



GREEN LEAGUE
Sport Alliance for the Environment

Outlines of Sports Events in Europe

Nature's Four Elements Sports Events

Combining sport activity and environmental reflection



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Introduction

In the relentless pursuit of a sustainable and environmentally conscious future, the "Green League - Sport Alliance for the Environment" project emerges as a beacon of hope and innovation. This visionary initiative envisions a world in which sports professionals and amateur athletes unite to champion environmental sustainability through experiential learning and sporting activities. The central objective is to harness the potent force of sports as a catalyst for elevating environmental awareness to new heights. To this noble end, a consortium of dedicated partners, comprising CESIE, Vivi Sano ETS, Zavod Apga, KMOP, Einurð, OTB, and CARDET, has united with an unwavering commitment to organising sports events in their respective nations. The result is a versatile and inclusive endeavour that can be embraced by diverse stakeholders, from sports professionals and clubs to local communities and environmental enthusiasts.

This guide is thoughtfully designed to cater to a wide spectrum of users. This includes sports professionals, sports clubs, educators, and community leaders, who will discover it to be a valuable resource for organising sports events that effectively promote environmental awareness and sustainability. Whether one is an accomplished athlete endeavouring to make a meaningful difference or a dedicated community organiser aspiring to engage a wider intergenerational audience, this project offers a comprehensive toolkit and guidance to facilitate their objectives.

By aptly addressing the pressing need to combat climate change and simultaneously promote robust health and well-being for all. By harnessing the dynamic influence of sports, it provides an engaging and impactful medium for generating environmental consciousness and encouraging sustainable practices. Using sports as an instrument forges a profound connection between individuals and their environment and significantly contributes to a healthier way of life. In essence, this initiative represents a mutually beneficial approach that serves the planet's interests while enhancing the quality of life for its inhabitants.

The paramount strength of the project lies in its adaptability and inclusivity. Recognising the manifold variations in environmental and meteorological conditions across disparate nations, the project thoughtfully outlines the requisite flexibility for effectively implementing



these initiatives. It fervently encourages users to customise sports activities to align with their particular nation's environmental context, thereby ensuring relevance and practicality. This adaptability empowers event organisers to craft captivating, educational, and sustainable undertakings that leave an enduring impact on participants. Consequently, the Green League project serves as an exemplary model for future events that are poised to raise pivotal awareness concerning the intricate relationship between sports and the environment, ultimately fostering a more profound alliance between sports and environmental consciousness on a global scale.

In summation, these events represent a potent platform through which individuals and organisations can champion environmental sustainability through the prism of sports. Their commitment to inclusivity, adaptability, and the elevation of environmental awareness renders it an invaluable resource accessible to diverse stakeholders. By harnessing sports as an instrument of transformative change, this project addresses the pressing challenge of climate change and advances the cause of healthier living and a deeper connection between individuals and their environment. It stands as a beacon of hope for a future that is defined by its environmental consciousness and sustainability.



Nature's Four Elements Sports Events

Within the framework of the Green League project, 8 "Nature's Four Elements Sports Events" are one of the project's key activities.

The present document is designed to guide and support sports professionals, sports clubs and stakeholders during the management and execution of sports events combined with environmental reflection through the use of experiential learning, aiming at raising awareness on the link between sport and environment and in general on environmentally friendly practices.

By providing clear instructions, valuable resources, and unwavering support, this document aims to ensure that sports professionals, sports clubs and stakeholders can effectively organise educational and inspiring events, leaving a lasting impression on participants.

These events, inspired by the four natural elements, want to testify to the power of sports in environmental education. With two sports events dedicated to each of the four elements, the events want to reach out to diverse audiences and offer an engaging and holistic approach to environmental awareness.

Methodology

Central to the success of these sports events is the methodology employed in designing and conducting them. Each event will be delivered sustainably and family-friendly, fostering intergenerational dialogue among participants. The process adheres to the principles of **experiential learning**, using nature as both a backdrop and a teacher. Participants are immersed in events inspired by Nature's Four Elements, allowing them to engage in outdoor sports while reflecting individually and in groups on the intricate relationship between the environment and sports.

Through this experiential learning process, young and older participants can increase their awareness of the surrounding environment. They can develop a profound understanding of the intersection between sport and the environment, forging a bond that transcends the sporting arena and extends into their daily lives.



Flexibility and Adaptability

The Outlines proposed to promote flexibility by recognising the diverse environmental and weather conditions across the countries. Everyone using these is encouraged to tailor the sports activities to the unique context of his/her own country's environment. This approach ensures that the events remain relevant and effective, catering to each location's specific needs and conditions.

Guidelines and Resources

To equip users with the necessary tools and knowledge, the Green League project has developed a set of outlines of sports events in nature that combines sports activity and environmental reflection. These resources are designed to ensure that events are conducted sustainably and family-friendly. Moreover, they facilitate intergenerational dialogue among participants and provide mechanisms for collecting feedback to assess the effectiveness of the activities.



Outlines of sport events in Europe

These outlines of events want to help implement sports events in nature to be combined with environmental reflection through experiential learning, raising awareness on environmental issues while doing outdoor physical activity.

Each outline contains the following components:

1. **References to the Natural Element and Rationale:** A detailed explanation of the natural element chosen for the event and the rationale behind its selection.
2. **Event Features, Logistics, and Participant Requirements:** A comprehensive description of event logistics, including the venue, date, and any special requirements participants need to be aware of.
3. **Proposed Sports Activities and Link with Selected Element:** An overview of the sports activities planned for the event and a clear explanation of how they relate to the chosen natural element.
4. **Related Educational Activities and Link with Selected Element:** A presentation of the educational and experiential learning activities accompanying the sports component, highlighting their relevance to the selected natural element.

In the subsequent sections, we will delve into each participating country's unique approach and outline for these transformative sports events. Together, these outlines serve as a testament to the power of collaboration and the commitment to environmental sustainability through sports within the Green League project.



Italy

1. Orienteering: find your way!

Orienteering: find your way!	
Natural Element concerned	Fire
Event's Rationale	<p>The aim of the “Orienteering: find your way!” event is to engage amateur athletes, young people and their families with an exciting sport activity to be organised in nature, make them experience a sport in the forest and make them reflect on the ecosystem they are doing the activity, its role in our planet and in our daily life, how we could damage it and protect it. They will also increase their orientation skills and knowledge about the ecosystem.</p> <p>The choice of the sport is based on the idea that bringing young people closer to a delicate natural environment such as the forest, will give the possibility to reflect on this natural environment while experiencing a sport activity in it.</p>
Logistics / Preparations	<p>Step 1. Visit the place where the activity will take place and set an area where to implement it. Given the activity chosen, it is important to delimit the area with something visible so that participants will not get lost.</p> <p>Step 2. Set a day, time and duration.</p> <p>Step 3. Start disseminating the event and recruiting participants.</p>



	<p>Step 4. Collect all the needed materials for the event (maps, flags, compass, etc...)</p> <p>Step 5. A few hours before the event, the area should be organised by putting all the materials needed for the orienteering activity taking care not to damage the ecosystem.</p> <p>Step 6. Implement the activity</p>
Minimum number of participants	8 people (2 teams of 4 people)
Participants Requirements	<ul style="list-style-type: none"> • Basic physical fitness to be able to move in uneven terrain
Intergenerational aspect fostered	The teams will be organised in order to have mixed groups in terms of age so each group can have at least one adult in it.
Proposed sport activity	Orienteering
Equipment/Material required	<ul style="list-style-type: none"> - maps of the place - flags - compass - sport shoes - comfortable clothing
Justification of the sports activity and link with the Natural Element	Orienteering is a sport that has to deal with orientation in a forest or in a natural environment. Being implemented directly in the natural environment, it helps the reflection on that particular ecosystem while directly experiencing it, and on the natural element linked, in this case, earth.
Educational Activity	<p><u>Reflection during the activity</u></p> <p>During the sport activity, ask participants to pay attention to the surroundings and to what attracts their attention; these elements can be used for a starting reflection during</p>



	<p>the activity and/or for the final group reflection.</p> <p><u>Final group reflection</u></p> <p>At the end of the sport activity space is given for a final session where it will be possible to reflect all together about</p> <ul style="list-style-type: none">● how we could cause damage to the environment while performing that sport or sports in general, etc● The role of that ecosystem for our planet and in our life● The threats to it: the issue of forest fires. The risks for humans, animals and the environment. The reasons why people set fires on purpose● The small things we do that can have a small or big, negative or positive impact on it● The relationship among human actions, climate change and environment● How we can preserve and protect the environment
Justification of the Educational Activity and link with the Natural Element	The educational activity is directly linked to the problem of forest fires, how human actions could cause it, how it could be prevented, etc.



2. Trekking: On top of the world

Trekking: find your way	
Natural Element concerned	Fire
Event's Rationale	This event aims to give the possibility to young athletes, young people and their families to explore natural areas nearby the city, focusing on the role of that ecosystem, the importance of preserving it and the negative impact we may have on it while experiencing and enjoying nature.
Logistics / Preparations	<p>Step 1. Set an itinerary already marked, not too difficult or too long.</p> <p>Step 2. Set a day, time and duration.</p> <p>Step 3. Start disseminating the event and recruiting participants.</p> <p>Step 4. Collect all the needed materials for the event (maps, any other needed things)</p> <p>Step 5. Implement the activity</p>
Minimum number of participants	6 participants
Participants Requirements	<ul style="list-style-type: none"> - trekking boots or sport shoes - water - snack - hat - sun screen - backpack <p>(the equipment depends on the location, the weather and the temperature)</p>



Intergenerational aspect fostered	Bringing together different age groups while trekking
Proposed sport activity	Trekking
Equipment/Material required	<ul style="list-style-type: none"> - itinerary - map with the highlighted itinerary - experienced guide (preferable)
Justification of the sports activity and link with the Natural Element	Trekking is a sport that is practised in nature. Being implemented directly in the natural environment, it helps experience that ecosystem and reflect on it and on the linked natural element/s.
Educational Activity	<p><u>Reflection during the activity</u></p> <p>During the trekking, space is given for a reflection about the role of that ecosystem and its characteristics. During the activity, nature and things found in nature can be used as a basis for a starting reflection about the ecosystem and its roles.</p> <p>Being linked to the “fire” element, during the activity a reflection on how forest fires can start, how to prevent them, what damages and risks forest fires bring, etc...</p> <p><u>Final group reflection</u></p> <p>At the end of the activity, the initial reflection can be used for a follow-up final group reflection about:</p> <ul style="list-style-type: none"> ● the threats to the natural environment, ● the impacts on it, specifically referring to what it has been seen during the trekking (i.e.: if a piece of plastic is found, the reflection can go





	<p>through how the plastic arrived there, how many years will remain there, how much damage it causes to the environment and animals living there, etc.)</p> <p>The activity can be closed with a general reflection about</p> <ul style="list-style-type: none">● the relation between human actions, climate change, the environment,● how we can preserve and protect the environment,● how we could cause damage to the environment while performing that sport or sports in general, etc...
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>The activity is directly linked to the problem of forest fires, their origins, how they can be prevented and the damage they can do to the ecosystems and wildlife.</p> <p>Moreover, the activity can also help the reflection on the problem of plastic and waste that human beings leave in the natural environment and the negative consequences of such waste in terrestrial ecosystems.</p> <p>The educational activity can also go through the problem of modification of such environments from anthropogenic pressure (i.e., throwing away organic food that can change the composition of the flora and cause threats to the ecosystem - alien species, etc...).</p> <p>This statement can serve as an initial basis for discussing the repercussions of contaminating the environment, particularly in relation to the pollution of other elements like water (rivers), air, earth, etc.</p>





Finally, the activity can be adapted to each natural element reflection, given the combination of various elements that can be met during a trekking, depending on where is done (i.e.: water-rivers; earth-mountains; air-wind; fire-forest)



3. Grass Volley: Where the land begins

Grass Volley: Where the land begins!	
Natural Element concerned	Earth
Event's Rationale	<p>The aim of the event is to raise awareness about the fragile balance of our terrestrial ecosystems and all the negative consequences that a change of its natural characteristics or the human waste in it can have on our ecosystems.</p> <p>Through a grass-volley activity young people and their families are brought closer to the topic of pollution, and raise their knowledge on the important role that each ecosystem has for the planet and for human life as well.</p>
Logistics / Preparations	<p>Step 1. Choose a place where it is allowed to play such activity and where a volley ground is already set or where is it possible to set up a new one without damaging the environment.</p> <p>Step 2. Set a day, time and duration.</p> <p>Step 3. Start dissemination and recruitment process.</p> <p>Step 4. Implement the activity</p>
Minimum number of participants	10 (2 teams of 5)
Participants Requirements	<ul style="list-style-type: none"> ● Basic physical fitness to be able to play ● sporting shoes ● comfortable clothing



Intergenerational aspect fostered	The teams will be organised in order to have mixed groups in terms of age and characteristics.
Proposed sport activity	Grass-volley
Equipment/Material required	<ul style="list-style-type: none"> - Ball - Net - Referee - Scoreboard - Water - Sunscreen - Sunglasses - Hat
Justification of the sports activity and link with the Natural Element	The grass-volley activity gives the possibility to talk about the pollution of the ecosystem and of the “earth” natural element. It can also raise awareness of the danger that waste on land may end up in the sea due to rain and wind or also close the street drain grates bringing to road flooding. This also lets people understand that ecosystems are all interlinked between and that a small action in one can cause damage to others.
Educational Activity	<p>This sport event gives the possibility to implement more than one educational activity.</p> <p><u>Initial cleaning activity</u></p> <p>Before the activity, cleaning the land before will let participants understand how many wastes are thrown every day from everyone, creating space for a reflection on all the types of wastes found (plastic, cigarettes, glass, etc..) and the risks for human beings and for the environment as well.</p>





	<p><u>Final group reflection</u></p> <p>At the end of the activity, a final reflection on the role of the trees in regulating temperatures during summer and in producing oxygen for our survival as well as about the damages that waste can do, not only on the natural environment and wildlife, but also for human life, raising awareness on the link between polluting and street flooding.</p> <p>Moreover, more reflection on the link between different natural elements and ecosystems and how polluting one can have consequences in others can be done.</p>
Justification of the Educational Activity and link with the Natural Element	<p>The sport activity is directly linked to the problem of waste in terrestrial ecosystems and in the interconnection between all the ecosystem and consequently in how polluting one can damage also others (i.e.: underground water, rains, wind that brings waste to seas, oceans or that close the drainage grates in city streets) highlighting the importance to avoid such behaviours in order to prevent negative consequences on nature, wildlife and human life.</p>



4. SUP: Surfing the world!

SUP: Surfing the world!	
Natural Element concerned	Water
Event's Rationale	The aim of the sup (stand-up paddle) activity is to allow young people and all the participants to experience the sport activity in the sea and raise awareness on the sea pollution connecting it to the damages to wildlife and also human life.
Logistics / Preparations	<p>Step 1. Choose the place where to organise the sport activity.</p> <p>Step 2. Collect all the materials needed.</p> <p>Step 3. Disseminate and recruit participants.</p> <p>Step 4. Implement the activity.</p>
Minimum number of participants	There is no minimum number of participants for such sport but the more participants are involved the more impact the activity will have
Participants Requirements	<ul style="list-style-type: none"> - Good health - Ability to swim
Intergenerational aspect fostered	Younger participants who are typically more experience in SUP will support older adult through the activity.
Proposed sport activity	<p>SUP</p> <p>The activity is dedicated to understanding the basics of this sport and navigating the seas while reflecting on their roles and characteristics.</p>



Equipment/Material required	<ul style="list-style-type: none">- Sup boards- Sunscreen- Sunglasses- Water- Swimsuit- Bath towel
Justification of the sports activity and link with the Natural Element	The sup is directly connected with the water and its wildlife since is the main element in which it is practised.
Educational Activity	<p>Final group reflection.</p> <p>The activity helps the reflection on the issues related to water pollution, the alteration of ocean and sea equilibrium, and the consequences that this has on wildlife, and human life.</p> <p>It also allows the connection between the issue of climate change and global warming with seas/oceans alteration and all the other negative consequences. Finally, it also helps better understand how sports can impact the wildlife.</p> <p>Finally, being done in beaches, can help the reflection on the importance of beach dunes and other natural elements such as Mangroves.</p>
Justification of the Educational Activity and link with the Natural Element	Sup activity is directly linked with water, seas, ocean pollution, with the consequent wildlife damages and water ecosystem alteration. It allows reflection on the connection between earth pollution, air pollution, water pollution, global warming and the consequences not only on environment and wildlife but also on human beings.



5. Climbing: Reach the summit

Climbing: To the top of the world!	
Natural Element concerned	Earth
Event's Rationale	<p>The aim of the activity is to allow participants to connect with the earth while doing the activity in it.</p> <p>Climbing a mountain let participants, not only experience the earth itself, but also feel the air, the connection with mother earth, and change your point of view, looking at the world from the top.</p>
Logistics / Preparations	<p>Step 1. Find a local sport organisation that can support you and provide you with professional climbers and secure and professional sport equipment.</p> <p>Step 2. Find a place where it is allowed to practise this sport and where it is not dangerous for the natural environment and local wildlife.</p> <p>Step 3. Select a day and a time checking the weather conditions (it is mandatory not to have rain or strong winds, and it is preferably to not do it during the hottest ours of the day).</p> <p>Step 4. Disseminate and recruit participants.</p> <p>Step 5. Implement the activity.</p>
Minimum number of participants	There is no minimum number to do the sport, but for the purposes of the educational activity, a minimum of 8 participants is required
Participants Requirements	<ul style="list-style-type: none"> ● don't be afraid of heights ● be healthy with basic physical fitness ● short nails



	<ul style="list-style-type: none"> ● comfortable clothing
Intergenerational aspect fostered	<ul style="list-style-type: none"> ● Multigenerational Teams ● Minors with their parents/legal guardians
Proposed sport activity	Climbing on the rocks in crags or wood
Equipment/Material required	<ul style="list-style-type: none"> ● climbing shoes ● harness ● protective helmet ● rope ● water
Justification of the sports activity and link with the Natural Element	<p>Climbing in nature is very natural because it allows to be in contact with yourself and the surrounding nature, especially the earth but also the natural element of air.</p> <p>Climbing let participants reflect on the earth element, being a sport practices in that natural element, but also let experience the nature while directly touching it.</p>
Educational Activity	<p><u>Initial reflection</u></p> <p>Given that climbing is an individual sport activity, while some are climbing, the others can already start reflecting on what they saw in the path they crossed to arrive at the climbing point, what they see from the mountain they are in, if they found something not typical from those ecosystems, etc...</p> <p><u>Final group reflection</u></p> <p>At the end of the activity, after each participant climbed the mountain, a final reflection can be done focusing on the role of mountains and forests in our planet, the risks for them from anthropic pressure and actions and the possible negative consequences in other ecosystems, raising awareness on the interconnection between different ecosystems. From this starting point, more reflections can be done on mountains erosions due to</p>





	<p>anthropic actions, on mountains and forests destruction due to human wastes (i.e.: alien species, forest fires, wildlife damages due to plastic or other waste, etc...).</p> <p>A final reflection on the link between climbing and environment protection or more in general between sports and terrestrial ecosystems, if and how they can damage them, and how sports can be less threatening for the nature.</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>The educational activities help reflect on the natural element earth, and being the sport implemented in mountains, it can help reflect on different things, not only mountains but also forests, raising awareness on the importance of both for our planet and human beings as well.</p> <p>The activity can also be adapted for the reflection on other natural elements such as air, water, fire.</p>



6. Dragon Boat: Between sea and oar

Dragon Boat: Between sea and oar	
Natural Element concerned	Water
Event's Rationale	The aim of getting on a boat and going into the sea is to allow a group of people to experience the sea/ocean in a safe and environmentally friendly way, while reflecting on the role of the saltwater ecosystem and on how much it is polluted raising awareness on the several and dangerous negative consequences of water pollution and of climate change and raising of temperatures.
Logistics / Preparations	<p>Step 1. Contact a sport organisation that has a dragon boat, safety jackets and professional sport coaches.</p> <p>Step 2. Find a place where it is safe to do the activity and set a route and a duration together with the sport coach.</p> <p>Step 3. Set a day and a time taking care that the weather is not windy or rainy.</p> <p>Step 4. Disseminate the event and recruit participants.</p> <p>Step 5. Implement the activity.</p>
Minimum number of participants	18-20 (min & max) Depends on the number of accompanying persons in the boat
Participants Requirements	<ul style="list-style-type: none"> - being able to swim - basic physical fitness





Intergenerational aspect fostered	<ul style="list-style-type: none"> ● Multigenerational Teams ● Minors with their parents/legal guardians
Proposed sport activity	Dragon boat
Equipment/Material required	<ul style="list-style-type: none"> - Dragon boat - Wooden oars - Life jackets - Comfortable clothing
Justification of the sports activity and link with the Natural Element	<p>Dragon boat is a group activity directly done in the water natural element and it is a sport that is environmentally friendly, thus it helps reflect on the importance of respecting our ecosystems, not damaging the water ecosystems and on how sports may threaten the environment.</p>
Educational Activity	<p><u>Initial reflection</u></p> <p>Before the activity participants are invited to pay attention to their surroundings and to what they see during the sport activity. This initial part will serve as the basis for the final group reflection.</p> <p>NOTE: if the activity is done nearby a beach, an initial activity could also be the cleaning of the beach that will also help the final reflection using what has been collected as base for the reflection.</p> <p><u>Final group reflection</u></p> <p>At the end of the activity, what participants saw during the activity can be used to reflect on the water element, on the pollution of it, on how to preserve it and on what can be done to restore it.</p> <p>The group reflection can continue by talking about the sea pollution generated by anthropic actions, such as people throwing waste on the beaches, ships leaving at all hours.</p>





	<p>An important part of the reflection is also about the link of the different natural elements and natural ecosystems, on how polluting one can have negative consequences also in others (i.e.: throwing waste in the streets or in the sand can damage seas and oceans arriving there through wind, rains, etc.).</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>Reflection on pollution in the sea/ocean and on the responsibility of each of us towards the marine ecosystem is an essential tool to promote a different mindset, to avoid polluting actions and to protect these ecosystems. It is important to do small acts to start a new lifestyle that respects nature and the sea.</p>



7. Slackline: Balance your body

Slackline: Balance your body	
Natural Element concerned	Air
Event's Rationale	<p>The aim of the activity is to allow participants to reflect on the air natural element while being in the air.</p> <p>The balance needed for the activity can also be a metaphor for the balance needed among all the ecosystems in order to work in a proper way.</p>
Logistics / Preparations	<p>Step 1. Contact a professional coach/person experienced in slackline.</p> <p>Step 2. Find a place where there are big, strong trees, not too distant from each other, not in danger of breaking and not at risk of extinction.</p> <p>Step 3. Be sure to have all the sport equipment and especially the trees safety cover so as to not damage them.</p> <p>Step 4. Set a day and a time keeping in mind that it should not be rainy or windy.</p> <p>Step 5. Disseminate and recruit participants.</p> <p>Step 6. Implement the activity.</p>
Minimum number of participants	6
Participants Requirements	- Basic physical fitness
Intergenerational aspect fostered	<ul style="list-style-type: none"> ● Multigenerational Teams ● Minors with their parents/legal guardians
Proposed sport activity	Slackline



<p>Equipment/Material required</p>	<ul style="list-style-type: none"> ● Slackline ● Hooks ● Trees' safety covers ● Mats (under the slackline if needed, especially if the ground is wet from rain)
<p>Justification of the sports activity and link with the Natural Element</p>	<p>Slackline is a sport activity that is done mid-air and that requires balance in order to be able to not to fall.</p> <p>This lets reflection on the air element, its pollution, how to prevent the pollution, what can be dangerous, etc.</p>
<p>Educational Activity</p>	<p><u>Initial reflection</u></p> <p>Given that slackline is an individual sport activity, while some are doing it, the others can already start reflecting on what they saw in the path they crossed to arrive at the climbing point, what they see in the place they are in, if they found something not typical from that ecosystem, etc...</p> <p>Depending on the place where the activity takes place, an initial cleaning activity of the place can be done in order to spur reflection on the pollution and to be the basis of the final reflection.</p> <p><u>Final Group reflection</u></p> <p>At the end of the activity, while all seated in a circle, a final reflection on the air pollution can be done. Particularly on what pollutes air, which human actions are dangerous for the air element, what can be done to prevent and/or to restore it.</p> <p>Being an activity done in nature, where there are trees, the reflection can also go toward the importance of the trees and their role for our survival.</p> <p>Finally, being the sport linked to the natural element air, it is important to reflect on</p>





	<p>climate change and especially on global warming.</p> <p>If the activity is done in an urban park, it is also useful to reflect on the air polluted by the cars, the importance of using public transport and/or environmentally friendly transportation means.</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>The educational activities are linked to air pollution, climate change and global warming.</p>



8. Archery: As fast as the wind

Archery: As fast as the wind	
Natural Element concerned	Air
Event's Rationale	The aim of the activity is to help participants reflect on the air natural element while trying out a new sport that directly involves the air: arrow.
Logistics / Preparations	<p>Step 1. Find a local sport organisation that is experienced in the archery sport and has all the sport equipment and an experienced coach.</p> <p>Step 2. Find a place in nature where to implement the activity in a safe way (in case the archery school only has indoor space)</p> <p>Step 3. Set a day and a time keeping in mind that the activity is better to be implemented on sunny and not windy days.</p> <p>Step 4. Disseminate and recruit participants.</p> <p>Step 5. Implement the activity.</p>
Minimum number of participants	10 The number of participants depends on the availability of arches. It can be used one arch every 2 or 3 participants.
Participants Requirements	<ul style="list-style-type: none"> • Comfortable clothing • Basic physic fitness
Intergenerational aspect fostered	<ul style="list-style-type: none"> • Multigenerational Teams • Minors with their parents/legal guardians
Proposed sport activity	Archery in nature
Equipment/Material required	<ul style="list-style-type: none"> • Arches • Arrows • Targets



Justification of the sports activity and link with the Natural Element

Archery is a sport activity that involves an arrow being shot into the air in an attempt to hit a target, thus, in this case, there is the connection between the sport and the natural element air, helping reflection on the air element, its importance in our ecosystem and for our lives.

Educational Activity

Initial reflection.

Given that archery is an individual sport activity, while some are doing it, the others can already start reflecting on what they see in the place they are in, if they found something not typical from that ecosystem, what do they know about the environment they are in in terms of characteristics and roles, etc.

Another suggestion for the participants waiting for their turn, is to organise a sensorial activity in nature, with a special focus on hearing, touch and smell.

Final reflection.

At the end of the activity, sit down in a circle and start reflecting all together.

If during the initial reflection some participants found something not typical of nature, start the discussion by using these items to reflect on the environment and the air natural element.

Then reflect all together, by asking guiding questions that let participants reflect on what can be dangerous and/or polluting for the air, what we can do to prevent its pollution, what can be done to restore its status.

The final reflection should also link sports and the environment, thus some examples of polluting sports can be done and then ask if they already knew that, if they know some other sports, which sports they think are less





	polluting, concluding by asking how sport can have a positive impact on nature.
Justification of the Educational Activity and link with the Natural Element	All the educational activities are focused on the reflection on air pollution and on how to prevent it, what can restore it, which sports could negatively affect the air or the air wildlife.

Greece



1. Football stories for the Earth!

Football stories for the Earth!	
Natural Element concerned	Earth
Event's Rationale	This event aims to connect the element of earth with football activities. We aim to highlight football's connection with the earth and share stories about this interconnectedness.
Logistics / Preparations	<ol style="list-style-type: none"> 1. Collaborating with a football club and choosing a football court. 2. Determining the date and time. 3. Event communication and dissemination on social media and relevant channels 4. Safety Precautions (e.g., first aid kit) 5. Event Schedule and Plan (e.g., warm-up exercises, the main football game, a cool-down, educational activity, material collection)
Minimum number of participants	22 persons → 2 teams – 11 players/team
Participants Requirements	Good physical health, ability to play football
Intergenerational aspect fostered	<p>Mixed teams with young athletes and their guardians</p> <ul style="list-style-type: none"> • The practice is open to all ages since both children/youth and their parents/guardians can participate.
Proposed sport activity	Football



Equipment/Material required	Balls
Justification of the sports activity and link with the Natural Element	The present sports activity is played on the ground and has a strong connection with the earth, the ground, the soil.
Educational Activity	<p>We can use storytelling methodology and create football stories relevant to the environment and the element of earth.</p> <p>The participants will be invited to think, develop or search for football stories around the world (e.g. stories about the risks to the ecosystem from football tournaments) that could be relevant to the earth and its protection.</p> <p>Then, a group discussion will follow to reflect on the stories. The discussion will be guided by the facilitators.</p>
Justification of the Educational Activity and link with the Natural Element	The above educational activity promotes reflection on the environment and intergenerational dialogue.



2. EarthQuest: Navigating Nature, Protecting Fire

EarthQuest: Navigating Nature, Protecting Fire	
Natural Element concerned	Earth
Event's Rationale	The activity combines trekking and fire hydrant mapping, promoting physical health and community awareness. By incorporating fire hydrant mapping into trekking, participants gain valuable knowledge about emergency response infrastructure and the importance of accurate mapping for efficient firefighting and forest protection.
Logistics / Preparations	<ol style="list-style-type: none"> 1. Venue Selection (e.g., a suitable location that offers a mix of natural elements, trails for trekking, and access to fire hydrants for mapping) and permissions, (if necessary) 2. Date and Time 3. Safety measures (e.g., first aid kit, emergency meeting points) 4. Equipment and materials (e.g., fire hydrant information sheets, resources required for educational activities) 5. Event's communication and dissemination on social media and relevant channels 6. Refreshments and amenities (e.g., water stations, restrooms, shaded areas, light refreshments, snacks) 7. Budget and funding (e.g., venue fees, equipment costs, promotional materials)



Minimum number of participants	10
Participants Requirements	<ul style="list-style-type: none">● Physical fitness: Participants should have a basic level of physical fitness to engage in trekking through uneven terrain.● Adequate clothing and footwear: Participants should wear comfortable and weather-appropriate clothing that allows for ease of movement (e.g., sturdy, closed-toe shoes or hiking boots to provide support and protection).● Participants should also have smartphones with an internet connection.
Intergenerational aspect fostered	<ul style="list-style-type: none">● Mixed age groups and collaborative tasks● Skill Exchange: Older participants can share practical skills and knowledge gained through experience, while younger participants can offer insights into technology, social media, or other relevant areas.
Proposed sport activity	Trekking
Equipment/Material required	<p>For the fire-themed trekking</p> <ol style="list-style-type: none">1. Fire-hydrant information, such as their locations, identification numbers, and any additional details (e.g., water pressure, flow rate)2. First aid kits3. Timer <p>For the campaign activity</p> <ol style="list-style-type: none">1. Markers/Pens2. Large sheets of paper or poster boards3. Electronic devices (e.g., mobile phones) with internet connection4. Fire prevention campaign resources (e.g., relevant educational materials and





	information about fire safety, prevention strategies, and the importance of fire hydrant awareness, fire prevention statistics, facts, and visuals)
Justification of the sports activity and link with the Natural Element	Organising a trekking activity in nature allows participants to connect with the earth directly by navigating through natural landscapes, emphasising the importance of understanding and respecting the environment we rely on. Incorporating fire protection activities during the event can raise awareness of the importance of preventing wildfires and managing controlled burns to support healthy ecosystems.
Educational Activity	Fire Prevention Campaigns
Justification of the Educational Activity and Link with the Natural Element	Following the trekking activity, facilitators will divide participants into groups and assign them to create fire prevention campaigns. Each group will develop one awareness-raising campaign to educate the community about fire safety measures, prevention strategies, and the importance of fire hydrant awareness. Each group will work on a) the objectives of the campaign, b) the targeted audience, c) the key messages, d) communication methods and channels, e) the title, and f) how they will maintain the dialogue.



3. Sail away from water pollution: Sailing & trash collection for the environment

Sail away from water pollution: Sailing & trash collection for the environment	
Natural Element concerned	Water
Event's Rationale	This event aims to raise awareness about water pollution by implementing a sailing session. The participants will do a sailing course and will be guided to notice the sea about indications of water pollution. After sailing, the participants will collect trash from nearby beaches and will reflect on water pollution.
Logistics / Preparations	<ol style="list-style-type: none"> 1. Choosing a nautical club to collaborate with (e.g. Nautical Club of Neo Faliro) 2. Determining the date and time. 3. Event's communication and dissemination on social media and relevant channels 4. Safety Precautions (e.g., first aid kit) 5. Event Schedule and Plan with the nautical club (e.g., warm-up exercises, the sailing course, educational activity through trash collecting, material collection)
Minimum number of participants	10
Participants Requirements	<ul style="list-style-type: none"> - To know how to do sailing for those that will participate in sailing. - No requirements for trash collection.
Intergenerational aspect fostered	Their parents/guardians can be invited to the sailing course and they can participate in the educational activity that will take place afterwards.



Proposed sport activity	Sailing
Equipment/Material required	<ul style="list-style-type: none"> - Sailing equipment, boats etc. that will be provided by the nautical club - Trash bags, gloves
Justification of the sports activity and link with the Natural Element	Sailing is absolutely interconnected with water.
Educational Activity	After sailing, the participants will collect trash from nearby beaches. The participants will be asked to collect material/trash that can be used for the Green Zines. Based on the collected material, a group reflection will occur, and we will recreate these materials into new art pieces. Ours is to raise awareness about water pollution and the material that ends up in the seas.
Justification of the Educational Activity and link with the Natural Element	The collection of trash will be turned into an educational activity since the participants will be able to find material that could pollute the sea or they might have come to the shore from the sea. Through this activity, we will be able to discuss with the participants the importance of the element of water and take action against water pollution.

4. Mediterranean Odyssey: Seaside Obstacle Challenge

Mediterranean Odyssey: Seaside Obstacle Challenge





Natural Element concerned	Water
Event's Rationale	This event aims to combine a seaside obstacle challenge with sea-themed quizzes, inspiring a deeper understanding of the interconnectedness of water and the environment, and encouraging participants to become advocates for the preservation of the seas and marine biodiversity.
Logistics / Preparations	<ol style="list-style-type: none">1. Permits and permissions from local authorities for hosting the event on the beach, ensuring compliance with beach and environmental regulations.2. Event date and location arrangements, considering factors like weather, tides, and participants' accessibility.3. Planning the obstacle course layout on the beach, ensuring it is safe, challenging, and aligned with the event theme (sea conservation).4. Safety measures arrangements, such as safety protocols and guidelines, trained personnel stationed at critical points5. Participant Registration: Set up online registration for participants. Collect necessary information, including emergency contacts and any medical conditions for participant safety.6. Event promotion through social media, local channels, and sports communities7. Equipment and supplies arrangements, such as obstacles, cones, ropes, timing systems, water stations and first aid kits8. Waivers and Medical Support: Have participants sign liability waivers, and have medical support on-site for any minor injuries or emergencies.



	<p>9. Event Schedule and Briefing: Create a detailed event schedule, including check-in times, warm-up sessions, and the obstacle course timeline. Conduct a pre-event briefing to explain the rules and safety guidelines to participants.</p> <p>10. Waste Management: Promote eco-friendly practices and provide waste bins for proper disposal of trash generated during the event.</p> <p>11. Awards and Prizes: Plan for awards and prizes for top performers, encouraging friendly competition and sportsmanship.</p> <p>12. Sponsors and Partnerships: Seek sponsorships from businesses or organisations interested in supporting the event's theme and goals.</p> <p>13. Post-Event Activities: Consider organising post-event activities like a beach cleanup or educational sessions on ocean conservation.</p> <p>14. Evaluation and Feedback: After the event, collect feedback from participants and volunteers to identify areas for improvement in future editions.</p>
<p>Minimum number of participants</p>	<p>15</p>
<p>Participants Requirements</p>	<ul style="list-style-type: none"> ● Physical Health: Participants should be in good physical health to safely navigate through the course. Disclaimer of medical clearance requirements for participants should be considered. ● Appropriate Attire: Comfortable athletic clothing suitable for physical activities on the beach, sunscreen and hats are required.



Intergenerational aspect fostered	<ul style="list-style-type: none">● Participants will be encouraged to form teams that consist of members from different age groups, fostering collaboration and learning from each other.● The sea-themed quizzes will include questions that cater to different age groups, ensuring engagement and inclusion.
Proposed sport activity	Sand Obstacle Course
Equipment/Material required	<p><u>For the Sand Obstacle Course</u></p> <ol style="list-style-type: none">1. Obstacle course materials2. First aid kit3. Water stations4. Trash and recycling bins <p><u>For the sea-themed quizzes</u></p> <ol style="list-style-type: none">1. Quiz materials, i.e., quiz questions, answer sheets, and any visual aids2. Writing materials, i.e., pencils, pens
Justification of the sports activity and link with the Natural Element	<p>The sand obstacle challenge is intrinsically linked with the natural element of water through the venue itself. Water and sand co-exist. The very location near the water's edge serves as a reminder of the sea's influence on the sandy landscape. Participants not only navigate through the sandy terrain but may also encounter natural tidal movements, feeling the cooling effects of the waves nearby.</p>
Educational Activity	<p>Sea-themed quizzes: Following the sand obstacle challenge, the trainer will facilitate a mix-level quiz session with questions deriving from the sea world (e.g., marine life, pollution). By the end of the activity, participants will have been shared with post-its to write the ways they engage themselves to protect the sea world.</p>





Justification of the Educational Activity and link with the Natural Element

Sea-themed quizzes are inherently linked with the natural element of water as they focus on topics related to the sea, marine life, and water environments. By designing quiz questions that revolve around marine ecosystems, oceanography, conservation efforts, and the impact of pollution on water habitats, participants engage directly with the theme of water in its various aspects.

These quizzes serve as an educational platform, raising awareness about the importance of protecting our oceans and the interconnectedness of water with all living beings on Earth. Through these quizzes, participants learn about the significance of water in sustaining life, the fragility of marine ecosystems, and the need for responsible water management and conservation.



5. Nature's Mat: Uniting Generations through Yoga

Nature's Mat: Uniting Generations through Yoga	
Natural Element concerned	Air
Event's Rationale	This event aims to connect the element of air with yoga activities, bringing a sense of lightness, freedom, and expansiveness to this practice. The key here is to let participants immerse themselves in the experience and connect with the element of air through their breath, movement, and awareness.
Logistics / Preparations	<ol style="list-style-type: none"> 1. Choosing a suitable location (e.g., spacious, peaceful, and suitable for yoga practice), and obtaining permissions (if needed) 2. Determining the date and time, and checking the weather forecast 3. Equipping with the necessary props 4. Event's communication and dissemination on social media and relevant channels 5. Safety Precautions (e.g., first aid kit) 6. Event Schedule and Plan (e.g., warm-up exercises, the main yoga practice, a cool-down or relaxation period, educational activity, material collection)
Minimum number of participants	10 participants
Participants Requirements	<ol style="list-style-type: none"> 1. Personal Health Considerations: Participants should be mindful of their health and any existing medical conditions or injuries. Individuals with specific health concerns should consult their healthcare provider before participating in the outdoor yoga activity.

	<p>2. Personal Yoga Equipment: Participants should bring their equipment (see the <i>Equipment/Material and Materials Required</i> section).</p>
Intergenerational aspect fostered	<ul style="list-style-type: none"> ● The practice is open to all ages, from children to older adults (family-friendly space) ● Mixed-level practice ● Intergenerational support: Experienced practitioners who have experience working with different age groups will provide guidance, modifications, and support to participants of all ages.
Proposed sport activity	Yoga
Equipment/Material required	<ol style="list-style-type: none"> 1. Yoga mat 2. Towel or Blanket 3. Water bottles 4. Sunscreen, Hats, Bug Repellents 5. Props (optional): yoga blocks, yoga straps, bolsters 6. Comfortable Clothing
Justification of the sports activity and link with the Natural Element	<p>Yoga is linked to the natural element of air through:</p> <ol style="list-style-type: none"> 1. the breathing exercises, and 2. yoga sequences and poses that emphasise fluid, flowing movements (e.g., warrior II, tree pose, standing forward bend). <p>Yoga allows participants to cultivate a deeper awareness of their breath, embrace lightness and expansion, experience freedom, and harmonise their energy.</p>
Educational Activity	<p>Ecological Awareness Discussion: After the yoga practice, facilitators will foster a group discussion on the importance of nature and environmental conservation. They will encourage participants to share their</p>

	<p>thoughts, ideas, and personal experiences related to nature and their commitment to protecting it.</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p><u>Topics of discussion:</u></p> <ul style="list-style-type: none"> ● Air Quality and Environmental Impact: Discussion on how human activities, such as pollution from industries, vehicles, and deforestation, can negatively impact air quality; Explaining the importance of clean air for the health of all living beings, including humans, animals, and plants; Emphasising how practising sustainable habits, such as reducing carbon emissions and supporting clean energy sources, can help improve air quality and mitigate the effects of climate change. ● Oxygen and Breath: Highlighting the essential role of air in the process of breathing. Discussion on how trees and plants play a crucial role in producing oxygen through photosynthesis (ideal activity especially for children).

6. Sustainable Sand Play: Beach Volleyball and the Air-Water-Earth Connection

Sustainable Sand Play: Beach Volleyball and the Air-Water-Earth Connection	
Natural Element concerned	Air
Event's Rationale	This event aims to explore the ecological and sustainability aspects related to beach volleyball, focusing on the natural element of air, and promoting environmental awareness and stewardship.
Logistics / Preparations	<ol style="list-style-type: none"> 1. Venue Selection 2. Setting Date and Time 3. Equipment and Supplies (for beach volleyball, beach clean-up, and educational material to foster learning) 4. Safety Measures: first aid kit, water stations, shaded areas 5. Schedule and Timelines: Creation of a detailed schedule that outlines the sequence of activities, including the duration of each activity and transition times between them. Considerations for enough time for each activity and breaks or rest periods. 6. Event's communication and dissemination on social media and relevant channels
Minimum number of participants	12
Participants Requirements	<ol style="list-style-type: none"> 1. Physical Fitness: Participants should be capable of running, jumping, moving on sandy terrain, and bending down to collect litter. 2. Sports Attire: Participants should wear appropriate sports attire, including comfortable athletic shoes suitable for



	playing on the sand. It is also recommended to wear sunscreen, hats, and sunglasses for sun protection.
Intergenerational aspect fostered	Multigenerational Teams during the whole event (e.g., discussions, beach volleyball, beach clean-up, fanzines)
Proposed sports activity	Beach volleyball
Equipment/Material required	<ol style="list-style-type: none">1. Beach volleyball2. Net3. Measuring tape or marked distance on the beach4. Sustainable beach clean-up kits (gloves, trash bags, etc.)5. Educational materials on coastal ecosystems and sustainability6. First aid kit
Justification of the sports activity and link with the Natural Element	<p>Beach volleyball is linked with the natural element of air in multiple ways:</p> <ul style="list-style-type: none">● Since beach volleyball is played on a looser surface like sand, players need to adjust their techniques to account for the unpredictable movement of the ball caused by the air. They must consider the air resistance and wind direction to accurately pass, set, and serve the ball.● In beach volleyball, players often rely on their jumping ability to execute powerful spikes. The act of jumping involves propelling oneself into the air, and the longer a player stays in the air, the more time they have to position themselves for an effective attack.● Players may strategically position themselves on the court to take advantage of the wind, such as serving against the wind to make it more difficult for the opposing team to receive the ball



	<p>or placing shots in areas where the wind will carry the ball away from the defenders.</p>
<p>Educational Activity</p>	<p>→ Discussion on</p> <ol style="list-style-type: none"> 1. the importance of coastal ecosystems, and their significance for both humans and the environment. 2. the concept of sustainability and how it relates to beach volleyball and the natural element of air 3. the impact of pollution, waste, and improper resource management on coastal environments. <p>→ Beach Clean-up</p> <p>→ Eco-friendly Volleyball Practice</p> <p>→ Participants' reflections on</p> <ul style="list-style-type: none"> • their experiences during the clean-up and eco-friendly volleyball practice; • on the connections between beach volleyball, the natural element of air, and environmental sustainability. <p>→ Action planning: a brainstorming session for actionable steps participants can take to promote sustainability in their beach volleyball activities or personal lives.</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>By incorporating beach clean-up, eco-friendly practices, and environmental education, this educational activity combines physical engagement with ecological awareness and sustainable action. It promotes a sense of responsibility towards the environment while highlighting the interconnectedness of beach volleyball, the natural element of air, and the broader ecosystem.</p>

7. Plogging for Forest Fire Prevention

Plogging for Forest Fire Prevention	
Natural Element concerned	Fire
Event's Rationale	This event aims to raise awareness about fire prevention by implementing a plogging session. The participants will be split into teams and do a plogging , a running race during which they will have to think about forest protection and collect litter.
Logistics / Preparations	<ol style="list-style-type: none"> 1. Venue selection (e.g., local park, forested area) and permissions (if needed) 2. Date and time selection 3. Route Planning: Mapping out the plogging route in advance, considering the distance, terrain, and level of difficulty. The route should be safe and manageable for participants of different fitness levels and ages. The route should be marked with clear signage or markers to guide participants and minimise the risk of getting lost. 4. Safety measures (e.g., having volunteers or staff stationed at key points along the route, providing clear instructions on safety guidelines, and ensuring proper first aid arrangements in case of any emergencies.) 5. Equipment and Supplies (see the <i>Equipment/Material required</i> field) 6. Event communication and dissemination on social media and relevant channels 7. Post-event clean-up: Planning of the disposal of collected litter after the plogging activity (e.g., coordination with



	waste management services or recycling facilities)
Minimum number of participants	10
Participants Requirements	<ul style="list-style-type: none">● Physical Fitness: Participants should be capable of running abnormal ground and bending down to collect litter.● Comfortable Attire: Encourage participants to wear comfortable clothing suitable for physical activity. This includes breathable and moisture-wicking fabrics, appropriate footwear (such as running shoes), and clothing suitable for the prevailing weather conditions. It's also recommended to wear sunscreen and hats for sun protection.● Minors should be accompanied by guardians
Intergenerational aspect fostered	<ul style="list-style-type: none">● Multigenerational Teams● Mentorship opportunities where older participants take on mentorship roles during the plogging/discussions (e.g., guiding and supporting younger participants, sharing their knowledge and experiences related to fire prevention and environmental stewardship)
Proposed sports activity	Plogging
Equipment/Material required	<p>For plogging:</p> <ol style="list-style-type: none">1. Organic waste bags (plogging)2. Hydroalcoholic gel (plogging)3. Gloves for each participant (plogging)4. First-aid kit <p>For the educational activity:</p> <ol style="list-style-type: none">1. Markers/Pens2. Recycled paper3. Timer



<p>Justification of the sports activity and link with the Natural Element</p>	<p>Plogging combines physical activity with an environmental purpose. As participants collect trash during the running race, they become directly aware of the environmental impact of littering and the importance of maintaining clean surroundings. This connection to environmental consciousness aligns with fire prevention efforts as litter and debris can contribute to the fuel load, increasing the risk of fires.</p> <p>Plogging also offers a visual representation of the connection between a clean environment and fire prevention. As participants collect litter, they can observe firsthand the potential hazards, such as discarded cigarette butts or flammable materials, that can contribute to starting or spreading fires. This visual link reinforces the importance of maintaining a litter-free environment to prevent fire incidents.</p>
<p>Educational Activity</p>	<p>Group discussions</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>Following the plogging activity, facilitators will divide participants into small groups to encourage discussion and brainstorming. Each group will be assigned a specific topic related to forest fire prevention (e.g., community outreach, fire-resistant landscaping), on which they will be asked to develop innovative ideas or action plans. Each group will then present their ideas to the larger group for further collaboration.</p> <p>The final discussion will be around the following:</p> <ol style="list-style-type: none"> 1. Causes of forest fires 2. Fire behavior (e.g., how fires spread, the different stages of a fire, and the factors that influence fire behavior,



	<p>such as weather conditions, topography, and fuel sources)</p> <ol style="list-style-type: none">3. Environmental impact of fire4. Prevention strategies
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8. Fire-themed Dodgeball Games

Fire-themed Dodgeball Games	
Natural Element concerned	Fire
Event's Rationale	This event aims to create an immersive and educational experience that fosters a deeper connection with the environment, instilling a sense of responsibility for nature conservation, while offering participants a fun and reflective way to appreciate and respect the natural world.
Logistics / Preparations	<ol style="list-style-type: none"> 1. Location: Selection of a suitable natural area that can accommodate dodgeball games and educational activities. Consider factors like accessibility and safety should be considered. 2. Date and Time: Selection of a date and time for the event that works best for participants and aligns with the availability of the chosen location. 3. Safety plan: Develop a comprehensive safety plan that covers all aspects of the event, including emergency procedures, first aid provisions, fire safety protocols, and risk management strategies. 4. Equipment and Materials: <i>(see the Equipment/Material required field)</i> 5. Participant registration: Participants registration for participants should include essential information, including contact details, emergency contacts, any medical conditions or allergies, and signed liability waivers and consent forms. 6. Event communication and dissemination on social media and relevant channels



	7. Event signage and markings: Setting up clear signage and markings at the location to guide participants to different activity stations and designated areas.
Minimum number of participants	12
Participants Requirements	<ul style="list-style-type: none"> ● Age and physical ability: Participants should be of an appropriate age and physical ability to engage in dodgeball games and nature activities comfortably. ● Proper attire: Participants should wear comfortable and appropriate clothing for outdoor activities (i.e., closed-toe shoes suitable for walking on uneven terrain, loose clothes that can get dirty during nature exploration and games). ● Allergies and medical conditions: Participants should inform the organizers of any allergies, medical conditions, or physical limitations that may require special attention or accommodations during the event.
Intergenerational aspect fostered	<ul style="list-style-type: none"> ● Participants of different age groups are encouraged to form teams or pairs for the dodgeball games. ● During the guided nature walk, participants from different age groups are assigned as buddies. That means that they can walk together, share their observations, and engage in conversations about the flora, fauna, and human interventions they come across. ● During the discussion part, discussion circles can be organised, bringing together participants from different generations.



Proposed sports activity	Dodgeball
Equipment/Material needed	<ol style="list-style-type: none">1. Dodgeballs2. Cones or markers3. First Aid Kit4. Cameras or smartphones5. Snacks and water station6. Educational material
Justification of the sports activity and link with the Natural Element	Dodgeball is symbolically linked with the natural element of fire: fire is often associated with qualities such as energy, passion, enthusiasm, and a burning desire to succeed. These characteristics can be mirrored in the intensity and fervour displayed by players during the dodgeball match.
Educational Activity	Nature Walk and Fire Observation
Justification of the Educational Activity and link with the Natural Element	<p>Before starting the dodgeball games, all participants will follow a guided nature walk through the natural area. During the walk, they will be encouraged to:</p> <ul style="list-style-type: none">● observe the flora and fauna of the area and take photos of the elements that impress them;● observe and identify any human intervention implemented in the walking area;● observe the natural surroundings and point out signs of past fires or controlled burns;● collect trash, leaves, sticks, and rocks for the creation of the Green Zines. <p>Following the dodgeball games, the groups will be called to reflect on and discuss the following questions:</p>





1. How do you think the plants and animals we observed are interconnected and dependent on each other for survival?
2. What human interventions did you notice in the walking area during the nature walk?
3. How do you think these interventions have affected the natural environment and the ecosystem?
4. How do you think fire impacts the landscape and the biodiversity of the area?
5. How does fire contribute to maintaining ecological balance in certain ecosystems?
6. Can you think of any specific examples where fire is essential for the health and diversity of an ecosystem?
7. In which ways can sports, like the dodgeball games we implemented, affect the natural environment?
8. Are there any alternatives that we can apply to minimise the sport's ecological footprint?



Cyprus

1. Paddle & Refresh: Canoe- Kayak and Clean

Paddle & Refresh: Canoe- Kayak and Clean	
Natural Element concerned	Water
Event's Rationale	This event aims to make people aware of underwater life by exploring the water during kayak/canoe activities and trying to clean underwater. The event will take place in a dam in Cyprus.
Logistics / Preparations	<p>Step 1: Cooperate with other organisations, such as the Kateryna Biloruska Foundation in Cyprus, which have contacts and previous cooperation with the Limassol nautical canoeing/kayaking.</p> <p>Visit the venue and review of risks/safety measures, etc.</p> <p>Step 2: Create a social media post about the event.</p> <p>Step 3: Disseminate the event on CARDET's social media page as well as with partners.</p> <p>Step 4: Clean up around the reservoir before the start of the sports.</p> <p>Step 5: Introduction to canoeing.</p> <p>Step 6: People can use the equipment and canoe/kayak or bring their own.</p> <p>Step 7: Reflection with participants and discussion about the connection between environment and sports.</p> <p>Step 8: Participants will be introduced to Green Zines and can contribute by finding an item and sharing a quote.</p>
Minimum number of participants	15 participants



Participants Requirements	<ul style="list-style-type: none">● Good physical health● Know how to swim
Intergenerational aspect fostered	Mixed teams with young athletes and their guardians
Proposed sport activity	Kayak/Canoe
Equipment/Material required	Canoe/kayak equipment.
Justification of the sports activity and link with the Natural Element	Canoeing/kayaking is a sport practiced in nature either at sea, on rivers or dams. This activity promotes sustainability and an ecological mindset by learning about marine life, the impact of sports on water and the importance of maintaining clean seas/dams. In addition, the importance of participants engaging in nature activities can contribute to their well-being and being able to learn more about the ecosystem around them while they are out there.
Educational Activity	<p><u>Group guided discussion:</u></p> <p>At the end of the sports activity the group will discuss and reflect together. The topics to be discussed will be the following:</p> <ul style="list-style-type: none">● how the sports/athletes/people could cause damage to the environment/ecosystem during the performance of the specific sport or sports in general, etc.● Possible threats to the ecosystem and animals before/during/after the sport and possible ways to conduct/organise the sports in a more environmentally friendly way.● Share ideas on how you can have a positive impact on the environment through sport.





	<ul style="list-style-type: none">• Share any best practices in their country or internationally.• Participants can share the emotions they experience before, during and after the sporting activity about the waste they collect and the any emotions they have towards the ecosystem.
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>The educational activity is directly related to the risks to the ecosystem from marine sports on water quality and then to marine animals and animals living near or consuming water. In addition, the activity is linked to the waste that people can leave in the natural environment (water) and how this can affect the environment and the people participating in the sporting event who will clean up the beach. Canoe/kayak participants will contribute to the clean-up of the dam and collect any litter that may be found around or inside the dam during the sporting activity. It is also linked to the impact that water sports or near-water sports can have on the environment.</p> <p>Both the activity and the discussion can help to raise awareness among participants about water pollution and its prevention. Also, discussing how participants feel can help to identify human impacts on the ecosystem due to pollution and climate change in general in relation to weather conditions, such as clean-up under the sun in high temperatures.</p>



2. Beyond the Sea

Beyond the Sea	
Natural Element concerned	Water
Event's Rationale	This event aims to make people aware of cleaning the beach by organizing a beach soccer tournament.
Logistics / Preparations	<p>Step 1: Cooperate with other organisations, such as the Kateryna Biloruska Foundation in Cyprus, which have contacts and previous cooperation with organisations in Cyprus. Visit the venue and review of risks/safety measures, etc.</p> <p>Step 2: Create a social media post about the event.</p> <p>Step 3: Disseminate the event on CARDET's social media page as well as with partners.</p> <p>Step 4: Clean up around the beach before the start of the sports.</p> <p>Step 5: Participants can divide into different groups and start playing.</p> <p>Step 6: Reflect with the participants and discuss the connection between environment and sport.</p> <p>Step 7: Participants will be introduced to Green Zines and can contribute by finding an item and sharing a quote.</p>
Minimum number of participants	20 (4 teams, 5 players each)
Participants Requirements	Good physical health
Intergenerational aspect fostered	Mixed teams with young athletes and their guardians





Proposed sport activity	Beach soccer tournament
Equipment/Material required	2 football balls, recycle bags, cones.
Justification of the sports activity and link with the Natural Element	<p>Beach soccer is a sport practised in nature and specifically at the beach (around water). This activity promotes sustainability and an ecological mindset by learning about marine life, the impact of sports on water and the surroundings and the importance of maintaining clean beaches.</p> <p>In addition, the importance of participants engaging in nature activities can contribute to their well-being and being able to learn more about the ecosystem around them while they are out there.</p>
Educational Activity	<p><u>Group guided discussion:</u></p> <p>Before the start of the sporting activity, participants will explore the beach and contribute to cleaning the beach and share any feelings they may have (before the activity) about the impact that beach or water sports can have on the environment/ecosystem.</p> <p>Therefore, after the sporting activity the group will reflect and share ideas on how we can have a positive impact on the environment through sport.</p> <p>In addition, the group can share their feelings and reflections after the beach clean-up and ideas on how to contribute to the protection of the environment.</p>
Justification of the Educational Activity and link with the Natural Element	The educational activity is directly related to the risks to the ecosystem from beach sports





activities, how sports can have a negative impact on the water ecosystem and subsequently have an effect on marine life and the ocean. In addition, the activity is linked to the waste that people can leave in the natural environment (water) and how this can affect the environment and the people participating in the sporting event who will clean up the beach.

Both the activity and the discussion can help to raise awareness among the participants and the people on the beach about beach pollution and its prevention. Also, the discussion on how participants feel can help to identify the impact that humans have on the ecosystem due to pollution and climate change in general with regard to weather conditions such as walking in the sun in high temperatures.



3. Yoga on Earth

Yoga on Earth	
Natural Element concerned	Earth
Event's Rationale	This event aims to raise awareness about the environment by doing yoga in nature. The connection between yoga and the earth will be based on earth yoga postures.
Logistics / Preparations	<p>Step 1: Organise the event with a yoga instructor, as a result of the earth element, the instructor can do the earth element yoga poses with the participants. Visit the venue and review of risks/safety measures, etc.</p> <p>Step 2: Create a social media post about the event.</p> <p>Step 3: Spread the word about the event on CARDET's social media page.</p> <p>Step 4: Reflect with participants and discuss the connection between environment and sport.</p> <p>Step 5: Participants will be introduced to Green Zines and can contribute by finding an item and sharing a quote.</p>
Minimum number of participants	15 participants
Participants Requirements	Good physical health
Intergenerational aspect fostered	Mixed teams with young athletes and their guardians





Proposed sport activity	Yoga
Equipment/Material required	Mat
Justification of the sports activity and link with the Natural Element	<p>This activity promotes sustainability and an ecological mindset, by learning about the importance and protection of the earth.</p> <p>Yoga is a sport that is mostly practiced away from nature. The connection between the sport and the natural element is to break out of the walls and experience it in nature. Yoga is associated with relaxation and wellness and nature has the ability to contribute to the aims of yoga. Also, yoga is linked with Earth element due to the “Earth element yoga poses focus on rooting down and grounding yourself. Grounding is great for anxiety and calming or cooling the body and mind” (Resource).</p> <p>By engaging in the sport while in nature, participants can learn about the ecosystem around them and be able to appreciate nature while exercising and relaxing.</p>
Educational Activity	<p><u>Group guided discussion:</u></p> <p>After the end of the sporting activity the participants will discuss possible threats of the environment before/during/after sports and share any feelings they may have about the impact that any sport can have towards the ecosystem.</p> <p>Therefore, after the sporting activity the group will reflect and share ideas on how we can have a positive impact on the environment through sport.</p>





	<p>In addition, the group can share their feelings and reflections on protection of the trees, animals in nature ecosystems and positive aspects of forests towards humans, animals etc and health risks of a damaged natural ecosystem.</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>The educational activity is directly related to the risks to the ecosystem from sporting activities, how sport can have a negative impact on the earth's ecosystem and subsequently impact on human and animal habitats. In addition, the activity is linked to an awareness of the importance of trees and nature and the negative impacts that the destruction of the ecosystem can have on earth's habitats, such as health risks.</p> <p>Both the activity and the discussion about how participants feel can help to recognise the impact that humans have on the ecosystem due to pollution or exploitation of nature's treasure, such as trees, and the consequences of this.</p>



4. Cycling on Earth

Cycling on Earth	
Natural Element concerned	Earth
Event's Rationale	This event aims to make people aware of nature during cycling. During the event, a treasure hunt will be held that will focus on learning about the environment and collect any waste during the sport activity.
Logistics / Preparations	<p>Step 1: Organise a treasure hunt by bike in the forest/park. In order to organise a safe and successful treasure hunt, CARDET will prepare the route maps and all the information beforehand. The questions in the treasure hunt will be related to environment and sports with clues for the participants to answer.</p> <p>Moreover, the organisation of a cyclist treasure hunt should be safe and take place in a route in nature without cars and other transportations that can endanger the participants. Also, any minors should accompany the sport activity with an adult.</p> <p>Visit the venue and review of risks/safety measures, etc.</p> <p>Step 2: Participants will be informed of the use of specific app and download it in order to be prepared.</p> <p>Step 3: Create a social media post about the event.</p>



	<p>Step 4: Spread the word about the event on CARDET's social media page.</p> <p>Step 5: The route map will mark the beginning of the route and participants will find the map in the app.</p> <p>Step 6: Participants will follow the instructions and start playing the treasure hunt with the organisers' instructions. During the Treasure hunt the participants can collect any waste they might find in the way.</p> <p>Step 7: Reflection with the participants and discussion about the connection between environment and sport.</p> <p>Step 8: Participants will be introduced to Green Zines and can contribute by finding an object and sharing a quote or by any waste they collect during the treasure hunt.</p>
Minimum number of participants	15 participants
Participants Requirements	<ol style="list-style-type: none">1. Good physical health2. Know how to cycle
Intergenerational aspect fostered	Mixed teams with young athletes and their guardians
Proposed sport activity	Cycling
Equipment/Material required	<ol style="list-style-type: none">1. Bikes2. Helmets3. Bike repair kit4. Knee brace5. Actionbound app for treasure hunt (https://en.actionbound.com/)





<p>Justification of the sports activity and link with the Natural Element</p>	<p>Cycling is an activity that promotes sustainability and an ecological mindset, using a bicycle to get around and exercise at the same time.</p> <p>By engaging in the sport while in nature, participants can learn about the ecosystem around them and be able to appreciate nature and clean up while doing the sporting activity.</p>
<p>Educational Activity</p>	<p><u>Group guided discussion:</u></p> <p>At the end of the sporting activity, participants will discuss the positive impact cycling can have on people and the environment and share any tips for using bicycles in the city or in rural areas.</p> <p>In addition, the group will discuss any potential threats to the environment before/during/after the sport and share any feelings they may have about the impact any sport can have towards the ecosystem.</p> <p>Therefore, after the sporting activity the group will reflect and share ideas on how we can have a positive impact on the environment through sport.</p> <p>In addition, participants will discuss the environmental questions of treasure hunting and share existing information they have learned. The treasure hunt will focus on the connection between sport and the environment, information about the habitats and the plants that exist in the particular ecosystem and need to be protected.</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>The educational activity is directly related to the risks to the ecosystem from sporting activities and how cycling can have a positive</p>





impact on the environment. In addition, the activity is linked to raising awareness of the importance of ecosystems.

The sport activity will be linked to learning through the treasure hunt and aims to teach participants about plants, animals and nature.



5. Hiking for Nature

Hiking for Nature	
Natural Element concerned	Fire
Event's Rationale	This event aims to make people aware of the importance of protecting and exploring our forests during hiking.
Logistics / Preparations	<p>Step 1: Organise a nature hiking trip. CARDET will prepare a map of the hike route and prepare the hiking leaders on how to implement the hiking tour. For example, one person will lead the group at the beginning and one person will be at the end and take care of the last participants of the group. Visit the venue and review of risks/safety measures, etc.</p> <p>Step 2: Create a social media post about the event.</p> <p>Step 3: Promote the event on the CARDET social media page.</p> <p>Step 4: The event can be collaborated with the forestry department and become a nature tour about how forests can be protected from fires. The facilitator will inform participants with the trail map and provide instructions for a safe hike. For example, follow the hike leader, if they want to stop and rest, they should inform the group, etc.</p> <p>Step 5: Reflect with participants and discuss the connection between environment and sport.</p>





	Step 6: Participants will learn about Green Zines and can contribute by finding an item and sharing a quote.
Minimum number of participants	15 participants
Participants Requirements	Good physical health
Intergenerational aspect fostered	Mixed teams with young athletes and their guardians
Proposed sport activity	Hiking
Equipment/Material required	<ol style="list-style-type: none">1. Hiking Shoes or Boots2. Map/Compass/GPS3. Water bottle/snacks4. First aid kit
Justification of the sports activity and link with the Natural Element	Hiking is an activity taking place in nature and promotes sustainability and an ecological mindset, learning about the protection of the forests.
Educational Activity	<p><u>Group guided discussion:</u></p> <p>During the sports activity participants will have the opportunity to walk in nature and explore it. In addition, the educational aspect will be achieved by informing the participants about forests and how to protect them from fires.</p> <p>At the end of the sporting activity, participants will discuss the negative impact of sport on the environment. In addition, the group will be able to discuss solutions on how to effectively protect the island's forests and share any feelings they have during the hike in relation to nature.</p>





	<p>In addition, participants will discuss the effects of fires on the ecosystem regarding the habitats and plants that exist in that ecosystem that need to be protected and how the destruction of that ecosystem can negatively affect other ecosystems.</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>The educational activity is directly related to the fires on the island and the destruction of the ecosystem/environment and its consequences for humans, animals and other ecosystems.</p> <p>Also, the educational activity is linked to the understanding of the negative aspect that sports have on the ecosystem and that may be a consequence of the element of sports (and/or sports related with the fire element) applied to nature.</p>



6. Run N Fire

Run N Fire	
Natural Element concerned	Fire
Event's Rationale	This event aims to make people aware of the protection of our forests from fire by exploring the forests.
Logistics / Preparations	<p>Step 1: Organise the running in the forest. CARDET will prepare the running route and inform the participants in advance. There will be staff along the entire route to assist the runners and guide them to the correct route in case they get lost. All preparations will be environmentally friendly and will not disturb nature by adding anything to the ecosystem.</p> <p>Visit the venue and review of risks/safety measures, etc.</p> <p>Step 2: Create a social media post about the event.</p> <p>Step 3: Spread the word about the event on the CARDET social media page.</p> <p>Step 4: The event can collaborate with the forest department and have a presentation/discussion on how to protect forests from fires.</p> <p>Step 5: Reflect with participants and discuss the connection between environment and sport.</p>





	Step 6: Participants will learn about Green Zines and can contribute by finding an item and sharing a quote.
Minimum number of participants	15 participants
Participants Requirements	Good physical health
Intergenerational aspect fostered	Mixed teams with young athletes and their guardians
Proposed sport activity	Running
Equipment/Material required	-
Justification of the sports activity and link with the Natural Element	Running is an activity linked perfectly with nature and by running in nature, individuals can become more aware about the beauty of forests or ecosystems and nature and as a result, the development of an environmental mindset.
Educational Activity	<p><u>Group guided discussion:</u></p> <p>During the sporting activity, participants will have the opportunity to exercise in nature and learn about the protection of forests from fires.</p> <p>At the end of the sport activity, participants will discuss the negative impact of sport on the environment. In addition, the group will be able to discuss solutions for the effective protection of the island's forests. In addition, participants will be able to share any feelings towards the ecosystem that emerged during the activity.</p>





	<p>In addition, participants will discuss the effects of fires on the ecosystem in terms of the habitats and plants that exist in this ecosystem and need to be protected and how the destruction of this ecosystem can negatively affect other ecosystems.</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>The educational activity is directly related to the fires on the island and the destruction of the ecosystem/environment and its consequences for humans, animals and other ecosystems.</p> <p>Also, the educational activity is linked to the understanding of the negative aspect that sports have on the ecosystem and that may be a consequence of the element of sports (and/or sports related with the fire element) applied to nature.</p>



7. Breath Nature

Breath Nature	
Natural Element concerned	Air
Event's Rationale	This event aims to make people aware of nature by outdoor meditation.
Logistics / Preparations	<p>Step 1: Organise Pilates in nature. Contact a Pilates instructor and implement the activity in nature in an area open and able to combine sporting activity with the element of nature.</p> <p>Visit the venue and review of risks/safety measures, etc.</p> <p>Step 2: Create a social media post about the event.</p> <p>Step 3: Spread the word about the event on the CARDET social media page.</p> <p>Step 4: Reflect with participants and discuss the connection between environment and sport.</p> <p>Step 5: Participants will learn about Green Zines and can contribute by finding an item and sharing a quote.</p>
Minimum number of participants	15 participants
Participants Requirements	Good physical health



Intergenerational aspect fostered	Mixed teams with young athletes and their guardians
Proposed sport activity	Pilates
Equipment/Material required	Mat
Justification of the sports activity and link with the Natural Element	Pilates is a mind-body activity linked to the air element based on the importance of breathing and relaxation it offers as an activity. This activity promotes sustainability and an ecological mindset by being out in nature and observing it.
Educational Activity	<p><u>Group guided discussion:</u></p> <p>During the sporting activity, participants will have the opportunity to exercise in nature and develop an ecological mindset about the importance of protecting nature.</p> <p>At the end of the sport activity, participants will discuss the negative impact of sport on the environment. Participants will be able to exchange ideas on how they can make sport ecological.</p>
Justification of the Educational Activity and link with the Natural Element	Educational activity is directly related to air quality and how it can be affected by sport. However, participants will have the opportunity to discuss in depth the ways in which air quality can lead to health risks.



8. Breath In, Breath Out

Breath In, Breath Out	
Natural Element concerned	Air
Event's Rationale	This event aims to make people aware of nature by outdoor meditation.
Logistics / Preparations	<p>Step 1: Organise the Qigong in nature. CARDET will contact an instructor and organise the sports activity with them in an open space. Visit the venue and review of risks/safety measures, etc.</p> <p>Step 2: Create a social media post about the event.</p> <p>Step 3: Spread the word about the event on the CARDET social media page.</p> <p>Step 4: Reflect with participants and discuss the connection between environment and sport.</p> <p>Step 5: Participants will learn about Green Zines and can contribute by finding an item and sharing a quote.</p>
Minimum number of participants	15 participants
Participants Requirements	Good physical health
Intergenerational aspect fostered	Mixed teams with young athletes and their guardians



Proposed sport activity	Qigong
Equipment/Material needed	-
Justification of the sports activity and link with the Natural Element	The connection between Qigong and Air element is based on the meaning of the Qigong and the combination of two words "qi," which means "subtle breath" or "vital energy," and "gong," which translates to "skill cultivated through steady practice." (Everyday Health). Qigong originated from field workers, who used gentle exercises to release stress after labour by imitating animals.
Educational Activity	<u>Group guided discussion:</u> During the sporting activity, participants will have the opportunity to exercise in nature and develop an ecological mindset about the importance of protecting nature, animals, trees etc. At the end of the sport activity, participants will discuss possible threats sports have towards the environment.
Justification of the Educational Activity and link with the Natural Element	Educational activity is directly related to breath/oxygen and trees/forests protection and their importance to the air element will be addressed during the discussion.



Iceland

1. Forest walk in Elliðarársdalur

Forest walk in Elliðarárdalur	
Natural Element concerned	Earth
Event's Rationale	This event aims to spread awareness of green areas inside the city and the importance of forestry for our earth
Logistics / Preparations	<ol style="list-style-type: none"> 1. Find the path taken. 2. Determining the date and time. 3. Event communication and dissemination on social media and relevant channels 4. Safety Precautions (first aid kit, phone, etc.)
Minimum number of participants	Min 4 people
Participants Requirements	Able to walk (no wheelchair access)
Intergenerational aspect fostered	Mixing all ages reflecting on the forest life and necessity of it inside the city
Proposed sport activity	Forest Walk
Equipment/Material required	Shoes and clothes fitting the weather conditions
Justification of the sports activity and link with the Natural Element	Walking in a forest area and reflecting on what is necessary for the earth to prosper.
Educational Activity	Discussion on why the green areas are important for the city. Both from a safety perspective and also emotionally for the people.



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Justification of the Educational Activity and link with the Natural Element

The above educational activity promotes reflection of the necessity of green areas inside cities.



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2. Hiking in a lava field

Hiking in a lava field	
Natural Element concerned	Earth
Event's Rationale	This event will help boost the existing knowledge of the formation of Iceland on lava and how it is the foundation for this island.
Logistics / Preparations	<ol style="list-style-type: none"> 1. Finding hiking trails 2. Setting a date and time 3. Safety measures (e.g., first aid kit, emergency meeting points) 4. Equipment and materials (e.g., orienteering maps, compasses, markers, fire hydrant information sheets, resources required for educational activities) 5. Event's communication and dissemination on social media and relevant channels
Minimum number of participants	4
Participants Requirements	<ul style="list-style-type: none"> ● Need to be physically capable of walking in rougher terrain ● Having appropriate clothing for the weather conditions
Intergenerational aspect fostered	It will be educational on formation of Iceland the island and how important lava is in the structure of Iceland.
Proposed sport activity	Hiking
Equipment/Material required	Hiking shoes and warm clothing that match the weather conditions



Justification of the sports activity and link with the Natural Element	Hiking in the lava field will give on location education of the formation of Iceland. How it has built the earth we stand on.
Educational Activity	During the walk through the lava field, we will get educational lecture and discussion about what we are seeing and how the formation of the landmass is lava and the nature that is growing from it.
Justification of the Educational Activity and link with the Natural Element	Living in Iceland you are surrounded by lava fields and unique nature. It is important to understand and see how different it is by walking around and in it. It will give hands-on education while enjoying the unique landscape.



3. Plogging at a beach

Plogging at a beach	
Natural Element concerned	Water
Event's Rationale	This event is to raise awareness of how much trash goes into the oceans and how it returns to the beaches.
Logistics / Preparations	<ol style="list-style-type: none"> 1. Finding a beach 2. Determining the date and time. 3. Event's communication and dissemination on social media and relevant channels 4. Safety measures (e.g., first aid kit, emergency meeting points)
Minimum number of participants	4
Participants Requirements	<ul style="list-style-type: none"> ● Good physical Fitness: Participants should be capable of running abnormal ground and bending down to collect litter. ● Comfortable Attire: Encourage participants to wear comfortable clothing suitable for physical activity. This includes breathable and moisture-wicking fabrics, appropriate footwear (such as running shoes), and clothing suitable for the prevailing weather conditions.
Intergenerational aspect fostered	Getting all age groups to reflect on their own trash disposal and how much each one of us can affect the ocean around us
Proposed sport activity	Plogging
Equipment/Material required	Trash bags



Justification of the sports activity and link with the Natural Element	Plogging will be done at the beach as often it is trashed that has come with the tide and has been in the ocean. This will make sure it doesn't go back into the ocean.
Educational Activity	The educational activity will be going over the trash that is collected and recycling it. It will be a lesson on how to recycle and the importance of safely disposing of your trash.
Justification of the Educational Activity and link with the Natural Element	The link between the activity and the natural element is that cleaning the beach will help clean the ocean a small part at a time.



4. Swimming in the sea

Swimming in the sea	
Natural Element concerned	Water
Event's Rationale	This event will focus on education about the oceans' health and close by nature
Logistics / Preparations	<ol style="list-style-type: none"> 1. Finding a beach suitable for swimming 2. Finding hiking paths around the beach to reflect on the ocean and the beaches close by 3. Dissemination of it to get participants. 4. Safety measures (e.g., first aid kit, emergency meeting points)
Minimum number of participants	4
Participants Requirements	<ul style="list-style-type: none"> ● Good physical health ● Proper clothing to swim in the cold sea ● Able to swim
Intergenerational aspect fostered	Getting the young and the old to visually reflect on conditions of the area surrounding the beach and then swim in it.
Proposed sport activity	Swimming in the sea
Equipment/Material required	Proper clothing to swim in the sea
Justification of the sports activity and link with the Natural Element	Swimming in the sea connects a sports activity that usually is done in artificial pools to connect directly into a natural element.
Educational Activity	The educational activity will be a lecture from an expert on oceans health afterwards will be a discussion in the group.



Justification of the Educational Activity and link with the Natural Element

Educational activity and link with the natural element is being in the natural element after a lecture and discussion about the oceans health.



5. Frisbee golf

Mountaineering	
Natural Element concerned	Air
Event's Rationale	This event will be in frisbee golf courses in nature.
Logistics / Preparations	<ol style="list-style-type: none"> 1. Choosing a suitable location 2. Determining the date and time, and checking the weather forecast 3. Equipping with the necessary props 4. Event dissemination and recruitment of participants 5. Safety measures (e.g., first aid kit, emergency meeting points)
Minimum number of participants	4
Participants Requirements	<ul style="list-style-type: none"> ● Good physical Fitness: Participants should be capable of running abnormal ground and bending down to collect litter. ● Comfortable Attire: Encourage participants to wear comfortable clothing suitable for physical activity. This includes breathable and moisture-wicking fabrics, appropriate footwear (such as running shoes), and clothing suitable for the prevailing weather conditions.
Intergenerational aspect fostered	Frisbee golf will implement the element of air will the frisbee flying through the air
Proposed sport activity	Frisbee golf
Equipment/Material required	Comfortable attire Frisbee's





Justification of the sports activity and link with the Natural Element	Frisbee golf is played outside in nature. The frisbee flies smoother in cleaner air than polluted which and it links to air quality how easy it is to throw it far.
Educational Activity	Talking about air pollution and the effects it can have on us it can easily be shown in the flight of a frisbee dampens and isn't as smooth in polluted air.
Justification of the Educational Activity and link with the Natural Element	The air quality we live in isn't granted and should be preserved. The visual effect it can have for students to know the frisbee doesn't fly as well in pollution can have the effect, they think about that more. Breathing pollution is not good.



6. Orienteering

Orienteering	
Natural Element concerned	Air
Event's Rationale	The event will take place in an open green area.
Logistics / Preparations	<ol style="list-style-type: none"> 1. Finding location 2. Date and Time 3. Safety measures (e.g., first aid kit, emergency meeting points) 4. Equipment for orienteering. 5. Recruitment of participants 6. Making signs and markings for the game on the app
Minimum number of participants	10
Participants Requirements	<ul style="list-style-type: none"> ● Physical ability to walk for a long period in various terrain ● Comfortable attire
Intergenerational aspect fostered	Getting young and old to participate in the game and use their knowledge to keep going.
Proposed sports activity	Orienteering
Equipment/material needed	<ul style="list-style-type: none"> ● Markings ● Smartphone
Justification of the sports activity and link with the Natural Element	Orienteering in green areas of the city links with the element of air as it gets people outside of the clustered city and gives them educational information about air quality and the importance of keeping the air fresh inside the city. The informational and challenging



	clues for participants will keep them going and learning more about it.
Educational Activity	In the orienteering will be educational material about air pollution as clues to proceed further in the game.
Justification of the Educational Activity and link with the Natural Element	It will be educational material inside the orienteering game that will connect to air pollution and air cleanliness.



7. Nature walk

Nature walk	
Natural Element concerned	Fire
Event's Rationale	This event will take place in a lava field and it will give good perspective how destruction can rebirth the soil.
Logistics / Preparations	<ol style="list-style-type: none"> 1. Finding a lava field 2. Date and time selection 3. Route planning. 4. Safety measures (e.g., first aid kit, emergency meeting points) 5. Recruiting participants
Minimum number of participants	4
Participants Requirements	<ul style="list-style-type: none"> ● Physical health to walk for extended periods in rough terrain. ● Comfortable and proper attire
Intergenerational aspect fostered	Helping see that destruction can bring back life to the earth
Proposed sports activity	Nature walk
Equipment/Material required	Good hiking shoes and clothes that fit the weather conditions
Justification of the sports activity and link with the Natural Element	Walking and observing nature being reborn in old lava connects fire and destruction with the rebirth of nature.
Educational Activity	Group discussions and reflection
Justification of the Educational Activity and link with the Natural Element	Helps both the young and the old to observe the nature coming from the ground that was destroyed by volcanic activity. It shows how





powerful nature is to survive in such harsh conditions and life can sprout out from such destruction.



8. Yoga

Yoga	
Natural Element concerned	Fire
Event's Rationale	This event connects the surrounding former area of sin fires and relaxing and reflecting on such events.
Logistics / Preparations	<ol style="list-style-type: none"> 1. Finding a former sin fire 2. Date and time selection 3. Safety measures (e.g., first aid kit, emergency meeting points) 4. Recruiting participants
Minimum number of participants	4
Participants Requirements	Clothing to be able to walk to the fields and clothing to participate in yoga
Intergenerational aspect fostered	Getting participants to see the ground of fire disaster and how much ruin can be cause by sine fires to the nature and mediated on that
Proposed sports activity	Yoga
Equipment/Material Needed	<ul style="list-style-type: none"> ● Flexible clothing ● Warm clothing ● Good shoes
Justification of the sports activity and link with the Natural Element	Yoga will help people process and mediated on the surrounding burned ground and the cause of it often being human actions. That one small act like throwing away a lit cigarette can cause so much devastation.
Educational Activity	Learning about sine fires with lectures and and how important to be aware of using fire in nature and how much damage small things can have



Justification of the Educational Activity and link with the Natural Element

The connection between the educational activity and the natural element of fire is visualised by looking at the destruction of nature due to human actions. Human errors that a lot of us have done in the past without the catastrophic destruction that can happen. This will help people reflect on their actions and hopefully future actions.



Slovenia

1. Eco-Orienteering Adventure

Eco-Orienteering Adventure	
Natural Element concerned	Water
Event's Rationale	Orienteering occurs in natural settings, such as forests, parks, and open landscapes. By participating in this sport, individuals directly experience the beauty and significance of nature, creating a stronger connection to environmental issues like recycling and nature conservation.
Logistics / Preparations	<ol style="list-style-type: none"> 1. Organising the event with the help of the Orienteering Club. 2. Scheduling the event, providing needed equipment (compass and map), and orienteering guides. 3. Marking orienteering course, setting checkpoints 4. Set up different eco-challenge stations throughout the orienteering course. 5. The orienteering court must allow monitoring of participants in case they miss the route.
Minimum number of participants	8
Participants Requirements	<ul style="list-style-type: none"> ● Basic knowledge of orienteering and using a compass ● Basic fitness ability ● Proper clothing and footwear
Intergenerational aspect fostered	Participants will be grouped in pairs, mixed ages and genders, and can also be parents and children.
Proposed sport activity	Orienteering
Equipment/Material required	<ul style="list-style-type: none"> ● Compasses ● Orienteering maps ● Pen/marker ● Timer

<p>Justification of the sports activity and link with the Natural Element</p>	<p>Using orienteering to raise awareness of the importance of recycling and the renewal of nature can be a unique and impactful approach. Orienteering is a sport that involves navigating through natural environments using a map and compass.</p> <p>Orienteering focusing on the water element enriches the educational experience by combining physical fitness, environmental awareness, navigation skills, teamwork, emotional well-being, and appreciation for water-based recreation. This multi-faceted approach to learning enhances participants' physical health, nurtures their connection with nature, and develops their sense of environmental responsibility.</p>
<p>Educational Activity</p>	<p>On the checkpoints, eco-challenge tasks will be set, e.g.</p> <ul style="list-style-type: none"> ● Answer questions about the water cycle in nature and use of water. ● Connection of natural elements, especially of water, and keeping balance, preventing natural disasters. ● Facilitating a discussion after the event about the lessons learned during the eco-challenge stations and their relevance to the environment and sustainability. <p>Educational activities will take various forms:</p> <ul style="list-style-type: none"> ● on field tasks ● field trip(orientation) ● hands-on experiences. <p>After the event, reflection will allow participants to share their experiences, insights, and ideas for promoting environmental awareness in general and regarding water.</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>By incorporating educational elements into the orienteering event, participants enjoy the adventure and physical activity and better</p>



understand the environment and their role in preserving it. This approach can foster a sense of environmental responsibility and encourage participants to become advocates for sustainable practices in their communities.

Orienteering is a recreational and competitive sport that involves navigating through unfamiliar terrain using a map and compass to find specific checkpoints. This activity has inherent educational benefits, promoting physical fitness, spatial awareness, problem-solving skills, and a deeper connection with nature.



2. Green School sport day

Green School sport day	
Natural Element concerned	Earth
Event's Rationale	Integrating environmental conservation and awareness into the school's sports day fosters a sense of responsibility and care for nature among students.
Logistics / Preparations	Planning a guided nature walk within the nearby natural areas, e.g. forest, river banks, hills, etc., allows students to observe and appreciate the local environment.
Minimum number of participants	10
Participants Requirements	Proper clothing and footwear
Intergenerational aspect fostered	Event is a part of school sports activities; teachers organise school teams and motivate them to join.
Proposed sport activity	Walking
Equipment/Material required	Walking shoes
Justification of the sports activity and link with the Natural Element	Green Sports Day is an innovative event that collaborates with the school's annual sports day to promote nature preservation and environmental awareness among students, staff, and parents. By incorporating eco-friendly practices and educational activities, the event aims to inspire the school community to become environmental stewards.
Educational Activity	The word "earth" has two meanings. It can refer to the planet we live on, Earth, or it can refer to the land or soil that we inhabit and cultivate. In both aspects, it is essential to have a proper relationship with both the Earth as a whole and the land as the surface that provides us with the opportunity for life (food, shelter, etc.). Preserving the Earth and the ground is a



necessary imperative for our existence.

Activity Steps:

Introduction: Begin the activity by explaining to the students the two meanings of the word "earth." You can provide examples and context for each purpose. Emphasise that both meanings are profoundly interconnected and essential for our survival.

Discussion and Brainstorming: Engage the students in a brainstorming session. Ask them to think about and share ideas on how Earth as a planet and Earth as a land are essential for human existence. Encourage them to consider food production, shelter, natural resources, and environmental balance.

Group Activity: Divide the students into small groups and assign each group one aspect of the Earth's importance (e.g., food production, environmental balance, natural resources). In their groups, students should discuss and create a list of reasons why preserving the Earth and its land is crucial for that particular aspect.

Presentation: Have each group present their findings to the class. Encourage them to share their insights and discuss them with the whole class. You can use a whiteboard or digital platform to record key points from each group.

Reflection: Initiate a reflective discussion with the entire class after the presentations. Ask questions like:

What did you learn from this activity?

How do the two meanings of "earth" relate to each other daily?

What concrete actions can we take to preserve the Earth and its land?

How can we balance using the land for our needs and protecting it for future generations?

Group Discussion: Encourage students to



	<p>discuss these questions in small groups or pairs before sharing their thoughts with the class. This allows for deeper reflection and learning from one another.</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>Educational activities will take various forms:</p> <ul style="list-style-type: none"> ● on field lectures, discussions ● field trip ● hands-on experiences. <p>By integrating environmental conservation and awareness into the school's sports day, Green Sports Day instils in students a deep appreciation for nature and the importance of protecting the environment. The event also empowers the school community to take proactive steps towards sustainability and serves as a model for promoting eco-friendly practices in other aspects of their lives.</p> <p>Educational benefits:</p> <p>Critical Thinking: This activity promotes critical thinking as students analyse the interconnectedness of the Earth and its land with human life.</p> <p>Collaboration: Group work encourages cooperation and the exchange of ideas among students.</p> <p>Reflection: The reflective aspect of the activity helps students internalise the importance of environmental conservation.</p> <p>Action-Oriented: Students are encouraged to take responsibility for the environment and make positive changes by discussing concrete actions.</p> <p>Interdisciplinary Learning: This activity can be integrated into various subjects, including science, geography, ethics, and social studies, making it a comprehensive learning experience.</p>

3. Eco-Frisbee-golf challenge

Eco-Frisbee-golf challenge





Natural Element concerned	Fire
Event's Rationale	To raise awareness about environmental conservation and fire safety through a fun and engaging frisbee golf event.
Logistics / Preparations	Participants will be divided into teams and guided through the course, aiming to complete each hole with the fewest throws possible. At each station, participants will receive educational materials, engage in short activities, and answer questions related to the environmental theme.
Minimum number of participants	10
Participants Requirements	Youth from age 18 to 25
Intergenerational aspect fostered	Joint reflection on activities
Proposed sport activity	Frisbee Golf
Equipment/Material required	Frisbee Golf Course
Justification of the sports activity and link with the Natural Element	Frisbee golf, linked with the natural element of fire, combines physical activity, ecological understanding, teamwork, and appreciation for the environment innovatively and educationally. The Eco-Frisbee Golf Challenge is a unique event that combines the excitement of frisbee golf with crucial education on environmental protection and fire safety. Participants will enjoy playing frisbee golf on a specially designed course while learning about preserving nature and preventing wildfires. Since the activity will occur inside the woods, preserving nature against fires will be the main link.
Educational Activity	At each station, participants will receive educational materials, engage in short activities, and answer questions related to the



environmental theme.

After the event, reflection will allow participants to share their experiences, insights, and ideas for promoting environmental awareness in general and regarding fire.

Activity Components:

Introduction: Begin by explaining the purpose and goals of the Eco-Frisbee Golf Challenge to the participants, setting the context for the activity.

Educational Stations: Along the frisbee golf course, place designated educational stations. Each station should focus on a specific aspect of environmental protection and fire safety. For example:

Station 1: "The Fire Triangle" – Explain the three elements necessary for a fire to occur and how they relate to the environment.

Station 2: "Native Plant Identification" – Teach participants about the importance of native plants in fire prevention.

Station 3: "Leave No Trace" – Discuss responsible outdoor behaviour to minimise environmental impact.

Station 4: "Wildfire Prevention Tips" – Share practical advice on preventing wildfires and protecting natural habitats.

Reflection Period: After completing the frisbee golf course and educational stations, gather participants for a reflection session. Encourage them to share their experiences, insights, and newfound knowledge about environmental protection and fire safety. Use open-ended questions to stimulate discussion.

Ideas for Action: During the reflection session, ask participants to brainstorm ideas for promoting environmental awareness in their daily lives and communities. Encourage them to think about how they can prevent wildfires and



	<p>preserve nature.</p> <p>Follow-up Resources: Provide participants with additional resources, such as websites, books, or local environmental organisations, to support their ongoing learning and engagement in environmental protection.</p> <p>Key Benefits:</p> <p>Hands-On Learning: The combination of physical activity and interactive educational stations offers a hands-on learning experience that appeals to various learning styles.</p> <p>Environmental Awareness: Participants gain a deeper understanding of the environment and its vulnerabilities, particularly about fire.</p> <p>Teamwork: Frisbee golf is often played in teams, fostering participant collaboration and communication.</p> <p>Appreciation for Nature: The activity promotes a greater appreciation for the natural world and the importance of preserving it.</p> <p>Reflection and Action: The reflection component encourages participants to internalise their experiences and take meaningful steps toward environmental stewardship.</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>Frisbee golf, also known as disc golf, is a fun and engaging sport that combines elements of traditional golf and flying disc games. Players use specialised frisbees to navigate a course with designated targets, attempting to complete the course with the fewest throws possible. When frisbee-golf is linked with the natural element of fire, it adds a unique and educational dimension to the activity. In this justification, we will explore the educational significance of frisbee-golf, focusing on the fire element, emphasising its impact on physical health, ecological understanding, teamwork, and appreciation for the natural environment.</p> <p>The Eco-Frisbee Golf Challenge aims to create a</p>





memorable experience for participants while fostering a deeper understanding of the need to protect the environment and prevent wildfires. By combining sports with environmental awareness and fire safety education, the event promotes a sense of responsibility and empowers individuals to make positive changes in their communities.

Linking frisbee-golf with the natural element of fire provides an opportunity to educate participants about fire management and its ecological impact. When appropriately used in natural areas, controlled fires can promote biodiversity, remove invasive species, and encourage new growth. During the frisbee-golf activity, participants can be informed about the role of fire in maintaining healthy ecosystems and how human interventions can either help or harm natural habitats.



4. Clean Air Hike

Clean Air Hike	
Natural Element concerned	Air
Event's Rationale	To raise awareness about air pollution and its environmental impact while promoting eco-friendly practices through a hiking event.
Logistics / Preparations	<ol style="list-style-type: none"> 1. The event will be in the form of hiking the selection of a trail with beautiful views to enhance participants' appreciation for clean air and the natural environment. 2. Organization of a guided hike through a natural area with clean air and minimal pollution. Distribution of schedule and general instruction on hiking and walking in nature.
Minimum number of participants	10
Participants Requirements	<ol style="list-style-type: none"> 1. Proper clothing and footwear 2. Basic physical fitness
Intergenerational aspect fostered	The event will include families.
Proposed sport activity	Hiking
Equipment/Material required	Outdoor clothing and equipment (shoes, backpack,...)
Justification of the sports activity and link with the Natural Element	<p>Hiking is the most common activity among the Slovenian population. Usually, destinations are forests and mountains, and hiking is considered "taking fresh air".</p> <p>The Clean Air Hike is a purposeful event that combines the joy of hiking with a strong focus on environmental protection, especially air quality. The event aims to educate participants about the importance of clean air and inspire them to adopt sustainable habits that reduce</p>

	<p>air pollution and contribute to a healthier planet.</p>
<p>Educational Activity</p>	<p>The Clean Air Hike event fosters a sense of responsibility and empowerment among participants to protect the environment, specifically, the air we breathe.</p> <p>Participants will be encouraged to discuss low-impact hiking practices, such as staying on designated trails, minimising noise pollution, properly disposing of waste and offsetting their carbon footprint.</p> <p>Participants will learn about the sources of air pollution, its effects on the atmosphere, and its association with climate change. As they gain this knowledge, a sense of responsibility to protect the air we breathe naturally arises, motivating them to take actions that minimise their contribution to air pollution.</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>Participants in the Clean Air Hike event are educated about low-impact hiking practices. They are made aware of the significance of staying on designated trails, which helps preserve the natural habitat and prevents further damage to sensitive ecosystems. Discussions on minimising noise pollution also highlight the importance of respecting wildlife and reducing disturbances in their natural habitats.</p> <p>The event emphasises proper waste disposal as a critical aspect of low-impact hiking. Participants are encouraged to adopt the "Leave No Trace" principles, ensuring they carry out all their trash and dispose of it responsibly after the hike. This practice reinforces the idea that every individual's actions impact the environment and that responsible waste management is a simple yet effective way to</p>



protect air quality.

By combining hiking with environmental education and practical actions, the event inspires individuals to become advocates for clean air. It encourages them to make eco-conscious choices in their daily lives for a more sustainable future.



5. Swim with “Dolphins”

Swim with “Dolphins”	
Natural Element concerned	Water
Event’s Rationale	<p>To promote environmental consciousness, water conservation, and inclusion in aquatic activities for persons with disabilities (PWD) through a swimming event.</p> <p>“Dolphins” are a group of PWDs organised in a swimming club. Their activities encompass competition, recreational swimming, and social inclusion activities for PWDs and their parents. The event will occur by swimming in the lake for PWDs and parents.</p>
Logistics / Preparations	<ol style="list-style-type: none"> 1. Promotion of the event 2. safety requirements.
Minimum number of participants	10
Participants Requirements	Swimwear and proper clothing for after swimming, basic swimming skill
Intergenerational aspect fostered	Including children and parents in joint activity.
Proposed sport activity	Swimming
Equipment/Material required	<ul style="list-style-type: none"> ● Swimming equipment and adaptive swimming equipment, e.g. swim aids and flotation devices: These include items like swim belts, swim floats and noodles life jackets, and inflatable vests specially designed to help individuals with limited mobility or buoyancy issues stay afloat and maintain proper body position in the water. ● Skilled volunteers to ensure everyone can participate comfortably and safely.

<p>Justification of the sports activity and link with the Natural Element</p>	<p>The event will take place in a lake, aiming to create a safe and welcoming space for participants of all abilities, including persons with disabilities, to enjoy the water while learning about the importance of protecting our water resources.</p>
<p>Educational Activity</p>	<p>Discussion on industry effects on the environment. Topics of discussion: Explain the importance of environmental awareness and how everyone, including people with disabilities, can contribute to preserving our planet. Emphasise that the swimming event is not just about physical activity but also about learning and making a positive impact. Provide information about the importance of aquatic ecosystems and biodiversity. Discuss the importance of water conservation and ways to reduce water wastage. Provide practical tips for conserving water at home and in daily life. Highlight the issue of plastic pollution in water bodies. Show examples of plastics commonly found in aquatic environments and discuss the harm they cause to marine life. Share strategies for reducing plastic use. Conclusion and Reflection: Gather participants for a group discussion. Encourage them to share what they've learned and how they can apply this knowledge in their daily lives to promote environmental conservation. Ask open-ended questions to stimulate discussion and reflection.</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>The event seeks to foster a deeper connection between participants and water resources by combining swimming with environmental awareness and inclusion. Through educational activities and inclusive practices, the event inspires individuals to advocate for water conservation and environmental protection while promoting equal access and opportunities for PWDs in aquatic</p>

	activities.
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Plogging

Plogging	
Natural Element concerned	Earth
Event's Rationale	To raise environmental awareness and promote Earth conservation through a plogging event
Logistics / Preparations	<ol style="list-style-type: none"> 1. Organise a plogging run/walk where participants will jog or walk along designated routes while collecting litter along the way. 2. Participants will receive gloves and eco-friendly bags for waste collection.
Minimum number of participants	8
Participants Requirements	<ul style="list-style-type: none"> • Proper clothing and footwear • Good physical health.
Intergenerational aspect fostered	Activity for families
Proposed sport activity	Plogging
Equipment/Material required	Gloves and eco-friendly waste bags
Justification of the sports activity and link with the Natural Element	Plogging takes jogging to the next level by incorporating litter collection while doing an outdoor activity. Participants pick up trash they come across during their jog, contributing to a cleaner and more enjoyable natural environment.
Educational Activity	<p>Discussion on the importance of a clean environment and interconnectedness of ecosystems.</p> <p>Topics of discussion:</p> <p>Explain the importance of environmental awareness and how everyone can contribute to preserving our planet. Emphasise that the event is about physical activity, learning and making a positive impact.</p>



	<p>Provide information about the importance of ecosystems and biodiversity.</p> <p>Discuss the importance of earth preservation. Provide practical tips.</p> <p>Highlight the issue of plastic pollution. Show examples of plastics commonly found in environments and discuss the harm they cause to our lives. Share strategies for reducing plastic use.</p> <p>Conclusion and Reflection:</p> <p>Gather participants for a group discussion. Encourage them to share what they've learned and how they can apply this knowledge in their daily lives to promote environmental conservation. Ask open-ended questions to stimulate discussion and reflection.</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>By combining plogging with environmental awareness activities, the event fosters a sense of responsibility and empowerment in participants to protect the planet. The event promotes the idea that small individual actions, like picking up litter and making eco-conscious choices, can collectively lead to significant positive changes for Earth's conservation, inspiring a community of environmentally-conscious individuals who work together to preserve our beautiful planet.</p> <p>The discussion is closely linked to the natural element of Earth as it primarily focuses on environmental awareness, ecosystem interconnectedness, and the importance of preserving the Earth.</p> <p>Here's how each part of the discussion is connected to the natural element of Earth:</p> <p>Importance of Environmental Awareness: This sets the stage for the discussion by emphasising that our planet, Earth, is our</p>



shared home, and it's crucial for everyone to be aware of how their actions impact the environment. It highlights the interconnectedness of all living beings with the Earth's ecosystems.

Ecosystems and Biodiversity: The discussion on the importance of ecosystems and biodiversity directly relates to the Earth's natural systems. Ecosystems are the Earth's life support systems, and biodiversity is the variety of life forms on Earth. It underscores how all living organisms, including humans, rely on healthy ecosystems for survival and well-being.

Earth Preservation: When discussing the importance of Earth preservation and providing practical tips, you are addressing the need to take care of our planet's natural resources. This relates directly to Earth as the physical environment where we live and highlights our responsibility to protect and sustain it for future generations.

Plastic Pollution: The issue of plastic pollution is a clear example of how human activities can negatively impact the Earth. Plastics derived from Earth's resources can harm ecosystems and pose risks to wildlife and human health. Discussing plastic pollution demonstrates the consequences of not respecting the Earth's natural balance and offers strategies to mitigate these effects.

Conclusion and Reflection: Gathering participants for a group discussion and reflection reinforces the connection to Earth by encouraging individuals to consider how they can contribute to environmental conservation. It fosters a sense of responsibility towards the Earth and its ecosystems.





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7. Eco-Trekking

Eco-Trekking	
Natural Element concerned	Fire
Event's Rationale	To promote fire safety awareness and environmental conservation through an immersive trekking experience in a natural setting.
Logistics / Preparations	<p>The organisation of 2 days of trekking in cooperation with a scouting or mountaineering club:</p> <p>Destination Selection: Choose a trekking route that starts and ends at the permanent starting point and includes a mountain hut for overnight stays.</p> <p>Itinerary Planning: Create a detailed itinerary specifying the trekking route, daily distances, estimated hiking times, and overnight stays at the mountain hut.</p> <p>Secure any necessary permits for the trek and make reservations at the mountain hut.</p> <p>Gear and Equipment: Compile a gear list, including backpacks, tents (if needed), sleeping bags, etc..</p> <p>Ensure participants have appropriate clothing and footwear for the trek.</p> <p>Food and Water: Plan meals and snacks for each day.</p> <p>Determine if there are cooking facilities at the mountain hut.</p> <p>Identify water sources along the route.</p>
Minimum number of participants	10
Participants Requirements	Regular physical fitness, backpack, first aid, enough clothing to change if needed.
Intergenerational aspect fostered	The integrational aspect of a trekking event refers to the inclusion and participation of diverse individuals, irrespective of their abilities,



	backgrounds, or experiences. Integrational aspects in a trekking event foster an inclusive environment where all participants feel welcome, respected, and valued.
Proposed sport activity	Trekking
Equipment/Material required	Outdoor equipment: hiking shoes, all-weather clothes, sleeping bag, backpack.
Justification of the sports activity and link with the Natural Element	<p>Trekking through various natural terrains allows participants to witness the ecological significance of fire.</p> <p>While fire is vital for some ecosystems, it can also pose a significant threat when it occurs unnaturally or out of control.</p> <p>By linking trekking with the natural element of fire, participants can understand fire's role in ecosystems, its impacts on the environment, and the importance of fire safety and conservation efforts. This experiential learning approach enhances participants' awareness of the ecological balance and empowers them to advocate for sustainable practices and responsible fire management in their communities and beyond.</p>
Educational Activity	Discussion on nature-friendly life habits, the causes of wildfires, the importance of fire prevention, and responsible fire management practices in outdoor settings.
Justification of the Educational Activity and link with the Natural Element	<p>Fire has played an essential role in the development of humankind and is still a significant element in everyday life. However, uncontrolled fire in nature can also be a destructive factor.</p> <p>The Eco-Trek event aims to foster a deeper appreciation for nature while inspiring participants to advocate for responsible outdoor practices and environmental protection by combining trekking with fire safety awareness and environmental conservation activities.</p>





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Through experiential learning and engagement, participants will be empowered to make a positive impact in their communities and contribute to a safer and more sustainable world.



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8. Green Sport Day

Green Sport Day	
Natural Element concerned	Air
Event's Rationale	Multi-sport club members gathering.
Logistics / Preparations	<p>The organisation of social gatherings of members of sports clubs, with sports activities in nature: Plan Date and Location: Choose a date and natural venue. Communicate: Inform members and collect RSVPs. Equipment: Prepare sports gear, first aid, and food. Transport: Share directions and encourage carpooling. Schedule: Create a detailed activity schedule. Safety: Provide first aid. Facilities: Check for restrooms and facilities. Documentation: Capture event moments with photos. Feedback: Gather post-event input for improvement.</p>
Minimum number of participants	10
Participants Requirements	Proper clothing and footwear, food and water
Intergenerational aspect fostered	Intergenerational learning and support, joint reflection
Proposed sport activity	Beach volleyball, badminton/tennis, football, archery
Equipment/Material needed	Sports equipment (rackets, balls, bows, etc.)
Justification of the sports activity and link with the Natural Element	<p>Sports activity will occur in a minor sports resort in nature (a small lake surrounded by woods). Sports activities have long been regarded as essential components of a healthy and fulfilling lifestyle, and their connection with natural elements adds a layer of significance that enhances their benefits. The link between sports</p>

	<p>and natural elements also offers an opportunity to foster environmental awareness and conservation efforts. Athletes and enthusiasts who engage in outdoor sports often develop a deep appreciation for nature. By intertwining sports with nature, individuals improve their physical health and nurture their mental and emotional well-being while fostering a more profound respect for and connection to the environment.</p> <p>In all these sports, interacting with the natural element of air is integral to the gameplay experience. Engaging in these sports in a natural setting, such as a small lake surrounded by woods, allows participants to immerse themselves in the environment, heightening their connection to nature. Additionally, the challenges posed by the outdoor environment promote adaptability and environmental awareness among athletes and enthusiasts. This blend of physical activity and nature appreciation benefits individual well-being and encourages a broader commitment to environmental stewardship and conservation.</p>
<p>Educational Activity</p>	<p>Reflection on elements of nature, especially air</p> <p>Natural Setting: Begin by discussing the natural setting in which the event took place. Ask participants to share their thoughts and feelings about the surroundings, such as the lake, woods, or other natural elements.</p> <p>Environmental Impact: Reflect on the event's environmental impact. Did participants notice any signs of human impact on the environment, and what steps can be taken to minimise this impact in the future?</p> <p>Leave No Trace Principles: Discuss the Leave No Trace principles and how they are applied during the event. Encourage participants to reflect on how these principles can be integrated into their outdoor activities in the future.</p> <p>Environmental Challenges: Talk about ecological</p>





	<p>challenges the natural environment may face, such as pollution, habitat loss, or climate change.</p> <p>Outdoor Ethics: Explore the concept of outdoor ethics, including responsible recreation and sustainable outdoor behaviour.</p> <p>Connection to Nature: Encourage participants to reflect on how the multisport event deepened their connection to nature. Did they gain a greater appreciation for the natural world, and how can this connection be sustained?</p> <p>Environmental Education: Discuss the role of environmental education in outdoor sports and activities. Share resources and opportunities for participants to learn more about the environment.</p> <p>Inspiring Others: Discuss how participants can inspire others to participate in outdoor sports and environmental conservation. Share ideas for community outreach and engagement.</p> <p>Gratitude: Conclude the discussion by expressing gratitude for the opportunity to enjoy the natural environment during the multisport event and emphasising the importance of protecting it for future generations.</p>
<p>Justification of the Educational Activity and link with the Natural Element</p>	<p>The natural element of air is crucial for human health and well-being. Teaching students about the significance of fresh air, proper ventilation, and the importance of outdoor activities can promote a healthy lifestyle. They can learn how air quality affects respiratory health and how access to clean air contributes to overall wellness.</p>



Closing Remarks

In summary, the "Nature's Four Elements Sports Events" encapsulate the fundamental principles and resolute commitment of the "Green League - Sport Alliance for the Environment" project in its quest for a sustainable future. Reflecting upon the events undertaken, it is evident that this initiative has not only disseminated knowledge and motivation but has also cultivated profound connections between the sphere of sports and environmental consciousness. It has left an enduring impact on the participants, catalysing a transformation that extends beyond the confines of sports venues.

The intergenerational dimension of these events has been pivotal to their success. The implemented activities have created a fervour for environmental sustainability that transcends generational boundaries by promoting dialogue and collaboration among diverse age groups. Participants of various age brackets have emerged from these events with a heightened awareness of their environment and a nuanced understanding of the intricate relationship between sports and the environment. The enduring bonds forged through experiential learning are poised to influence their daily lives, contributing to heightened environmental awareness.

Sustainability has been firmly ingrained in the core of the Green League Model. These events have exemplified an unwavering commitment to sustainability, not merely through disseminating awareness but also through their execution in a sustainable and family-oriented manner. The flexibility and adaptability in tailoring sports activities to suit unique environmental conditions underscore the project's steadfast commitment to ensuring relevance and efficacy. This approach ensures that the events maintain their potency while accommodating each locale's specific needs and idiosyncrasies.

Furthermore, incorporating educational and experiential learning components has bridged the chasm between the domains of sports and environmental consciousness. Participants have been encouraged to delve into and appreciate the intricate fabric binding these seemingly distinct realms. This comprehensive approach has enriched their overall experience, fostering a profound realisation of the imperatives of environmental stewardship within the sphere of sports.



The comprehensive guidelines and resources provided by the Green League project equip with the necessary tools and knowledge to conduct events sustainably. Cultivating intergenerational discourse and feedback mechanisms has enhanced the quality of these events and ensured a continual trajectory of improvement. These resources stand as a testament to an unwavering dedication to excellence and efficacy in pursuing the project's objectives.

Looking ahead, the country-specific outlines delineating these transformative sports events will underscore the potency of collaboration and unwavering commitment to environmental sustainability within the Green League project. The distinctive approaches of each participating nation will serve as a vivid canvas, showcasing the adaptability and ingenuity of the project's partners, thereby amplifying the global reach of the project's mission.

In conclusion, the "Nature's Four Elements Sports Events" have been instrumental in fostering a profound and enduring nexus between sports and the environment. This nexus is the impetus behind realising a sustainable and environmentally conscious future.





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