



NATIONAL AGENCY
for European Educational
Programmes and Mobility



YOUTH
on
BOARD



**BÜRGERHAUS
ENNOHAUS**



institute of
Entrepreneurship
Development



IO 1: DEVELOPMENT OF OUTDOOR BASED LEARNING METHODOLOGY

Development of outdoor-based learning methodology

The development of a methodological framework will be focused on the design of specific methodology that will integrate different aspects in the youth work

Integrative approach will be applied. It combines:

- outdoor activities
- storytelling and drama methods
- mental health
- Social interaction and cohesion.

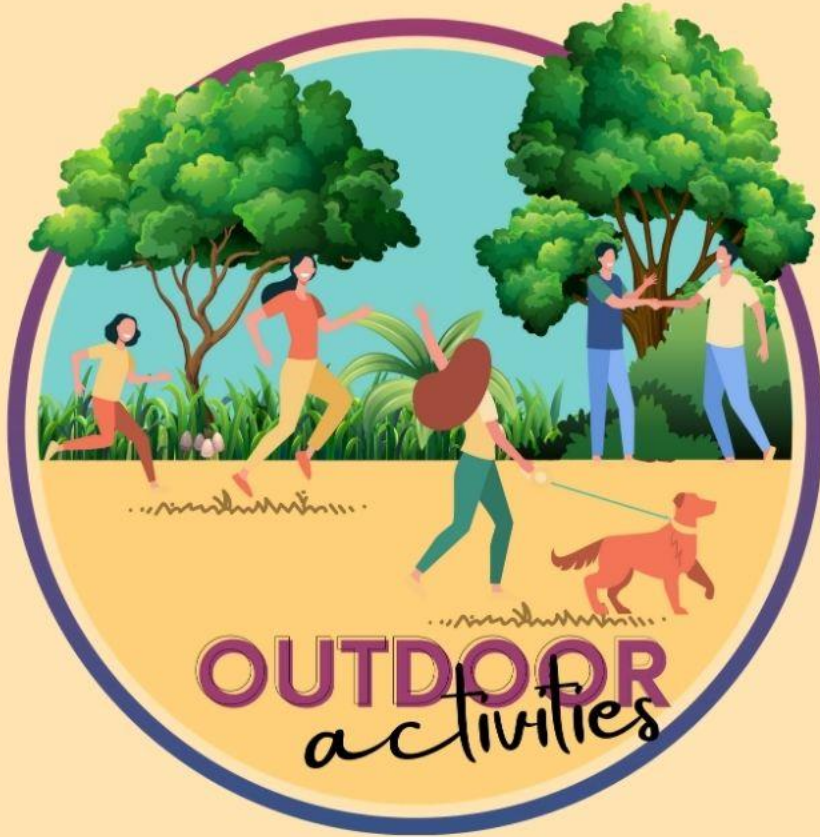
DURATION OF IO1

April, 2021 – November 2022

PERSONS INVOLVED IN IO1

One researcher from each team

WHAT SHOULD WE DO?



DEVELOPMENT OF METHODOLOGICAL FRAME

01
DONE

Should provide tools that will help the project team to collect all required information for possibilities, traditions and experiences for outdoor activities and sports of each partner country; countries experiences with COVID 19; initiatives and interventions for mental health, social connectedness and cohesion etc

02
DONE

STUDY – ONLINE QUESTIONER

Study will be conducted to determine the interests of young people for outdoor activities and their experiences in this segment as bases for further improvement.

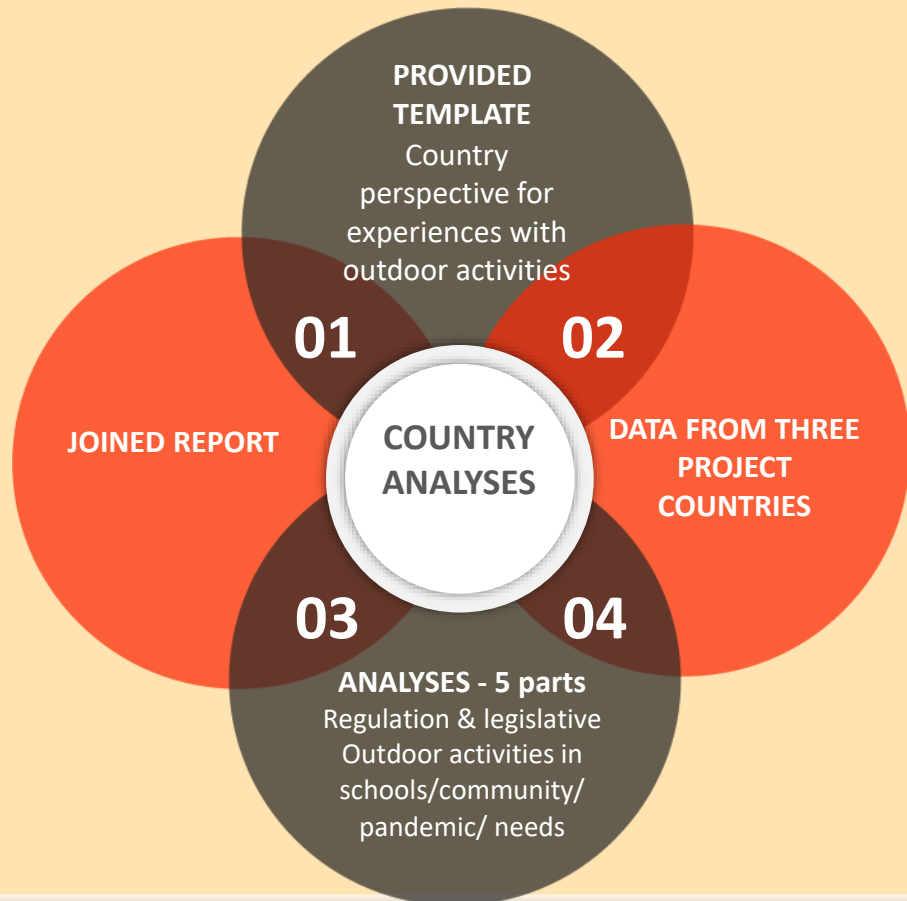
03

Development and application of storytelling and drama method

The application of storytelling and drama method will support the efforts to get closer to young people's personality. It should empower young people self – confidence to seek in their personality, share their experiences and fears, learn not just to speak about their personality but also to listen. This experience will be brought on a higher level by putting personal issues in social context.




IO 1: DEVELOPMENT OF OUTDOOR BASED LEARNING METHODOLOGY



1. DEVELOPMENT OF METHODOLOGICAL FRAME

2. SURVEY



PURPOSE: to identify the interest of young people for outdoor activities; available facilities and resources

LANGUAGE: English
Translated on German, Greek and Macedonian

ADMINISTRATED ONLINE
MAY – JUNE 2021

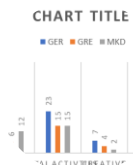
STRUCTURE – 5 PARTS

- 1) experiences with outdoor
- 2) environment
- 3) time& motives,
- 4) outdoor during pandemic
- 2) 5) how youth want to be



RESULTS FROM ONLINE SURVEY

PARTICIPANTS



105 participants
(23y aver.)

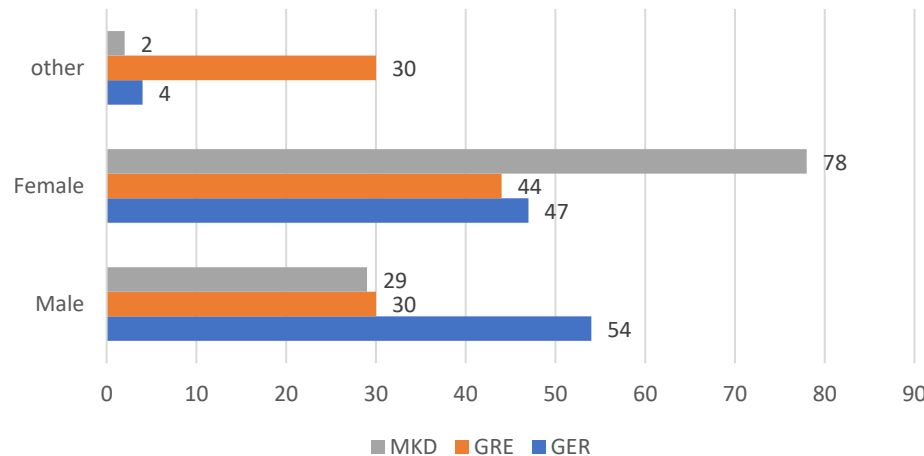


104 participants
(22.7y aver)

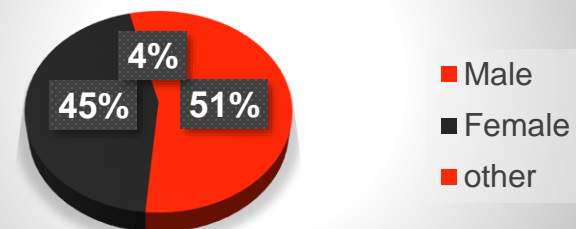


109 participants
(22 aver)

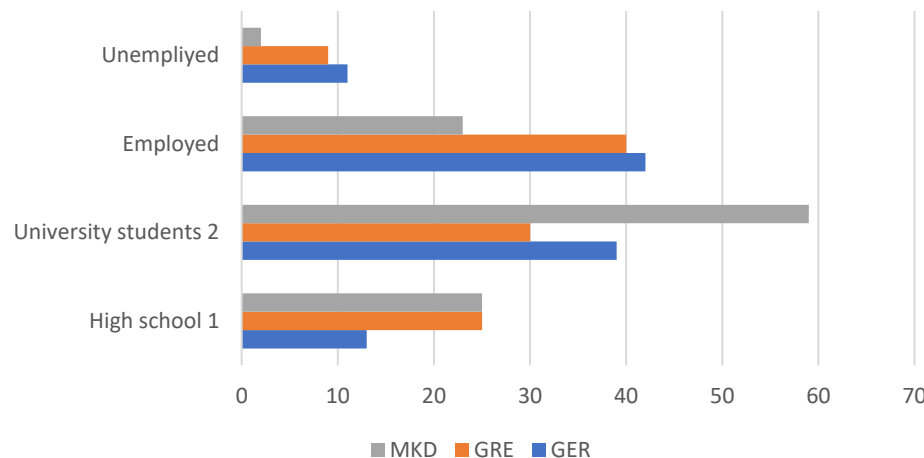
Structure by gender



Gender



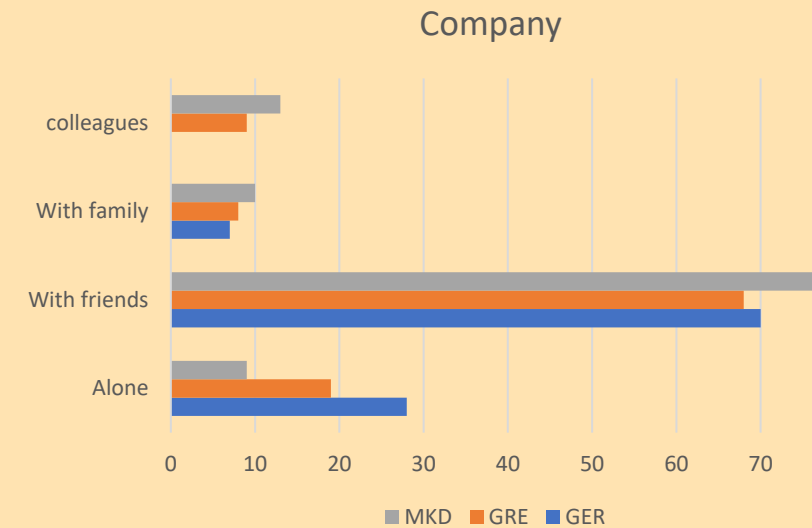
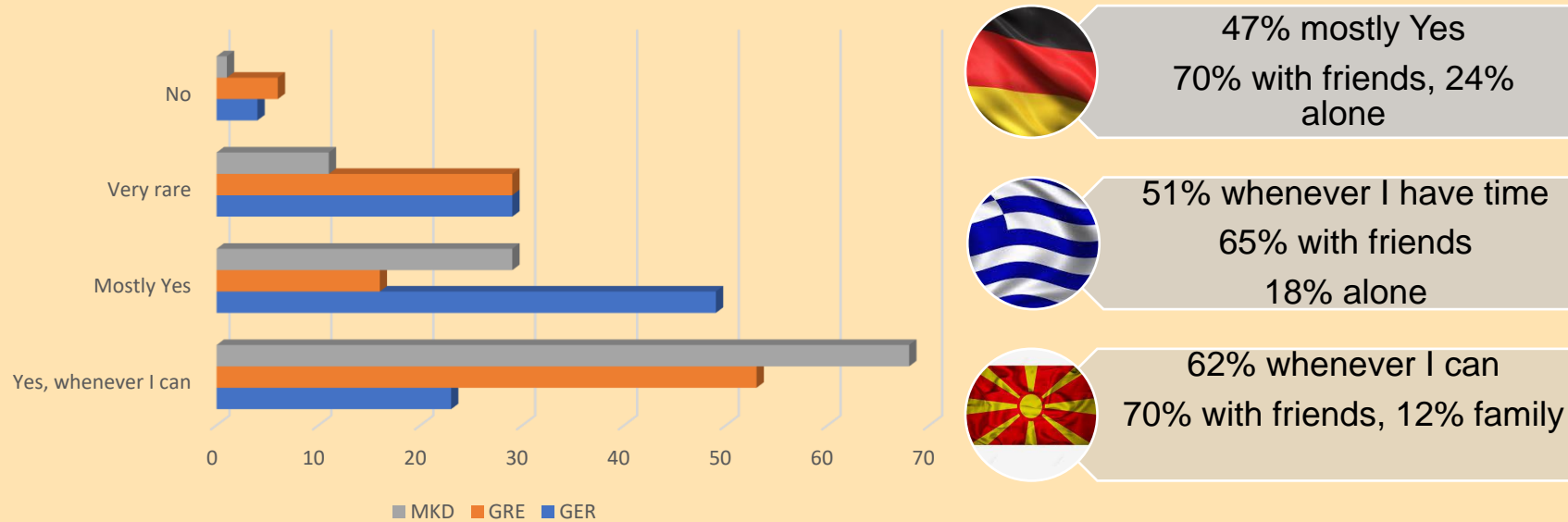
Structure by occupation





RESULTS FROM ONLINE SURVEY

PRACTICING ACTIVITIES IN NATURE



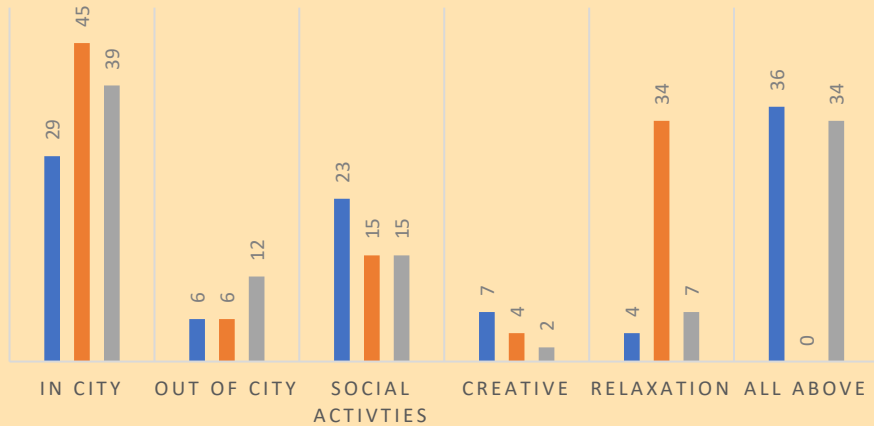


RESULTS FROM ONLINE SURVEY

Forms of outdoor activities

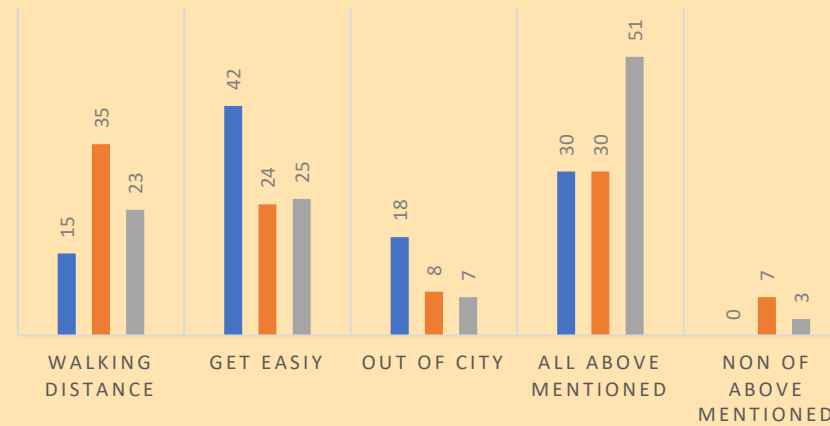
PREFERRED PLACE FOR ACTIVITY

■ GER ■ GRE ■ MKD



PREFERRED LOCATION

■ GER ■ GRE ■ MKD



Main criteria when choosing outdoor activity



Finances, friends and companions



Available time, friends and companions



Available time, finances, friends and companions
Suggested activities

Most frequently preferred outdoor activities: walking in parks, running, picnics, listening to music outdoor, cycling



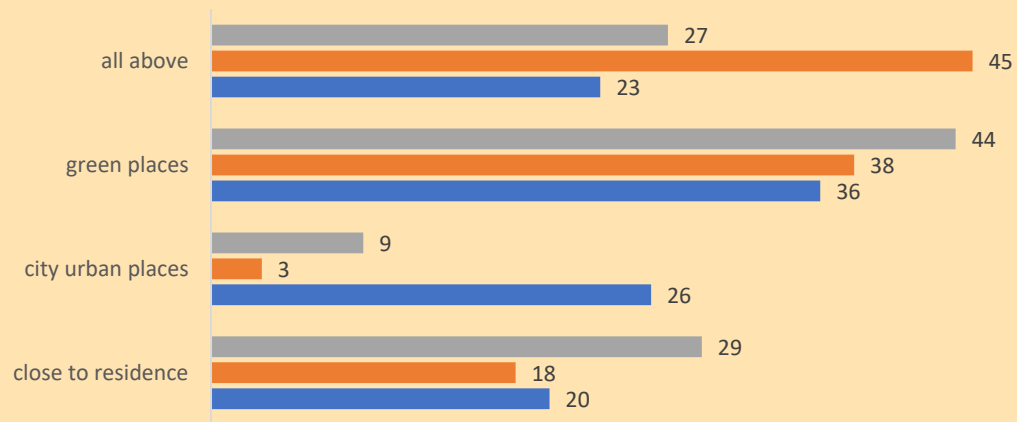
RESULTS FROM ONLINE SURVEY

Enviornment

Main criteria when choosing outdoor activity

Preferred environment

■ MKD ■ GRE ■ GER



Green places (parks, mountains, lake costs 40%,



Green places 34%, city urban places 24 %



All mentioned 43 %, green places 36%

AVAILABLE RESOURCES

		GERMANY	GREECE	NORTH MACEDONIA
1	There are many green spaces available for outdoor activities nearby my place of residence	3	5	5
2	There are many urban zones for outdoor activities, nearby my place of residence	3	5	3
3	Available green spaces and urban zones for outdoor activities are easily accessible by different means of transportation	4	5	3
4	Available green spaces and urban zones for outdoor activities in the city, have places that provides coffee, food and drinks	4	5	3
5	Available green spaces and urban zones for outdoor activities are safe and secure during all day	5	5	3
6	Many outdoor activities are organized at green places and urban zones in my city and nearby	3	5	1
7	Out of my city of residence, there are lot of places that are mapped and with good infrastructure for different outdoor activities	3	5	3
8	Many outdoor activities are organized at places out of the city	3	5	3



**MOST SATISFIED WITH
AVAILABLE RESOURCES**



**SHOULD IMPROVE:
ACCESSIBILITY, SAFETY,
MAPPING, ORGANIZED EVENTS**

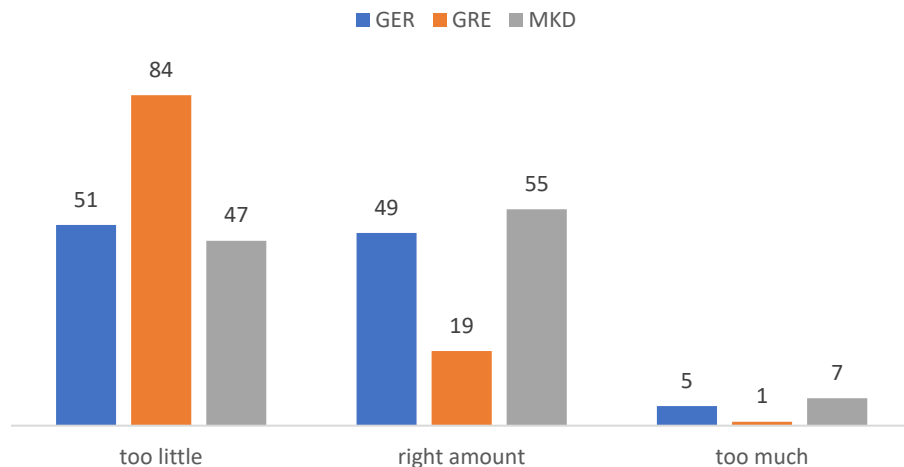


**SHOULD IMPROVE:
NUMBER OF GREEN ZONES IN URBAN PLACES
ORGANIZED OUTDOOR EVENTS, MAPPED TRACKS AND INFRASTRUCTURE**

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TIME SPEND OUTDOOR

TIME SPEND OUTDOOR



TOO LITTLE



SATISFIED



SATISFIED

REASONS FOR BEING LESS OUTDOOR

Too busy with other activities

Lack of organized transportation to preferred destination

Skills, parents support, safety and interests are not issue



REASONS TO BE MORE OUTDOOR

Health benefits – exposure to sun and fresh air, boost immune system

Enjoy in nature – anti stress, good for mental health, positive vibes, Improves creativity, focus

Social benefits – meet new people, contact with friends

Not require many finances



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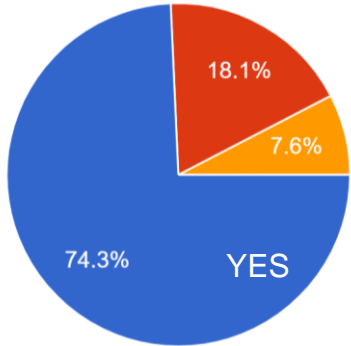
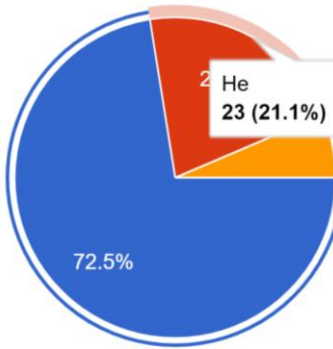
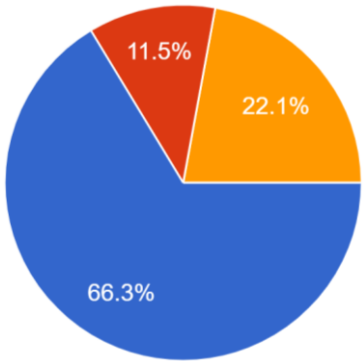


PANDEMIC
COVID-19

OUTDOOR AND COVID 19
PANDEMIC





HAS COVID 19 AFFECTED OUTDOOR PARTICIPATION?



- ❑ Decrease PA during pandemic especially in frequency of every day and several times a week
- ❑ Increase only in category – NOT ACTIVE AT ALL DURING THE PANDEMIC for all three countries




Frequency of participation

			
Walking (longer than 30 min)	occasionally	often	occasionally
Running	never	occasionally	never
Cycling in the city and nearby places	never	often	occasionally
Mounting bike	never	never	never
Rollerblades	never	never	never
Hiking in mountains	never	occasionally	never
Yoga, meditation, tai - chi	never	never	never
Sport games (football, futsal, street basket, basketball, volleyball)	never		Never
Picnic with friends and family	occasionally	occasionally	occasionally
Resting in nature (reading book, listening music)	never	occasionally	occasionally
Long walks in nature	never	often	occasionally
Social games in nature (playing cards, chest etc)	never	occasionally	never
Gardening	never	occasionally	never
Different art activities in nature	never	never	never



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List of suggested outdoor activities

- ☐ Dances
- ☐ Zumba
- ☐ Walking with the dog
- ☐ Photography
- ☐ Listening to music

Effects of pandemic of different segments of life

5			
Social activities	5	3/5	5
Communication with friends	3	4	5
Mental health	4/5	5	5
Personal relations	4/3	3	5
Working habits	3	5	5
Level of physical activity	5	5/3	5



All aspects of life were highly affected

Social activities, mental health and PA level were highly affected

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Suggested outdoor activities

	GER	GRE	NMKD
Outdoor sport games (competitive)	1	1	3
Outdoor sport games (fun games)	2	4	2
Traditional outdoor games	2	1	2
Outdoor sports	3	4	2
Using smart phones and IT technology (games)	1	1	2
Outdoor challenges and activities (games will guidelines and actions)	1	1	2
Social activities (concerts, outdoor happenings)	3	4	4
Workshops in nature (art, handcraft)	1	1	1
Creative corners in nature (writing, designing)	1	1	2
Educational workshops in nature	1	1	1

Most desired are:

- ☐ Concerts, outdoor happenings
- ☐ Outdoor fun sport games
- ☐ Outdoor sports – hiking, mountain biking



Outdoor activities suggested by participants in the survey

- ☐ Outdoor workshop
- ☐ Camping
- ☐ Fishing
- ☐ Eco action for nature protection
- ☐ Joga
- ☐ meditation
- ☐ Open air concerts
- ☐ Open air cinema
- ☐ Educational seminars in nature
- ☐ Dancing
- ☐ Summer camps
- ☐ Kayaking
- ☐ Camping in mountains
- ☐ Orientation
- ☐ Recreational running races
- ☐ Team cycling

Who can have an impact on promotion of outdoor activities?

Schools, NGOs, local community, youth organization, government, associations and federations

More outdoor activities as curricular and extracurricular activities within different subjects

Organization of more outdoor fun events

**To provide facilities for outdoor
To create more green zoned
Greater financial support**



Organize and support different types of activities

Organization of large scale outdoor events

Visible campagne for effects and need of outdoor activities

What do you want local community to provide?

More parks and green urban zoned,
botanical garden

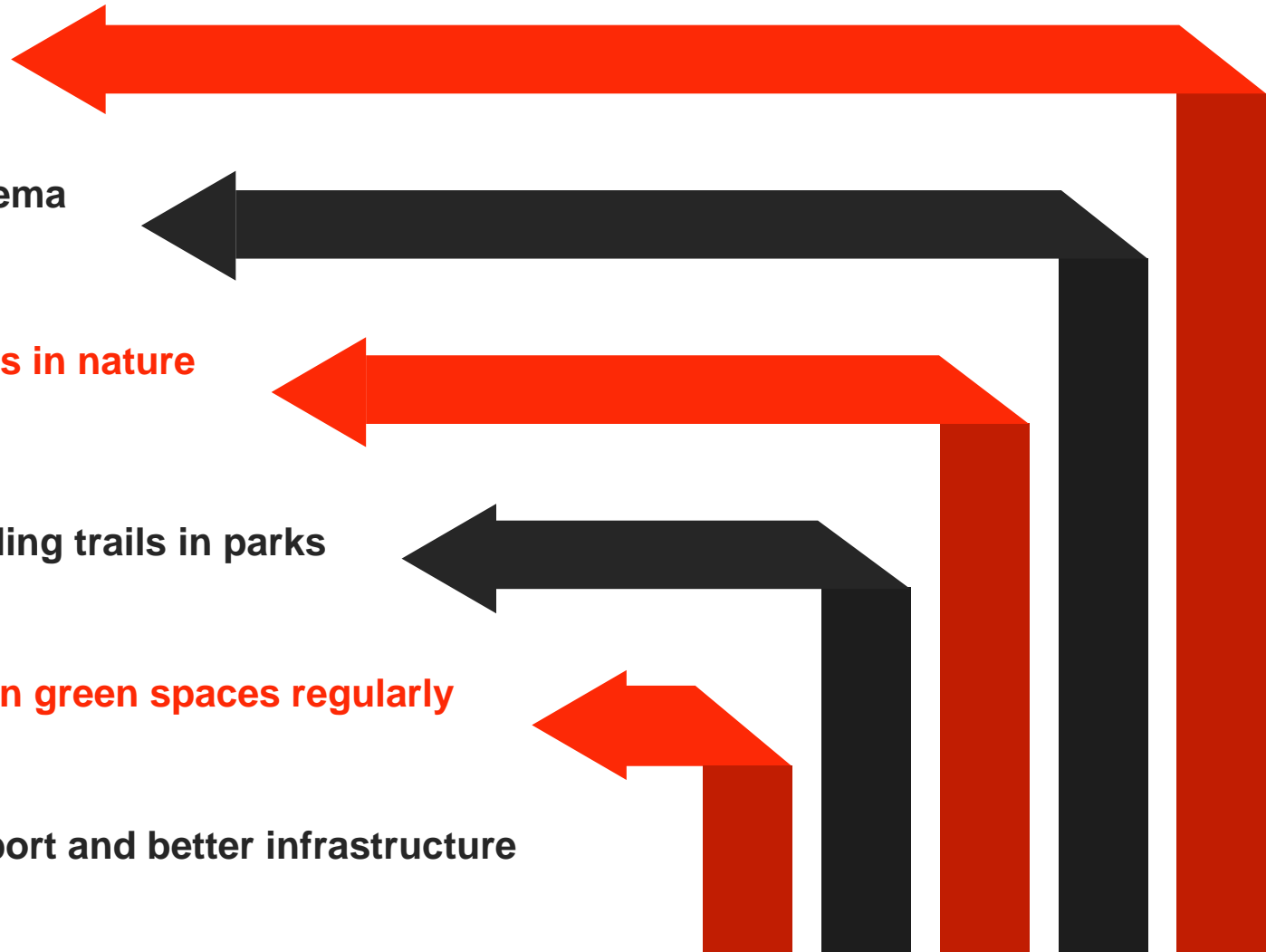
Summer open cinema

To create/build places for workshops in nature

Mapped cycling trails in parks

To maintain green spaces regularly

Improved transport and better infrastructure





CONCLUSIONS & SUGGESTIONS for the Journal



Activities in the city (walking, running, cycling)



Activities for relaxation (reading, yoga, music, meditation)



Social activities (concerts, picnics, picnics with some thematic activity)



Location: walking distance or easy to get by means of transport



Low cost, not too much time



Green places and urban green zones



Suggestions for the Journal



Emphasize positive effects and benefits of outdoor participation



Lack of time – biggest problem

Solution – combine good and useful, organize education and work events outdoor



Use green zoned and urban green places as working environment



The pandemic had negative effects on outdoor participation and PA level of youth



Social activities, mental health and physical activity level need to be restored and improved after pandemic



Green places and urban green zones

CONCLUSIONS

- Schools
- Local community
- Youth organizations
- NGO`s

Can all support promotion and development of outdoor activities

Schools can do it through educating for outdoor

Local community should help by providing possibilities and infrastructure

Youth organization can be a leaders in promotion the benefits and organizing a large scale events

Young people have many ideas and suggestions for outdoor activities

They know what they want and what they need

WE NEED TO SUPPORT THEM

ACTIVITIES SHOULD BE BASED ON INTEREST OF YOUNG PEOPLE

REAL POSSIBILITIES IN THE COMMUNITY

PROPOSE REALISTIC ACTIVITIES THAT CAN BE ACHIEVED STEP BY STEP

WHAT SHOULD WE DO?



USE THE POTENTIAL

CREAT YOUR PLACE

FIND YOUR ACTIVITY