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Deliverable D3.4 REPORT Project GOT OUTDOOR



Co-funded by
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D3.4. "GoOutThere! Outdoor Challenge"-Italy report

Dates: 15-18 June 2023

Introduction

The final event of the "GoOutThere! Outdoor Challenge" project took place in National Park Nebrodi in Sicily, from 15-18 June 2023. The participants engaged in adventures and challenges that promoted an active lifestyle in nature. The hosting organization for participants from Bulgaria, Italy, and Greece was the Italian partner EProject.

Event Description

The representatives of partner organizations from Bulgaria, Greece, Serbia, and Italy gathered in National Park Nebrodi, Sicily, to explore the largest national park on the island. The park offered nature enthusiasts the opportunity to discover it through hiking and cycling tourism. The participants' route included climbing Monte Soró, the highest mountain in the park, standing at 1847 meters above sea level. Additionally, the park is known for its Nebrodi black pig, which most participants had the chance to observe peacefully wandering through the mountains. However, the cold and rainy weather limited the group's full enjoyment of the stunning views, which occasionally stretched to the coastline and Mount Etna, Europe's only active volcano.

Participants

The event involved a total of 27 participants from Bulgaria, Greece, Serbia, and Italy. The participants were individuals aged between 18 and 69 years who shared a common interest in promoting a healthy lifestyle, outdoor activities, and exploring the natural beauty of European mountains. Their diverse backgrounds and experiences added richness to the event, fostering cross-cultural exchange and learning.

Objectives Achieved

The event motivated participants from Bulgaria, Greece, Serbia, and Italy to engage in physical activities through the challenges and adventures offered in the National Park Nebrodi. The participants were encouraged to adopt an outdoor lifestyle and continue engaging in physical activities even after the event, thus increasing their overall physical activity levels. The event brought together participants from different countries, promoting diversity and inclusivity. The activities and challenges were designed to be accessible to a wide range of participants, ensuring equal opportunities for all to participate and enjoy the outdoor adventures. The project aimed to break down barriers and provide opportunities for individuals of different backgrounds to explore and appreciate nature.

Conclusion

The GoOutThere! Outdoor Challenge in National Park Nebrodi successfully achieved its objectives of promoting a healthy lifestyle, increasing physical activity levels, and providing equal and inclusive access to outdoor adventures for all participants. Through collaborative efforts and immersive experiences, the event contributed to fostering a greater appreciation for nature and the benefits of outdoor activities among the diverse group of participants from different countries.

Gallery



Agenda

The meeting was conducted as follows:

- 16 June 2023: Opening, Event Instructions & Setup; Nebrodi Challenge
- 17 June 2023: Nebrodi Adventure
- 18 June 2023 – Closing & Departures

Venue: Relais Villa Miraglia, Nebrodi National Park, Sicily, Italy

Partners info

The event gathered participants from all included organisations:

- Coordinator – Eprojectconsult - Istituto Europeo di Formazione e Ricerca
- UDRUZENJE GLAS GRUPA LIBERALNIH AMBICIOZNIH I SOLIDARNIH (GLAS)
- Expert Pool - Bulgaria
- EVROPAIKI POLITEIA ("Kallipolis")

Visibility & dissemination

Here are links to some of the publications on the event:

- [Участниците в проекта „Излез навън, предизвикателства на открито“ посетиха остров Сицилия – Far](#)
- [БТА :: Участниците в проекта „Излез навън, предизвикателства на открито“ посетиха остров Сицилия \(bta.bg\)](#)
- [Представители на сдружение „ГЛАС“ – Босилеград посетиха остров Сицилия * ГЛАС ПРЕСС \(glaspress.rs\)](#)
- [European Republic \(europeanrepublichellas.blogspot.com\)](#)
- [The program members of "Go Out There" had a different experience at the mountains of the Catania Sicily. The project is co funded by the European Commission. #europeanunionEU #sicilyIT #europeancommission](#)
- [Go Out There -... - Ευρωπαϊκή Πολιτεία - European Republic | Facebook](#)
- <https://expertpool.bg/%d0%be%d0%bf%d0%be%d0%b7%d0%bd%d0%b0%d0%b2%d0%b0%d0%bd%d0%b5-%d0%bd%d0%b0-%d0%b4%d0%b8%d0%b2%d0%b0%d1%82%d0%b0-%d0%bf%d1%80%d0%b8%d1%80%d0%be%d0%b4%d0%b0-%d0%b8%d0%bd%d0%b8%d1%86%d0%b8%d0%b0%d1%82/>
- <https://expertpool.bg/%d0%b4%d0%b0-%d0%bf%d1%80%d0%b5%d0%b3%d1%8a%d1%80%d0%bd%d0%b5%d0%bc-%d1%87%d1%83%d0%b4%d0%b5%d1%81%d0%b0%d1%82%d0%b0-%d0%bd%d0%b0-%d0%bf%d1%80%d0%b8%d1%80%d0%be%d0%b4%d0%b0%d1%82%d0%b0-%d0%bf%d1%80/>
- <https://eprojectconsult.com/go-out-there-outdoor-challenge-in-sicily/>
- <https://www.facebook.com/EProjectConsult/posts/pfbid023fNVjQmUuUvUTr6XHB93J4oBqdPfstYb9EYGM5mpMe5METysJwkmahchUqjwuTbJl>
- <https://www.linkedin.com/feed/update/urn:li:activity:7074297447228878849>
- <https://eprojectconsult.com/gooutthere-thrilling-adventures-in-italys-nebrodi-national-park-a-journey-to-remember/>
- <https://www.facebook.com/EProjectConsult/posts/pfbid0Wu6rh3aqHEovnAjdhiqf25aN5GiZ7Mys5e7RGov8BqRHM255tiuDbas8WbEiy9z8Jl>
- <https://www.linkedin.com/feed/update/urn:li:activity:7077297185490444288>

Additional visibility to the event and the project funding was brought by a vests, brochures, t-shirts, hats, as well as the content items in the activities.



Feedback & Evaluation

The feedback from the participants was mostly positive, evident from the provided feedback on each activity. The participants were invited to fill in a survey at the end of each activity, which was used to evaluate the outcomes from their participation and to gather key data for the final report. The summary of the key findings is annexed to this report.

Nebrodi Adventrue Data

Average playing time: 5 hours 55 minutes 11 seconds

Average score: 890

Rating of the activity by the participants:

- ★★★★☆ Overall rating
- ★★★★☆ Fun
- ★★★★☆ Variety
- ★★★★☆ Places of interest
- ★★★★☆ Difficulty
- ★★★★☆ Informative

Nebrodi Challenge Data

Average playing time: 3 hours 47 minutes 49 seconds

Average score: 1410

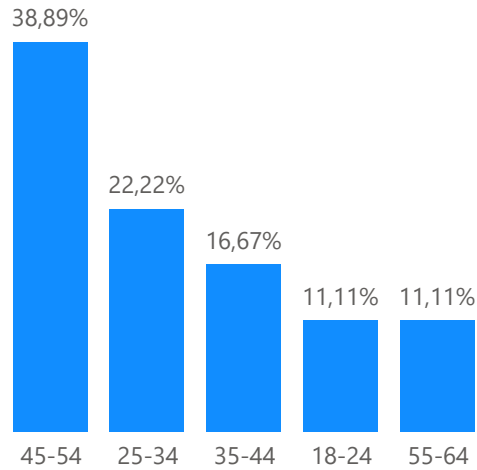
Rating of the activity by the participants:

- ★★★★☆ Overall rating
- ★★★★☆ Fun
- ★★★★☆ Variety
- ★★★★☆ Places of interest
- ★★★☆☆ Difficulty
- ★★★★☆ Informative

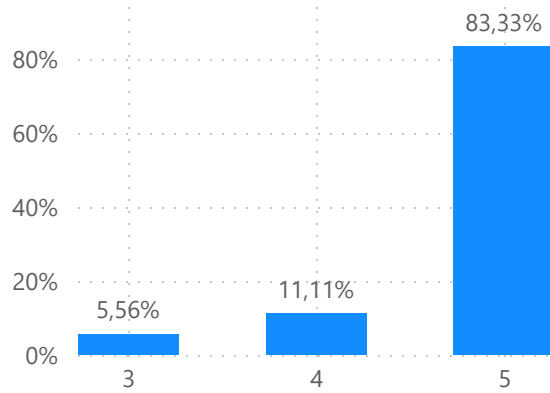
Annexes

- Annex 1: Italy Event Evaluation

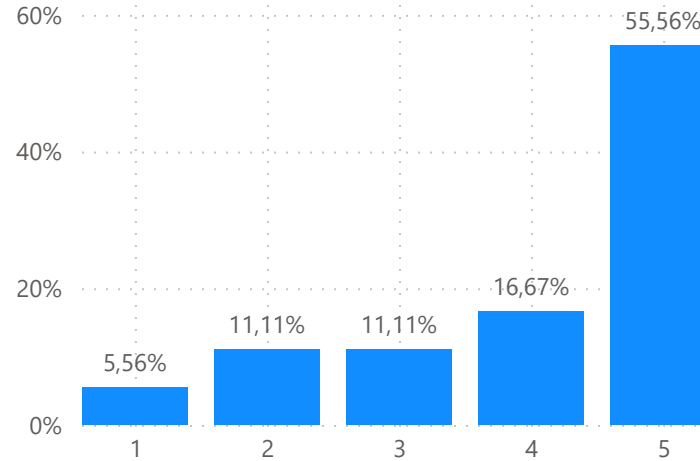
What is your age?



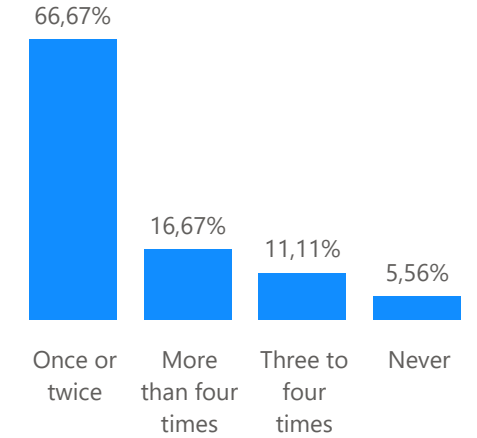
On a scale of 1 to 5, how would you rate the quality of the outdoor activities?



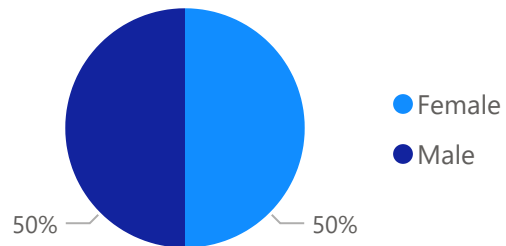
On a scale of 1 to 5, how much did the gamification of the outdoor activities impact your motivation to participate?



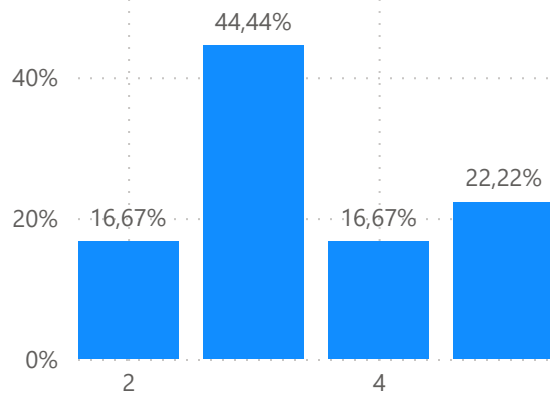
How often do you engage in outdoor activities in a week?



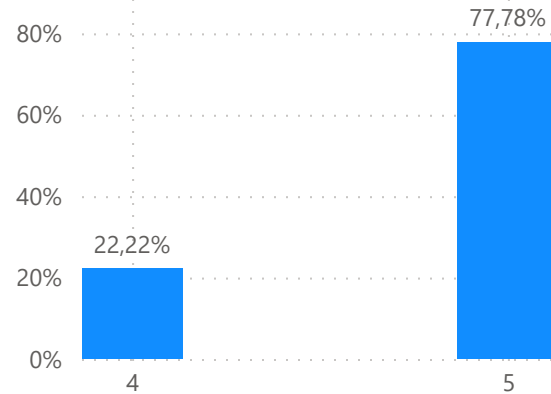
What is your gender?



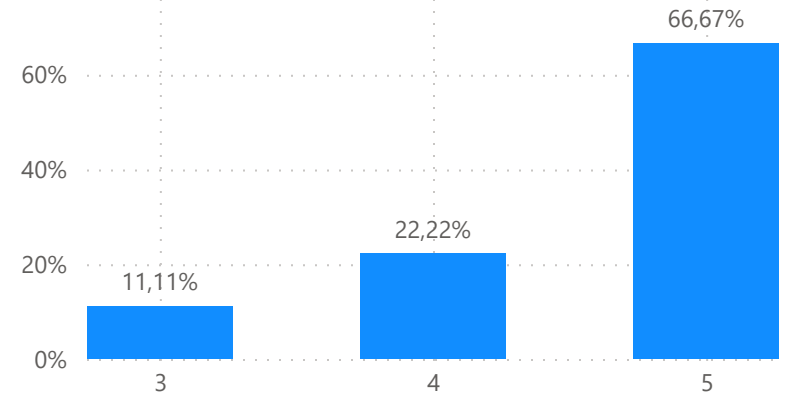
On a scale of 1 to 5, how physically active have you been in the last month?



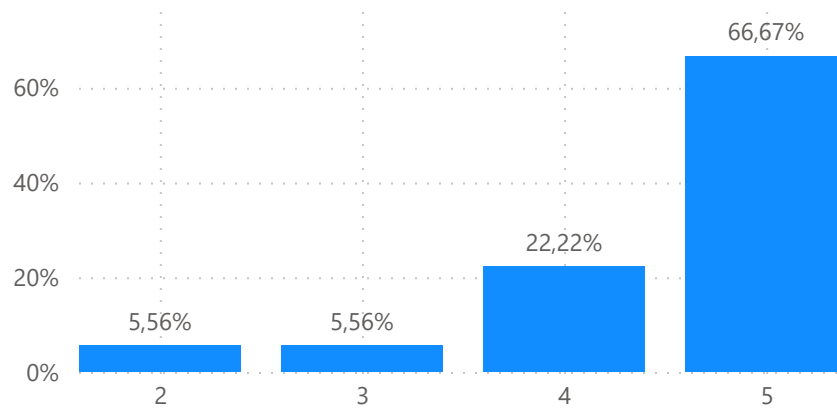
How relevant were the outdoor activities to your interests and needs?



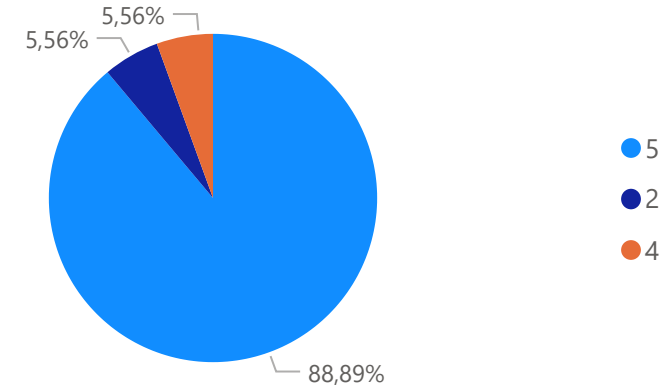
How much do you agree with the following statement: "The project events have increased my interest in outdoor and physical activities"?



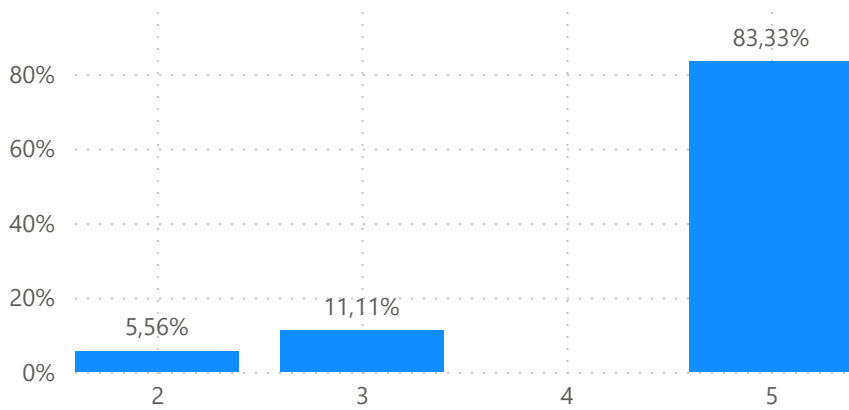
How much do you agree with the following statement:
"The project events have helped me learn new skills
related to outdoor activities"?



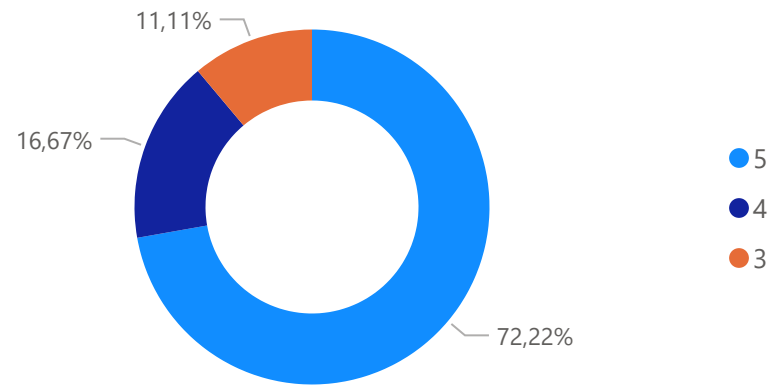
How much do you agree with the following statement:
"The project events have had a positive impact on my
overall physical and mental well-being"?



How much do you agree with the following statement:
"The project events have helped me feel more confident
in my ability to engage in outdoor activities"?



How motivated are you to participate in more outdoor and
physical activities after attending the project events?



How likely are you to participate in
similar outdoor and physical
activities in the future?

