety and offered feedback on technique and progress.

Evaluation

- After climbing, participants gathered for a group reflection.
- Each participant shared their experiences, challenges faced, and lessons learned.
- Creative reflection methods were used (e.g., drawing or writing a word that describes their experience, exchanging cards with insights).
- Discussion questions included: What was your biggest challenge? How did teamwork help you? What did you learn about yourself?
- Instructors provided feedback and encouraged participants to relate their climbing experience to personal growth and wellbeing.

Outdoor climbing





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