







Nature as a pathway to social inclusion: our experience









Trekkify is a sports association dedicated to **outdoor activities and mountain sports**.

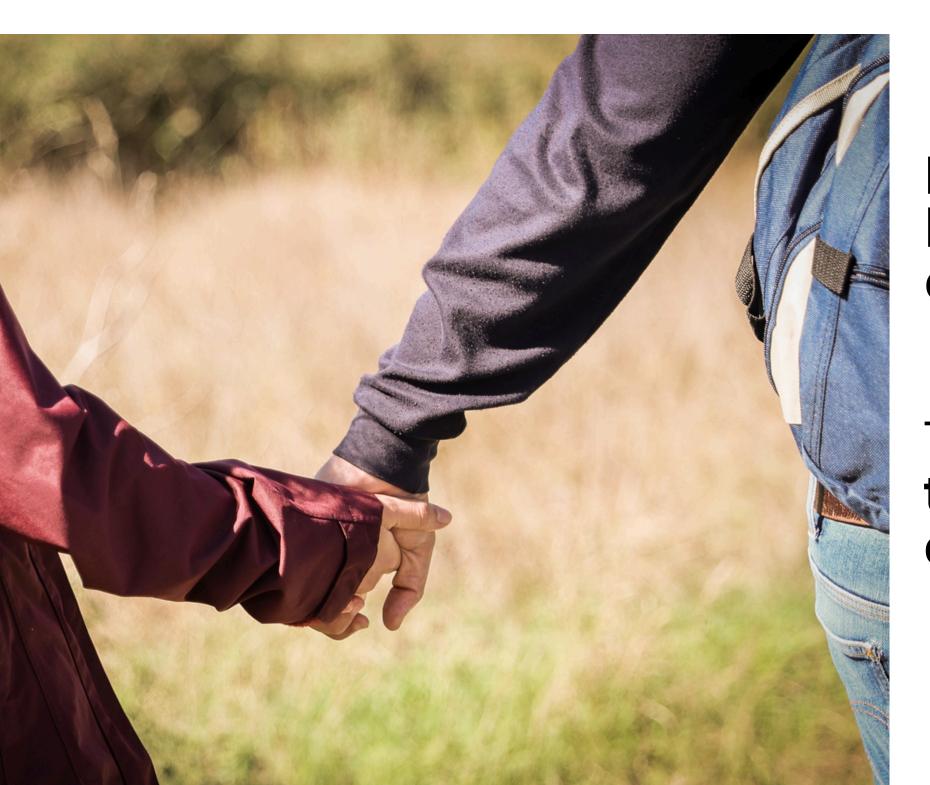
Moreover, Trekkify aims at:

- raising awareness about environmental issues and healthy lifestyle
- promoting sustainable development, integration and social inclusion.









Nature and its role in promoting mental health represents a subject that is very close to our association.

The common thing about our projects is the use of the nature as a tool for empowerment of different target groups.



BENEFITS OF NATURE



It is highly demonstrated that spending time outdoors has well-documented benefits for both **mental and physical health**.

Research indicates that regular interaction with nature can:

- REDUCE FEELINGS OF STRESS OR ANGER
- IMPROVE SELF-CONFIDENCE
- IMPROVE SENSE OF COMMUNITY
- IMPROVE YOUR PHYSICAL HEALTH
- HELP YOU BE MORE ACTIVE









Nature provides a wide range of benefits for people with intellectual disabilities:

- HELPS IMPROVE QUALITY OF LIFE
- OFFERS MORE OPPORTUNITIES TO BE ACTIVE
- **ENCOURAGES THE DEVELOPMENT OF NEW INTERESTS**
- PROMOTES PARTICIPATION IN PUBLIC LIFE AND SOCIAL INTERACTION

Trekkify experienced first-hand how **outdoor activities** can be a **powerful tool** for creating social connections and promoting physical and mental health.

Nature provides a calming and supportive environment in which individuals can significantly engage with one another, making outdoor activities an ideal medium for inclusion.



HOWEVER ...TOO OFTEN, NATURE REMAINS INACCESSIBLE TO MANY PEOPLE



PEOPLE WITH INTELLECTUAL DISABILITIES OFTEN FACE:



Lack of adequate support



Absence of educators who are properly trained



Non-accessible trails & poor signage



Communication barriers (complex language, no visual aids)







MAKING NATURE INCLUSIVE FOR ALL: NATURE AS A MEDIUM FOR ENHANCE INCLUSIVITY



Through our national & European projects, we try to overcome these challenges by:



Creating resources & tools for educators (guidelines, toolkits, training)



Organizing inclusive outdoor **activities and events** involving people with intellectual disabilities



Co-designing activities involving directly people with intellectual disabilities ensuring they are active protagonists.



Improving accessibility through the creation of **technological tools** (e.g. app to facilitate the participation of people with disabilities in outdoor activities (hiking adventure tourism, etc)





OUR EXPERIENCE



NATIONAL PROJECT















MONTAGNE SUPER ABILI





One of our flagship events, **Montagne Superabili**, exemplifies our commitment to inclusivity and empowerment through nature.

This annual event is designed to promote the inclusion of people with intellectual disabilities through outdoor activities and environmental workshops.







MONTAGNE SUPER ABILI



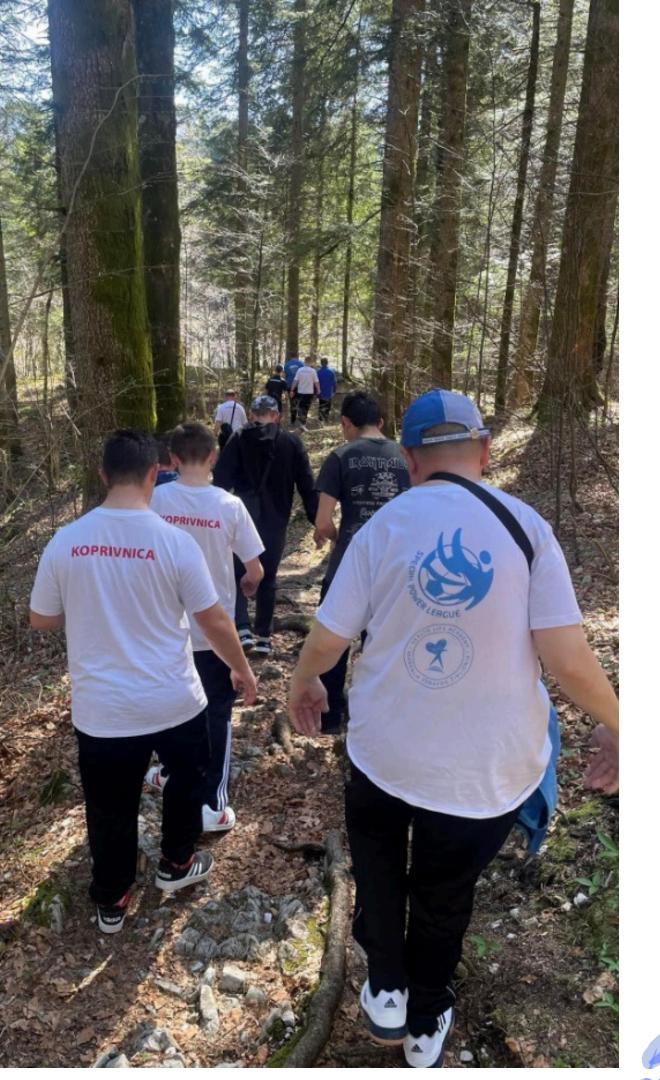


















Hi-Ability aimed to promote the empowerment and the social inclusion of people with intellectual disabilities, by enhancing their abilities in the field of outdoor touring and hiking.





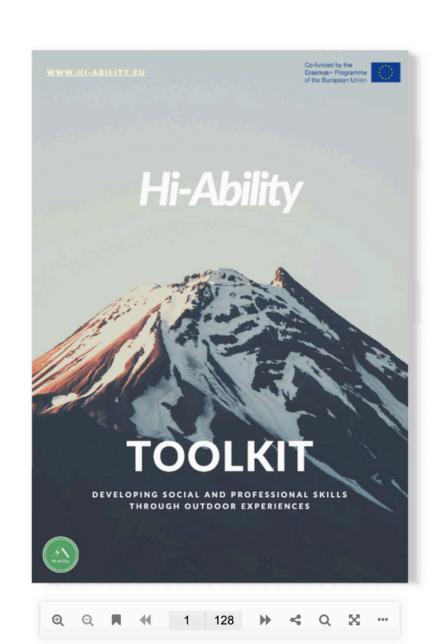






The Toolkit provides key elements to effectively guide educators though the several steps related to the design and implementation of activities to be carried out in the natural environment, dedicated to people with intellectual disability.

This toolkit is a tool that summarizes the possible situations to be faced and encourages, through **solutions** it suggests, implementation of initiatives aimed at inclusion.





WHAT IS SOCIAL INCLUSION?

notividuals live in a state of equity and equal apportunity. Social inclusion pushes for change in the cultural and social system in order to promote he active and full participation of all individuals. The concept of social inclusion is based on the recognition of a person's right. This right is the main means to enable the person to counteract social and labour exclusion, which by definition is the strategies and actions to be implemented towards the person with disabilities must be aimed at moving all forms of social exclusion that the rson with disabilities may encounter in his/her

THE RECREATION OF THE LINK BETWEEN PEOPLE AND THEIR NATURAL, SOCIAL, AND CULTURAL ENVIRONMENTS: THE BIRTH OF ENVIRONMENTAL EDUCATION

popular education movements, which raised awareness of nature by organizing immersion courses. With the appearance of associations for the protection of the environment in the 1970s, the notions of knowledge and preservation of natural organized in the 1990s and 2000s led to the setablishment of an institutional framework with the writing of the Environmental Charter (2005) and the inclusion of this education in the circulars of national education. The UN also established a

- → WHAT ARE THE MOST IMPORTANT PRINCIPLES OF **ENVIRONMENTAL EDUCATION?**
- People can rely on environmental resources t achieve economic development and achieve their well-being Organizing scientific planning to deal with the
- environment and reach the best methods that
- reduce environmental risks Increasing the individual's belonging and feeling responsibility towards his environment and ecoming a useful individual capable of

→ WHAT ARE THE OBJECTIVES OF **ENVIRONMENTAL EDUCATION?**

- inaccessible

 To clarify the ecosystems of individuals, the
- and that man cannot fulfil all his need only by relying/exploiting natural resources.

 To determine all the negative effects of wasting

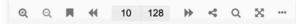
→ WHY IS ENVIRONMENTAL EDUCATION IMPORTANT FOR ADULTS?

Some of the environmental education importance points are the following:

- . To learn about the current environmental between the individual and his environment
- To raise awareness of the human being about the important role of the environment, as it can be used in food production and finding water.

Furthermore, Environmental Education can suppor

- Improving the health: EE gets the participants active and helps to address common health issues such as depression, attention deficit
- cooperative learning with others, critical thinking and discussion, and a focus on action strategies with real-world applications.
- Improving focus and cognition: EE increases the ability of people to focus and improves their cognitive abilities. Adults with attention deficit disorder also benefit from more exposure to
- science and equipped to make decisions that are critical to ensuring the greater world have the natural resources on which our economy and quality of life depend.
- Contributing to sustainability: EE builds the knowledge and skills needed to address









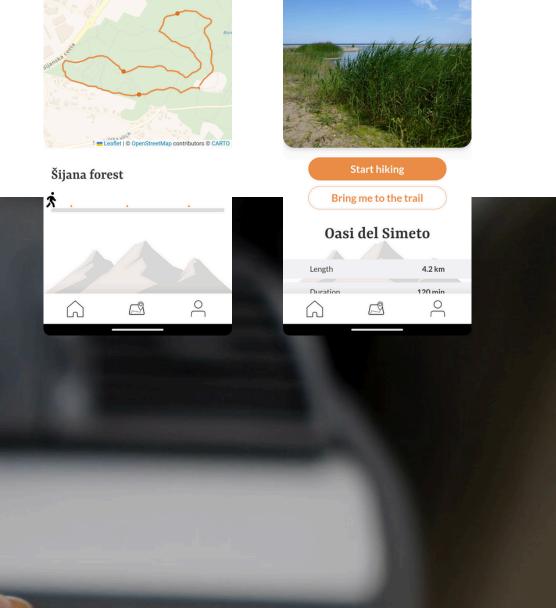
Don't forget anything!

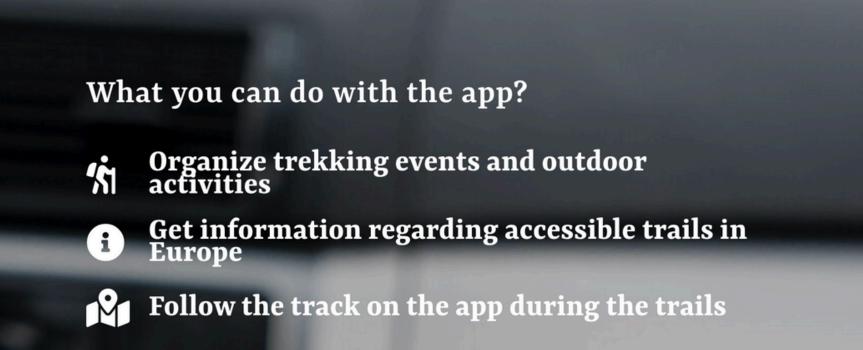




Hi-Ability App

easy to read App dedicated to PWIDs and their families/caregivers. The application provides information on **12 accessible hiking routes** across Italy, Greece and Croatia and is available in Google Play and Apple Store.









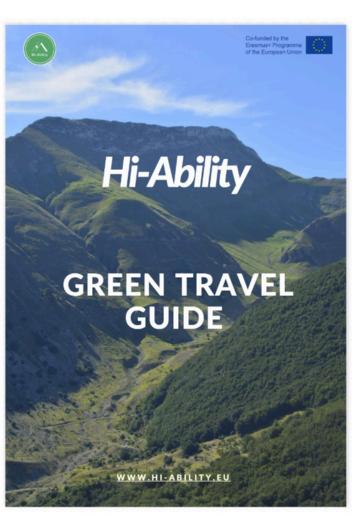




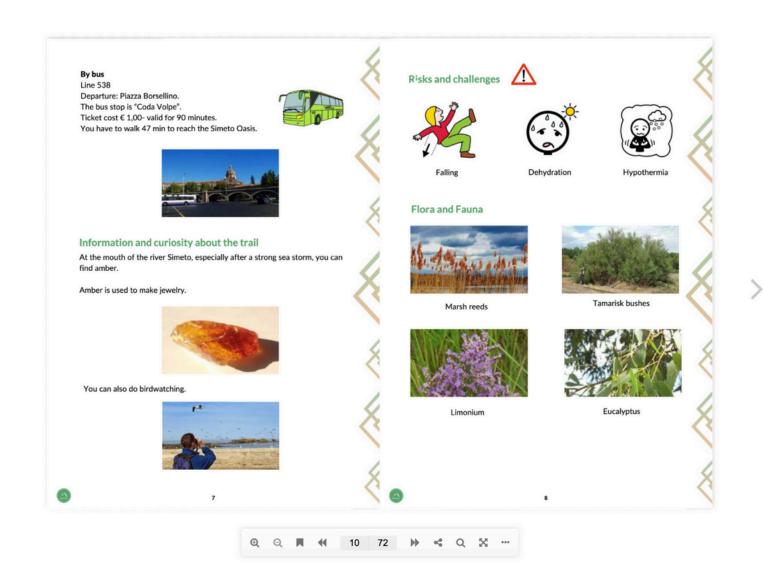
Hi-Ability Green Guide

A collection of accessible hiking routes identified by the PWIDs involved with the support of their educators.

The Guide comes in two versions: an easy to read guide based on Augmentative and Alternative Communication (AAC) and integral version only in English.





















RURAAC: Alternative Augmented Communication for rural Areas" project is to promote the social inclusion of PID in rural areas by using alternative augmentative communication (AAC) in outdoor experiences and use of local natural heritage.



AAC is a set of strategies and tools to help people who have communication difficulties, for example due to an intellectual disability.









RURAAC

Although there are many good practices in the field of accessibility of cultural sites, not enough has been invested in the enhancement and accessibility of natural heritage, which, according to the UNESCO definition, is part of the World Heritage.



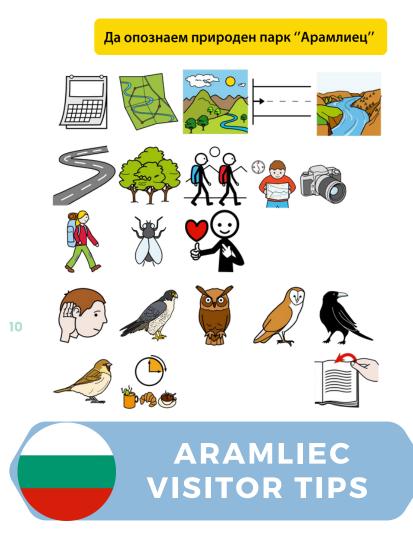




MATERIALS CO-DESIGNED WITH PWID























YOUTH GOING BACK TO NATURE

Youth Going Back to Nature – Engage, Connect, Empower – YGBN aims to improve environmentally sustainable outdoor activities and make them accessible to young people with fewer opportunities in the six partner countries.

The project aims to respond at helping young people overcome barriers related to disability, health issues, cultural, social and economic conditions, as well as situations of discrimination.











3 TOOLKITS

3 DOCUMENTARIES

PORTAL

1 OUTDOOR NETWORK **EVENTS**









YOUTH GOING BACK TO NATURE



Partners of YGBN project designed a set of environmentally sustainable outdoor activities for youth with disabilities and health problems. The toolkit include best practices and innovative approaches to better engage youth.



- Practical Activities
- Step-by-step instructions
- Materials you might need
- Benefits that each activity can bring









THRULENS





The general objective of Through Lens is to **promote** social inclusion for adults with intellectual disabilities by combining **photography with outdoor** experiences — a powerful approach to enhancing their quality of life and fostering empowerment.



TOOLKIT ON OUTDOOR
PHOTOGRAPHY METHODOLOGY
FOR EDUCATORS,



TRANSNATIONAL TRAINING COURSE

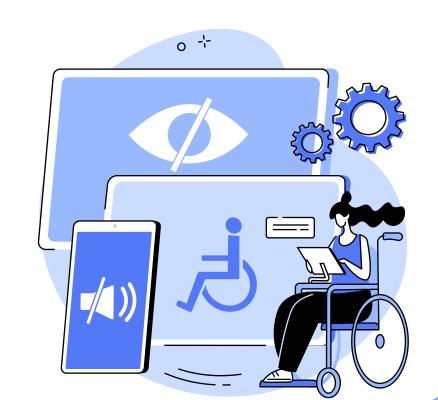


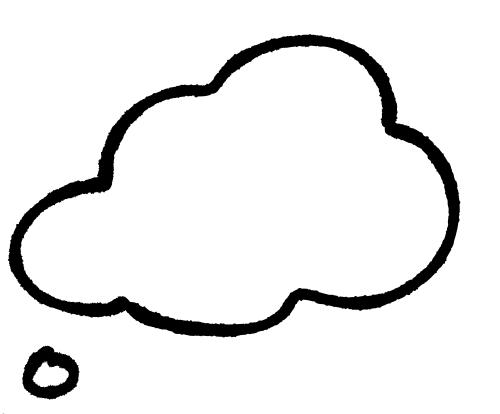
PHOTOGRAPHY EXHIBITIONS SHOWCASING PIDS' WORK





Accessibility is the practice of making information, activities, and environments sensible, meaningful, and usable for as many people as possible.





SOME REFLECTIONS

When planning any outdoor activity or event, always ask yourself: Is this truly accessible to everyone?

Think beyond physical access: consider communication, participation, enjoyment, and empowerment for all participants.

Small adjustments can make a huge difference: adapt activities, provide support tools, and listen to participants' needs.



THANK YOU

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