



Sporting Activity - Trekking and eco-outdoor activities

Sporting Activity Program

1. Action Title

Sporting Action name:	Trekking and eco-outdoor activities
Date:	[Date of the Event]
Duration:	[hours of the event]
Location:	[Venue of the Event]
Organizer	[Partner's Name]

2. Event Objectives

The eco-outdoor activity combines plogging and a green gymkhana to create a dynamic and collaborative experience. Participants engage in plogging by collecting litter along a scenic route in a natural reserve, promoting physical activity and environmental awareness. Following this, the green gymkhana challenges participants to identify and photograph local plants from a provided list, encouraging teamwork, observation skills, and nature exploration. Through shared tasks, participants develop key teamwork competencies, enhancing collaboration and communication abilities while fostering a deeper connection to both the community and the environment.

3. Participants [minimum required]

Target Group:	Young people aged 16 to 25, especially those with fewer opportunities
Number of Participants:	20 young people from the target group.
Staff trainers:	2
External youth workers	2

Volunteers	Several volunteers will be invited
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4. Event Program	
Start Time and Registration	<ul style="list-style-type: none"> ● 10:00: Participant Arrival, Registration and transfer to the starting point ● Check-in and distribution of sporting materials.
Opening Briefing	<ul style="list-style-type: none"> ● 11:00: Welcome and Safety Briefing <ul style="list-style-type: none"> ● Welcome speech by the organizer ● Introduction of monitors, youth workers and volunteers ● Overview of the sport/leisure activity and objectives ● Distribution of kit (trash bags and gloves) ● Division in teams
Activity:	<ul style="list-style-type: none"> ● 11:30 – 13:00: [Plogging] <ul style="list-style-type: none"> ● Description: <p>On the way out participants will do a plogging activity, It combines jogging or walking with picking up litter. It originated in Sweden, and the name comes from blending "jogging" with the Swedish word "plocka upp," meaning "to pick up."</p> <p>During plogging, participants carry gloves and bags to collect trash they find along their route, helping to improve the environment while staying active. It's an eco-friendly, healthy, and socially beneficial activity suitable for everyone, regardless of fitness level.</p> ● Basic Rules: <ul style="list-style-type: none"> - Safety First: Participants must wear comfortable, weather-appropriate clothing and sturdy footwear. Gloves and trash bags will be provided. - Respect Nature: Avoid disturbing wildlife or damaging plants while collecting litter. - Sort the Trash: Collected waste will be sorted into recyclable and non-recyclable categories at the end of the activity.

	<ul style="list-style-type: none"> - Hydration and Breaks: Bring reusable water bottles to stay hydrated, and there will be scheduled breaks during the activity. • Objectives: <ul style="list-style-type: none"> - Build Social Bonds: Strengthen connections between youth in the care system and local youth through teamwork and shared experiences. - Promote Healthy Habits: Encourage physical activity and environmentally conscious behaviors. - Foster Community Belonging: Help participants discover local natural spaces, enhancing their connection to the community. • Trainer: [trainer's Name]
Lunch Break	<ul style="list-style-type: none"> • 13:00 – 14:30: Lunch Break <ul style="list-style-type: none"> • Picnic at a designated rest area • Opportunity for participants to socialize and enjoy the scenery
Activity 2:	<ul style="list-style-type: none"> • 14:30 – 16:00: <i>[Green Gymkhana]</i> <ul style="list-style-type: none"> • Description: <p>On the way back participants will do a green gymkhana, it is a fun and educational activity where participants identify and photograph plants along a designated route. Equipped with a list of local flora, they work in teams or individually to spot as many plants as possible, earning points for each correct identification. This challenge encourages observation, teamwork, and a deeper connection with nature while discovering the biodiversity of the area.</p> • Basic Rules: <ul style="list-style-type: none"> - Photograph Only: Do not pick or disturb any plants—capture them with photos instead. - Team Play: Work individually or in small teams to promote collaboration and friendly competition. • Objectives: <ul style="list-style-type: none"> - Encourage Environmental Awareness: Promote respect and appreciation for local biodiversity.

	<p>- Foster Teamwork and Observation Skills: Develop collaboration and attention to detail in a fun and engaging way.</p> <p>Trainer: [trainer's Name]</p>
Closing Session	<ul style="list-style-type: none"> ● 16:00 – 17: 00: Event Closing. Wrap-Up and Feedback. <ul style="list-style-type: none"> ● Participant feedback through evaluation questionnaire. ● Group photo and distribution of participation certificates. ● Thank you and closing remarks by the organizer. ● Transfer back to the office to whom may need it.

5. Required Resources	
Sports materials	<ul style="list-style-type: none"> ● Running/Walking Shoes: Comfortable, supportive footwear suitable for outdoor trails. ● Sportswear: Breathable, flexible clothing for easy movement. ● Small Backpacks: Lightweight bags for carrying water and personal items.
Personnel	<ul style="list-style-type: none"> ● 2 Trainers/facilitators ● 2 External Youth Workers ● Several volunteers
Safety and First Aid	<ul style="list-style-type: none"> ● First Aid kit to be carried on ● Hydration and Rest Stops ● In case of extreme weather (heat, rain, or storms), the activity will be rescheduled or adapted to ensure participant safety.

6. Collaborators
[List of Collaborators]

7. Contact Information	
Contact Person:	<ul style="list-style-type: none"> [Name of Contact Person]
Phone Number:	<ul style="list-style-type: none"> [Contact Phone Number]
Email Address:	<ul style="list-style-type: none"> [Contact Email Address]

Additional Notes <i>[Include any other relevant information about the event]</i>
<ul style="list-style-type: none"> • Ensure all participants are aware of the venue location and schedule. • Ensure all participants are aware of the weather forecast and are prepared accordingly. • Participants should wear appropriate clothing [comfortable hiking shoes and sportswear] • Volunteers should be briefed on their roles and responsibilities prior to the event. • A photographer will be documenting the event, so permission will be requested to use the images for promotional purposes.