



Hiking in Surrounding Forests

Sporting Activity Program

1. Action Title

Sporting Action name:	Hiking in Surrounding Forests: Encouraging Entrepreneurial Thinking in Natural Settings
Date:	[Date of the Event]
Duration:	[hours of the event]
Location:	[Venue of the Event]
Organizer	[JUMP]

2. Event Objectives

To foster creative and entrepreneurial thinking by immersing participants in nature, encouraging them to observe, reflect, and draw inspiration from their surroundings. This activity aims to stimulate fresh ideas, promote mental and physical well-being, and develop teamwork skills through guided discussions and reflective exercises along the hike. By engaging with the natural environment, participants will explore new perspectives on problem-solving, adaptability, and resourcefulness, essential traits for entrepreneurial success. The experience also strengthens collaboration and communication, as participants share insights, exchange ideas, and support one another in a dynamic outdoor setting.

3. Participants [minimum required]

Target Group:	Young people aged 16–25, 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

4. Event Program	
Start Time and Registration	<ul style="list-style-type: none"> ● 09:00 - 09:30: Participant Arrival and Registration <ul style="list-style-type: none"> - Check-in - Participants receive water bottles, snacks, and a small "Hiking Journal" to jot down thoughts and reflections during the hike.
Opening Briefing	<ul style="list-style-type: none"> ● 09:30 - 09:45: Welcome and and Safety Briefing <p>Description: Participants gather at the starting point in Prijepolje. Trainers provide a briefing on the hiking route, safety guidelines, and objectives for the session.</p> <p>Basic Rules:</p> <ul style="list-style-type: none"> - Participants must stay with the group at all times and follow the designated trail. - No littering—respect nature by carrying waste back. - Follow safety instructions, including hydration and pace management. - In case of an emergency, notify a facilitator immediately.
Activity 1:	<ul style="list-style-type: none"> ● 09:45 – 12:30: <i>Hike with Guided Discussions and Reflection Stops</i> <p>Session 1: Exploring Nature for Entrepreneurial Inspiration</p> <ul style="list-style-type: none"> ● Description: Participants will hike a scenic trail, stopping at key points for reflection and group discussions on how nature inspires creativity, problem-solving, and adaptability—key traits of entrepreneurship. ● Activities: <ul style="list-style-type: none"> Stop 1: “Entrepreneurial Inspiration in Nature” (Approx. 10:15 - 10:30) - Discussion: How does nature encourage creativity and

	<p>problem-solving?</p> <ul style="list-style-type: none"> - Activity: Pair up and share one innovative idea inspired by nature. <p>Stop 2: “Storytelling and Vision Building” (Approx. 11:00 - 11:30)</p> <ul style="list-style-type: none"> - Participants form small groups and create a short story about an imaginary entrepreneur who solves a unique problem using nature-based solutions (e.g., clean energy, sustainable products). - Groups present their stories informally during a rest break. <p>Stop 3: “Mindful Observation” (Approx. 12:15 - 12:30)</p> <ul style="list-style-type: none"> - A short mindfulness exercise where participants observe their surroundings in silence for five minutes, noting patterns, connections, and insights that could inspire innovation. <ul style="list-style-type: none"> ● Basic Rules: <ul style="list-style-type: none"> - Maintain a steady but comfortable pace. - Engage in discussions during stops while respecting the quietness of nature. - Support fellow hikers—teamwork is encouraged. ● Objectives: <ul style="list-style-type: none"> - Encourage creative thinking through a natural, relaxed setting. - Draw connections between nature and problem-solving. - Promote peer discussions and idea-sharing. ● Trainer: [trainer’s Name]
Lunch Break	<ul style="list-style-type: none"> ● 12:30 – 13:30: Lunch Break <ul style="list-style-type: none"> ● Picnic at a designated rest area ● Opportunity for participants to socialize and enjoy the scenery ● Volunteers assist with cleanup
Activity 2:	<ul style="list-style-type: none"> ● 13:30 – 14:15: Partial Return Hike with Reflection Prompts <p>Session 2: Hiking Back & Observing Nature’s Problem-Solving</p> <ul style="list-style-type: none"> ● Description: After lunch, participants begin the first part of the return hike, reflecting on how nature adapts to its surroundings

	<p>and overcomes challenges—drawing parallels to entrepreneurship, teamwork, and innovation.</p> <ul style="list-style-type: none"> Activities: <p>Silent Walk & Observation (13:30 - 14:00)</p> <ul style="list-style-type: none"> - For the first 15-20 minutes, participants hike in silence, observing patterns in nature that demonstrate resilience and adaptation (e.g., trees growing in rocky terrain, rivers carving pathways, plants thriving in different conditions). - They take mental notes or jot down quick thoughts in their Hiking Journals about how nature "solves problems." <p>Group Discussion Stop (14:00 - 14:15)</p> <ul style="list-style-type: none"> - At a scenic spot along the return hike, participants gather in small groups and briefly discuss: <ol style="list-style-type: none"> 1. What did you notice during the silent walk? 2. How does nature overcome obstacles, and what lessons can we take from it? 3. How does this relate to teamwork, business, or everyday life? Basic Rules: <ul style="list-style-type: none"> - Keep a steady but mindful pace—this part of the hike is both active and reflective. - Avoid talking during the silent observation segment to allow deeper focus. Objectives: <ul style="list-style-type: none"> - Encourage deeper awareness of nature's problem-solving abilities. - Foster individual reflection before transitioning into a hands-on challenge. - Allow participants to gradually shift from physical activity to a structured discussion. Trainer: [trainer's Name]
Activity 3:	<ul style="list-style-type: none"> 14:15 – 15:00: "Nature's Toolbox" Challenge <p>Session 3: Creative Problem-Solving Using Nature's Elements</p> <ul style="list-style-type: none"> Description: Now that participants have observed how nature adapts, innovates, and thrives, they will apply this insight in a collaborative brainstorming challenge. Activities: <p>"Nature's Toolbox" Challenge (14:15 - 14:45)</p>

	<p>In small teams, participants identify natural elements around them (e.g., trees, rocks, water, wind, terrain) and brainstorm how these could inspire an innovative idea, product, or community solution.</p> <p>Examples:</p> <ul style="list-style-type: none"> - How does the way trees grow together demonstrate strong support networks? - How could the flow of a river inspire a new way to manage teamwork and adaptability? - Could something in the landscape inspire a sustainable business idea? - Teams prepare a short, informal pitch of their idea. <p>Presentation & Feedback (14:45 - 15:00)</p> <ul style="list-style-type: none"> - Each team shares their idea, and the group reflects on the key takeaways from the activity. <ul style="list-style-type: none"> ● Basic Rules: <ul style="list-style-type: none"> - Teams must think creatively but also practically—how could this idea be applied? - No wrong answers—this is about exploring possibilities, not perfection. ● Objectives: <ul style="list-style-type: none"> - Help participants connect nature’s lessons to innovation and problem-solving. - Reinforce teamwork and adaptability in brainstorming ideas. - Develop practical insights on how nature can inspire entrepreneurship. ● Trainer: [trainer’s Name]
<p>Activity 4:</p>	<ul style="list-style-type: none"> ● 15:00 – 16:00: Final Hike Back & Closing Reflection <p>Session 4: Processing Takeaways & Applying Lessons Beyond the Hike</p> <ul style="list-style-type: none"> ● Description: As participants complete the final hike back to Prijepolje, they will reflect on personal insights, teamwork, and what they will take forward from this experience. ● Activity: <p>Reflection Walk (15:00 - 16:00)</p> <p>Participants walk in pairs or small groups, discussing guided prompts:</p> <ul style="list-style-type: none"> - What moment today stood out the most for you? - What lessons from nature can be applied to business,

	<p>teamwork, or problem-solving?</p> <p>- How did collaboration impact your experience today?</p> <ul style="list-style-type: none"> ● Basic Rules: <ul style="list-style-type: none"> - Walk at a steady, comfortable pace to ensure everyone arrives safely before dark. - Facilitators check in with each group during the return hike to encourage discussion. ● Objectives: <ul style="list-style-type: none"> - Ensure participants consolidate and articulate their key takeaways. - Reinforce the connection between nature, problem-solving, and teamwork. - Provide a structured yet relaxed conclusion to the experience. ● Trainer: [trainer's Name]
Closing Session	<ul style="list-style-type: none"> ● 16:00 – 16:15: 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.

5. Required Resources	
Sports materials	<ul style="list-style-type: none"> ● Hiking Journals and pens (for reflection activities) ● First aid kit (including bandages, antiseptic wipes, pain relievers, and blister treatment) ● Trash bags (to ensure the group leaves no waste behind) ● Portable water bottles (for all participants) ● Energy snacks (granola bars, nuts, or fruit), sandwiches ● Navigation tools (map, compass, or GPS app if necessary) ● Sun protection items (sunscreen, hats, and sunglasses) ● Weather-appropriate clothing recommendations (windbreakers, rain ponchos if needed)
Personnel	<ul style="list-style-type: none"> ● 2 Trainers/facilitators ● 2 External Youth Workers

	<ul style="list-style-type: none"> • Several volunteers
Safety and First Aid	<p><u>Safety Measures:</u></p> <p>Pre-Hike Safety Briefing</p> <ul style="list-style-type: none"> • Trainers will explain the route, terrain, estimated duration, and key safety guidelines before starting the hike. • Participants will be reminded of the importance of staying with the group and following facilitator instructions. <p>Group Management & Trail Rules</p> <ul style="list-style-type: none"> • Buddy System: Participants will be assigned a partner to ensure no one hikes alone. • Group Leader & End Person: One facilitator will lead the group, while another stays at the back to assist slower hikers. • Pacing: The group will maintain a moderate, steady pace with scheduled stops to prevent exhaustion. • Environmental Respect: Participants must stay on marked trails, avoid disturbing wildlife, and carry out any trash. <p>Hydration & Energy Management</p> <ul style="list-style-type: none"> • Mandatory water breaks at specific checkpoints to prevent dehydration. • Participants will be encouraged to snack on provided energy foods to maintain stamina. <p>Emergency Contact & Communication</p> <ul style="list-style-type: none"> • Facilitators will carry a whistle for communication in case of separation or emergency. • A fully charged mobile phone with emergency contacts saved will be available. • Checkpoints along the route will be established for quick assessments of participant well-being. <p><u>First Aid Kits:</u></p> <p>A fully stocked first aid kit will be available, containing: bandages and adhesive strips, antiseptic wipes and ointment, pain relievers (e.g., ibuprofen, paracetamol), blister treatment...</p> <p><u>Final Safety Reminders for Participants:</u></p>

	<ol style="list-style-type: none"> 1. Stay with the group – no wandering off alone. 2. Listen to facilitators and follow instructions. 3. Stay hydrated and eat snacks as needed. 4. Respect the environment – leave no trace. 5. If you feel unwell or injured, inform a facilitator immediately.
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6. Collaborators	
[List of Collaborators]	

7. Contact Information	
Contact Person:	• [Name of Contact Person]
Phone Number:	• [Contact Phone Number]
Email Address:	• [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 [describe: e.g. appropriate clothing for the beach, comfortable hiking shoes...] • 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. • [.....]