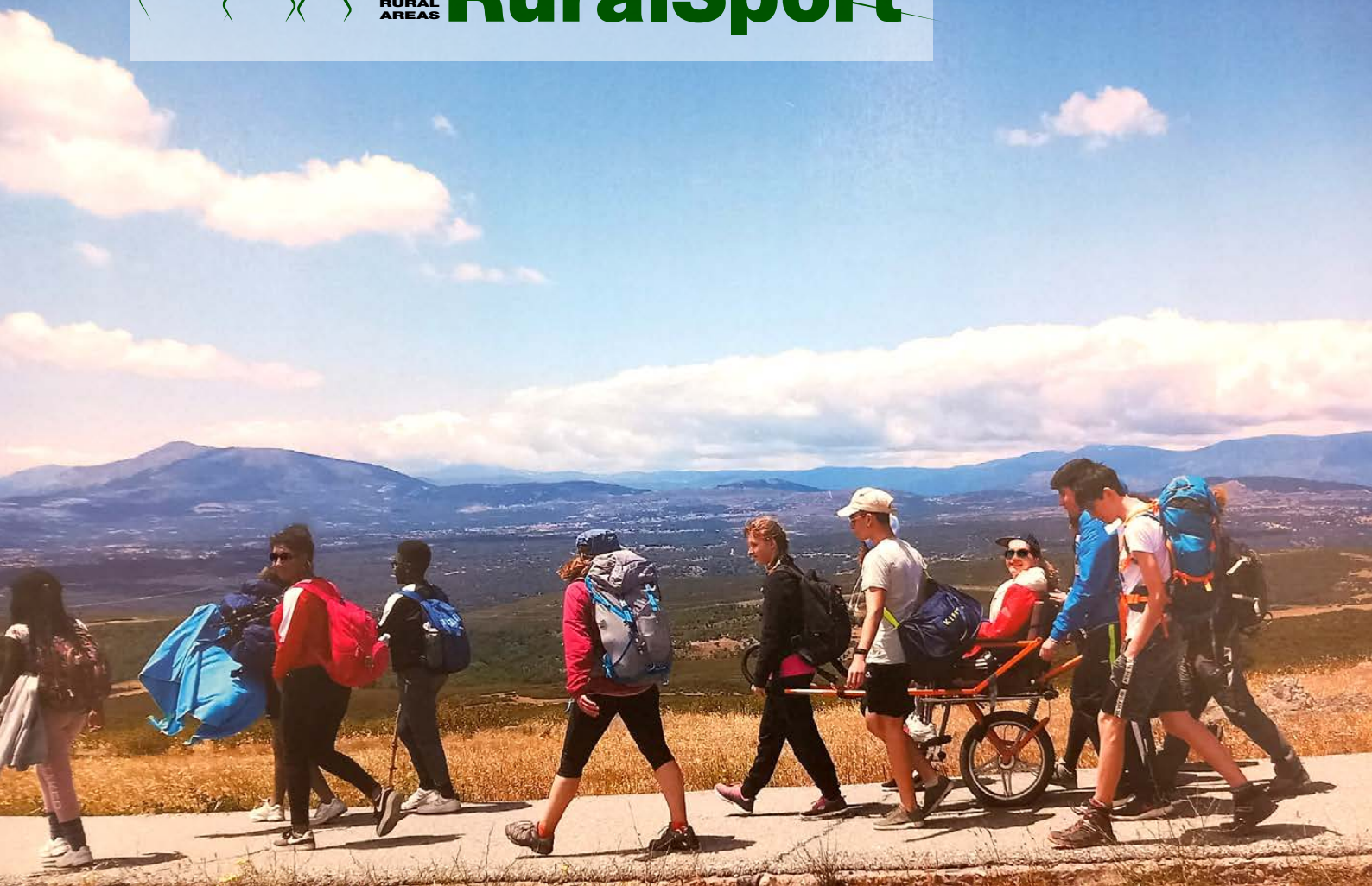


RURAL SPORT

INCLUSIVE SPORT IN RURAL AREAS
OF GREECE, PORTUGAL AND SPAIN

A Compilation of Best Practices



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Images provided by the promoting entities of each of the best practices

*Drawing of the island of Evia on page 8 extracted from:
Isolario, by Bartolomeo Dalli Sonetti (1486). Facsimile of Vicent García
Editores, Valencia, 2006.*

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A Compilation of Best Practices

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ISBN: 978-84-09-69660-4

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<https://www.adeni.es>

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PRESENTATION: **THE EUROPEAN PROJECT RURAL SPORT**

The **RURAL SPORT** project: Healthy and Active Rural Areas, approved by the European Commission within the Erasmus+ Sport 2022 program (project reference number: 101089935) and carried out between May 2023 and February 2025, has aimed to contribute to the **promotion of participation in sports and physical activity for people with fewer opportunities in rural areas**, with a unique focus on a healthy lifestyle.

Special emphasis has been placed on groups that face greater difficulties in order to participate in sports activities, such as people with disabilities, young people, women at risk of social exclusion, immigrants, and the elderly.

RURAL SPORT has included three rural organizations which work in the field of sports at the local level:

ADENI (Sierra Norte de Madrid, Spain), the coordinating entity of the project, which promotes sports and physical activity in the Sierra Norte region. It is made up of 23 small municipalities and is supported by the General Directorate of Sports (Comunidad de Madrid).

The Polytechnical Institute of Viana do Castelo (Alto Minho, Portugal), is a key academic institution providing multidisciplinary training through its six Higher Education Schools in education, sport, health, technology, business, and agriculture. Committed to education, research, and community development, by working closely with municipalities and local associations, promotes sports, exercise and physical activity, contributing to local development and fostering sustainable and inclusive practices.

The Chalcis Mountaineering Club, (island of Evia, Greece), a long-standing entity (founded in 1937), with more than 3.000 members. It develops sports activities on its island and in Mainland Greece, which always include education and environmental awareness.



WHAT HAS THE RURAL SPORT PROJECT INTENDED?

The project has had as objectives:

- 1** | **Compile Best Practices** in sports activities aimed at including the rural population in sports as a tool for social cohesion, while involving people with fewer opportunities in the regions of the three countries.
- 2** | Promote, from a health perspective, **the exchange of experiences** between organizations and professionals who support physical-sports activities in rural contexts.
- 3** | **Increase professional mobility** in the field of sports at a transnational level.
- 4** | **Promote** sports, activities, and events to foster the inclusion of the most disadvantaged members of the community.



TARGET AUDIENCE

The project is aimed at professionals linked to Physical Activity and Sports projects (as multipliers of the initiatives), members of local associations and clubs, and, in general, those interested in activities which promote sports and physical activity in the rural areas.



TIMING:

The project has been developed over a 2-year period, between May 2023 and February 2025.



MAIN ACTIVITIES CARRIED OUT:

Focus Groups. In each country, these working groups were primarily responsible for compiling **Best Practices** and promoting joint **activities**, as well as increasing the visibility of the target groups. The work focused on three main areas: **Young people, elderly, and people with disabilities**, while also engaging the general public from an inclusive perspective—ensuring that activities reached, **in particular, those who participate the least in sports.**

Electronic book (compilation of Best Practices). Developed in 4 European languages—Greek, Portuguese, Spanish, and English—this ebook compiles successful and innovative experiences from the three countries (Greece, Portugal and Spain). It aims to serve as a multiplier and

and strong potential for replication and application in other rural European contexts.

These initiatives come from three well-defined geographical regions, each representing a rural area in Europe. However, the experiences have been put forward by local stakeholders and key players in each location. In our view, these initiatives not only promote physical activity and sports but also foster a sense of community and sustainable local development within their territories.

Each initiative includes a reference or contact for the promoting organization, allowing interested parties to request further information or access their websites. We hope these examples will inspire other rural areas in Europe and serve as a networking guide for organizations working to promote sports with a social impact.

These experiences have mainly been contributed by participants from the various Focus Groups established in each country as part of the project, as well as by members and collaborators of the three project partner organizations: ADENI in Sierra Norte de Madrid, the Polytechnic Institute of Viana do Castelo (IPVC) in Alto Minho, and the Calcis Mountaineering Club in Evia.

A total of 10 Best Practices have been collected from Greece, specifically the island of Evia and the surrounding area, 10 Best Practices from Portugal (Alto Minho region), and 22 Best Practices from Spain (primarily from Madrid's Sierra Norte region, but also some from other Madrid areas, the nearby mountain area of Segovia, and also one experience from the Canary Islands that has links to another Madrid initiative). **In total, 42 experiences** have been identified as Best Practices, due to their successful implementation





Experiences and Consultation Methods

The first section highlights experiences that are specifically focused on the primary target groups of the RURAL SPORT project (**elderly, young people, and people with disabilities**). However, it is important to note that the overall philosophy of the 42 collected experiences is to promote inclusive sports and sports for all in rural areas, with most projects covering multiple aspects.

Each experience is listed with a title followed by keywords that help identify the action within specific contexts. These keywords allow for targeted searches based on different thematic aspects, always linked to physical activity, inclusive sports in rural settings, and a health perspective (including community health).

The numbering of the experience sheets follows a country-based reference system: the first letter corresponds to the country of origin of the Best Practice, followed by a number representing the specific experience within that country (GR = Greece, PT = Portugal, ES = Spain). For example, GR3 refers to Best Practice 3 from Greece.

Table of Contents. The index includes the following sections, in this order:

1. **List of Best Practices categorized according to the three priority groups** of the RURAL SPORT project (elderly, young people, and people with disabilities), with direct links to the different experiences.
2. **Classification of experiences based on other key thematic aspects.**
3. **Complete list of experiences from the three countries**, also with direct links to the different experiences.

Acknowledgments

It is impossible to name every person who has actively and selflessly contributed to this project.

We extend our deepest gratitude to all those involved, including members of sports clubs, municipalities, municipal sports professionals (as well as those from federations, associations, and regional organizations), volunteers, and citizens in general, for their collaboration in the development of this project.

In addition to the direct participants in activities—who have likely exceeded 3.000 people across the three countries—we estimate that around 150 sports specialists and other professionals connected to rural areas have contributed or actively collaborated in the project.



PROJECTS **WITH SENIORS**

(direct link to each experience from the title itself)



(GR10) Elderly people of rural areas

(ELDERLY - INTERGENERATIONAL ACTIVITIES - PROMOTION OF HERITAGE - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(PT1) IN COMMON SPORTS +: Fit, Food, and Fun for Elderly

(ELDERLY, PROMOTION OF PHYSICAL AND MENTAL HEALTH - SPORTS IN NATURE)

(PT2) Olimpic4all_Viana do Castelo

(ELDERLY, PROMOTION OF PHYSICAL AND MENTAL HEALTH - INTERGENERATIONAL ACTIVITIES - LOCAL DEVELOPMENT - PROMOTION OF HERITAGE)

(PT3) BlueGym

(ELDERLY, PROMOTION OF PHYSICAL AND MENTAL HEALTH - SPORTS IN NATURE)

(PT5) Academia Sênior Inês Negra

(ELDERLY - PROMOTION OF PHYSICAL AND MENTAL HEALTH - SOCIABILITATION)

(PT6) Walking football APPACDM

(ELDERLY - PEOPLE WITH DISABILITIES - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(PT8) Projeto "Atividade"

(ELDERLY, PROMOTION OF PHYSICAL AND MENTAL HEALTH, SOCIALIZATION)

(ES3) Move in Belmonte

(ELDERLY - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(ES4) ACTIVE TOURISM with Seniors

(ELDERLY - ACTIVE TOURISM - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH - PROMOTION OF HERITAGE CULTURAL)

(ES6) Encuentro de Puntos Activos Sierra Norte

(ELDERLY –PEOPLE WITH DISABILITIES - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(ES9) En Misecam nos cuidamos

(ELDERLY - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(ES11) Puntos Activos. Sierra Norte Active

(ELDERLY – PEOPLE WITH DISABILITIES - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(ES12) Controlled running-walking

(ELDERLY – PEOPLE WITH DISABILITIES - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(ES13) Strength training with elderly people

(ELDERLY - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(ES15) Shinrin Yoku - Forest Bathing: Mindfulness in nature

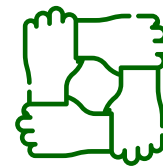
(PEOPLE WITH DISABILITIES – ELDERLY - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH - ENVIRONMENTAL AWARENESS)

(ES21) Walks down memory lane

(ELDERLY – SPORTS IN NATURE- PROMOTION OF PHYSICAL AND MENTAL HEALTH - PROMOTION OF HERITAGE)



PROJECTS WITH PEOPLE WITH DISABILITIES



(direct link to each experience from the title itself)

(PT4) Stand Up Paddle – princípios e Práticas

(PEOPLE WITH DISABILITIES – SPORTS IN NATURE)

(PT7) SUP para Todos

(PEOPLE WITH DISABILITIES – SPORTS IN NATURE – SOCIALIZATION - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(PT9) Desporto Para Todos – Remo

(PEOPLE WITH DISABILITIES – SPORTS IN NATURE – SOCIALIZATION - PROMOTION OF PHYSICAL AND MENTAL HEALTH, INTERGENERATIONAL ACTIVITIES)

(PT10) Projeto Sol (Surf, Ondas e Liberdade)

(PEOPLE WITH DISABILITIES – SPORTS IN NATURE – SOCIALIZATION - PROMOTION OF PHYSICAL AND MENTAL HEALTH, INTERGENERATIONAL ACTIVITIES)

(ES7) Inclusive Mountain. VillaNaturalezaSolidaria

(PEOPLE WITH DISABILITIES - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH - ENVIRONMENTAL AWARENESS)

(ES8) Mountain without barriers. Lozoya integra y activa

(PEOPLE WITH DISABILITIES - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH - ENVIRONMENTAL AWARENESS)

(ES15) Shinrin Yoku - Forest Bathing: Mindfulness in nature

(PEOPLE WITH DISABILITIES – ELDERLY - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH - ENVIRONMENTAL AWARENESS)

(ES16) Inclusive mountaineering. Tools and experiences in natural environments for people with disabilities

(PEOPLE WITH DISABILITIES - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

PROJECTS WITH **YOUTH**

(direct link to each experience from the title itself)



(PT4) Stand Up Paddle – princípios e Práticas / (PEOPLE WITH DISABILITIES – SPORTS IN NATURE)

(GR1) 8th Children's gathering / (FAMILY SPORTS – SPORTS IN NATURE – YOUTH - ENVIRONMENTAL AWARENESS - INTERGENERATIONAL ACTIVITIES)

(GR2) Indoor climbing for Children living in Rural áreas / (YOUTH Y CHILDREN)

(GR4) Rewild the Child / (YOUTH - SPORTS IN NATURE – ENVIRONMENTAL AWARENESS)

(GR5) New rock climbing crag – Nyfi
(YOUTH - SPORTS IN NATURE – ENVIRONMENTAL AWARENESS – LOCAL DEVELOPMENT)

(GR7) Elementary schools hikes / (CHILDREN - SPORTS IN NATURE – ENVIRONMENTAL AWARENESS)

(GR8) Winter activities for children
(CHILDREN - FAMILY SPORTS - SPORTS IN NATURE – ENVIRONMENTAL AWARENESS)

(ES2) Aventure Group / (YOUTH - SPORTS IN NATURE - ENVIRONMENTAL AWARENESS)

(ES5) FAMILY SPORTS / (YOUTH - FAMILY SPORTS – SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH - ENVIRONMENTAL AWARENESS)

(ES10) Prepare your “Camino”. Training days for the Camino de Santiago
(YOUTH - SPORTS IN NATURE - LOCAL DEVELOPMENT)

(ES14) EDEN, School of Sports in Nature / (YOUTH Y CHILDREN - FAMILY SPORTS – SPORTS IN NATURE - ENVIRONMENTAL AWARENESS)

(ES17) Multi-Active Youth Meeting / (YOUTH - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH - ENVIRONMENTAL AWARENESS)

(ES19) Sigway. Sport in Greenways / (YOUTH - SPORTS IN NATURE LOCAL DEVELOPMENT - ENVIRONMENTAL AWARENESS)

OTHER **SIGNIFICANT ASPECTS** OF EACH EXPERIENCE

Although many experiences also align with the priority groups mentioned earlier, it is worth noting that the majority of projects focus on Sports in Nature (31 out of 42 experiences). Additionally, the Promotion of Physical and Mental Health is a key aspect (23 experiences), though all 42 experiences share this underlying approach: physical activity and sport as a means to promote health. It is also noteworthy that 21 experiences actively promote

Environmental Awareness, and that a significant number include Intergenerational Activities and Family Sports. 7 experiences focus on Active Tourism. Finally, 11 experiences are closely linked to Local Development in different regions, while another 11 experiences promote the Protection and Promotion of Heritage, all of which are connected to physical activity and health-oriented sports.



SPORTS IN NATURE:

ES1, ES2, ES4, ES5, ES7, ES8, ES10, ES12, ES14, ES15, ES16, ES17, ES18, ES19, ES20, PT1, PT2, PT3, PT4, PT7, PT9, PT10, GR1, GR3, GR4, GR5, , GR7R, GR8, GR9, GR10



ENVIRONMENTAL AWARENESS:

PT2, PT3, ES1, ES2, ES5, ES6, ES7, ES8, ES14, ES15, ES17, ES18, ES19, ES22, GR1, GR4, GR5, , GR7, GR8, GR9



PROMOTION OF PHYSICAL AND MENTAL HEALTH:

ES3, ES4, ES5, ES6, ES7, ES8, ES9, ES11, ES12, ES13, ES15, ES16, ES17, ES21, PT1, PT2, PT3, PT5, PT6, PT7, PT8, PT9, PT10,



INTERGENERATIONAL ACTIVITIES:

ES1, ES5, ES7, ES8, ES14, ES16, ES18, PT1, PT2, PT3, PT5, PT9, PT10, GR1, GR3, , GR10



FAMILY SPORTS:

ES1, ES5, ES14, ES18, PT2, GR1, GR3, GR8, GR9



LOCAL DEVELOPMENT:

ES1, ES10, ES18, ES19, ES20, ES22, PT2, PT4, GR5, , GR9,



ACTIVE TOURISM:

ES1, ES4, ES20, ES22, GR3, , GR9



PROMOTION OF HERITAGE:

ES1, ES4, ES20, ES21, ES22, PT2, GR3, GR6, GR9, GR10,

COMPLETE LIST OF EXPERIENCES

(direct link to each experience from the title itself)

PORTUGAL (PT):

(PT1) IN COMMON SPORTS +: Fit, Food, and Fun for Elderly

(ELDERLY - PROMOTION OF PHYSICAL AND MENTAL HEALTH - SPORTS IN NATURE)

(PT2) Olimpico4all_Viana do Castelo

(ELDERLY - PROMOTION OF PHYSICAL AND MENTAL HEALTH - INTERGENERATIONAL ACTIVITIES- LOCAL DEVELOPMENT - PROMOTION OF HERITAGE)

(PT3) BlueGym

(ELDERLY - PROMOTION OF PHYSICAL AND MENTAL HEALTH - SPORTS IN NATURE)

(PT4) Stand Up Paddle – princípios e Práticas

(PEOPLE WITH DISABILITIES - SPORTS IN NATURE)

(PT5) Academia Sénior Inês Negra

(ELDERLY - PROMOTION OF PHYSICAL AND MENTAL HEALTH - SOCIABILITATION)

(PT6) Walking football APPACDM

(ELDERLY - PEOPLE WITH DISABILITIES - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(PT7) SUP para Todos /

(PEOPLE WITH DISABILITIES - SPORTS IN NATURE
- SOCIALIZATION - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(PT8) Projeto “Atividade”

(ELDERLY - PROMOTION OF PHYSICAL AND MENTAL HEALTH - SOCIALIZATION)

(PT9) Desporto Para Todos – Remo

(PEOPLE WITH DISABILITIES - SPORTS IN NATURE - SOCIALIZATION - PROMOTION OF PHYSICAL AND MENTAL HEALTH - INTERGENERATIONAL ACTIVITIES)

(PT10) Projeto Sol (Surf, Ondas e Liberdade)

(PEOPLE WITH DISABILITIES - SPORTS IN NATURE - SOCIALIZATION - PROMOTION OF PHYSICAL AND MENTAL HEALTH - INTERGENERATIONAL ACTIVITIES)

GREECE (GR):

(GR1) 8th Children's gathering

(FAMILY SPORTS - SPORTS IN NATURE - YOUTH - ENVIRONMENTAL AWARENESS - INTERGENERATIONAL ACTIVITIES)

(GR2) Indoor climbing for Children living in Rural áreas

(YOUTH Y CHILDREN)

(GR3) Religious hiking trail to Neo Prokopi - Saint John the Russian

(SPORTS IN NATURE - ACTIVE TOURISM - PROMOTION OF HERITAGE - FAMILY SPORTS - INTERGENERATIONAL ACTIVITIES)

(GR4) Rewild the Child

(YOUTH - SPORTS IN NATURE - ENVIRONMENTAL AWARENESS)

(GR5) New rock climbing crag – Nyfi

(YOUTH - SPORTS IN NATURE - ENVIRONMENTAL AWARENESS - LOCAL DEVELOPMENT)

(GR6) Restoration of old hiking trails connecting the villages around Dirfis mountain

(SPORTS IN NATURE - ENVIRONMENTAL AWARENESS - ACTIVE TOURISM- LOCAL DEVELOPMENT - PROMOCIÓN PATRIMONIOCULTURAL - INTERGENERATIONAL ACTIVITIES)

(GR7) Elementary schools hikes

(CHILDREN - SPORTS IN NATURE - ENVIRONMENTAL AWARENESS)

(GR8) Winter activities for children

(CHILDREN - FAMILY SPORTS - SPORTS IN NATURE – ENVIRONMENTAL AWARENESS)

(GR9) Hiking trails to archaeological sites

(ACTIVE TOURISM - FAMILY SPORTS - SPORTS IN NATURE - ENVIRONMENTAL AWARENESS - PROMOTION OF HERITAGE - LOCAL DEVELOPMENT)

(GR10) Elderly people of rural areas

(INTERGENERATIONAL ACTIVITIES - PROMOTION OF PHYSICAL AND MENTAL HEALTH – PROMOTION OF HERITAGE - ELDERLY)

SPAIN (ES)

(ES1) Vega del Tajuña. Nature Center

(FAMILY SPORTS - ACTIVE TOURISM - SPORTS IN NATURE - LOCAL DEVELOPMENT - PROMOTION OF HERITAGE CULTURAL - ENVIRONMENTAL AWARENESS)

(ES2) Adventure Group

(YOUTH - SPORTS IN NATURE - ENVIRONMENTAL AWARENESS)

(ES3) Move in Belmonte

(ELDERLY - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(ES4) ACTIVE TOURISM with Seniors

(ELDERLY - ACTIVE TOURISM - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH - PROMOTION OF HERITAGE CULTURAL)

(ES5) FAMILY SPORTS /

(YOUTH - FAMILY SPORTS - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH - ENVIRONMENTAL AWARENESS)

(ES6) Meeting at Puntos Activos Sierra Norte

(ELDERLY - PEOPLE WITH DISABILITIES - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(ES7) Inclusive Mountain.

(PEOPLE WITH DISABILITIES - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH - ENVIRONMENTAL AWARENESS)

(ES8) Mountain without barriers. Lozoya

(PEOPLE WITH DISABILITIES - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH - ENVIRONMENTAL AWARENESS)

(ES9) At MISECAM we take care of ourselves

(ELDERLY - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(ES10) Prepare your "Camino".

(YOUTH - SPORTS IN NATURE - LOCAL DEVELOPMENT)

(ES11) «Puntos Activos». Sierra Norte active.

(ELDERLY - PEOPLE WITH DISABILITIES - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(ES12) Controlled running-walking

(ELDERLY – PEOPLE WITH DISABILITIES - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(ES13) Strength training with elderly people

(ELDERLY - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(ES14) EDEN, School of Sports in Nature

(FAMILY SPORTS - YOUTH Y CHILDREN - SPORTS IN NATURE - ENVIRONMENTAL AWARENESS)

(ES15) Shinrin Yoku - Forest Bathing: Mindfulness in nature

(PEOPLE WITH DISABILITIES - ELDERLY - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH - ENVIRONMENTAL AWARENESS)

(ES16) Inclusive mountaineering

(PEOPLE WITH DISABILITIES - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH)

(ES17) Multi-Active Youth Meeting

(YOUTH - SPORTS IN NATURE - PROMOTION OF PHYSICAL AND MENTAL HEALTH - ENVIRONMENTAL AWARENESS)

(ES18) REEFNAT. Spanish Outdoor Physical Education Network

(FAMILY SPORTS - SPORTS IN NATURE – LOCAL DEVELOPMENT - ENVIRONMENTAL AWARENESS)

(ES19) Sigway. Sport in Greenways

(YOUTH - SPORTS IN NATURE LOCAL DEVELOPMENT - ENVIRONMENTAL AWARENESS)



(ES20) ACTIVE TOURISM in la Sierra Norte

(ACTIVE TOURISM - SPORTS IN NATURE - LOCAL DEVELOPMENT - PROMOTION OF CULTURALHERITAGE)

(ES21) Walks down memory lane

(ELDERLY - SPORTS IN NATURE- PROMOTION OF PHYSICAL AND MENTAL HEALTH - PROMOTION OF HERITAGE)

(ES22) The Camino de Santiago between volcanoes

(ACTIVE TOURISM - ENVIRONMENTAL AWARENESS - LOCAL DEVELOPMENT- PROMOTION OF HERITAGE)



IN COMMON SPORTS +: Fit, Food, and Fun for Elderly



BEST PRACTICE 01

Lead organization and collaborators

Lead Organization:

Municipality of Vila Nova de Cerveira, Portugal

Collaborators:

- Municipality of Cesena, Italy
- Viana do Castelo Polytechnic Institute, Portugal
- Nova Gorica Sports Institute, Slovenia
- Aksakovo Municipality, Bulgaria
- Zoldpont Association, Hungary

Country / Location of event

- Portugal (Vila Nova de Cerveira, Viana do Castelo)
- Italy (Cesena)
- Slovenia (Nova Gorica)
- Bulgaria (Aksakovo)
- Hungary (Budapest)

Dates

2021-2023

Language(s)

Multiple EU languages (likely Portuguese, Italian, Slovenian, Bulgarian, Hungarian, and English)

Website

- <https://www.cm-vncerveira.pt/pages/920>
- https://www.google.com/url?sa=t&source=web&rct=j&opi=89978449&url=https://www.youtube.com/playlist%3Flist%3DPL-Zpo1HUqFrRhfrKVX0Wgj2Il6b_SqcAC5&ved=2ahUKEwiZ8-GrGR8ijAxVtAvsDHbaQABsQ-FnoECB4QAQ&usg=AOvVaw1szt_esnpyf9ez-TES3vZqUQ

Abstract

The IN COMMON SPORTS + project aims to promote healthy lifestyles and an increased participation in sports among elderly, especially in rural areas. The project builds on the outcomes of previous initiatives like the Intergenerational Olympics 2015 and the IN COMMON SPORTS project (2018-2020). It delivered a comprehensive program «Olimpic4all_Viana do Castelo » designed to motivate elderly to stay active and encourage local authorities to implement the project in a standardized manner.



Objectives

- Increase participation in sports among elderly.
- Promote healthy lifestyles.
- Study and create adapted sports and traditional games.
- Gather knowledge on physical activities and dietary habits.
- Deliver an integrated «Olimpic4all_Viana do Castelo » program.

Target group(s) /Participants

(also specify number of participants)
Healthy elderly, particularly in rural areas.
Approximately 500 elderly participants.

Professionals involved

- Researchers
- Sports coaches
- Nutritionists

- Project managers
- Local health agency experts
- Communication specialists

Main activities

- **Data Collection and Reporting:** Collection of data on physical activity programs and traditional games for the elderly.
- **Design, Test, and Implement Physical Activity Programs:** Development of systematic sports intervention tools.
- **Adapted Sports and Traditional Games:** Design, adaptation, and validation of sports regulations and games.
- **Nutrition and Physical Activity Report:** Study of dietary habits and promotion of healthy diets.
- **Guidebook and Training Module:** Development of a comprehensive tool for promoting healthy lifestyles.

IN COMMON SPORTS +: Fit, Food, and Fun for Elderly



Ratings. Featured results items

- Six Intellectual Outputs produced.
- 25 months of physical exercise sessions.
- 18 sports competitions/events held.
- Manuals and guidebooks created and made available online.
- Significant involvement and impact on local organizations.

Potential for development / multiplication / Possible European projection

The project has strong potential for development and multiplication across Europe due to its comprehensive approach and collaboration among multiple EU countries. The standardized «Olimpic4all_Viana do Castelo » program can be adopted by local, regional, and national authorities across Europe, promoting healthy aging and increased sports participation.

Resources and materials – available at the platform

- Data reports on physical activity programs.
- Manuals on adapted sports and traditional games.
- Nutrition and physical activity reports.
- Guidebooks and training modules for «Olimpic4all_Viana do Castelo ».

Additional information Contact details of the participating entity

Câmara Municipal de Vila Nova de Cerveira
 Telephone: +351 251 708 020
 Email: investimento.adl@cm-vncerveira.pt

Adress: Municipality of Vila Nova de Cerveira,
 4920-290 Vila Nova de Cerveira



Name / Project title

Olimpic4all_Viana do Castelo



BEST PRACTICE 02

Lead organization and collaborators

Municipality of Viana do Castelo

Country / Location of event

Portugal, Viana do Castelo

Dates

All year between September and July

Language(s)

Portuguese

Website

- Not listed, but you can access the activities from the public Facebook page of the trainer Bruno Gigante <https://www.facebook.com/BTGIGA/>

Abstract

The Olympic4All project aims to promote holistic health and well-being among the elderly by integrating multi-component exercise routines with nautical activities such as surfing and rowing. This initiative combines functional capacity with educational sessions on health and quality of life, fostering intergenerational exchange through arts and the revival of past professions. Additionally, it includes the practice of team sports such as football, volleyball, basketball, and boccia, as well as individual sports like athletics and traditional games. The program is designed to enhance physical and mental health, social engagement, and overall quality of life for senior participants. Through Olympic4All, elderly benefit from tailored exercise programs, recreational water sports, health empowerment activities, and opportunities to connect with younger generations and explore artistic and historical vocational pursuits.



Olimpic4all_Viana do Castelo



Objetives

- **Promote Active and Healthy Aging:** Facilitate the regular participation of the elderly in multi-component exercises and sports activities such as surfing, rowing, canoeing, football, volleyball, basketball, boccia, athletics, and traditional games, with the aim of improving functional capacity, mental health and maintaining an active and healthy lifestyle.
- **Foster Health Education and Quality of Life:** Offer educational and empowerment sessions on health topics relevant to the elderly, such as nutrition, stress management, and disease prevention, to enhance their understanding of health factors that contribute to a better quality of life.
- **Encourage Intergenerational and Social Interaction:** Promote the exchange of experiences between generations through sports, cultural and artistic activities and the revival of past professions, creating opportunities for the elderly to connect with younger generations, reinforcing the sense of community, belonging, and social support.
- **Develop Diverse Skills and Interests:** Offer the elderly opportunities to explore new interests and skills through a variety of sports, recreational and educational activities, including empowering, water sports, arts, and traditional games, contributing to active and healthy aging as well as personal and social development.

Target group(s) /Participants

Healthy elderly.
Approximately 45 elderly participants.

Professionals involved

- Sports coaches.
- Local health, cultural and art agency experts.
- Researchers.

Main activities

- **Multi-Component Exercises:** Regular sessions incorporating a variety of physical activities designed to improve strength, balance, flexibility, and cardiovascular health. These sessions include both indoor and outdoor exercises tailored to the needs of the group.
- **Nautical Activities:** Engaging the elderly in surfing and rowing, to enhance functional capacity, coordination, and enjoyment of being in blue zones. These activities are conducted in a safe and supportive environment through the municipality nautical centers.
- **Team and Individual Sports:** Providing opportunities for the elderly to participate in adapted team sports such as football, volleyball, basketball, and boccia, as well as individual sports like athletics, gymnastic and traditional games. These activities foster social interaction, teamwork, and a sense of accomplishment.





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- **Health and Quality of Life Education:** Organizing educational sessions on topics such as first aid, nutrition, stress management, disease prevention, and self-care to empower the elderly with knowledge and skills for maintaining a healthy lifestyle.
- **Intergenerational and Artistic Activities:** Facilitating activities that promote interaction between generations, such as art projects and the revival of past professions, to strengthen community ties and enhance the social well-being of participants.

Ratings. Featured results items

The project is evaluated based on several key performance indicators, including:

- **Participant Satisfaction:** Feedback from participants regarding their enjoyment and perceived benefits of the activities along with suggestions made by the participating elders and municipality departments.
- **Health Improvements:** Assessment of physical and mental health improvements among participants with regular evaluations in partnership with local sports and leisure higher education institutions.
- **Social Engagement:** Measures to increase social interaction and community

involvement, along with participation in the municipality's social and cultural activities.

- **Knowledge and Skills Acquisition:** Evaluation of the effectiveness of educational sessions in improving participants' knowledge and coping strategies.

Ptential for development / multiplication / Possible European projection

The Olympic4All project has significant potential for development and multiplication across different regions. By showcasing the benefits of combining physical activities with health education and social interaction, the project can serve as a model for other communities. With proper documentation and dissemination of results, the project can be scaled and adapted for use in other European countries, promoting active and healthy aging across the continent.

Additional information Contact details of the participating entity

Participating Entity: Divisão de Desporto Câmara Municipal de Viana do Castelo
Contact Person: Bruno Gigante
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Address: Câmara Municipal de Viana do Castelo (serviços centrais). Passeio das Mordomas da Romaria 4904-877 Viana do Castelo.



BlueGym



BEST PRACTICE 03

Lead organization and collaborators

Surf Clube de Viana

Country / Location of event

Portugal, Viana do Castelo

Dates

September to July

Language(s)

Portuguese

Website

<https://www.surfviana.com>

<https://youtu.be/Uf0-qcBna70>

Abstract

The BlueGym project aims to improve the quality of life and functional capacity of individuals over 65 through the practice of surfing and multi-component training. Carried out at the Centro de Alto Rendimento de Surf de Viana do Castelo, the project leverages the unique benefits of exercising in blue spaces—environments near or on water. This initiative is specifically designed for elderly who have never tried surfing before, offering them a new and exciting way to engage in physical activity and exercise. By combining surfing with targeted physical training in a natural setting, the project seeks to enhance physical and mental well-being, promote active aging, and foster a supportive community among participants. The project also fosters life-long healthy habits and social engagement.





Objetives

- **Promote Physical and Mental Well-being through Blue Space Exercise:** Facilitate regular surfing and exercise sessions in blue spaces to enhance functional capacity and mental well-being by utilising the therapeutic effects of the ocean environment.
- **Enhance Functional Capacity with Multi-Component Training:** Implement tailored comprehensive training programs at the SurfingViana high-performance center which focus on strength, flexibility, balance, and cardiovascular health to support active aging and maintain the functional capacity of elderly.
- **Build a Supportive and Engaging Community:** Encourage social interaction and community building through group activities, social events, and intergenerational programs, thus fostering a sense of belonging and mutual support among participants to enhance their social well-being.

Target group(s) /Participants

- Individuals aged 65 and older with or without surfing experience.
- 12 regular participants and approximately 40 periodic participants.

Professionals involved

Certified surfing instructors with experience in exercise prescription to elderly; physical trainers specialising in multi-component training programs for elderly; project coordinator and research team.

**Main activities**

- **Surfing Sessions:** Regular surfing lessons tailored for aged persons, focusing on safety and basic bodyboarding techniques.
- **Multi-Component Training:** Strength, balance, and cardiovascular exercises conducted at the Surfing Viana High-Performance Center and the surrounding area.
- **Social Events:** Group activities after the classes, intergenerational classes, and social gatherings to foster community building.
- **Mental Well-being Sessions:** nature-based activities and support groups to enhance mental health and emotional well-being.

Ratings. Featured results items

- **Functional Capacity Improvements:** measured through pre- and post-program assessments.
- **Enhanced Mental Well-being and Social Engagement:** Evaluated through participant surveys and focus group assessment.





Potential for development / multiplication / Possible European projection

- Expansion to Other Blue Spaces: Replicating the project in other coastal regions with similar resources.
- Integration with Existing Programs: Collaborating with other health and wellness initiatives for elderly.
- European Partnerships: Establishing connections with organizations across Europe to promote the program and share best practices.
- Research and Publications: Documenting findings and publishing results to advocate for blue space exercise benefits (already in development).

Resources and materials – available at the platform

Summaries of project evaluations and findings.

Additional information Contact details of the participating entity

Participating Entity: Surf Clube de Viana

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Stand Up Paddle – princípios e Práticas



BEST PRACTICE 04

Lead organization and collaborators

Escola Superior de Desporto e Lazer do Instituto
Politécnico de Viana do Castelo

Dates

March to June

Country / Location of event

Portugal, Melgaço

Language(s)

Portuguese

Abstract

The project “Stand Up Paddle Para Todos – Princípios e Práticas” adopted a holistic pedagogical methodology that emphasized social responsibility, student learning impact, and practical application of content. Social responsibility was clearly demonstrated through the promotion of inclusivity for individuals with disabilities within the context of Stand-Up Paddle-boarding (SUP), highlighting the importance of diversity awareness and acceptance. The partnership with the bachelor’s degree in Sports and Leisure from the Higher School of Sports and Leisure from The Polytechnical Institute of Viana do Castelo and the APPACDM of Viana do Castelo and the event for people with disabilities underscored this commitment, allowing students to understand accessibility and inclusion in sports and leisure activities. The project’s community impact was ensured through an experimental practice methodology, enabling students to apply theoretical knowledge in real-world contexts. This was further recognized by an honorable mention in the 2023 Desporto + Acessível Award for inclusion and awareness. The project’s practical application of content allowed students to explore various aspects of adapted and inclusive SUP. Beyond theory, students engaged in training activities encompassing safety, specific techniques, and teaching methodologies.



Objetives

- **Promote Inclusivity in Sports:** Facilitate the inclusion of individuals with disabilities in Stand-Up Paddle-Boarding (SUP) activities, raising awareness about the importance of accessibility and diversity in sports and leisure.
- **Develop Leadership Skills:** Equip students with the necessary skills and knowledge to lead SUP activities and events, emphasizing safety, technical proficiency, and inclusive practices.
- **Enhance Practical Learning:** Provide students with hands-on experiences that enable them to apply theoretical knowledge in real-world settings, thereby enhancing their practical and professional competencies.
- **Community Engagement:** Foster connections with local communities and organizations to support inclusive sports initiatives, benefiting both students and community members.
- **Encourage Critical Thinking and Problem Solving:** Develop students' abilities to critically analyze and address challenges associated with conducting inclusive SUP activities.

Target group(s) /Participants

- **Students:** For the bachelor's degree in Sports and Leisure from ESDL-IPVC, particularly those in SUP courses, approximately 25 students.
- **Individuals with Disabilities:** Participants from APPACDM of Viana do Castelo, approximately 30 participants.
- **General Public:** Community members interested in SUP and inclusive sports, those attending the events.

Professionals involved

- **Academic:** two teachers from the partner educational institutions.
- **SUP Instructors:** Experienced SUP trainers from Modos Esperto School.
- **Disability Support Professionals:** Specialists from APPACDM of Viana do Castelo.

Stand Up Paddle – princípios e Práticas



Main activities

- **Training Sessions:** Hands-on training conducted by SUP experts and disability support professionals, focusing on technical skills, safety, and inclusive practices.
- **Practical SUP Sessions:** Real-world application of learned skills through supervised SUP sessions with individuals with disabilities.
- **Community Events:** Inclusive SUP events and competitions open to the public, promoting social responsibility and community engagement.
- **Case Study Analysis:** Review and analysis of case studies related to SUP and inclusivity, fostering critical thinking and problem-solving skills.
- **Professional Immersion:** Opportunities for students to work alongside experienced professionals in SUP and disability support, gaining practical experience.

Ratings. Featured results items

- **High Approval Rates:** Students have shown a high rate of approval and satisfaction with the project, reflecting its success in achieving learning outcomes.
- **Community Recognition:** The project has been highlighted in local media and social platforms, demonstrating its positive impact on the community.
- **Awards and Honors:** Received honorable mentions and awards such as the Desporto + Acessível Award for inclusion and awareness in 2023.
- **Employment Opportunities:** Successful placement of students in relevant summer jobs and internships, such as positions in SUP-focused tourist companies.



Potential for development / multiplication / Possible European projection

- **Scalability:** The project's methodology and activities can be scaled to other regions and institutions, promoting inclusive sports on a broader scale.
- **European Projection:** Potential to expand the project across Europe through collaboration with European sports and disability organizations, enhancing the reach and impact.
- **Replication Model:** The project's framework can be used as a model for similar initiatives in other countries, fostering a network of inclusive sports programs across Europe.

Additional information Contact details of the participating entity

- **Participating Entity:** Escola Superior de Desporto e Lazer do Instituto Politécnico de Viana do Castelo; APPACDM de Viana do Castelo
- **Contact Person:** Bruno Silva; Pedro Fornelos
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- **Address:** Complexo Desportivo e Lazer Comendador Rui Solheiro – Monte de Prado 4960-320 Melgaço, Portugal



Academia Sênior Inês Negra



BEST PRACTICE 05

Lead organization and collaborators

Câmara Municipal de Melgaço; Casa do Povo de Melgaço

Dates

September to July

Country / Location of event

Portugal, Melgaço

Website

<https://www.facebook.com/p/Academia-Sênior-de-Melgaço-Inês-Negra-100086396516858>

Abstract

Academia Sênior Inês Negra is a socio-educational initiative aimed at the senior population of the municipality of Melgaço. According to the municipality, the project “intends to be a socio-educational response for the senior age group in our municipality, who still feel active and dynamic,” and focuses on creating and regularly promoting activities in the social, cultural, educational, and recreational fields, functioning in a non-formal lifelong learning context without the intention of certification. The main goal of the Academia Sênior Inês Negra is to promote the development of self-esteem, social integration, and participation for the population aged 55 and over while encouraging the exchange of knowledge between teachers and students. The project offers courses in Arts, Senior Health, Sociology, Traditional Knowledge and Physical Activity, aiming to enhance personal development and foster a sense of community among seniors. The project is the result of a partnership between the Casa do Povo de Melgaço, the Câmara Municipal de Melgaço, and volunteers who contribute to teaching and guiding the activities.



Language(s)

Portuguese

Objectives

- **Promote Lifelong Learning:** To offer a diverse range of courses, workshops, and activities that enable seniors to continue their education and personal development.
- **Encourage Social Integration:** To facilitate the social participation of seniors by creating opportunities for community involvement, connection, and active aging.
- **Enhance Self-Esteem:** By providing courses and activities that empower seniors, helping them improve their personal confidence and engagement with others.

- **Foster Knowledge Sharing:** To encourage mutual learning, where seniors can both share their experiences and learn new skills from one another, fostering a sense of community.
- **Focus on Key Life Skills:** Offering courses that address the areas of Arts, Senior Health, Sociology, Traditional Knowledge and Physical Activity to help seniors adapt to modern-day challenges while staying connected to their cultural heritage.

Target group(s) /Participants

Citizens aged 55 and over from the municipality of Melgaço, normally 20 participants are accepted from each year, however future cohorts will depend on capacity and available resources.



Professionals involved

- **Voluntary Teachers:** Volunteers who have experience or qualifications in Arts, Health, Sociology, Traditional Knowledge and Physical Activity.
- **Local Authorities:** The collaboration between the Câmara Municipal de Melgaço and Casa do Povo de Melgaço ensures the organizational structure and logistical support for the program.
- **Volunteers:** Community members who contribute to the program's daily needs and supporting events.

Main activities

- **Arts Courses:** Creative courses in painting, sculpture, and music designed to engage seniors in the arts and foster their creative expression.
- **Senior Health Programs:** Health-related courses in partnership with the local healthcare center and municipality social and sports division, promoting physical, mental, and emotional well-being, including fitness, nutrition, and wellness for seniors.
- **Sociology Courses:** Educational activities exploring topics like social dynamics, aging, and cultural issues.
- **Traditional Knowledge Workshops:** Sessions focusing on preserving local customs, crafts, and cultural heritage, promoting intergenerational learning.
- **Physical Activity and Walking Groups:** Regular walking groups designed to promote physical activity, improve cardiovascular health, and increase social interaction. Walking routes are carefully selected for accessibility and safety, ensuring all participants can engage comfortably.
- **Social and Recreational Activities:** Events designed to reduce isolation, encourage interaction, and build social bonds, such as group outings, games, and cultural events.



Ratings. Featured results items

- **High Satisfaction:** Participants have shown high satisfaction, particularly in the Arts and Health courses, appreciating the opportunity to learn in an engaging and supportive environment.
- **Improved Social Integration:** Participants report increased social interactions, stronger community ties, and enhanced social participation.
- **Cultural Heritage Preservation:** The Traditional Knowledge workshops have helped seniors reconnect with local customs, fostering pride in their cultural identity.

Potential for development / multiplication / Possible European projection

- **Local Expansion:** The model of Academia Sénior Inês Negra could be adapted and replicated in other rural municipalities in Portugal, promoting active aging and lifelong learning.
- **European Projection:** Given the aging population in Europe, this initiative has strong potential for adaptation in other European regions. There is also potential for European collaboration through partnerships and EU funding to expand its reach.
- **Cross-Border Partnerships:** The project could collaborate with other European organizations focused on senior education and social inclusion, building a network of support for seniors across different countries.

Resources and materials – available at the platform

- **Course Materials:** Participants have access to a variety of learning resources including reading materials, video content, and other educational tools to support their classes.
- **Cultural Preservation Materials:** Resources related to local traditions and crafts, encouraging seniors to share and preserve their knowledge.

Additional information Contact details of the participating entity

- **Participating Entity:** Câmara Municipal de Melgaço; Casa do Povo de Melgaço
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Walking football APPACDM



BEST PRACTICE 06

Lead organization and collaborators

APPACDM de Viana do Castelo

Dates

September to July

Country / Location of event

Portugal, Viana do Castelo

Website

<https://desportoparatodosweb.wordpress.com>

Language(s)

Portuguese

Abstract

Walking football has become increasingly popular and is suitable for older people who may have mobility problems that stop them playing faster-paced games. However, the APPACDM of Viana do Castelo officially launched Walking Football, comprising participants of over 55 years old, individuals with intellectual disabilities, and staff members from the institution. This team was formed with the support of the Viana do Castelo Football Association (AFVC) and is recognized for its inclusivity, blending players from diverse backgrounds. The team has already participated in multiple Walking Football events organized by the AFVC, playing alongside senior teams from the Olympic4all_Viana do Castelo project, which involves municipalities such as Viana do Castelo, Monção, Ponte de Lima, Paredes de Coura, and Ponte da Barca. In recognition of its commitment to inclusive sports, the APPACDM of Viana do Castelo was awarded the Quinas de Ouro 2024 by the Portuguese Football Federation (FPF) for its efforts in promoting football and inclusion in Portugal. The team practices weekly at the Areosa Unit and continues to welcome new players, further demonstrating the institution's dedication to enhancing community involvement and health through sport.



Objectives

- **Promote Physical Activity and Well-being:** Improve the physical fitness, coordination, and health of people over 55 years old with intellectual disabilities, through regular participation in Walking Football.
- **Foster Inclusion:** Bring together people with and without disabilities, creating a collaborative environment where everyone can contribute to the team's success and enjoy the benefits of sport.
- **Community Engagement:** Strengthen community ties by participating in local competitions and encouraging cross-generational and cross-disability participation in sports.
- **Celebrate Diversity in Sport:** Serve as an example of how sport can be adapted to create inclusive opportunities, breaking down barriers and enhancing social integration for people with disabilities.

Target group(s) /Participants

- **Primary Participants:** Seniors aged 55+ and individuals with intellectual disabilities, including staff and volunteers from the AP-PACDM of Viana do Castelo.
- **Total Number of Participants:** The team currently includes 15 players, and new participants are always encouraged to join.
- **Age Range:** Primarily individuals over 55, but also inclusive of staff and those with intellectual disabilities, regardless of age.



Professionals involved

- **Football Coaches:** Coaches from the Viana do Castelo Football Association (AFVC) provide technical support for the team.
- **Technical staff:** The team benefits from the involvement of institutional sports and occupational technical staff who guide and assist the training sessions and competitions.

Main activities

- **Weekly Training Sessions:** Held every week at the Areosa Unit's football field, these sessions provide a safe, structured environment for participants to engage in Walking Football, a sport where running is not allowed, ensuring that physical exertion is manageable for all players.
- **Competitions and Tournaments:** Participation in Walking Football meetings, including those organized by the Viana do Castelo Football Association, where the team competes with other regional teams, such as those from Monção, Ponte da Lima, and Paredes de Coura (all teams comprised people over 55 years old).
- **Community Building:** Foster a sense of belonging and inclusion by bringing together seniors, individuals with intellectual disabilities, and staff members, creating a diverse, supportive team environment.

Walking football APPACDM



Ratings. Featured results items

- **Inclusive Team Dynamics:** The combination of seniors, individuals with intellectual disabilities, and staff working together has been a resounding success, showcasing the power of inclusivity in sports.
- **Health and Fitness Outcomes:** Positive feedback from participants highlights improvements in mobility and general well-being.
- **Community Integration:** Regular participation in Walking Football events has strengthened relationships between APPACDM and local communities, building connections and fostering an inclusive sports culture.
- **Recognition:** The team's efforts were recognized with the Quinas de Ouro 2024 award from the Portuguese Football Federation, underscoring the team's role as a model for inclusive sports initiatives.

Potential for development / multiplication / Possible European projection

- **Local Expansion:** The Walking Football initiative has the potential to expand to other regions and institutions across Portugal, involving more senior citizens and people with disabilities in this inclusive sport.

- **European Projection:** The program could be replicated across Europe, particularly in communities with aging populations and a focus on disability inclusion in sports.
- **International Collaboration:** Opportunities for collaboration with international football federations and disability sports organizations could further enhance

Resources and materials – available at the platform

Training Materials: Resources for both players and coaches to improve techniques, including training guides and instructional materials on adapted football for seniors.

Additional information Contact details of the participating entity

- **Participating Entity:** APPACDM de Viana do Castelo
- **Email:** desportoparatodos@appacdm-viana.com
- **Address:** Rua Gago Coutinho, 43 4900-510 Viana do Castelo, Portugal



SUP para Todos



BEST PRACTICE 07

Lead organization and collaborators

APPACDM de Viana do Castelo

Country / Location of event

Portugal, Viana do Castelo

Dates

March to July

Language(s)

Portuguese

Website

<https://desportoparatodosweb.wordpress.com>

Objectives

- **PrInclusive Access to SUP:** Provide people with disabilities in Viana do Castelo the opportunity to experience Stand Up Paddleboarding, promoting both physical and psychological benefits through the sport.
- **Adaptations for Diverse Needs:** Offer equipment and support tailored to individuals with varying levels of mobility, allowing both those who use upper limbs and those who do not to practice SUP safely and enjoyably.

- **Promote Physical and Mental Well-being:** Encourage physical activity, enhance balance and body strength, and provide a relaxing mental escape for participants, particularly those with disabilities.
- **Foster Social Inclusion:** Create opportunities for individuals with disabilities to engage in an inclusive recreational activity, improving social interaction and community involvement.

Abstract

The SUP para Todos project is a Stand-Up Paddleboarding (SUP) initiative designed for individuals with disabilities, offering unique opportunities to develop both recreational and competitive skills. With customized boards and/or amphibian chairs, individuals with reduced mobility and other disabilities can fully participate in the sport, whether they use their upper limbs or not. Launched in 2021 by APPACDM of Viana do Castelo, the project aims to provide the Stand-Up Paddle experience to people with disabilities in the region. Supported by the INR funding program in 2021 and the Viana do Castelo City Council in 2022, SUP para Todos ensures access to specialized equipment and a highly trained technical and pedagogical team, capable of meeting the diverse needs of all participants.

SUP para Todos



Target group(s) /Participants

- **Primary Participants:** Individuals with disabilities of various kinds, particularly those with mobility challenges, who are associated with APPACDM de Viana do Castelo, and other people with disabilities that participate in the public activities and events developed.
- **Total Number of Participants and Age Range:** The project aims to cater to an expanding number of participants, beginning with 12 regular participants and providing experience opportunities for 50 others, with ages ranging from 25 to 50 years old.

Professionals involved

- **Technical-Pedagogical Team:** Highly trained professionals including instructors, therapists, and support staff, who are capable of providing specialized guidance and adaptations for individuals with disabilities.
- **Volunteers:** Volunteers from APPACDM provide assistance in supporting participants during events and helping with equipment and mobility needs.

Main activities

- **SUP Sessions:** Regular SUP training and recreational sessions, conducted in various water bodies in Viana do Castelo. These sessions are tailored to meet the needs of participants, with particular attention given to those with mobility challenges.
- **Equipment Adaptation:** Specialized equipment is used, to accommodate the varying mobility levels of participants. Adaptations include supports and adjustments that allow people with reduced mobility to engage in the sport.
- **Inclusive Group Activities:** Group activities that promote teamwork and social interaction, fostering a sense of belonging and shared experience among participants, staff, and volunteers.





Ratings. Featured results items

- **Increased Participation:** The project has successfully attracted a growing number of individuals with disabilities, enhancing their engagement in physical activity and outdoor sports.
- **Improved Well-being:** Participants have shown improvements in physical strength, balance, and mental health, contributing to a better quality of life.
- **Social Inclusion:** SUP para Todos has provided a valuable platform for social interaction, breaking down barriers between people with and without disabilities in the community.
- **Recognition and Impact:** The project has been positively received by both the participants and the local community, promoting the benefits of inclusive sports and physical activities.

Potential for development / multiplication / Possible European projection

- **National Expansion:** The SUP para Todos project has potential for growth in other regions of Portugal, with the possibility of reaching more municipalities and institutions that support people with disabilities.
- **European Projection:** The model can be adapted for implementation in other European countries, especially those with a focus on inclusive sports and disability rights, offering an opportunity for cross-border collaboration.
- **Partnerships:** Collaborating with other organizations, both nationally and internationally, could enhance the visibility of the project and help share best practices for inclusive water sports.

Additional information Contact details of the participating entity

Participating Entity: APPACDM de Viana do Castelo

Email:
desportoparatodos@appacdm-viana.com

Address: Rua Gago Coutinho, 43 4900-510 Viana do Castelo, Portugal





Projeto “Atividade”



BEST PRACTICE 08

Lead organization and collaborators

Melspots Empresa Municipal

Website

<https://www.melsport.pt>

Country / Location of event

Portugal, Melgaço

Language(s)

Portuguese

Dates

September to July





Abstract

The “Atividade” Project was launched in 2006 in Melgaço, Portugal, with the goal of improving the health, well-being, and social integration of senior citizens. The project offers a holistic approach to aging by providing weekly, personalized multicomponent physical activity sessions, accompanied by continuous healthcare monitoring. This partnership-based initiative involves local healthcare services, educational institutions, and volunteers, and has grown over the years to encompass various rural areas within the municipality. Through a combination of exercise, health monitoring, and social engagement, the project aims to improve the quality of life for seniors, particularly focusing on the prevention and management of chronic health conditions such as diabetes and hypertension.

Objectives

- **Promote Healthy Aging:** Improve the overall physical, mental, and social well-being of seniors by offering a combination of physical activities and healthcare monitoring.
- **Health Management:** Address chronic conditions like diabetes, hypertension, and mental health issues through regular physical exercise and close health monitoring.
- **Social Inclusion:** Foster a sense of community among seniors, reduce social isolation, and encourage active participation in society.
- **Exercise Plans:** Tailor multicomponent exercises to individual needs, enhancing adherence to healthy lifestyles.

Target group(s) /Participants

- **Target Group:** Seniors aged 55 and above from Melgaço municipality.
- **Participants:** Approximately 200 seniors currently engaged in the project, including participants from the rural areas of Castro Laboreiro, Couso, Gave, and Orjaz.
- **Demographics:** Seniors with diverse health conditions, ranging from those seeking to maintain functional capacity to those managing chronic health issues like diabetes and hypertension.

Professionals involved

- **Sports and Physical Activity Professionals:** Lead multicomponent physical activity sessions, ensuring exercises are adapted to individual capabilities.
- **Nurses and Healthcare Providers:** Provide ongoing health monitoring, including weekly checks of blood glucose, blood pressure, and general health status before the training sessions and enhancing social interactions among participants.

Main activities

- **Multicomponent Physical Activity Sessions:** Weekly exercise classes focusing on strength, balance, flexibility, and cardiovascular fitness, customized to the participants' individual needs.
- **Healthcare Monitoring:** Every session is attended by a nurse from the local health center who conducts regular health checks (blood glucose, blood pressure, and overall health assessment) that also ensure education on maintaining healthy habits, managing chronic conditions, and improving overall wellness, with a focus on nutrition and hydration to ensure participants are safe during physical activities and to monitor their progress.
- **Social Engagement:** Activities are designed not only to improve physical health but also to foster social interaction, reducing isolation and promoting community spirit among seniors.

Projeto “Atividade”



Ratings. Featured results items

- **Health Improvements:** Significant positive outcomes in managing chronic conditions such as diabetes and hypertension, with many seniors reporting better overall physical fitness and enhanced mobility.
- **Mental Well-being:** Participants report reduced levels of stress and anxiety, with increased satisfaction and confidence in their health.

- **Social Impact:** Increased community involvement, with seniors taking an active role in local events and interactions with peers, fostering a sense of belonging and purpose.
- **Participant Satisfaction:** High levels of satisfaction, with seniors expressing appreciation for the personalized care and attention they receive during the physical activity sessions, as well as the support from healthcare professionals.



Potential for development / multiplication / Possible European projection

- **Local Expansion:** The project is already expanding to other rural areas within the municipality and has the potential to grow further by including more communities in Melgaço and neighboring regions.
- **European Projection:** The model could be adapted and replicated across Europe, especially in rural areas with an aging population, where similar challenges related to health and social inclusion exist. The combination of physical activity and healthcare monitoring makes the project a model for active aging in Europe.
- **Sustainability:** The project benefits from strong partnerships between local healthcare institutions and municipality sports divisions, ensuring long-term sustainability and potential for scaling.

Additional information Contact details of the participating entity Participating Entity: Melsports Empresa Municipal

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Desporto Para Todos - Remo



BEST PRACTICE 09



Lead organization and collaborators

APPACDM de Viana do Castelo

Country. Place of realization.

Portugal, Viana do Castelo

Dates

March to July

Website

<https://desportoparatodosweb.wordpress.com>

Language(s)

Portuguese

Objetives

- **Inclusive Access to Rowing:** Provide opportunities for individuals with disabilities to engage in rowing, promoting physical and psychological benefits through the sport.
- **Minimal Adaptations:** Utilize the inherent adaptability of rowing to ensure that people with various disabilities can participate with minimal modifications.
- **Promote Physical Activity:** Encourage physical activity, enhance body strength, and provide a relaxing mental escape for participants.
- **Foster Social Inclusion:** Create opportunities for individuals with disabilities to engage in an inclusive recreational activity, improving social interaction and community involvement.



Desporto Para Todos - Remo

Abstract

The “Náutica para Todos - Remo” project, initiated by APPACDM de Viana do Castelo, aims to make rowing an accessible sport for everyone, particularly focusing on individuals with disabilities. Launched in partnership with the Clube Viana Remadores do Lima, the project leverages the natural adaptability of rowing to include participants with various disabilities, such as muscular injuries, cerebral palsy, amputations, and visual or intellectual disabilities. The initiative not only promotes physical activity but also fosters social inclusion and mental well-being among participants. These sessions are supervised by experienced rowing coaches, physical therapy and occupational therapy professionals to ensure safety and effective participation.

Target group(s) /Participants

Individuals with disabilities, including those with muscular injuries, cerebral palsy, amputations, and visual or intellectual disabilities. Approximately 30 participants with regular events and experiences.

Professionals involved

Technical Team: Experienced rowing coaches from Clube Viana Remadores do Lima and project staff from APPACDM - Náutica para Todos.

Main activities

- **Rowing Sessions:** Regular recreational sessions at the Centro de Remo de Viana do Castelo, guided by experienced coaches and supported by project staff.
- **Adaptation and Safety Measures:** Ensuring rowing equipment is accessible

and safe for all participants, including those with varying levels of mobility.

- **Group Activities:** Inclusive group activities that promote teamwork and social interaction, fostering a sense of community among participants, staff, and athletes that enroll in the activities in Centro de Remo de Viana do Castelo.

Ratings. Featured results items

- **Increased Participation:** The project has successfully attracted a significant number of individuals with disabilities, enhancing their engagement in physical activity and outdoor sports.
- **Social Inclusion:** The project has provided a valuable platform for social interaction, breaking down barriers between people with and without disabilities in the community.





Potential for development / multiplication / Possible European projection

- **National Expansion:** Potential for growth in other regions of Portugal, with the possibility of reaching more municipalities and institutions that support people with disabilities.
- **European Projection:** The model can be adapted for implementation in other European countries, especially those with a focus on inclusive sports and disability rights, offering an opportunity for cross-border collaboration.
- **Partnerships:** Collaborating with other organizations, both nationally and internationally, to enhance the visibility of the project and share best practices for inclusive water sports.

Additional information Contact details of the participating entity

Participating Entity: APPACDM de Viana do Castelo

Email: desportoparatodos@appacdm-viana.com

Address: Rua Gago Coutinho, 43 4900-510 Viana do Castelo, Portugal





Projeto Sol (Surf, Ondas e Liberdade)



BEST PRACTICE 10

Lead organization and collaborators

Surf Clube de Viana and APPACDM de Viana do Castelo

Country / Location of event

Portugal, Viana do Castelo

Dates

March to July

Website

<https://desportoparatodosweb.wordpress.com>

<https://www.surfingviana.com/>

https://youtu.be/JQdx_Kv0zwQ?si=FAMPWNo-VZdVKVzZu

Language(s)

Portuguese





Abstract

Projeto Sol (Surf, Ondas e Liberdade) is an initiative by APPACDM de Viana do Castelo, in partnership with Surf Clube de Viana and supported by the BPI Capacitar 2021 Award from BPI and Fundação “la Caixa”. This project aims to empower individuals with intellectual and physical disabilities through regular surfing activities. Over 80 participants from APPACDM de Viana do Castelo have engaged in the project, with some enrolled in weekly surfing sessions and others participating in occasional surf experiences. The project has led to immediate and apparent benefits for participants, such as increased happiness, autonomy, and sensory-motor skills.

Objectives

- **Empowerment through Surfing:** Facilitate the development of sensory and motor skills, interpersonal relationships, and social integration through regular surfing activities.
- **Promote Physical and Mental Well-being:** Enhance the physical and mental health of participants by providing consistent, adaptive physical activity in a natural environment.
- **Inclusive Sports Participation:** Ensure that all interested APPACDM associates, regardless of their disability, have the opportunity to experience and benefit from surfing.
- **Respond to Pandemic Restrictions:** Offer a positive outlet during mobility restrictions, enhancing the well-being of participants.

Target group(s) /Participants

- **Primary Participants:** Individuals with intellectual disabilities and with autonomy from APPACDM de Viana do Castelo, enrolled a weekly based once a week classes.
- **Total Number of Participants:** 87 participants over 31 sessions, with more than 80 individuals regularly engaging in the project.
- **Age Range:** 23 to 50 years old, focusing on those capable of engaging in physical activities.

Professionals involved

- **Surf Clube Viana Coach's:** Two experienced surf instructors from Surf Clube Viana.
- **APPACDM Technicians and Staff:** Collaborators and support staff from APPACDM de Viana do Castelo.
- **Project Coordination:** Two project coordinators, one from Surf Clube de Viana and another from APPACDM.

Main activities

- **Adaptive Surfing Sessions:** Weekly sessions held at the Centro de Alto Rendimento de Surf, tailored to the abilities and needs of each participant.
- **Equipment Utilization:** Use of adapted surfboards and bodyboards to meet the specific requirements of each athlete.
- **Collaborative Training:** Initial and ongoing training sessions for APPACDM staff to ensure participant safety and effective session management.
- **Progress Monitoring and Documentation:** Recording and celebrating participant progress and achievements, emphasizing sensory and motor skill development, increased autonomy, and social integration.



Ratings. Featured results items

- **Participant Satisfaction:** High levels of happiness and satisfaction reported by participants, with significant improvements in confidence and autonomy.
- **Skill Improvement:** Documented progress in surfing skills and sensory-motor development among participants.
- **Inclusive Environment:** Successful creation of an inclusive sports environment where individuals with disabilities can engage in meaningful physical activity.
- **Research:** enrolled a research project allowing to understand the changing in body composition and motor competence in the

group of regular surfing. The paper wins the paper of the year in the thematic Sports for All from the Federação Portuguesa de Desporto para Pessoas com Deficiência from the year of 2022.

Potential for development / multiplication / Possible European projection

- **National Expansion:** Potential to replicate the project model in other regions of Portugal, leveraging local surf clubs and facilities.
- **European Projection:** Opportunities for collaboration with similar organizations across Europe, promoting inclusive water sports and sharing best practices.



- **Scalability:** The project model is scalable, with the potential to include more participants and expand the range of adaptive sports offered.

Resources and materials – available at the platform

- **Research paper:**
https://desportoatividadefisicaparatodos-fpdd.org/wp-content/uploads/2024/09/DAFPT_22_01_02.pdf

Additional information Contact details of the participating entity

Participating Entity: Surf Clube de Viana and APPACDM de Viana do Castelo

Email: geral@surfingviana.com and desportoparatodos@appacdm-viana.com;

Address: Surf Clube de Viana - Rua Diogo Álvares o Caramuru, 4935 161, Viana do Castelo, Portugal

Address:. APPACDM- Rua Gago Coutinho, 43 4900-510 Viana do Castelo, Portugal



8th Children's Gathering



BEST PRACTICE 01

Lead organization and collaborators

HMC of Chalkis

Country / Location of event

Greece, Evia

Website

eoschalkidas.gr

Language(s)

Greek

Dates

28th and 29th of September.

This activity is annual. It takes place around the end of September each year. It started in the year 2016, but it has maintained the same format and activities since 2018.



Abstract

The purpose of the activity is to give the opportunity to young children and their parents from the surrounding area, but also to children from the city with their families, to get to know the natural environment and to create a mountaineering culture that unfortunately in our country is not as developed as in other regions of Europe. Greek society consisted of generations of people who lived close to nature out of a need for survival and in the process

abandoned the countryside en masse to live a different way of life in the cities. Today's generations live far from the natural environment with little to no knowledge about the mountains, forests, the natural environment, their public character and the great importance of the existence of young people who are interested in living and protecting these areas. The familiarization of children and families through play and through our activities creates a climate of safety and familiarity with a different culture close to nature.

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Objectives

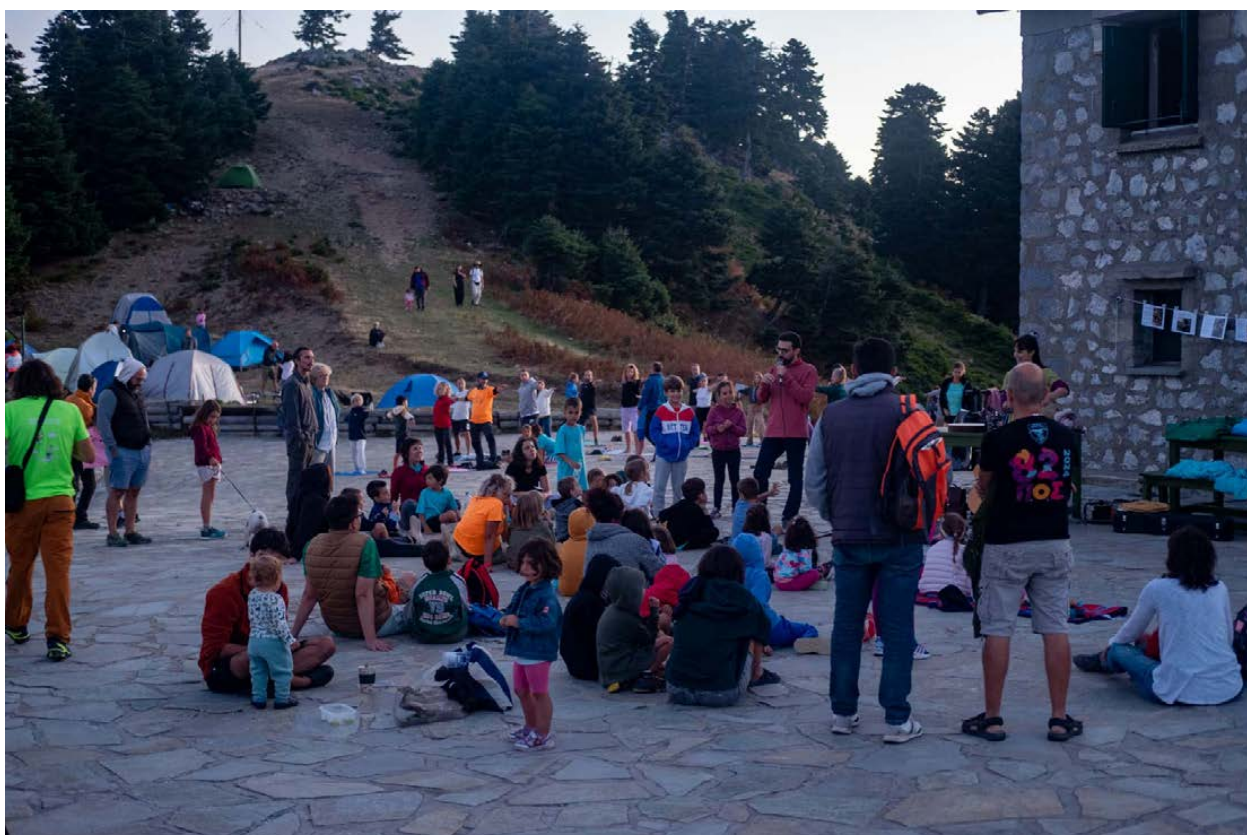
- Activity
- Collaboration
- Knowledge of the mountainous area
- Connection with nature
- Experience of the natural environment

Target group(s) /Participants (also specify number of participants)

Children and their parents. Total number of participants - 190.

Professionals involved

- Olga Orphanidou - Teacher
- Penelope Kazakoni - Teacher
- Yiannis Dimou - Gymnast
- Vangelis Rebelos - yoga instructor
- Konstantin Sallis - Musician/Story Teller
- Athina Kyrousi - Singer / Storyteller
- Stavroula Chrysomallidou - Gymnast
- Konstantinos Michalos - Painter / Teacher
- Phaedon Karabatsolis - Teacher
- Sarapsi Dimitra - Painter



Main activities

- Getting to know each other games
- Hidden treasure game
- Self-defense for children
- Soap-making
- Fairytale songs by the «Manitou» group
- Hatha (Therapeutic Yoga) for adults
- Evening hike with headlights for children
- Art workshop "Masks with birds"
- Hiking and activities

Potential for development / multiplication / Possible European projection

These activities can be implemented in a similar way to the European Week of Sports, but with activities taking place in mountainous areas, and implementing different kinds of skills and achievements whilst spending time in nature.



Resources and materials – available at the platform

- Volunteers
- Ropes
- Wooden platforms (for games that need cooperation)
- Headlights
- Materials for art (like papers, crayons etc)

Additional information Contact details of the participating entity

eoschalkidas.gr, eoschalkidas@yahoo.gr



Indoor climbing for Children living in Rural areas



BEST PRACTICE 02

Lead organization and collaborators

HMC of Chalkis

Country / Location of event

Greece, Evia

Dates

25th of May, 18th of September, 24th of November. This activity is annual, it started in 2021.

Website

eoschalkidas.gr





Abstract

This activity has been held annually for the past three years in collaboration with schools located far from the city without access to an indoor climbing wall in their area. Together with their teachers, students visit our facilities to safely explore and become familiar with the sport of climbing, free from climatic or other risks. What we want to achieve is to introduce young children to the sport of climbing, an activity which will, in the future, enable them to climb rocks in their areas, or in nearby climbing fields, and to promote a healthy lifestyle close to the natural environment.

Language(s)

Greek

Additional information Contact details of the participating entity

eoschalkidas.gr, eoschalkidas@yahoo.gr

Objectives

Activity

- Knowledge of indoor climbing sport
- Acquire capabilities for outdoor rock climbing

Target group(s) /Participants (also specify number of participants)

Children in rural areas. In most cases, no more than 80 children

Professionals involved

Antonios Patousias - Gymnast / Coach
Giannis Dimou - Gymnast
Konstantinos Andreou - Experienced climber
Anastasios Baltas - Climber

Main activities

- Collaboration games based on the demonstration of tools.
- Indoor Climbing

Potential for development / multiplication / Possible European projection

This practice gives children the opportunity to find out about the sport of climbing. As a first experience, it is easier for them to accept the sport in a safe, indoor environment.

Resources and materials – available at the platform

- Volunteers
- Ropes, harnesses, belay devices





Religious hiking trail to Neo Prokopi - Saint John the Russian

BEST PRACTICE 03



Lead organization and collaborators

HMC of Chalkis, Region of Central Greece, Holy Metropolis of Chalkis, Municipality Of Dirfion - Messapion

Country / Location of event

Greece, Evia

Dates

18th of May. This activity is annual. It takes place around mid May each year. It started in the year 2016, but it has followed its current structure and activity set since 2019.

Website

eoschalkidas.gr

Language(s)

Greek

Objectives

Activity for more people

- Religious hiking trail
- Safe hiking
- Connect with nature
- Experience in the natural environment
- Knowledge of the mountainous area



Abstract

Every year in May, many people follow the traditional custom of hiking along the road network from Chalkida to the village of Prokopi in honor of Saint John the Russian. However, this practice has caused several accidents with passing vehicles. The purpose of creating the hiking trail was to provide an alternative route that would give hikers the opportunity to walk safely in order to complete their journey away from any potential dangers. Additionally, it provides people with the opportunity to walk through the forest and immerse themselves in the natural environment, thus fostering a connection with nature. The ultimate goal is to gradually encourage hikers to abandon the asphalt route, and instead walk along the safer path which has been created in the forest.

Target group(s) /Participants (also specify number of participants)

Adults, primarily women from rural areas.1500 people in total.

Professionals involved

- Civil Protection
- Police Department
- Fire Department

Resources and materials – available at the platform

- Volunteers
- Means of communication
- medical assistance

Additional information Contact details of the participating entity

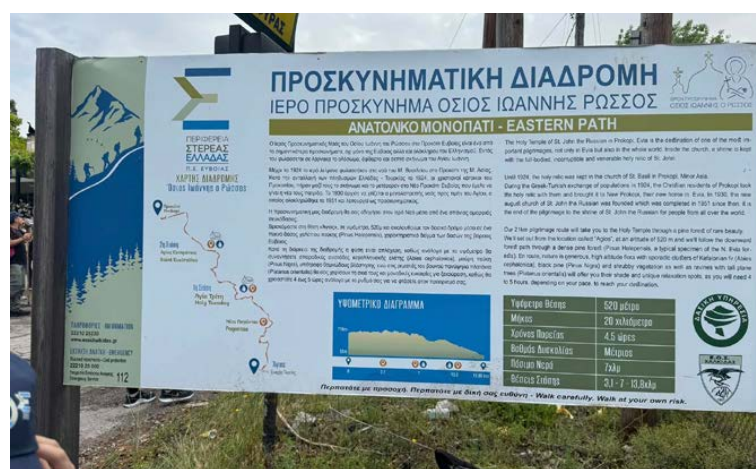
eoschalkidas.gr, eoschalkidas@yahoo.gr

Main activities

- Walking
- Hiking

Potential for development / multiplication / Possible European projection

Religious trails and practices are something common in European countries since the middleages.





Rewild the Child

BEST PRACTICE 04



Lead organization and collaborators

HMC of Chalkis, 5th High school of Chalkis,
Scouts of Chalkis

Country / Location of event

Greece, Evia

Dates

20th of October, 22th of December, 20th of April
This activity started in 2023.

Website

eoschalkidas.gr

Language(s)

Greek

Objectives

- Activity for children
- Collaboration
- Basic Knowledge of orientation, weather predictability
- Basic Knowledge of equipment used for hiking and cooking in nature
- Connection with nature
- Experience of the natural environment



Abstract

The program is “running” for the second year in a row and its purpose is to give young high school students the opportunity to have an experience close to the natural environment and to acquire basic knowledge of cooperation and management of natural resources. This age is critical, because they have grown up enough to be independent and understand complex concepts, but at the same time, with the modern way of life involving so much screentime and the complexity it has created, they are moving away from the benefits of contact with nature. We progressively increase the level of difficulty and familiarity, starting at the school, which is a familiar environment for the children. We then progress to the mountain hut and, finally, to the forest, where they will experience complete autonomy, managing their own food and sleep. Ideally, this program will gradually begin to operate in other schools, so that, at some point, all students will have the basic knowledge required to manage and live in a natural environment. This program is created for children in their final year of high school. It consists of three stages: 1. A sleepover in the school - this teaches the kids about some of the basics regarding the sleeping system and is accompanied by some cooperative games. 2. A move to a mountain hut – participants organise and cook their meal, play games in nature. They learn to read a map and use a compass. 3. A two day Trek – participants sleep in nature, build their tents, prepare their meals, and hike for two days.

Target group(s) /Participants (also specify number of participants)

Young Children. 70 participants

Professionals involved

- Teachers
- Gymnasts
- Scouts of Greece
- Civil protection teams from the area

Main activities

- Walking
- Hiking
- Tent setup
- Cooking outside
- Orientation games - learning to use a map and a compass

Potential for development / multiplication / Possible European projection

It could be a year-round program inside the school system in European countries, giving children the opportunity to access basic knowledge related to hiking and mountain-based activities.

Resources and materials – available at the platform

- Volunteers
- Tents
- Headlights

Additional information Contact details of the participating entity

eoschalkidas.gr, eoschalkidas@yahoo.gr





New rock climbing crag - Nyf



BEST PRACTICE 05



Lead organization and collaborators

HMC of Chalkis.

Country / Location of event

Greece, Evia.

Dates

From 8th of February to 16th of August.

Website

eoschalkidas.gr.

Language(s)

Greek.

Objectives

- Activity for local youth
- Basic knowledge of equipment used for climbing
- Basic knowledge of rock climbing
- Growth of sustainable local economy
- Knowledge of the mountain area
- Connection with nature
- Experience of the natural environment



Abstract

Creation of a new rock climbing crag with thirty initial routes, in an area that has not had anything similar until now. The project involves collaborating with the local community to clean the base of the routes and engaging local youth in this new sports activity with our support. The creation of an outdoor sports area from scratch gives added value to the area and a perception of economic development for the residents. The development of the area in a sustainable way can continue by becoming an example for small rural communities and, in turn, encourage similar initiatives and enable people to stay in their local areas. For the young people of the area it is a different way to experience natural beauty and develop new sports skills in the natural environment next to their community.

Target group(s) /Participants (also specify number of participants)

Rural youth. 15

Professionals involved

- Antonios Patousias - Gymnast
- Giannis Dimou - Gymnast
- Konstantinos Andreou - Experienced climber

Main activities

- Rock climbing
- Connect with nature

Potential for development / multiplication / Possible European projection

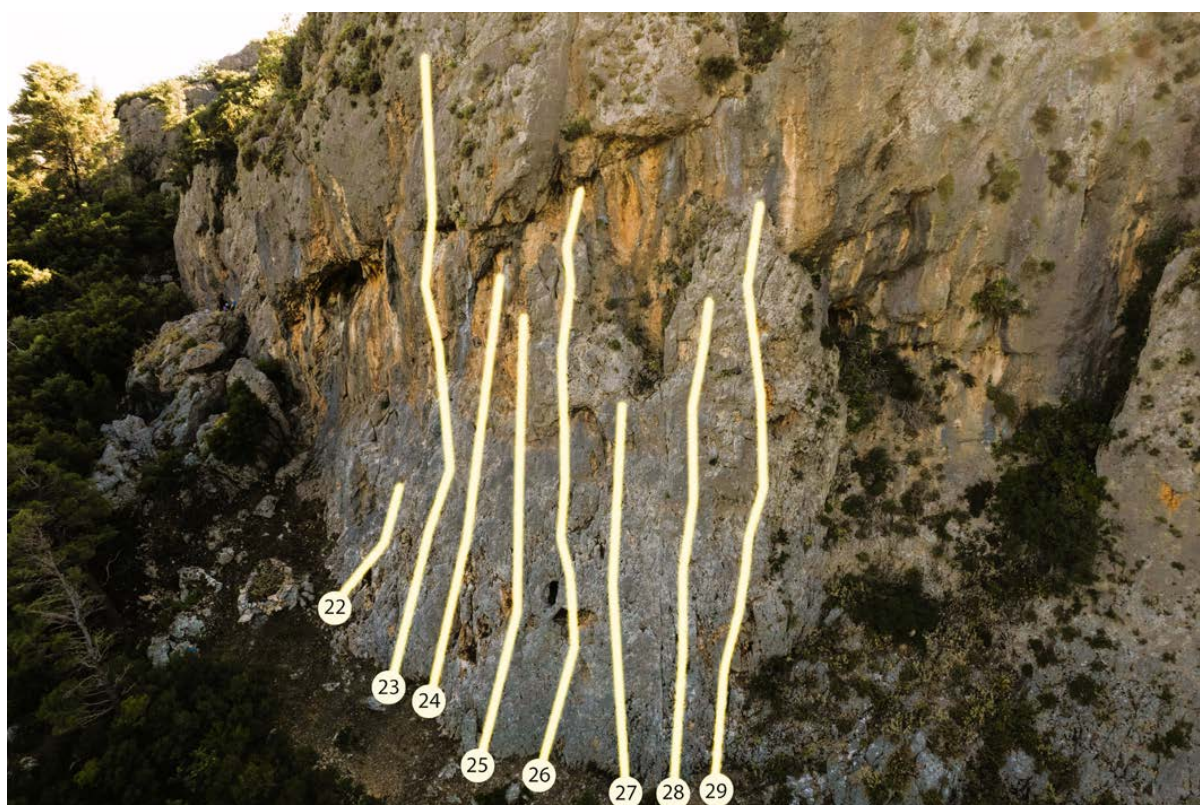
Work with municipalities and local communities as well as with climbing sport clubs to create opportunities for tourism.

Resources and materials – available at the platform

- Volunteers
- Ropes, harnesses, Helmets, belay devices
- Cordless drill, bolts

Additional information Contact details of the participating entity

eoschalkidas.gr, eoschalkidas@yahoo.gr





Restoration of old hiking trails connecting the villages around Dirfis mountain

BEST PRACTICE 06



Lead organization and collaborators

HMC of Chalkis, Local community of Stropones village

Country / Location of event

Greece, Evia

Dates

12th of March, 26th of April, 1st of July, 6th of July, 28th of July This activity is annual. It takes place throughout the year.

Website

eoschalkidas.gr

Language(s)

Greek

Objectives

- Activity for older people
- Creative occupation
- Hiking - Growth of sustainable local economy



Abstract

Maintenance and promotion of hiking trails and monuments in the mountainous area around Dyrfi Mt. This work is conducted on an annual basis to preserve the historic network of paths that connected villages for centuries, prior to the development of the road network between the 1950s and 1970s. The work is carried out in collaboration with local communities, serving not only as a form of exercise but also as an incentive for them to get to know and highlight parts of their own history. Forgotten watermills, old quarries where their ancestors took stones to build their houses, as well as abandoned fields and ancestral huts in steep mountainous areas that were known to them only as references. At the same time, it is another another example of sustainable economic development in the area as a way to attract visitors to their villages. Ideally, the development will continue, with more older locals contributing to the project and adopting the practice of highlighting and preserving their cultural heritage through the trails

Target group(s) /Participants (also specify number of participants)

Elderly people from nearby villages (rural area)
12 participants most of the time.

Professionals involved

Members of HMC of Chalkis working as volunteers for the restoration of the trails.

Main activities

- Walking
- Hiking

Potential for development / multiplication / Possible European projection

It can be combined with other countries' old hiking trails as a European project "Learn History by walking."

Resources and materials – available at the platform

- Volunteers
- Chainsaws, pruners, gloves
- Trail marks, paint, brush
- GIS program to create the maps

Additional information Contact details of the participating entity

eoschalkidas.gr, eoschalkidas@yahoo.gr





Elementary schools hikes



BEST PRACTICE 07

Lead organization and collaborators

HMC of Chalkis, various elementary schools of Chalkis

Country / Location of event

Greece, Evia

Dates

22th of March, 12th of May, 25th of May, 18th of October, 19th of October, 13th of November.

This activity is annual. It takes place throughout the year. It started in the year 2021.

Website

eoschalkidas.gr





Abstract

Forest walks for young elementary school children. This program has been operating throughout the school year for the last three years in conjunction with schools and teachers. It consists of short routes designed for children which have been adapted to their needs, along with a brief introduction to the forest, the importance of protecting natural areas, and an overview of the surrounding high mountains. The purpose of this event is to bring children and teachers, as well as the school program, closer to the natural environment of the area.

Language(s)

Greek

Objectives

Activity for children

- Basic knowledge of the mountains and the importance of the protected area
- Connection with nature and the Natura2000 Protected area and National Park
- Experience of the natural environment

Target group(s) /Participants (also specify number of participants)

Each group consists of 50 participants

Professionals involved

- Teachers
- Gymnasts

Main activities

- Hiking
- Lessons about the importance of the mountainous area:
- Natura 2000 area and the National Park

Potential for development / multiplication / Possible European projection

It could be a year-round program inside the school system in European countries, giving children the opportunity to access basic knowledge related to hiking and mountain-based activities.

Resources and materials – available at the platform

Volunteers

Additional information Contact details of the participating entity

eoschalkidas.gr, eoschalkidas@yahoo.gr





Winter activities for children

BEST PRACTICE 08



Lead organization and collaborators

HMC of Chalkis

Language(s)

Greek

Country / Location of event

Greece, Evia

Dates

24th of December

This activity is annual. It takes place around late December each year. It started in the year 2021

Objectives

Activity for children

- Collaboration
- Knowledge of winter environment and snow
- Experience of the natural environment during winter
- Connection with nature during winter
- Bird and animal feeding during winter

Website

eoschalkidas.gr



Abstract

The event has been held every December around Christmas for the past three years. It involves children and their parents as well as other local people of all ages. It includes playing with snow when the conditions permit it, making natural ornaments with food for wild birds, and other art-based activities. The purpose of the event is to familiarize children and parents with the cold, the countryside in the winter, and the natural activities in this environment. Our ultimate goal is to encourage more and more people to step out of their homes, to overcome the fears and myths regarding the countryside in the winter, and to experience this time of year with all it has to offer.

Target group(s) /Participants (also specify number of participants)

Young Children

22 participants

Potential for development / multiplication / Possible European projection

Day for winter sports and activities for smaller children

Professionals involved

- Teachers
- Gymnasts

Resources and materials – available at the platform

- Volunteers
- Sleds
- Snow shovels
- Rope, butter, seeds

Main activities

- Walking
- Hiking
- Creative activities:
- Making bird feeders
- Making Christmas cards
- Playing with snow
- Sliding down slides

Additional information Contact details of the participating entity

eoschalkidas.gr, eoschalkidas@yahoo.gr





Hiking trails to archaeological sites

BEST PRACTICE 09



Lead organization and collaborators

HMC of Chalkis, municipalities of Evia

Country / Location of event

Greece, Evia

Dates

24th of March, 14th of April

Website

eoschalkidas.gr

Language(s)

Greek



Abstract

Working on hiking trails and finding information of important archaeological sites and places, making them accessible by cleaning and marking them with the help of archaeologists and local residents. This site features an important Roman-era quarry, and includes ancient trails and carving points for the hundreds of carved columns that were transported by ship from the nearby ancient port. The main objective of the activity is to develop, promote and protect the archaeological site, as well as to introduce this important area to the younger generation. Ideally, the site will become permanently accessible to schools and tourists, further explored through new research and studies on its significance, and adequately protected.



Objectives

Activity

- Hiking
- Strengthening connections within local communities.
- Making important, open places accessible
- Knowledge and preservation of archaeological sites
- Growth of sustainable local economy
- Connection with nature
- Experience of the natural environment

Target group(s) /Participants (also specify number of participants)

Children and adults from the local rural area

5 adults, 8 children

Professionals involved

- Konstantinos Nikolaou, archaeologist
- Nikolaos Karantzas, archaeologist

Main activities

- Working on the trails
- Hiking



Potential for development / multiplication / Possible European projection

It can give municipalities and small local communities a way to research and promote key elements of their local history, and this can be an important factor in strengthening connections among communities

Resources and materials – available at the platform

- Volunteers
- Chainsaws, pruners, gloves
- Trail marks, paint, brushes
- GIS program to create the maps

Additional information Contact details of the participating entity

eoschalkidas.gr, eoschalkidas@yahoo.gr



Name / Project title

Elderly people of rural areas



BEST PRACTICE 10

Lead organization and collaborators

HMC of Chalkis, local communities and agriculturalists

Country / Location of event

Greece, Evia

Dates

5th of October, 1st of November,
1st of December

Website

eoschalkidas.gr

Language

Greek

Abstract

The island of Evia is home to extensive Natura 2000 protected areas, due to its endemic and protected plant species. What we want to achieve with this specific action is to establish an athletic activity for elderly residents of the mountain areas. We also aim to connect with agronomists and biologists, giving them the opportunity to discover unfamiliar plants or deepen their knowledge of those they already recognize. The main goal is to reintroduce a mode of movement familiar to the elderly from earlier times, given that the elderly residents of the mountainous areas still have memories of more difficult times when physical movement was more closely connected with the need for work and other aspects of life. Additionally, raising awareness about important, endemic plants which are under threat will help to secure their protection. Without this knowledge, residents may unintentionally harm the species - either by cutting it down or depleting its resources - simply due to their lack of awareness of its endangered status.



Objectives

Activity for older people

- Hiking
 - Strengthening connections between local communities
 - Knowledge of the importance of local biodiversity
 - Protection of natural resources
 - Connection with nature
 - Experience in the natural environment
-

Target group(s) /Participants

- Adults from rural areas, mostly women
 - 5-6 participants each time
-

Professionals involved

- Evaggelos Avdelas, Agronomist
 - Nontas Kalogiannhs, Agronomist
-

Main activities

- Hiking
 - Walking
-



Potential for development / multiplication / Possible European projection

A program for local rural and mountain communities to introduce them to the rich biodiversity of their area in order to preserve the endangered species.

Additional information Contact details of the participating entity

eoschalkidas.gr, eoschalkidas@yahoo.gr

Resources and materials – available at the platform

Volunteers



Vega del Tajuña Nature Center. Rural revitalization and promotion

BEST PRACTICE 01



Lead organization and collaborators

Ambite Town Hall (municipality of 748 inhabitants). Municipal project financed by Aracove (Local Action Group that manages European funds) through Leader funds.

Country / Location of event

Ambite (Southeast area of the region of Madrid, Tajo-Tajuña area), Spain.

Dates

Project in progress since April 2021.

Recipients) /Participants

- Family audiences of all ages, from the municipality, the region and visitors.
- Three editions of the Environmental Education course aimed at young people.

Ratings. Featured results items

- 300 group activities carried out (environmental workshops, guided tours).
- 2000 total users since its inauguration.
- It includes visits to schools in the region to offer training workshops.

Abstract

Under the premise of respect for and defense of the Environment, this project focuses on sharing knowledge of the flora, fauna and geology of Ambite, the life of the Tajuña river, and the promotion of sports activities.

Located in Ambite's old train station, which is part of an abandoned railway line transformed into the Greenway (Vía Verde del Tajuña), it features a bicycle park and offers environmental education activities, as well as hiking and cycling tours for groups along the Greenway.

Its goal is to contribute to local development, both municipal and regional, by attracting foreign visitors and involving the local population in its activities.

It also promotes the use of the Greenway as a safe route for active mobility, connecting different municipalities by bicycle or on foot.

Examples of workshops and activities for the 2023 and 2024 courses include: Amphibians and reptiles, bird banding, ephemeral art, homemade soap-making, composting workshops, esparto grass workshops (esparto manufacturing is a traditional activity and an important resource in the area), school visits, interpretive routes, astronomical observation, nest box building, and 'insect hotels', among many others. The Vía Verde del Tajuña is a route of over 60 kilometers for hiking and cycling which runs between Arganda del Rey and Ambite. A recent extension, promoted by the municipalities of Ambite (Comunidad de Madrid) and Mondéjar (Castilla-La Mancha), adds 8 additional kilometers to the section within the Comunidad de Madrid. The route largely follows the course of the Tajuña River.

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Projection outside the town-region

The 'Vega del Tajuña' Nature Center has become a regional reference point for its promotion of activities focused on the educational, sports, and recreational uses of the Vía Verde del Tajuña. It is also recognized throughout the Comunidad de Madrid for its quality rural initiatives.

The centre is part of other interregional initiatives, such as 'Camino del Agua' (Water Paths), which run through 15 towns in the province of Guadalajara and 6 in the Comunidad de Madrid.

<https://caminosdeaguacm.wixsite.com/tajuna>

Possible European projection

It has been recognized as a reference in several European projects, including Sigway (Erasmus + Sport, Large Collaboration, 2022-2024) and Rural Sport (Erasmus + Sport, Small Collaboration, 2023-2025).

It serves as an example of a local initiative with regional, national, and international projection, emerging from a small municipality in a region with significant shortages in equipment, services, and public transportation.

Contact details of the participating entity

Vega del Tajuña Nature Center. Centro de Naturaleza Vega del Tajuña (Ambite Town Council)

<https://www.ambite.es/centrodenaturaleza/>

Email.: centrodenaturaleza@ambite.es





Adventure Group



BEST PRACTICE 02

Organizing entity and collaborators

Roble Moreno Association, with the sponsorship and organization of different town councils of the Sierra Norte and the General Directorate of Sports of the Comunidad de Madrid.

Place of realization and region

Various municipalities of the Sierra Norte.

Dates

Taking place continuously since 2017, with the approximate duration of a school course and monthly meetings.

Up to this compilation (2024), about 6 editions have been made, except in the year of the pandemic.

Recipients/Participants

Preteenagers and teenagers (13-17 years old) from the municipalities in the Sierra Norte de Madrid.

Objectives

- Encourage and motivate young people to practice activities and sports in nature, in a playful and participatory environment.
- Breaking the sedentary lifestyle of many adolescents in rural areas, distanced from both physical activity and contact with nature.





Abstract

Monthly meetings where young people are motivated to develop group activities in nature, adapting to the season and reality of the environment (snow sports, orienteering, games in nature, mountaineering, climbing...)

Young people take centre stage and decide the activities to be carried out, through a participatory and active training approach. The activity monitors are experts in both activities, sports in nature, and group dynamization and motivation.

The initiative was originally conceived by the Roble Moreno Association, financed and co-directed by different town councils and by the Comunidad de Madrid (Madrid Región Activa program)

Ratings. Featured results items

- Average of 4 small municipalities that have carried out "Adventure Group" in each of the 7 editions of the project.
- Average of 15 annual participants for each Adventure Group.
- 420 total participants estimated in the 7 editions.

It is necessary to promote proposals to motivate and encourage the practice of physical activity and sport among young people. This initiative is a contribution in this sense.

Contact details of the participating entity

Roble Moreno association:

Web: www.robblemoreno.es

Instagram: @asociacionrobblemoreno

E-Mail.: info@robblemoreno.es

"Madrid Región Activa" program (Comunidad de Madrid): <https://www.comunidad.madrid/servicios/deportes/madrid-region-activa>

Projection outside the town-region

The activity approach has been explained during some training actions by sports technicians and those responsible for Physical Activity and Health projects.

The youth sector is considered a priority goal in the municipalities, since a significant abandonment of sports practice is observed upon reaching adolescence.

It is significant that the small municipalities share the same problems as in urban contexts, a decline in the practice of sports activity and a disconnection from the natural environment. The abusive use of mobile phones and screens, also associated with social isolation, appears as a determining element for this problem.

Possible European projection

The rates of child and youth inactivity in Europe are very worrying, although this is a global phenomenon. Spain is the has the 4th highest rate of childhood obesity in Europe.





Move in Belmonte



BEST PRACTICE 03

Lead organization and collaborators

The municipalities of Belmonte de Tajo and Fuentidueña de Tajo. Southeast of the Comunidad de Madrid. With the collaboration of the General Directorate of Sports of the Comunidad de Madrid

Country / Location of event

Spain, Belmonte de Tajo (1842 inhabitants)

Dates

The exemplary initiative was presented during the Third Edition of the Institutional Collaboration Program on Physical Activity and Health Projects, held in June 2019.

Language(s)

Spanish

Website

www.belmontedetajo.es

Abstract

The development of the activity during the course of the program took place on two week days lasting an hour and a half each. On Tuesdays, a toning circuit was carried out based on age and physical condition. On Thursdays, a route chosen by the participants took place for an hour and a half. In addition, attendees carried out the "Metrominuto" routes, designing hiking itineraries which toured the entire municipality. Each route started in the Plaza de la Constitución.

The activity had an Exchange Day towards the end of the course, in the month of June, between the participants of the program and those from the neighboring town of Fuentidueña de Tajo.





Objetives

- **Identification of the adult population** at risk of suffering from ailments as a result of a sedentary lifestyle and offering them a unique opportunity to participate in outdoor activities in order to improve their health.
- **Promotion of a meeting space** for the elderly in the municipality.
- **Promotion of spaces** to obtain knowledge and the chance to meet people from other municipalities in the Comunidad de Madrid, through the practice of socializing and the formation of links between them and neighboring municipalities whilst sharing experiences.
- This was coupled with the satisfaction of hosting other groups of people.

Target group(s) /Participants

- In Belmonte de Tajo: total participants, around 30 each year.
- In Fuentidueña de Tajo: total participants, around 35 each year.

Professionals involved

Employment and local development agents, sports technicians.

Main activities

- The activity is conducted with a qualified sports instructor. In addition to the activity with the elderly, work is also carried out continuously with adults and with young people and children.
- The municipal exchange significantly enriched the activity: the participants had the satisfaction of being hosts in their towns, showing the people of the visiting town the most beautiful parts of the municipality.
- The streets and the most emblematic places of the urban centers were visited, a nature trail was then taken that ended with a healthy lunch outdoors, in the case of Belmonte de Tajo.

Move in Belmonte



Ratings. Featured results items

- The physical activities led to interactions between people, both in the same municipality and in others thanks to the Exchange Days. Some of those who attended, due to their lifestyles, do not usually leave their surroundings.
- In addition to its physical benefits, this activity is valuable for its ability to promote relationships and socialization.
- The total number of participants reached 35 people per year.

Potential for development / multiplication / Possible European projection

The southeast of the Comunidad de Madrid is a territory with great difficulty in carrying out regional projects. The distances between towns and the lack of means of transportation make it difficult for older people to actively participate in proposals. On the other hand, the scarce presence of business and association networks leads to a lack of leisure opportunities for these people. This region relies on public programs, but these are managed with limited human resources and are always insufficient to meet the demand. This difficulty can itself become an incentive to overcome it. Small actions such as municipal exchanges within the framework of the Madrid Región Activa program are an example of how to energize rural areas.

Additional information Contact details of the participating entity

Ayuntamiento de Belmonte de Tajo

Web: www.belmontedetajo.es

Correo E.: aedl@belmontedetajo.es

Madrid Región Activa program, Comunidad de Madrid: <https://www.comunidad.madrid/servicios/deportes/madrid-region-activa>





Name / Project title

Active Tourism with Seniors



BEST PRACTICE 04

Lead organization and collaborators

Cabanillas de la Sierra Town Hall

Country / Location of event

Spain. Cabanillas de la Sierra (900 inhabitants, in the Sierra Norte de Madrid).

Dates

It was carried out from 12 to 15 October, 2023.

Language(s)

Spanish

Website

<https://www.cabanillasdelasierra.es/>

Abstract

A several-day excursion to the Ribeira Sacra (Galicia) was scheduled, within a program of Active Tourism activities. Although it was initially planned for adults and family audiences, the majority of those who finally signed up were people over 60, with some even over 80.

Some adaptations were considered, but the activity was carried out without many changes.





Active Tourism with Seniors

Objectives

- Promote neighbourhood communication.
- Carry out an activity that combines Nature, Culture and Physical Exercise.
- Offer active tourism (including physical activity) to older people.

Target group(s) /Participants

52 people participated, between 14 and 83 years old, with an average age of 66 years old.

Professionals involved

Local Employment and Development Agent, the councillor for tourism, the councillor for culture, the town mayor.

Main activities

- Hiking excursions through the region: Las Medulas and the viewpoints and canyons of the River Sil.
- Visit to monasteries and monuments: such as Ermitas Sanctuary, Bibey region.
- Knowledge of the environment.
- Visit to wineries and interpretation centers in the Valdeorras valley- Visita y paseo por municipios: Castro Caldelas, A Rua de Valdeorras, O Bolo, A Veiga.
- Catamaran ride along the River Sil.

Ratings. Featured results items

- The activity was a complete success, and shows that we often place physical fitness expectations on the elderly that are much lower than what they can perform.
- Even when some of the people signed up, we thought we were going to have problems, but nothing could have been further from the truth. The group participated in all the activities, and the evaluation of the trip was very good. They were left wanting more activities of this type.



Potential for development / multiplication / Possible European projection

This activity has led to an interesting reflection on the usefulness and demand of proposing active tourism proposals for the elderly population.

It is easily replicable in any context.

Resources and materials – available at the platform

<https://www.cabanillasdelasierra.es/tu-ayuntamiento/concejalias/88-cultura/1562-viaje-a-la-ribeira-sacra-organizado-por-el-ayuntamiento>

<https://www.facebook.com/reel/297154259838194>

Additional information

Contact details of the participating entity

<https://www.cabanillasdelasierra.es/>

aedl@cabanillasdelasierra.org



Family Sports



BEST PRACTICE 05

Lead organization and collaborators

Municipal Sports Center of Talamanca de Jarama, natural environment and surroundings of Talamanca and nearby areas to carry out specific activities (surroundings of Patones, Sierra de Guadarrama).

Country / Location of event

Spain. Talamanca de Jarama.

Dates

From October to June (throughout the season, one activity per month).

Language(s)

Spanish, english.

Abstract

Activities are proposed to promote healthy lifestyle habits in all sectors of our population, from children to the elderly, encouraging the participation of families to integrate physical activity and physical exercise into their daily lives in an effective and safe way.

The activities take place in a sustainable area of great value to our municipality. The environment makes it easy to participate without excessive difficulty, allowing for activities suitable for all ages. These are environmentally friendly sports that respect and preserve the natural surroundings.

Hiking, Nordic walking, snowshoeing, cycling, athletics, skating, climbing on our climbing wall and adventure activities such as rock climbing, caving, and zip lining have been included. We do them once a month, on the third Sunday of the month, lasting approximately 4 hours.





Website

www.talamancadejarama.org; Servicio Municipal de Deportes Talamanca de Jarama (Facebook); Polideportivo Talamanca (Instagram)

Professionals involved

Municipal technicians from the City Council.

Objectives

- Encourage the practice of physical exercise as a family, being outdoors, and taking advantage of the neighboring environment.
- Promote healthy leisure habits.
- Strengthen social relationships between participants.
- Generate the necessary motivation and aptitude, so that the participants in this program can autonomously practice some of the activities carried out.

Main activities

- Hiking
- Nordic walking
- Climbing wall
- Snow rackets
- Cycle tourism
- Skating
- Athletics
- Adventure (caving, rock climbing, zip line)

Target group(s) /Participants

- For all age groups (5 years and up). In the case of children under 5 years of age, an adult must accompany the minor and will be responsible for the activity.
- Maximum 30 participants per activity.



Ratings. Featured results items

- We started this type of activities in 2021 with the participation of several families, reaching 20 participants. In the following seasons, and now in 2024, we have an average of 25-30 participants per activity.
- We have been increasing the number of activities, and we have gone from 3 specific activities a year to carrying out one activity a month due to demand from the participants. During these seasons, we have seen how the natural environment has helped to increase the appeal for physical exercise for all people by providing the opportunity to enjoy family activities outdoors.
- With this program, physical exercise has been brought closer to families, which helps to avoid isolation and make it easier to carry out a healthy group activity and increase interpersonal relationships.

Potential for development / multiplication / Possible European projection

- Easy to apply, adapting the activities to the environment where the program will be developed.
- Qualified and certified monitors for the appropriate development of the activities.

Resources and materials – available at the platform

- The roads and trails around our municipality.
- Sierra de Guadarrama for snowshoeing activity.
- Patones surroundings for adventure activity (caving, zip line, rock climbing).
- Municipal sports center (climbing wall).
- Municipal fronton (skating).

Additional information Contact details of the participating entity

diegomorona@yahoo.es

poli.talamanca@gmail.com

www.talamancadejarama.org



Meeting of «Puntos Activos». Sierra Norte and Elderly people

BEST PRACTICE 06



Lead organization and collaborators

Municipalities of the Sierra Norte de Madrid.

Country / Location of event

Sierra Norte (Comunidad de Madrid). In different town halls. Spain.

Dates

It is held in a single morning, usually in the month of June.

Recipients/Participants

Users of the "Puntos Activos". Especially aimed at those "Puntos Activos" with a predominance of people over 60 years of age.

Projection outside the town-region

These meetings have been held in other regions of the Comunidad de Madrid. Meetings of "Puntos Activos" for adults have also been held in the Tajo-Tajuña region, and Meetings of Children's "Puntos Activos" have also been held, which are reflected in another region. This activity has been presented in forums such as Regional Conferences on Good Practices for PA and Health projects.



Abstract

The host municipality invites users to carry out a typical class of its “Punto Activos”, adapted to a large group of participants (more than 120 people). In the presentation of the meeting, a speaking turn is given to representatives of the participants in the different “Puntos Activos” to share their experience and request any improvements. In addition, a guided tour is carried out to places of interest in the municipality (cultural, environmental), and a snack and a drink are offered to finish the day.

Objectives and Development of the activity

- Provide a meeting space for older users of the “Puntos Activos”, promoting communication between people and groups from different towns.
- Increase the visibility of “Puntos Activos” and ensure their continuity and provision.
- The activity is partially covered by the financing of the “Puntos Activos” carried out by the Madrid Región Activa program of the Comunidad de Madrid.
- It is worth highlighting the logistical difficulty that a meeting of between 15 and 20 municipalities entails (bus movement, general coordination of the event).
- The refreshments offered have been courtesy of the host municipality so far, since this expense cannot be covered with Comunidad de Madrid funding.

Ratings. Featured results items

- In the different meetings, there has been an average participation of 15 “Puntos Activos” from as many municipalities in the Sierra Norte, and about 120 people.
- In the 2023 edition, in the meeting held in Patones, about 200 users participated, in addition to their respective monitors. In most cases, they were accompanied by the Councilor for Sports or the Mayor of their municipalities. In total, about 250 people. In the 2024 edition, in the meeting held in La Cabrera, about 350 users participated. In total, about 400 users, including sport technicians, local and regional political representatives of municipalities and Comunidad de Madrid.





**ENCUENTRO DE PUEBLOS
PUNTOS ACTIVOS SIERRA NORTE.**
La Cabrera 2024 23 de mayo

10.15h. Llegada de los autobuses a la calle Roblehorno (Zona Skate park La Cabrera).
10.30-10.40h Bienvenida por parte del alcalde y concejal de mayores de La Cabrera.

10.40-10.50h. Palabras del representante de la Comunidad de Madrid.
10.50-11.00h. Presentación del proyecto y actividad, por parte del Ayuntamiento de La Cabrera y Asociación Roble Moreno.

11.00-11.20h. Turno de palabra de los/as alumnos/as, quienes contarán su experiencia.
11.20-12.00h. Muestra de la actividad. Gimnasia colectiva.
12.00-13.15h. "Recorrido activo y lúdico por La Cabrera" (Rural Sport)

13.15-14.00h. Aperitivo y despedida.
14.00h Regreso en los autobuses a cada pueblo.


 Comunidad de Madrid

  Co-funded by the Erasmus+ Programme of the European Union



-LA CABRERA COMUNICA-

Possible European projection

We believe it is a replicable and very interesting activity to carry out in any European rural region. Although they do not have the name "Puntos Activos", the focus is on bringing together older people who do weekly physical exercise on a regular and guided basis in different municipalities. Those different groups come together, expand their network of contacts and experiences, get to know another municipality and have more visibility and social recognition.

It, in turn, allows political and technical leaders to know the positive impact that public actions and policies bring to citizens. It is a very enriching activity for users and political and technical managers.

Contact details of the participating entity

ADENI: www.adeni.es

www.lacabrera.es

animacionsociocultural@lacabrera.es

Madrid Región Activa Program of the Comunidad de Madrid.

Web: <https://www.comunidad.madrid/servicios/deportes/madrid-region-activa>

Email: cordinaciondeportes@madrid.org





Inclusive Mountain. VillaNaturaleza Solidaria



BEST PRACTICE 07

Lead organization and collaborators

VillaNaturalezaSolidaria Association
(Villaviciosa de Odón, Madrid)

Country / Location of event

Spain. Training and dissemination activities and inclusive routes through Madrid region, mainly in its west and northwest areas

Abstract

VillaNaturalezaSolidaria is an association located in Villaviciosa de Odón (Madrid village of about 25.000 inhabitants) which promotes inclusive activities in the nature.

It aims to bring activities closer to people with sensory, motor, intellectual, mental or multi-disability disabilities, while raising awareness among the general public, and young people in particular. The activities are based on the normalisation of disabilities and the need to make inclusive mountaineering alternatives known and available to everyone.





Inclusive Mountain. VillaNaturaleza Solidaria



Language(s)

Spanish

Webpage

villanaturalezasolidaria.com

Goals

- To give the chance of mountaineering to people with different disabilities.
- To raise awareness among the general public, and young people in particular, regarding the need to propose inclusive mountaineering alternatives.
- To include inclusive mountaineering as an option for schools in the western area, and in the long run, throughout the entire Madrid region, with the aim of achieving the normalisation of disability.
- To give visibility and promote volunteering among people with and without disabilities.

Target group(s) / Participants

- Public.
- People with disabilities.
- Students (from early childhood to University)
- Estimated number of participants involved in training and dissemination activities every year is about 1000 (2023 data)

Experts involved

Blind guiding specialists, Joëlette chair entitled drivers, mountain guides, sport technicians, council professionals coming for another areas, coaches, health service personnel and volunteers with diverse profiles.

Main activities

- Mountaineering routes using directional poles and Joëlette chairs, including training for the participants.



- Informative sessions on inclusive mountaineering and adaptations in educational centres aimed at all young people, with and without disabilities.
- Informative sessions in health centres.
- Publication of accessible routes.
- Collaboration with the City Council and the Madrid region in the framework of the Call for Physical Activity and Health Projects (4 editions until 2024), performing activities in the municipality, the region, and the Sierra de Guadarrama.

Outputs. Main issues

- More than 1000 people participating every year, since the association's creation in 2020 (with the exception of the strict pandemic months).
- More than 25 training days in high schools since the foundation of the association.



Development scenario/Multiplication / Possible European projection

- The activity has an undoubted capacity for multiplication throughout the region if the number of volunteers and professionals involved are increased.
- It is a model that can be easily replicated in any European region.

Material resources available on the platform

- The association has 3 Joëlette chairs (including one designed for children) as well as several directional poles and a NWBlind guidance system.
- Awareness-raising materials, training and recommendations for inclusive mountaineering can be found on its website.

Additional information. Contact details with the association

www.villanaturalezasolidaria.com

<https://www.facebook.com/profile.php?id=100063507817268>

<https://www.instagram.com/villanaturalezasolidaria/>



Mountain without barriers. Lozoya integrates and activates

BEST PRACTICE 08



Place of realization and region

Surroundings of the municipality of Lozoya (Madrid) and the Valle del Lozoya region.

Organizing entity and collaborators

Roble Moreno Association, carrying out the activity with the sponsorship of the Lozoya town council and the General Directorate of Sports of the Comunidad de Madrid.

Dates

Taking place continuously since 2016, throughout the school year (9 editions as of 2024)

Recipients/Participants

- Young people, adults and children with and without disabilities.
- Each mountain path usually involves 15 to 25 people, and 2 to 4 joëlette chairs are mobilized.



Abstract

Set of inclusive mountaineering actions, based on the training of joëlette chair drivers, which allow people with reduced mobility to participate in mountain routes, as well as other activities for people with disabilities. In each course, about 5 outings are carried out around the valley (Guadarrama National Park), normally lasting half a day, enjoying the mountains, in which the basic knowledge acquired in previous training is practiced (approach to the use of the joëlette chair), to assemble, disassemble and drive a joëlette chair safely.

Ratings. Featured results items

- Nearly 50 people trained to carry joëlette chairs over the 4 editions of the program.
- Average of 15 people per outing (about 5/6 outings in each edition).
- Average of 2 people with disabilities participating in each outing.
- More than 10 collaborations with other entities providing joëlette chairs to their mountain outings and trained people.
- Training as mountain guides (not an official title, but in practice) for several users with reduced mobility, who guide the routes in their joëlettes chair.

Projection outside the town-region

- It is considered a regional reference resource, due to its long history and the number of people trained.
- We have participated by providing adapted chairs and people trained in activities such as "Prepare your Camino", training for the Camino de Santiago which is carried out around the El Atazar reservoir (Senda Genaro).

Possible European projection

- The use of joëlette chairs, whose invention is French, is an increasingly present resource in mountaineering, and an opportunity to carry out an activity for people with reduced mobility who previously considered it was impossible to climb any summit with the mountain group.



- The contribution of this initiative by the Roble Moreno association is the continuity and consolidation of an inclusive mountain training and action activity which is open to the entire population, a reference in both having an inclusive mountain experience, and directly practicing mountaineering even with reduced mobility.

Contact details of the participating entity

Roble Moreno association

Web: www.roblemoreno.es

Instagram: @asociacionroblemoreno

E-Mail.: info@roblemoreno.es

Lozoya Council Hall: www.lozoya.es

Madrid Región Activa program (Comunidad de Madrid): <https://www.comunidad.madrid/servicios/deportes/madrid-region-activa>

Links to TV reports:

<https://www.rtve.es/play/videos/80-cm/80-cm-valle-lozoya/3825381/>

<https://www.rtve.es/play/videos/el-escarabajo-verde/sin-limites/16362280/>



At MISECAM we take care of ourselves



BEST PRACTICE 09

EN MISECAM NOS CUIDAMOS

SI vives en BELMONTE DE TAJO
Sí tienes más de 65 años

Vives solo/a y quieres seguir haciéndolo por mucho tiempo

Eres independiente y quieres seguir siéndolo

Te gusta hacer cosas

Contacta con nosotros
¡NO TE QUEDES SOLO EN CASA!
604909662



Lead organization and collaborators

MISECAM is a public organization that provides communal and social resources to thirteen small towns in the southeastern Madrid Region.

Country. Location.

Spain. Comunidad de Madrid. The following towns in the southeast:

Belmonte de Tajo, Brea de Tajo, Carabaña, Estremera, Fuentidueña de Tajo, Orusco de Tajuña, Perales de Tajuña, Tielmes, Valdaracete, Valdelaguna, Valdilecha, Villamanrique de Tajo, Villarejo de Salvanes.

Dates

From February to May 2023, 13 centers have been launched in each municipality that make up the MISECAM community.

Website

<https://www.misecam.org/>

Language(s)

Spanish



Abstract

At MISECAM we take care of ourselves (En MISECAM nos cuidamos), is a care network for the provision of proximity services to the elderly which coordinates different resources related to occupational therapies, physical activity, health care (podiatry and physiotherapy) and support to prevent cognitive decline and support aging at home.

Target group(s) /Participants

People over 65 years old.

Currently, there are more than 1000 people registered.

- 5 Social technicians
- 2 Physiotherapists
- 1 Occupational therapist
- 1 chiropodist

Professionals involved

- Coordinator and administrative assistant.
- They coordinate the agenda of professionals and the organization of workshops and activities.
- Work team with target population:

Main activities

- The main occupational therapies are carried out in open virtual centers that have been launched in each municipality. Other types of activities, such as podiatry and physiotherapy, are provided both at home and externally.





- Regarding the workshop, the activities which involve physical exercise and contact with nature, such as hiking, are relevant. We highlight the following activities which are scheduled to be held in the near future:
- Sport meeting with small towns Brea de Tajo and Valdelaguna. It is an exchange between program participants. One journey in each town, which includes a tourist route and hiking in the natural environment.
- Self-defense workshop for elderly women in Belmonte de Tajo.

Potential for development / multiplication / Possible European projection

This project is the result of the adaptation of a similar experience, which was previously launched in another area of the Comunidad de Madrid. It is completely replicable and it is about creating a care network with resources for the elderly, centralized, in our case, in the MISECAM community.

Resources and materials – available at the platform

- The implementation of the project has required an investment in the renovation and equipping of municipal spaces, as well as the purchase of specialized materials and socio-health supplies.
- It is a regional project involving thirteen geographically dispersed municipalities, so it has been necessary to provide a private car to the team of professionals.

Additional information. Contact details of the participating entity

- The project is creating a volunteer network in collaboration with charitable organisations such as CRUZ ROJA, rural associations, and joint social services.
- Contact: Mancomunidad Intermunicipal del Sudeste de la Comunidad de Madrid (MISECAM). Calle Constitución, 8, 28590 Villarejo de Salvanés, Madrid



Name / Project title

Prepare your “Camino”. Training days for the Camino de Santiago



BEST PRACTICE 10

Place of realization and region

This is carried out along the “Senda Genaro”, a circular path around the El Atazar reservoir (Sierra Norte).

Organizing entity and collaborators

General Directorate of Sports (Comunidad de Madrid), in collaboration with the municipalities where the route is carried out (El Atazar, Robledillo, Cervera and El Berrueco) and the commonwealth of the El Atazar Reservoir.

Dates

- It's been carried out with groups of adults in 2018 and 2019. With groups of young people annually since 2019 (4 editions up to 2024, having been interrupted only in 2020 due to the pandemic).
- In 2024, groups from 20 Madrid institutes will mobilize. The activity takes place between April and June.





Abstract

A 2-day route through the northern part of the Senda Genaro (north of the reservoir), about 30 km in total length, where participants receive instructions on how to carry out long-distance trails such as the Camino de Santiago. The participants have an experience similar to 2 stages of the “Camino” in which they sleep in a hostel accompanied by 2 expert guides and 2 teachers from the center. It is one of the few “training routes” for the Camino de Santiago that we know of. When it kicked off in 2018, we only had two references, one in Korea and another one in the USA.



Recipients/Participants

Secondary education (high school) students and their teachers, from educational centers throughout the Comunidad de Madrid.

Some local entities are expected to resume holding adult groups as it is an activity that was very well received when carried out as a pilot scheme between 2018 and 2019.

Projection outside the town-region

- This experience was disseminated in several Sports and Local Development training actions in the Sierra Norte and outside the region.
- The majority of the participants in these “Training Days” are young people from other regions and towns/cities in the Comunidad de Madrid.

Ratings. Featured results items

- Nearly 1.000 young people and about 50 teachers participated in the 2023 edition.
- A similar number were expected in 2024.
- Exceptional evaluations of the experience by students and teachers.



Possible European projection

We believe that it is a model that could be replicated in all the European Union countries. The Camino de Santiago is probably the most recognized and universal European hiking route, and thousands of citizens from all the countries of the Union participate. The Madrid region (Comunidad de Madrid), estimate that around 50.000 people a year complete the Camino de Santiago, either partially or in its entirety. In addition to educational, training and socialization elements, the organization of this "Training Days for the Camino de Santiago" model brings together important factors related to local development, such as overnight stays in the region where these routes are carried out and the use of equipment and services.

Contact details of the participating entity

Comunidad de Madrid (Madrid Regional Government). School Sports Program-Secondary Schools Promoting Physical Activity and Sports:

<https://www.comunidad.madrid/servicios/deportes/institutos-promotores-activity-fisica-deporte-ipafd>





«Puntos Activos». Sierra Norte active. Personalized attention

BEST PRACTICE 11



Organizing entity and collaborators

Town councils and the General Directorate of Sports (Comunidad de Madrid), through collaboration agreements.

Dates

Annual calls, lasting for the school year (October-June), since 2016 (in 2024, the VIII edition of the call will be held).

Recipients/Participants

Between 10 and 50 participants per municipality, with an average of 15. Aimed at adults and the elderly, in practice most of the participants are people over 65 years of age. Majority of female participation (60-80%). In many groups, there is a very little male participation, which implies a challenge to get more male participation, who are more reticent to these group physical activities.

Place of realization and region

About 30 small municipalities in the Sierra Norte de Madrid (out of the 42 that make up the region).

The 42 municipalities that make up the "Sierra Norte" region of Madrid have nearly 25.000 inhabitants, while the majority of municipalities having less than 1.000 inhabitants, and in the northernmost sector, less than 500 inhabitants.



Abstract

These are guided exercise sessions that are carried out at least twice a week in each municipality, seeking to improve health through exercise and reinforcing socialization, which is important in older people (to avoid isolation). The exercise sessions are complemented with informative and practical workshops on healthy eating and recommendations for a more active life. A Meeting of “Puntos Activos” for Seniors is also held annually, where the participants of the majority of these groups meet (see “Meeting of “Puntos Activos”” tab).

PERSONALIZED ATTENTION: We highlight the personalized treatment and care that is given in local projects. In several municipalities, when a person cannot participate, for example, due to mobility problems, the monitor goes to the participant’s home to conduct at least one individual session per week, trying to ensure that they do not lose connection with the group and they can resume the activity.

Therefore, personalized attention is provided, which is highly valued by both participants and their families. It is worth paying attention to what happened in the years of the pandemic (2020 and 2021). The sessions were held online, and the participants were also assisted by telephone with recommendations and guidelines for exercise at home.

Ratings. Featured results items

- The participation of municipalities in the successive annual calls has been increasing, starting with about 15 municipalities, and exceeding 30 municipalities in 2024.
- Highly positive generalized assessment from users, monitors and municipal officials - most of them with scores of 5 out of 5.
- The municipalities, through their technicians and councilors or mayors, have repeatedly emphasized the very positive impact that these low-cost projects have on their towns.

Projection outside the town-region

The “Puntos Activos” activity is an initiative by the General Directorate of Sports of the Comunidad de Madrid that has been developed in the majority of the rural areas of Madrid (and also in the metropolitan area). Approximately two thirds of the more than 100 projects from as many municipalities that participate in the Call for Institutional Collaboration in PA and Health Projects are “Puntos Activos”. Although there are “Puntos Activos” for adults, and others specifically for children, the majority of them have people over 65 years of age as their main users.

Possible European projection

- The “Puntos Activos” model is very easily replicable on a European scale, in any municipality. The personalized attention that we highlight only means adding a certain number of hours to the monitors so that they can also attend to the participants outside of the scheduled collective hours.
- The activities are carried out outdoors using the equipment in the bio-healthy parks, and in municipal sports centers when there is bad weather or when appropriate for the activity. The annual cost of an “Punto Activos”, with complementary activities and personalized attention, is estimated at around 4.000€.

Contact details of the participating entity

Madrid Región Activa program (Comunidad de Madrid).

Web: <https://www.comunidad.madrid/servicios/deportes/madrid-region-activa>

Email.: cordinaciondeportes@madrid.org



Controlled running-walking



BEST PRACTICE 12

Place of realization and region

Natural, dirt-track paths in Torrelaguna. It is essential to include hills in the route

Dates

Once a week. During the season (September - June)

Organizing entity and collaborators

- Torrelaguna Town Hall.
- Physiotherapist at the Antonio Martín sports center.

Recipients/Participants

- People around 60 years old or younger if they have musculoskeletal injuries or difficulties.
- Capacity between 18 and 30 people





Abstract

Controlled walking-running is a sporting action based on two of the basic motor skills, walking and running. Recent studies confirm that, with proper technique, there is no harmful impact on the joints. In fact, it has been proven that the intradiscal pressure generated in the spine supports its functioning, alongside the numerous benefits that exercise provides for elderly.

This activity takes place over 2 – 4 km during which some changes in pace and technique are taken:

- tiptoe-run
- walk with your knees up - running

Ratings. Featured results items

- 22 participants in the last season (23-24)
- Increased resistance
- Reduction in chronic pain
- Increased muscle strength
- Increased lung capacity
- Weight loss
- Reduction in stress and improvement of rest.
- GENERAL IMPROVEMENT IN PHYSICAL CONDITIONS: 100% of users have had a general physical improvement. The demand has been increasing over the months and the participants have been able to carry out the routines without problems.
- INCREASE IN MUSCLE STRENGTH: 100% of the participants increased their muscle strength. The loads have been increasing, and everyone has been able to carry out the activity without problems. This item is linked to the prevention of bone mass reduction, although tests of muscle mass would be essential.
- CARDIOVASCULAR SYSTEM IMPROVEMENT: 100% of users have improved their cardiovascular condition. We have been increasing the execution time in aerobic activities and the ability to monitor all of them has been possible.
- INJURY PREVENTION: 100% success in preventing musculoskeletal injuries throughout the entire period.
- PROMOTES SPINE FUNCTIONALITY: 100% improvement in flexibility and specific strength of the spine. The range of movement improved for all participants.



Projection outside the town-region

This activity is applicable to any environment and age group with a technician (ideally a physiotherapist) who is the person in charge of providing exercises for the prevention and treatment of musculoskeletal dysfunctions.

Possible European projection

Easy application after a short specialization training, due to the multipathology of this group.

Contact details of the participating entity

patricia.garcia@torrelaguna.es

www.torrelaguna.es

fb lg:
polideportivo Torrelaguna
villatorrelaguna



Strength training with elderly people



BEST PRACTICE 13

Place of realization and region

Antonio Martín municipal sports center, Torrelaguna. Can be done outdoors (natural environment).

Organizing entity and collaborators

- Torrelaguna Town Hall
- Physiotherapist at the Antonio Martín sports center and sports technicians

Dates

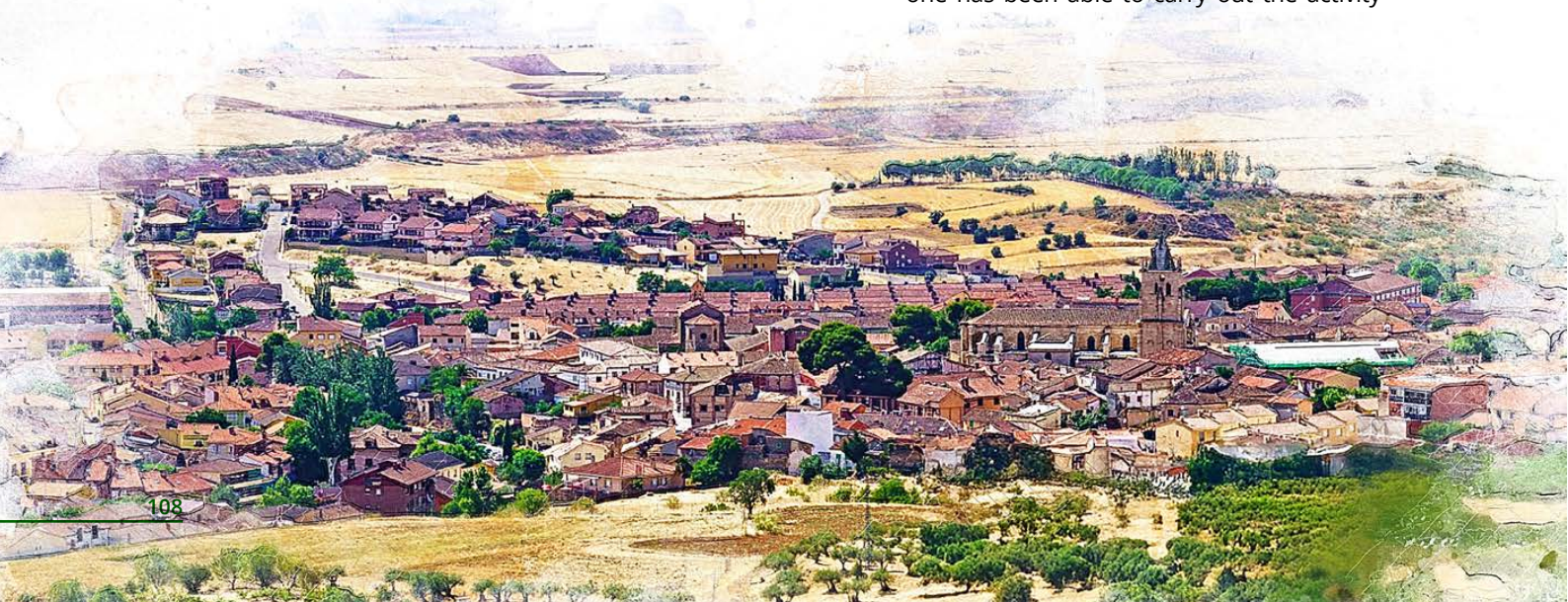
Biweekly. During the season (Sept. - June)

Recipients/Participants

- People over 60 years old.
- Capacity 30 people.

Ratings. Featured results items

- 56 participants, in two groups with different levels, in the last season (22-23)
- Increased muscle strength
- Improved cardiovascular system
- Injury prevention
- Decrease in bone mass (osteopenia/osteoporosis) prevention
- IMPROVEMENT IN GENERAL PHYSICAL CONDITION: 100% of users have had a general physical improvement, the demand has been increasing over the months and users have been able to carry out the routines without problems.
- INCREASE IN MUSCLE STRENGTH: 100% of the users increased their muscle strength, the loads have been increasing, and everyone has been able to carry out the activity





Abstract

This activity is made up of:

- A dynamic stretching warm-up for correct preparation of muscle fiber.
- Strength exercises that include all muscle chains, performed with one's own bodyweight and with traditional weights.

The latest studies demonstrate the importance of strength exercise at these ages, both for strengthening the immune system and for physical condition in general.

Objective adapted in each particular case according to previous assessment of physical condition, but there must always be an evolution of increased load over time.



without problems. This item is linked to the prevention of bone mass reduction, although tests of muscle mass would be essential.

- **CARDIOVASCULAR SYSTEM IMPROVEMENT:** 100% of users have improved their cardiovascular condition. We have been increasing the execution time in aerobic activities and the ability to monitor all of them has been possible.
- **INJURY PREVENTION:** 100% success in preventing musculoskeletal injuries throughout the entire period.
- **PROMOTES SPINE FUNCTIONALITY:** 100% improvement in flexibility and specific strength of the spine, the range of movement improved in all users.

Projection outside the town-region

This activity is applicable to any environment and age group with a technician, ideally a physiotherapist who is the figure in charge of advising exercise for the prevention and treatment of musculoskeletal dysfunctions together with sports technicians.

Possible European projection

Easy application after a small specialist training due to the multipathology of this group.

Contact details of the participating entity

patricia.garcia@torrelaguna.es

www.torrelaguna.es

fb lg:

Torrelaguna sports center
villatorrelaguna



EDEN, School of Sports in Nature



BEST PRACTICE 14

Place of realization and region

Spain, Valsaín (Segovia), Sierra de Guadarrama National Park.

Organizing entity and collaborators

Areva Valsaín S.L.

Dates

All year long.

Lenguaje

Spanish

Recipients/Participants

Depending on the year, there are between 3 and 6 groups, each of around 12 people with an age range between 5 and 17 for minors and between 24 and 62 for adults.





Abstract

Initially, this School of Sports in Nature (EDEN) emerged as an alternative to conventional extracurricular sports, avoiding sports facilities and competition, taking advantage of the natural environment of the Sierra de Guadarrama on its Segovia side. In this way, a weekly offer of activities has been maintained in the afternoons, practicing various physical and sports activities that allow the development of an attachment to the location through enriching experiences in the heart of nature. Although initially the offer was aimed at ages between 6 and 12 years, these margins were soon extended, year after year, until it also included parents and other adults who wanted to enjoy nature as much as the little ones. During the weekends, EDEN became the FAN project (Families in Nature!), with proposals to carry out joint activities in which family members of all generations have participated.



Objectives

- Promote attachment and contact with nature through physical activity and sports.
- Introduce techniques specific to outdoor activities and sports, with special attention to aspects related to safety, nature protection and the development of specific skills necessary to cope in uncertain environments.

Ratings. Featured results items

Practicing sports in nature went from being a potential problem for nature conservation to being part of the solution to achieve awareness and a sense of belonging and attachment to the place where they have enjoyed these activities. The positive experiences had in EDEN have been reflected in the participants. An example of this includes a comment made by a 9-year-old child while traveling with his family on vacation in Europe: 'It smells like Areva,' he said when visiting a natural area. Another example is a group of adults who have continued meeting weekly to explore nature, even after the company ceased its activities in November 2024.



Professionals involved

The project has been coordinated by three graduates in Physical Education (or Physical Activity and Sports Sciences) specialized in outdoor sports, and has been developed by Intermediate Degree Technicians in Management in Physical and Sports Activities in the Natural Environment and/or Physical Education Teachers.

Contact details of the participating entity

The entity ceased its business activity in November 2024, but one of its promoters can be contacted through the following

email: dario.perez.brunicardi@gmail.com

Projection outside the town-region

- Although this offer was developed by a sports and nature education company, it is possible for it to be developed by a sports association or a family club, as well as by local entities embedded in rural environments and close to natural spaces. Even so, families from urban environments were willing to travel around 20 km to participate in EDEN, although it is always more feasible the closer the place of practice is. It is important to start from the local, so activities were not carried out in distant places.
- It is important to take care of the professional profile that supports the activity, combining experience in these sports activities with a sensitivity for the natural environment and an attachment to the place where they are carried out.





Name / Project title

Shinrin Yoku Forest Bathing: Mindfulness in nature



BEST PRACTICE 15

Organizing entity and collaborators

Antonio Girón Guerrero

Place of realization and region

Mountain forest of Valsaín, Segovia, Spain.

Dates

Since 2012, Antonio Guerrero has been organizing and developing this activity with private and public entities, such as CENEAM, and at an individual level.

Language(s)

Spanish

Objectives

- Reduce stress levels associated with anxiety, insomnia and depression.
- Improve our state of attention and relaxation.





Shinrin Yoku Forest Bathing: Mindfulness in nature

Abstract

Immersive activity in nature through Mindfulness, experiencing a sensory experience of respectful communication with all animals, trees and other elements that make up the forest.

- Carry out a psychophysical activity for broad sectors of society.
- Know, respect and care for a common good essential to human life.
- Transmit these values and attitudes to children.

Recipients/Participants

For groups of 20 people: adults, young people/ children and people in wheelchairs.

Professionals involved

Antonio Girón Guerrero, Tai-Chi, Qi Gong and Mindfulness instructor, with collaborators when there are special needs.

Main activities

The activity is mainly structured with the following elements:

- Presentation of the activity through a dynamic that already connects us as a group with nature.
- Walking in silence, inviting the group to turn off their mobile phones throughout the activity.
- Proposal for Conscious movement (Qi Gong) that facilitates a state of concentration and relaxation.
- Reading of poems/texts that transmit the beauty and harmony of the forest.
- Creativity dynamics that promote group interaction, using elements found on the forest floor.
- Dynamics through connection with trees, rivers, stones, etc.
- Activity's closing dynamics: sharing a herbal tea and dialogue with lived experiences.

Ratings. Featured results items

The overall response is very positive and the main objectives have been achieved.

Possible European projection

Activity that can be developed and adapted according to desired needs, with open and ideally wooded spaces.

Contact details of the participating entity

Antonio Girón:

Tel: +34 678440729

E-mail: agironguerrero@gmail.com





Inclusive mountaineering. Tools and experiences in natural environments for people with disabilities

BEST PRACTICE 16



Organizing entity and collaborators

RURAL SPORT Project (Focus Group for People with Disabilities), as well as the associations ADENI, Villanaturaleza Solidaria, Bukaneros Solidarios and Roble Moreno. With the collaboration of the El Berrueco Town Council.

Place of realization and region

Spain. El Berrueco (Sierra Norte de Madrid).

Date

October 5, 2024.

Language(s)

Spanish





Inclusive mountaineering. Tools and experiences in natural environments for people with disabilities

Abstract

A 4-hour workshop aimed at technicians, volunteers and the general public, where tools were provided for the practice of inclusive mountaineering.

A round table of experiences was held, and adapted mountaineering tools were put into practice in the surroundings of the municipality of El Berrueco.



- 42 people (17 men and 25 women), with a profile of sports technicians from municipalities in rural areas of Madrid and from the regional administration, volunteers from regional mountaineering associations for people with disabilities (especially from Villanaturaleza Solidaria, Bukaneros Solidarios and Roble Moreno) and also, with the collaboration of university professors and an expert from ONCE.
- The day was presented by the president of ADENI (also mayor of Valdemanco) and by the mayor of El Berrueco.

Professionals involved

Municipal and regional technicians, volunteers from associations, university professors, doctors.

The journey was presented by Luis Navarro, President of ADENI and mayor of Valdemanco and by Jaime Sanz, mayor of El Berrueco

Objectives

- Promote awareness among technicians and the general public of the tools available for practicing mountaineering adapted for people with disabilities.
- Increase the network of contacts of people interested in carrying out inclusive mountaineering actions, to facilitate and promote actions.
- Serve as a catalyst for future inclusive mountaineering actions.

Recipients/Participants

- Sports technicians, municipal technicians from numerous areas, users, councilors and other public officials, and the general public.

Main activities

- Knowledge and explanation of adapted mountaineering tools: jolette chairs, adapted Nordic walking, directional bars.
- Knowledge of associations, municipalities and other entities that have these resources.
- Experience table.
- Practical route around the municipality, practice with the tools shown.
- Exchange of knowledge and contact between attendees and the associations or institutions to which they are linked.



Ratings. Featured results items

The day can be considered a great success, and the desire to repeat this type of training-experiential meetings in other municipalities was expressed. The majority of the group valued the development of the day not only positively, but enthusiastically. Here please find some of the opinions expressed verbally:

- Well... after a year without being able to participate in activities... I really liked it!

- Thank you. I want to continue learning and training and contributing to others.

- Thank you to the associations, and to those who have made the day possible. A very diverse and rich environment. Essential training.

- Very cool morning. Learning a lot!

- I loved trying out another device.

- The days have served to learn new techniques. I was very struck by the adapted Nordic Walking.

- Thank you. We are not alone.

News of the conference in the regional newspaper "Senda Norte":

<https://www.sendanorte.es/2024/10/15/jornadas-de-montanismo-inclusivo-en-el-berrueco-2/>

Possible European projection

The event is a model that can easily be replicated in any rural context in any region or country. It also addresses a need: to offer people with disabilities the opportunity to participate in activities in the mountains and in nature and open spaces in general.

Resources and materials – available at the platform

There are several television documentaries that show the activities carried out by several of the associations that participated in the event:

- <https://www.rtve.es/play/videos/el-escarabajo-verde/sin-limites/16362280/>
- <https://www.rtve.es/play/videos/80-cm/80-cm-valle-lozoya/3825381/>

Contact details of the participating entity

www.adeni.es

<https://villanaturalezasolidaria.com/>

<https://www.roblemoreno.es/>



Multi-Active Youth Meeting



BEST PRACTICE 17

Place of realization and region

Spain. Venturada (municipality of 2,500 inhabitants in the Sierra Norte de Madrid).

de El Atazar, and the associations ADENI, Roblemoreno, as well as Meridiano Raid and the Youth Network.

Organizing entity and collaborators

European project RURAL SPORT and Venturada Town Council. With the collaboration of the town councils of Cervera de Buitrago, El Atazar, Bustarviejo, Lozoyuela, Talamanca del Jarama, La Cabrera, Mancomunidad Embalse

Dates

June 15-16, 2024.

Lenguaje

Spanish

Abstract

A two-day activity, including an overnight stay, for young people from different municipalities to socialise and enjoy recreational activities mainly focused on physical activity and sport, with the aim of promoting healthy leisure time, teamwork and values of respect for others and the natural environment





Objectives

- Promote physical activity and health.
- Promote independence and autonomy.
- Encourage healthy use of social media.
- Facilitate socialization and relationship building.
- Encourage teamwork.
- Stimulate creativity and learning.
- Promote confidence and self-esteem.
- Encourage respect for nature.
- Provide a safe and supervised environment.
- Create lasting memories.

Recipients/Participants

Young people from the municipalities of the Sierra Norte, between 12 and 17 years old. 40 young people from 12 municipalities participated in the activity, with a similar proportion of men and women.

Professionals involved

Sports and youth technicians from the municipalities, associations and companies involved (more than 10 monitors and technicians involved).

Multi-Active Youth Meeting



Main activities

2 days of coexistence and over-night camping in which the following activities were carried out, among others:

- Canoeing or Paddle Surfing in the Cervera de Buitrago Reservoir
- Workshop on sexuality and healthy relationships
- Sports tournaments
- Photography and Video Contest on Social Networks
- Summer cinema
- Hiking and exploration of Nature
- Night of Stars (observation and dynamics)



Ratings. Featured results items

- It was a wonderful experience which allowed our young people to enjoy activities as varied as canoeing, games, exciting sports tournaments, swimming, an enriching workshop on sexuality and healthy relationships, and a relaxing summer film session. These activities not only offered moments of fun and learning, but also strengthened community ties and promoted fundamental values such as responsibility and solidarity.
- The whole activity has been highly valued by both the participants and all the technicians involved. It has been considered a real success.

Possible European projection

- It is an activity that can be replicated in any rural context, which requires coordination and cooperation between municipalities and local entities, but which also allows for the profitable use of resources and offers young people an opportunity for healthy and fun inter-municipal socialisation.
- Inter-municipal coordination also allows for the planning of future actions, generates new ideas and synergies and is enriching for all parties.

Contact details of the participating entity

www.venturada.org

<https://venturada.org/encuentro-juvenil-multiactivo-4/>



REEFNAT. Spanish Outdoor Physical Education Network

BEST PRACTICE 18



Organizing entity and collaborators

Asociación Española de Educación Física en la Naturaleza

Spanish Outdoor Physical Education Association

Collaboration:

National Center for Environmental Education
Centro Nacional de Educación Ambiental-
(CENEAM)

Place of realization and region

- CENEAM, Valsain, Segovia, Spain (Congress and Seminar).
- Different natural and rural environments in Spain (Nomadic Days).

Date

Four days in July (Seminar and Congress) and another four days during the Easter holidays (Nomadic Days).

Language(s)

Spanish

Web

<https://www.educacionynaturaleza.com/>



Objectives

- Promote the exchange of experiences, training and networking among physical education professionals in nature at all educational stages.
- Promote active and healthy outdoor education.
- Raise awareness and reconnect educators with nature, awakening their interest in educating for and through nature.



REEFNAT. Spanish Outdoor Physical Education Network

Abstract

An annual seminar is held at the CENEAM, where the State Network of Physical Education in Nature, a network of Physical Education professionals, meets to share, exchange experiences, analyse and reflect on issues of concern in relation to educating through physical activity and sport. The seminar has increasingly taken on an experiential and open-air character, even when the seminar is held in the format of an academic conference. The location takes on a special prominence, becoming an agent that enhances the results of these professional meetings. In this way, the Montes de Valsaín have become the niche where multiple projects to promote Physical Education in nature have been born throughout Spain and in different educational stages (Pre-school, Primary, Secondary, Non-Formal Training and Higher Education) and in different educational settings, both formal and non-formal. A good example is the Children's Seminar, which is held alongside the REEFNAT seminar, for participants' children. At times, the two seminars merge through shared experiences, with the minors occasionally leading activities for the adults. In addition, since 2023, a further step has been taken in the field of informal education, by way of the Nomadic Days seminar. This connects the academic, the formative, the experiential and the family in an itinerant experience of full immersion in the local environment. The first two Nomadic Days were held in the Sierra de Aracena (Huelva) and they rotate through other provinces such as Tarragona or A Coruña.

Recipients/Participants

Physical Education professionals in particular and educators in general from different educational stages (Preschool, Primary, Secondary, Vocational Training and Higher Education), as well as from different educational fields, both formal and non-formal (such as environmental education or free time).

Professionals involved

As this is a network of professionals with an eminently horizontal character, the participants themselves determine the course and meaning of these meetings. Generally, they are Physical Education Teachers, Graduates in Primary and Early Childhood Education, Graduates in Physical Activity and Sports Sciences, as well as in other areas such as Social Sciences or Natural Sciences or graduates of Vocational Training.

Main activities

- Since 2016, an annual seminar lasting between 3 and 4 days has been held at CENEAM.
- A National Congress has been held every two years, also at CENEAM.
- Since 2023, the Nomad Days have been held annually.
- In addition, other projects have been promoted, such as the Month of Physical Education in Nature, in which educational centers throughout Spain share their activities in nature for a month in autumn, and training courses for teachers in different Spanish provinces.

Ratings. Featured results items

The main achievement of REEFNAT has been the creation of a network of professionals throughout Spain based on local experiences-sharing initiatives. One aspect to highlight is that it is carried out at different levels and is horizontal, where everyone learns from everyone else, regardless of educational stage. The other aspect to highlight is its experiential, face-to-face and personal interrelation nature, escaping from digital formats in favour of experiences that are as analogue as possible.



Possible European projection

- There are other similar networks in Europe and other countries that are developing similar experiences.
- It would be desirable to interconnect these networks on an international basis, but without losing the power of local experience, by inviting members of networks from other countries to these seminars.

- The minutes of all the seminars and conferences can also be accessed at: <https://www.educacionynaturaleza.com/recursos-actas>
- The proceedings of the permanent seminar are available on the CENEAM website: <https://www.miteco.gob.es/es/ceneam/grupos-de-trabajo-y-seminarios/educacion-fisica-en-la-naturaleza.html>

Resources and materials – available at the platform

- There are several television documentaries that During the COVID pandemic, various virtual seminars were held, which have been saved on the REEFNAT YouTube channel and which are highly interesting training resources, specifically focused on safety and the legal responsibility of these activities.
- These and other resources are available at <https://www.educacionynaturaleza.com/recursos>

Contact details of the participating entity

You can contact the network through their email: educacionfisicanaturaleza@gmail.com

More information on social networks:

Instagram: <https://www.instagram.com/reefnat/>

Facebook: <https://www.facebook.com/reefnat>

Twitter: <https://x.com/edufisicanatur>

Youtube: <https://www.youtube.com/@educacionfisicaenlanatural9286>



Sigway. Sport in Greenways



BEST PRACTICE 19

Place of realization and region

Spain. Vía Verde del Tajuña –Tajuña Greenway (Madrid).

Dates

March 16-17, 2024

Organizing entity and collaborators

SIGWAY European Project – Sport on Greenways (7 countries), with the Defoin entity as a promoting partner.

Lenguaje

Spanish, English, German, Slovak, Portuguese, Greek, French, Italian

Web

<https://www.sigway.eu/>

Abstract

Within the European project Sigway (Erasmus + Sport), an activity was carried out in the community of Madrid for young people from the Tajuña Valley to carry out physical activity on the Vía Verde that runs through their municipalities.

A series of meetings were held in the winter of 2023/2024 with local technicians, and it was considered that young people were the sector with the greatest deficit in terms of participation in physical activity. A meeting and bicycle tour was promoted between several municipalities and an overnight stay was held at the Villamanrique Hostel, with physical sports activities on the evening of the 16th and the morning of the 17th. The idea was that these activities would serve as a motivating and recreational element and that they would open a channel of communication between young people interested in carrying out activities in Nature, and especially in using the Vía Verde.

The activity was carried out in collaboration with several municipalities in the Tajuña Valley, especially with the sports services of Morata de Tajuña and Perales de Tajuña, as well as the collaboration of the Matagrama cycling club and the collaboration of a sports instructor from Villamanrique. It brought together 15 young people.



Objectives

- Promote the use of the Tajuña Green Way among young people in the region.
- Involve municipalities and the Sports and Youth services in promoting the sporting use of the Greenway.
- Promote the Green Way to young people as a space for healthy recreation.
- Promote contact and socialisation among young people from different municipalities.

Recipients/Participants

Young people from the municipalities bordering the Tajuña Green Route.

15 young people between 14 and 16 years old participated in the main activity. Ten technicians from municipalities and the Community of Madrid participated in the preparatory coordination meetings.

Professionals involved

- Project managers at Defoin.
- Sports technicians from the municipalities bordering the Tajuña Greenway.
- Local Development Agents from the same municipalities.
- A technician from the Community of Madrid.
- A technician from the Spanish Railways Foundation.
- A technician from the European Green Ways Association.
- A technician from the CiclaMadrid consortium.





Main activities

2 days of coexistence and overnight camping in which the following activities were carried out, among others:

- 32 Kilometre bike route, Physical sports activities at the Hostel and Barbecue (Day 16)
- Night games with lanterns in Villamanrique (Night 16)
- Group sports games (cooperation) (Day 17)

Ratings. Featured results items

- It was difficult to get young people to participate. The group was formed by young people from 2 municipalities (Morata and Perales).
- It is considered a first step to promote joint actions between the municipalities.
- It increased knowledge among the technicians of the municipalities involved and the possibility of synergies for future actions using the Green Way.

Possible European projection

- Possible future actions promoted by young people based on the coexistence generated during the 2 days.
- Coordinated actions between municipalities along the Green Route to promote this space in terms of physical exercise, promoting health, and in terms of communication between municipalities.
- The activity, the preparation, and local contacts served as a reference for working with young people in the context of the European Sigway project (7 countries), and its list of Good Practices.



Resources and materials – available at the platform

Maps, initiatives, sports programme adapted to different profiles, results and proposals for action on the Sigway project web: <https://www.sigway.eu/>

Promotional video of the event:

Link:

<https://www.youtube.com/watch?v=NBZ8BQb7N7k>

Contact details of the participating entity

DEFOIN

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<https://defoin.es/>

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ohiane.uranga@defoin.es

max.rapa@defoin.es

MUÉVETE Y DIVIÉRTETE POR LA VÍA VERDE

ACTIVIDAD PRESENCIAL Y GRATUITA

¿CUANDO Y DONDE?

- 16 y 17 de marzo 2024
- Salida a las 10:30 desde Perales de Tajuña
- Llegada el 17 de marzo a las 13:00 en Morata de Tajuña
- Duración ruta: 2h30min aprox por día

DESTINATARIOS

Personas jóvenes entre 14 y 26 años, que quieren descubrir y aprender más sobre la Vía Verde del Tajuña.

DESCRIPCIÓN DE LA ACTIVIDAD

- Ruta en bici desde Perales Tajuña hasta el Refugio Vía Verde de Villamanrique y vuelta al día siguiente.
- Actividades deportivas y de ocio en el albergue.
- Barbacoa para cenar y pernocta.

INSCRIPCIÓN

Hasta el 2 de Marzo 2024
Escanea el código QR o rellena tu solicitud en [este enlace](#).





Turismo Sierra Norte (Sierra Norte of Madrid Tourism)



BEST PRACTICE 20

Place of realization and region

Sierra Norte de Madrid. Spain.

Dates

Information all year round.

Organizing entity and collaborators

Turismo Sierra Norte de Madrid. Consejería de Cultura, Turismo y Deporte. Comunidad de Madrid.

Languaje

Spanish

Web

<https://www.sierranortemadrid.org/>

Abstract

The "Sierra Norte de Madrid" website offers, through a quarterly newsletter, a good range of active tourism activities in this rural region of the Community of Madrid.

The webpage provides comprehensive information on active tourism opportunities in the Sierra Norte, including activities involving physical exercise. It also features cultural events and other experiences. This is a free public service.



Objectives

- To publicise leisure, tourism, sport and culture initiatives promoted in the Sierra Norte region.
- To contribute to the sustainable local development of the region, promoting the destination and its resources, the municipalities and local businesses.
- To promote and coordinate inter-municipal initiatives.

Recipients/Participants

Information aimed at both the local population (the approximately 30.000 inhabitants of the Sierra Norte - 42 municipalities-) and visitors or potential visitors from other areas of the Comunidad de Madrid, Spain and other countries.

Professionals involved

Tourism technicians and cultural tourism promoters from the Comunidad de Madrid, located in La Cabrera, in coordination with municipal technicians from the 42 municipalities in this region (from areas such as Local Development, Culture, Sports, Youth, Seniors or Social Services).

Main activities

- Coordination with the municipalities and companies in the area to centralize and circulate information on initiatives in the region.
- Constant updating of resources and information on the website.
- Fortnightly newsletter to people who request it.
- Organization of regional events of tourist interest.
- Collaboration in organising and promoting local and regional events.
- “Carpetania” project of walking and cycling routes that link all the municipalities in the region.
- -“Carpetania Road Network” project, which is based on the total connectivity of the territory, links all the municipalities through traditional paths.



Turismo Sierra Norte



Ratings. Featured results items

- In rural areas, the fragmentation of information reduces the effectiveness and participation in initiatives (in our case, referring to Sport and Active Tourism).
- This website and communication channel is a good example of regional promotion, both internally and externally, which could serve as a reference for other rural areas.

Possible European projection

- This dissemination model, coordinated with all the municipalities in the region, and in turn also with local companies, can be replicated in any rural region in any European territory.

Resources and materials – available at the platform

- Detailed maps of the Carpetania Network and hiking, cycling and accessible routes (Carpetania project and other marked routes). Possibility of following the routes free of charge through wikiloc.
- Offer of activities. Information on leisure, free time and sports services throughout the region.
- Fortnightly newsletter with updated information and news.

Contact details of the participating entity

Tourism innovation centre in the Sierra Norte of Madrid -Centro de innovación turística de la Sierra Norte de Madrid-, Villa San Roque. Avda. La Cabrera, 36 (La Cabrera, Madrid)
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¿Que es Carpetania?

Carpetania es una Red de Caminos señalizados para el senderismo, aunque también da cabida a itinerarios específicos a la bicicleta o hípica. Carpetania se basa en la recuperación y señalización de caminos, especialmente tradicionales e históricos, y uno de sus principales objetivos es alcanzar la conectividad total del territorio, uniendo poblaciones y recursos a través de caminos señalizados.



Como funciona

Carpetania funciona de acuerdo al concepto de conectividad total del territorio aplicando el concepto de red viaria en áreas rurales; una estructura que permite al usuario llegar a cualquier punto del territorio desde cualquier lugar de forma no motorizada y moverse con absoluta libertad y seguridad por la zona.

Carpetania funciona como una red de carreteras pero para el senderismo, donde todos los nodos o poblaciones y recursos están conectados con los nodos vecinos, por lo que no tiene principio ni fin. La Red permite al usuario diseñar sus propios itinerarios uniendo tramos de la Red en función de los recursos o poblaciones que quieran visitar, el tiempo que dispongan, el nivel, donde quieran comer o pernoctar.



Descarga la Red Carpetania en Google Earth
Si no tienes Google Earth puede [descargarlo aquí](#)





Walks down memory lane (Paseos por la memoria)

BEST PRACTICE 21



Organizing entity and collaborators

Town councils of Pinilla del Valle, Lozoya, Alameda del Valle and other town councils in the Sierra Norte, with the local association Roble Moreno (2015-2017).

After 2018, in other municipalities, with the funding and collaboration of the Community of Madrid (General Directorate of Sports).

Place of realization and region

Alameda del Valle, Pinilla del Valle, Lozoya and other municipalities of the Sierra Norte.

Date

School year. Several trips per year. Between 2015 and 2017, the activity began in the 3 municipalities of the Lozoya Valley, with weekly trips. They have been carried out in different municipalities since 2018.

Abstract

These are thematic walking routes, where participants spend several hours exploring a specific path in each municipality. Along the way, elderly participants share stories about the customs and habits once associated with these routes, such as the charcoal-burning path, orchard path, or mill path.

Physical activity is combined with the teaching of ancient customs (ethnography) with focus being on the elderly.

Some routes included an informative talk with the municipality's doctor and nurse, who spoke to them about the benefits of walking in a group and the importance of an active and social life.

In addition, most days a healthy breakfast was made to end the walk.

On some occasions, puches or other typical dishes were even made to celebrate the end of the activity.

This activity has also been proposed intergenerationally on specific outings, with the elderly telling adults, young people and children what function certain paths had.



Language(s)

Spanish.

Projection outside the town-region

- It is an idea that has been transferred to different groups of Active Points for seniors in other regions of Madrid.

Ratings. Featured results items

- “Walks down memory lane” have been carried out in around 8 municipalities in the Sierra Norte – with an average of 12 participants per route.
- We estimate around 200 participants in total since the proposal arose in 2015 until 2025.



Possible European projection

- It is a simple and easy idea to replicate: giving prominence to the elderly by telling about customs associated with certain routes, promoting the survival of memory and sharing across generations, following a route and turning it into a physical activity.
-

Contact details of the participating entity

- Websites of the Town Councils of Pinilla del Valle, Alameda del Valle and Lozoya
 - Roble Moreno Association:
 - Website: www.roblemoreno.es
 - Email: roblemorenovalle@gmail.com
 - Instagram: [@asociacionroblemoreno](https://www.instagram.com/asociacionroblemoreno)
 - -"Madrid Region Activa", a Comunidad de Madrid program: <https://www.comunidad.madrid/servicios/deportes/madrid-region-activa>
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The Camino de Santiago between volcanoes

BEST PRACTICE 22



Place of realization and region

Islas Canarias. It began with a 52 km historical Jacobean route in Gran Canaria. It currently has complete routes in La Gomera and El Hierro, and they are under development on the other islands.

Organizing entity and collaborators

Gobierno de Canarias.

Dates

Since 2018.

Lenguaje

Spanish/English/Portuguese/German/French/Russian.

Web

<https://www.sierranortemadrid.org/>

Recipients/Participants

- International tourism.
- Local population of all ages.

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Objectives

- Promote active tourism and tourist activity outside the "sun and sand" scheme of mass tourism.
- Promote local development in rural areas of the Canary Islands.
- Recover historical paths, starting with the Jacobean route of Gran Canaria.
- Promote physical activity through hiking among schoolchildren and the general population of the islands.
- Promote astronomical observation tourism.

Professionals involved

- Tourism Technicians and Mountain Guides.
- Teachers from educational centers.
- Employment agents and local development.
- Culture Technicians.
- Local artists (musicians, actors...).



Abstract

Activity to promote active tourism, fraternization, physical exercise, promotion of local development in rural areas of the Canary Islands

Main activities

- Web and application with routes of the Camino between Volcanoes of all the islands.
- Guided tours for groups.
- Routes with schoolchildren.
- Environmental and astronomical interpretation activities using the routes of the Path between Volcanoes.
- Proposal in development of "Training Days" for the Camino (in the Canary Islands or Peninsula), in coordination with other autonomous communities, especially with Galicia and the Community of Madrid.

- Promotion of interior enclaves of the islands that do not appear on usual tourist itineraries.
- Development of small facilities such as shelters, rest areas, provision of fountains, on the itineraries.

Possible European projection

- El Camino de Santiago Between Volcanoes" is a project with an international and intercontinental dimension. Seeks to establish alliances between countries and between peoples.

Resources and materials – available at the platform

- Videos, mapas detallados: <https://www.caminoentrevolcanes.com/>
- App: <https://www.caminoentrevolcanes.com/app-camino/>

Ratings. Featured results items

- Recovery of a heritage path that dates back to the 15th century (Camino de Santiago de Gran Canaria, which has had its ecclesiastical recognition as such since those dates).
- Promotion of an alternative of Active Tourism and physical exercise in the key of health, far from the classic concept of "sun and beach tourism".

Contact details of the participating entity

<https://www.caminoentrevolcanes.com/>

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Epilogue.

**Images from the final Rural Sport event.
Sierra Norte de Madrid,
February 7 and 8, 2025..**







*To individual and to all the
organisations that have made
this book possible:*

A big thank you!

RURAL SPORT

INCLUSIVE SPORT IN RURAL AREAS
OF GREECE, PORTUGAL AND SPAIN

A Compilation of Best Practices



<https://eoschalkidas.gr/>



<https://www.ipvc.pt/>



<https://www.adeni.es>



Co-funded by the
European Union