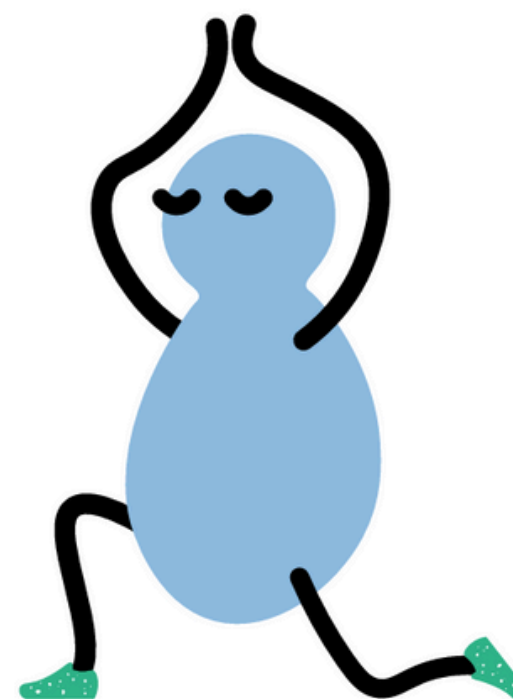




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MédioTejo
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intermunicipal



**Nature as a pathway to
social inclusion:
our experience**



TREKKIFY

OUR ASSOCIATION'S CONTEXT

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.**





TREKKIFY

OUR ASSOCIATION'S CONTEXT



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.



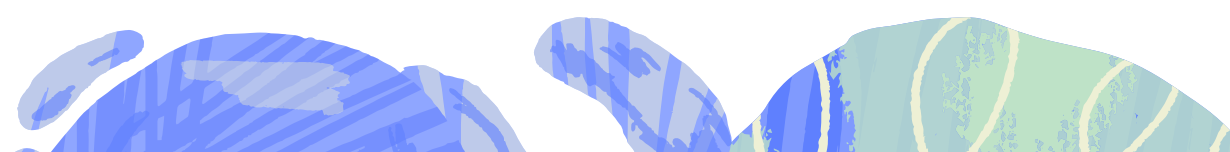


BENEFITS OF NATURE



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**
- 
- 



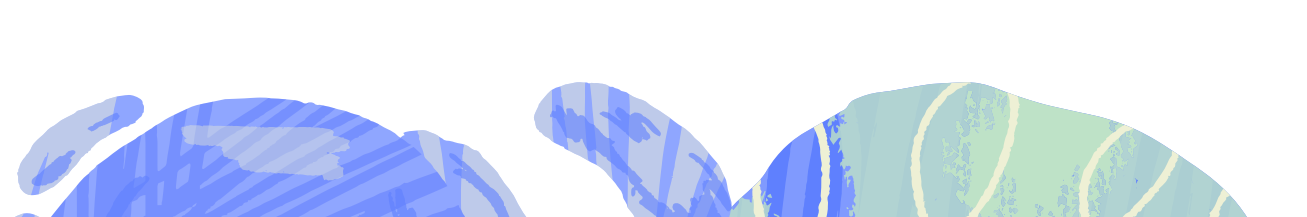
...ESPECIALLY FOR PWID

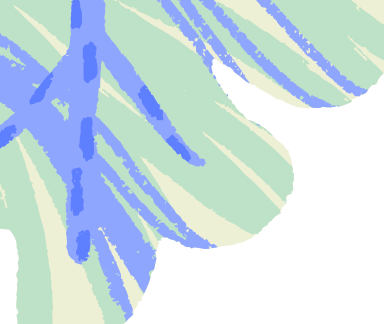
Nature provides a wide range of benefits for people with intellectual disabilities:

-  **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.

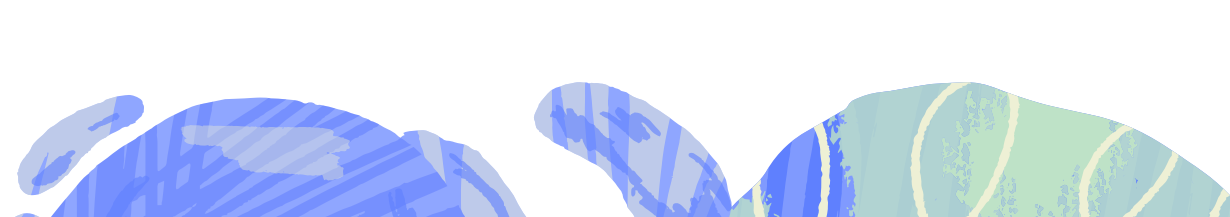
Nature provides a calming and supportive environment in which individuals can significantly engage with one another, making outdoor activities an ideal medium for inclusion.

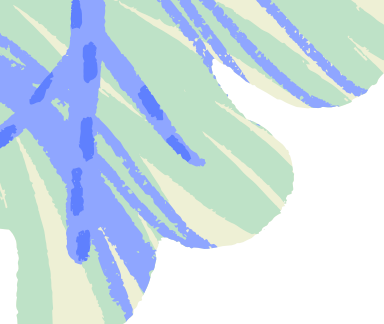




HOWEVER ...TOO OFTEN, NATURE REMAINS INACCESSIBLE TO MANY PEOPLE

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)



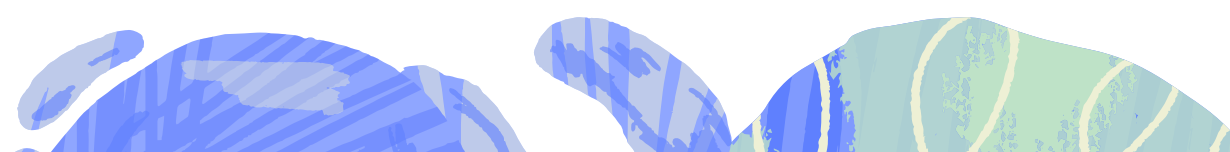
Organizing inclusive outdoor **activities and events** involving people with intellectual disabilities



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)





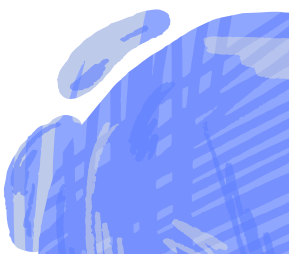
OUR EXPERIENCE



NATIONAL PROJECT



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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

MONTAGNE SUPER ABILI





HI-ABILITY



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 .





HI-ABILITY



Toolkit Hi-Ability for educators

The Toolkit provides **key elements** to effectively guide educators through 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 the **solutions** it suggests, the implementation of initiatives aimed at inclusion.



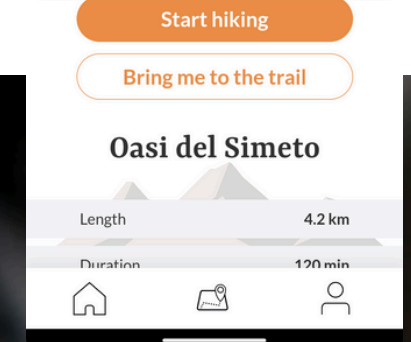
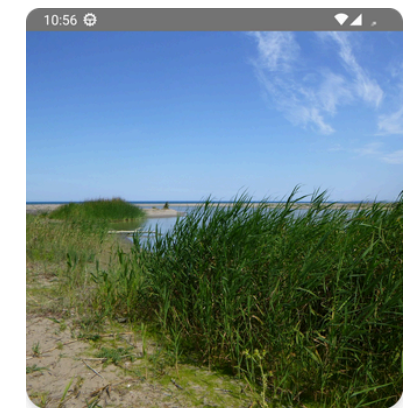
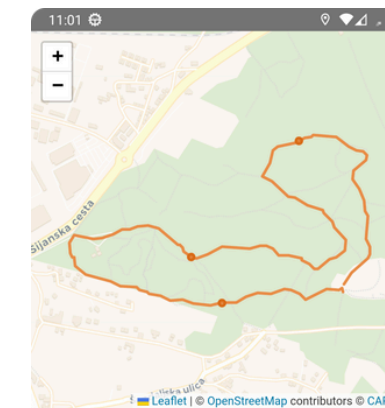


HI-ABILITY



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.



What you can do with the app?



Organize trekking events and outdoor activities



Get information regarding accessible trails in Europe



Follow the track on the app during the trails





HI-ABILITY



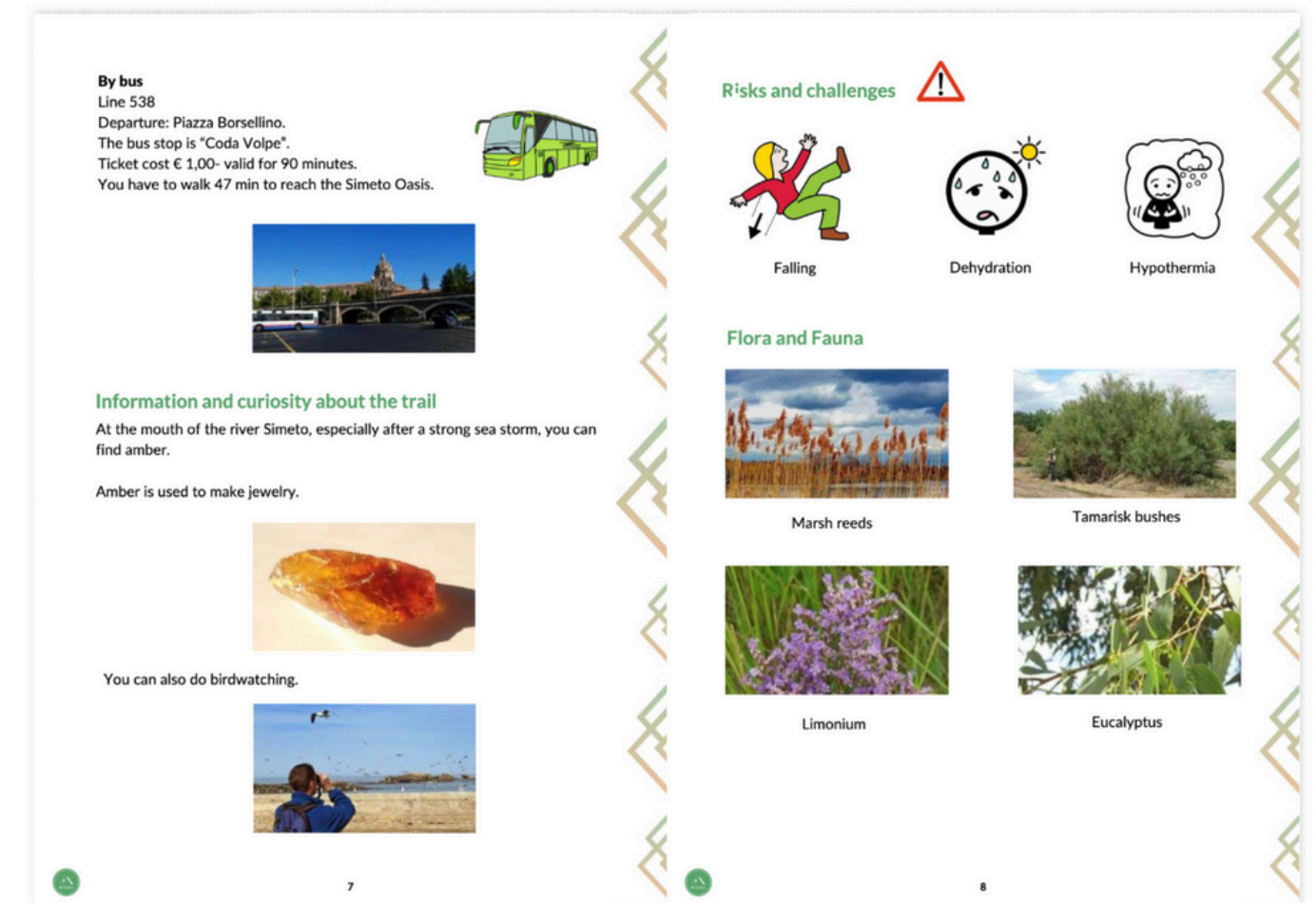
Hi-Ability Green Guide

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**.



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10 72



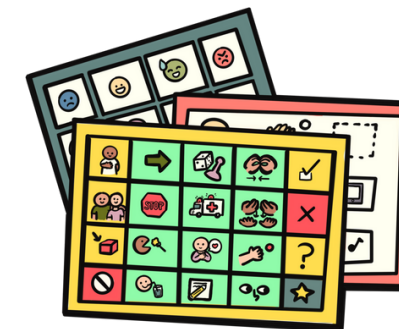
RURAAC



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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.



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

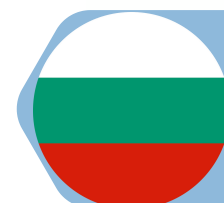


NATURE
PARK MAP

Да опознаем природен парк "Арамлиец"



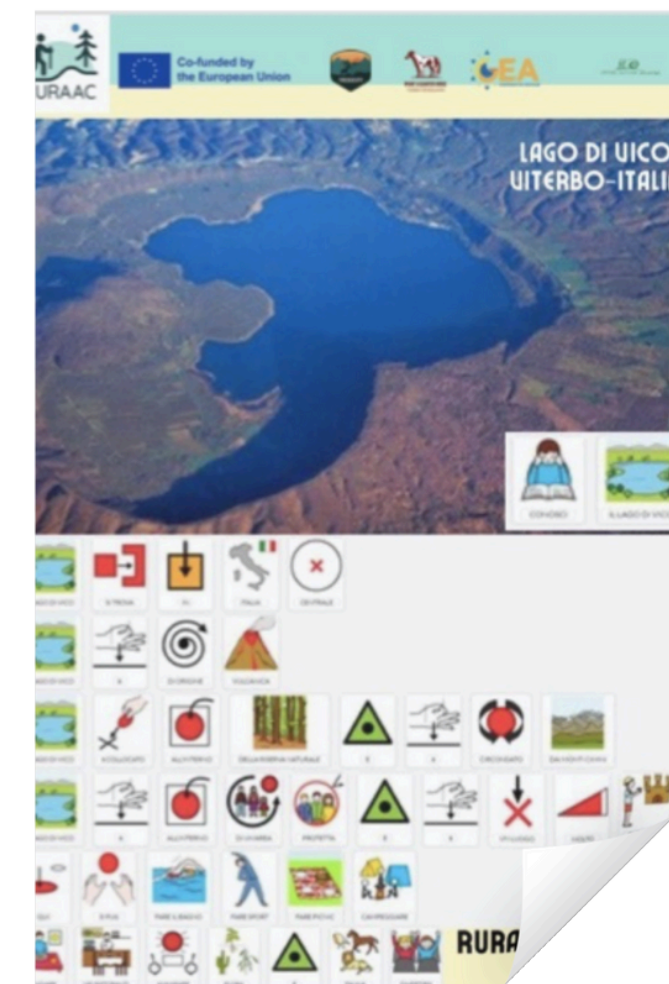
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ARAMLIEC
VISITOR TIPS



VICO LAKE
LEAFLET





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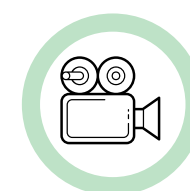
YOUTH GOING BACK TO NATURE

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.



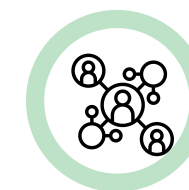
3 TOOLKITS



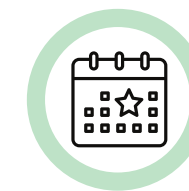
3 DOCUMENTARIES



1 OUTDOOR
PORTAL



1 OUTDOOR
NETWORK



EVENTS



WWW.OUTDOORPORTAL.EU



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



WWW.OUTDOORPORTAL.EU

NEW



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,

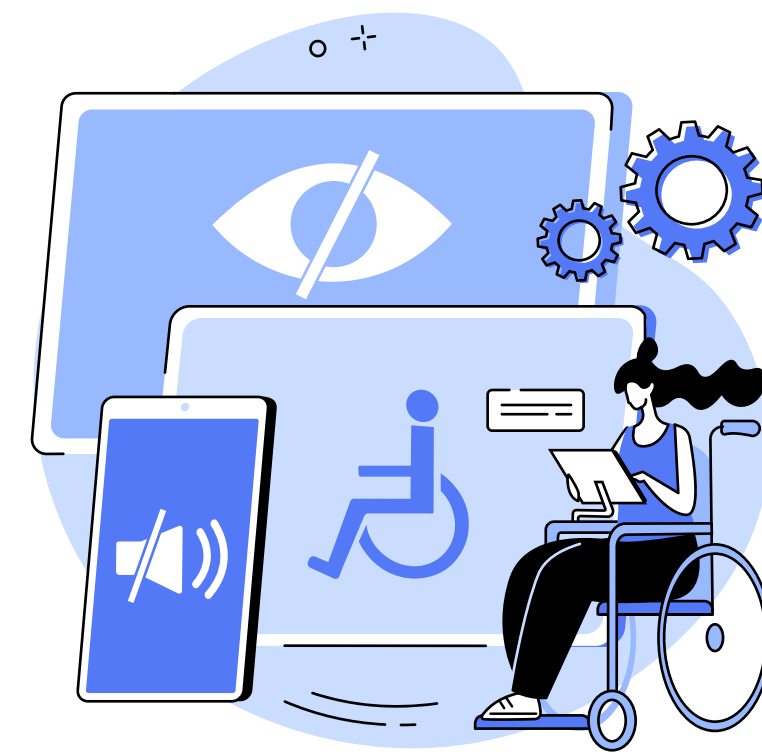


TRANSNATIONAL TRAINING
COURSE



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.*



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THANK YOU

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