

“Euro-Hike” - youth empowerment through sport and nature

Erasmus + Sport
Collaborative Partnerships, EACEA

January 2021- February 2023 / 26 months/
Applicant: Medeina Foundation, Poland

Objectives of the partnership:

- will allow organisations to develop and reinforce network of partners active in youth empowerment by trekkings/hikes
 - will increase their capacity to operate at transnational level, exchange good practices, confront ideas and methods of strengthening youth through sport and physical activity
 - will conduct the research upon the results of the empowerment hikes projects
 - will disseminate research results during the Multiplier Events in partner countries



Collaborative partnership will involve 5 or 6 various European youth educational and sport organisations from EU.

Types of activities:

- networking among partners
- promotion, identification and **sharing of good practices** in youth empowerment outdoor trekking/hiking projects during transnational mobilities for youth workers in partner countries, collection and publication of the tools
- **research** upon the results of participation on empowerment trekkings run in all participating countries
- awareness-raising activities on the added value of sport and physical activity in relation to the personal, social and professional development of individuals;
- activities to promote innovative synergy between the field of sport and the fields of health, education, training and youth;



Planned activities:

1. January 2021 - Kick-off meeting in Poland, Silesia region.
2. February - May 2021 - Work on research methodology, preparation of the research tools and process.
3. March 2021 - July 2022 - collection of educational tools/methods from participants
4. May 2021 - June 2022 - research process / IO1/ in all partner organisations during regular activities.
5. May 2021 - 7- days Exchange of good practices, transnational meeting– Empowerment project on the road in I. partner country. Execution of research.
6. September 2021 - 7- days Exchange of good practices, transnational meeting – Empowerment project on the road in II. partner country. Execution of research.
7. March 2022 – Exchange of good practices, Joint staff training event of the staff – 7 days, outdoor in III. partner country. Execution of research.
8. June 2022 – Exchange of good practices, Joint staff training event of the staff – 7 days, outdoor in IV. partner country. Execution of research.
9. July 2020 - October 2022 - final work on the research results / IO1/, publication
10. November 2022 - January 2023 - Dissemination of IO1 in European countries, Multiplier Events in 5 Partner countries.
11. February 2023 – Final Evaluation.

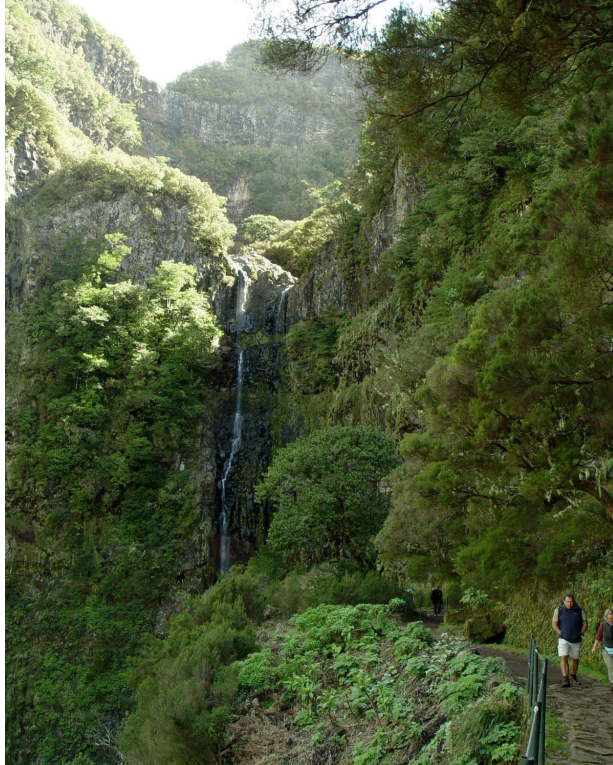
Methodology

The project will be based on innovative combination of sport activity “for all” /trekking, hiking/ and outdoor experiential practices of self-development proposed by partners.

Apart from great benefits of the sport and physical activity for the youth wellbeing, the mountain environment offers a perfect field for outdoor self-development approaches such as wilderness, nature awareness, rites of passage, eco-coaching, pilgrimage, deep ecology, community building.

Partner exchange of innovative outdoor tools on the way will help partner organisations to develop innovative programs for youth empowerment, so as they could overcome contemporary life challenges, endangers to wellbeing and mental health, sense of disconnection and isolation, internet and smartphone addictions, sense of frustration and disorientation.

Research upon the results of empowerment hikes will deliver to sport and educational organisations in Europe the solid ground for the new outdoor projects and it will serve as a scientific base of the future outdoor initiatives.



We want to explore great potencial that lays in trekking/hiking, as 'Reaching a top" and 'climbing a mountain' may be metaphorical expressions which refer to mountains a symbol of determination, the end point and a more or less easy to reach a goal, and they represent the idea of 'being able to do it' and represent success, fulfilling a goal and moving upwards.

All the mentioned above ideas are the real needs of the European youth nowadays, but nonetheless they brings about a lot of challenges.

Partners task:

- participation in 4 transnational meetings- good practice exchange /3 pax per meetings to send/
- organization of 1 hike in partner country /7 days/
- conduct of the research during regular hiking outdoor educational activities in partner country
- collection of the outdoor methods performed on the hikes
- organisation of the Multiplier Event in partner country for 50 people.

Budget – financing from Erasmus+ Program

Administration and Management – 250 Euro/month / total 26 months

Travel and subsistence costs – 575 Euro/760 Euro per prs per transnational mobility

Research conduct costs

Cover of the hike organisation costs for hosting organizations

Multiplier events costs - 50 pax x 100 Euro /local ppt/ or 200 Euro /foreign ppt/

Partner Applications Deadline

PIF should be sent **till 5th April** to email: medeinafoundation@gmail.com, mobile/whats app:

0048602314431, Skype: monika.sobanskaa

We will be able to contact only selected organisations.