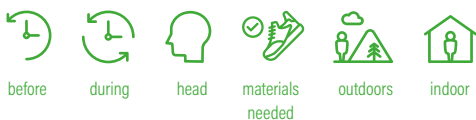






# 1


## GAME OF VALUES





### Description


 **What is it about?** It is an interactive game to reflect on the values of our outdoor sport experience and the importance of nature or social components.

 **Characteristics:** It's a 30—to—45 minutes game that can be played in all sport disciplines which special material is needed.

 **How to play?** Participants are grouped into subgroups of 3—6 persons. All cards are laid out openly. The goal of the game is to find out what is really important for participants outdoor sport experience.

 After each roll of the dice, the group must decide together which cards they sort out according to the number rolled. The cards that get sorted out are being pinned to a flipchart or laid aside. The order in which the cards get sorted out must remain visible. The dice are rolled until only three cards are left.

 The small groups then present their results to each other and exchange about their values and decision-making.

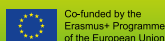
 **What allows to work?** Awareness, values and responsibility.


### What do people think?

*It was a good thinking experience!*




The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



 If you want to know more details about the game, scan the QR code:



 If you want to know more details about the project, scan the QR code:



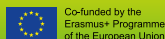


# 2

## FOOTPRINT CALCULATION



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



### Description

**What is it about?** The goal is to calculate of our personal ecological footprint using an online calculator.

**Characteristics:** It's a 15—minutes activity that can be played in all sport disciplines which special material is needed.

**How to play?** Let participants do their individual calculation on their phone or computer with the online footprint calculator. This will take 5 to10 minutes. When everybody has finished, participants can share their results if they want to. If participants prefer to not telling their result we can reflect more on the different areas, the understanding of the calculation and our personal choices.

**What allows to work?** Know their personal ecological footprint and understand how they get calculated.

[www.footprintcalculator.org](http://www.footprintcalculator.org)

If you want to know more details about the game, scan the QR code:



### What do people think?

*These activities are closely related, one followed by the next. It makes you connected to it all the time and makes each activity interesting and interactive. Working as a team throughout the activities means that no one disconnects.*



If you want to know more details about the project, scan the QR code:



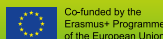


# 3


## SPEED DATING THE SDG'S


-   
during
-   
after
-   
head
-   
materials needed
-   
outdoor
-   
indoor


The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.





### Description

 **What is it about?** The game allows getting to know the sustainable development goals and thinking about our personal and working environment impact.

 **Characteristics:** It's a 1—hour activity that can be played in all sport disciplines which special material is needed.

 **How to play?** When the speed dating starts, participants are distributed to the goals (alone or in groups of two persons per goal, depending on group size) and get 2 or 3 minutes to read the goal and write down an idea they have to contribute to the goal personally or in their working environment. When the time is over, a bell rings and participants move on to the next goal. When all/enough SDGs have been dated, the participants stay at the last one they dealt with. After reading all proposals on the sheet, everybody presents one idea that inspires him/her or seems especially relevant and presents it to the group.

 **What allows to work?** Getting to know the sustainable development goals and thinking about our personal and working environment impact.


 If you want to know more details about the game, scan the QR code:




### What do people think?

*I think it is very important to carry out this type of activities to generate an impact on society. I want to encourage you to continue doing them, improve them, especially on a practical level, and launch initiatives in which we can participate to start making changes in our lives and the way we live them.*



-  The activity was
-  enjoyable
-  easy to do
-  inspiring
-  Participating in this activity increase my level of environmental
-  awareness
-  knowledge
-  attitudes and responsibility

 If you want to know more details about the project, scan the QR code:

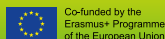




# 4 TWO MINUTES OF SILENCE



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



## Description

**What is it about?** Close your eyes and feel the nature.

**Characteristics:** It's a 2—minute plus reflection time activity that can be played in all sport disciplines which none special material is needed.

**How to play?** The activity consists of a break in any outdoor activity in which the trainer or guide asks the people in the group to stop, slow down their breath, close their eyes and to feel nature with all senses. By taking away the visual sense, we can focus on the sounds of nature, the smell of the air, the wind or sun on our skin etc.

**What allows to work?** Nature connectedness and environmental engagement.

## What do people think?

*I liked it a lot because I go home with more awareness than I already had about the impact that people have on the environment.*



If you want to know more details about the game, scan the QR code:



If you want to know more details about the project, scan the QR code:





# 5 BALANCE AND SPACE



during



head



hand



material not  
needed



outdoor

## Description

**What is it about?** It's not only about keeping balance on the bike, it's also about balancing the amount of space some fauna needs to prevent disturbance. Wild trails potentially fragmentise the amount of space that fauna need, the balance can be disturbed.

**Characteristics:** It's a 10—minute plus reflection time activity that can be played in all sport disciplines which special material is needed.

**How to play?** All participants need to go into the box, shifting to the lowest gear of their bike. Goal is to keep your balance on the bike at low speed, making it difficult for the other participants. Foot on the ground means you have to leave the box. The multiplier makes the box smaller and smaller to add more difficulty and to have one winner in the end.

**Reflection and discussion** In a reflection and discussion phase, the educator explains similarities with creating wild/ unauthorised trails. Wild trails could potentially shrink the habitat of fauna as they cut the habitat in smaller pieces which could cause more disturbance, especially for species that are more sensitive to disturbance and during breeding/mating season.

**What allows to work?** Impact on flora and fauna by creating wild/unauthorised trails.

If you want to know more details about the game, scan the QR code:



## What do people think?

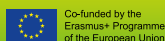
*Activities that make us think and consider our attitudes.*



If you want to know more details about the project, scan the QR code:



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



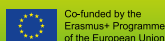


# 6

## BREAKDOWN GAME



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



### Description

**What is it about?** If you throw something away, how long will it stay? A visual and hands-on activity to explain how long it takes for different materials to decompose.

**Characteristics:** It's a 15-to-20 minute activity that can be played in all sport disciplines which special material is needed.

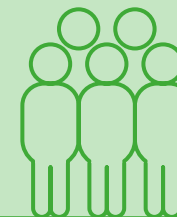
**How to play?** Have the participants roam around trying to figure out what pictures match up with what decomposition time periods.

**Reflection and discussion** After all items and corresponding rotting times have been sorted to pairs, the guide can lead some reflection on the impact of waste and littering.

**What allows to work?** know about decomposition rates of different materials and are motivated to take litter when practising outdoor sports.

### What do people think?

*I think it is a fun way to learn and collaborate with caring for the environment. It's good to do it in a group because it's fun and you can enjoy it with your friends!*



If you want to know more details about the game, scan the QR code:



If you want to know more details about the project, scan the QR code:





# 7 CLEAN UP ROW



heart



head



hand




during





outdoors

## **Description**


 **What is it about?** Creating a feeling of responsibility and care for the environment.

 **Characteristics:** It's a 30—minute activity that can be played in all sport disciplines which none special material is needed.


 **How to play?** Look at the area that you have been spread over when camping or having lunch. Create a straight line of participants with everyone side by side approximately 1 meter apart. Put out your arms and spread until you can only just touch hands. Move very slowly together in the one direction and everyone is to pick up any litter that is in front of you. (Look for really small items as well). Collect all the items before disposal.

 **Reflection and discussion** Examine which ones may have belonged to your group and which may have been there some time. Use this to look at decay rates of items. You can either do another activity (see breakdown game) or try to arrange them along a line according their supposed breakdown time. Discuss impacts of “biodegradable” rubbish.

 **What allows to work?** Littering.


 If you want to know more details about the game, scan the QR code:



 **What do people think?**

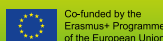
*Very well planned and focused to raise awareness about the impact we have on the environment!*



 If you want to know more details about the project, scan the QR code:



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.





# 8 ECO BRIEFING



head hand before during material

## Description

**What is it about?** A short briefing at the start of an activity should not only include safety instructions but also what needs to be taken into account to minimize impacts, boosting appreciation for the landscape and promote nature preservation while practicing outdoor sports.

**Characteristics:** It's a 10—minute activity that can be played in all sport disciplines which special material is needed.

**How to play?** The briefing must be concise and should focus on practical approaches. It shouldn't last longer than 5/10 minutes. The language must be simple and clear. The setting is one of the most important aspects. The briefing should occur in a carefully chosen spot to augment immersion and stimulate concentration on the subject. The presentation must be focused on landscape related and sport specific topics. It should emphasise the connection between man and nature and the fragility of ecosystems.

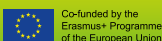
**What allows to work?** Guiding, planning and preparing ahead.

## What do people think?

*In general I think that they have all been interesting, and necessary today so that new generations can grow with more culture on the theme of the environment.*



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



If you want to know more details about the game, scan the QR code:



If you want to know more details about the project, scan the QR code:







# 9

## FEEDING TIME PHOTOSHOOT



### Description

**What is it about?** Personal feelings are the starting point to get people to really think if they potentially are having a negative effect on animal's behaviour, consider ways to negate this and develop empathy with other living creatures.

**Characteristics:** It's a 15—minute activity that can be played in all sport disciplines which special material is needed.

**How to play?** At the lunch spot, the guide/instructor without introduction moves through the group taking pictures of members relaxing / sitting and eating etc. Efforts are made to be up close and personal whilst participants eat, taking pictures of people chewing, swallowing, eating. No explanation is given other than a desire to get real close up pictures. The leader tries to make participants uncomfortable/ irritable/angry, ultimately to try and make them change their behaviour, be disturbed or move.

**Reflection and discussion** Give participants enough time to reflect and maybe ask the question 'What was that about?' Express how it made them feel... hopefully annoyed and uncomfortable.

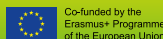
**What allows to work?** Destination development, social media and communication.

### What do people think?

*The set of activities has helped me to really become aware of the impact that waste generates. Furthermore, I have recognized so much ground in so little time that I have echoed much of the impact that I have in our day to day and in our natural environment.*



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



If you want to know more details about the game, scan the QR code:



If you want to know more details about the project, scan the QR code:





# 10 FOODWEB



## Description

**What is it about?** Interactive game to learn more about the variety of (marine) ecosystems and how interconnected and vulnerable they are.

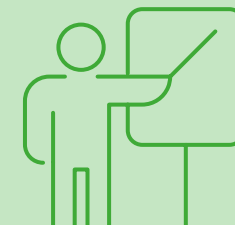
**Characteristics:** It's a 30—to—40—minute activity that can be played in all sport disciplines which special material is needed.

**How to play?** Each person will have a sticker placed on their forehead with the name of a species on it and their task is to find out what that is. They cannot look at it and must ask questions of others to find out "who" they are. Others can only answer yes or no to these questions. Once they know who they are then they need to look at the "what they eat" poster to find out who they eat. When everybody knows who they are and what they eat, bring the group together and use the wool to connect up those who eat others. This will create a very obvious food web. This web can be used to show how vulnerable the ecosystem is for modern threats and how it could be affected when some species die out, e.g. due to a disease or because the living conditions change (e.g. the ocean gets more acidic due to climate change). To end the activity, remove the plankton and the plants from the ecosystem and see what happens to the food web (it should entirely break down!).

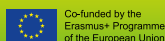
**What allows to work?** Fauna.

## What do people think?

*We learned a lot and it was a good way to learn about the ecology involved in environmental education.*



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



If you want to know more details about the game, scan the QR code:



If you want to know more details about the project, scan the QR code:





# 11 GO AND FIND



## 📍 Description

❓ **What is it about?** Shifting the attention and awareness from being social to nature by simple searching tasks.

🕒 **Characteristics:** It's a 30—to—45—minute activity that can be played in all sport disciplines which special material is needed.

▶️ **How to play?** The main goal is to focus the attention of participants to nature around them (and away from other participants and talks, the trail etc.). Therefore, the educator or guide gives everybody a list of (around 6) items the participants need to collect. He/she can define a certain point where the search starts and ends or time they are given.

🌿 **What allows to work?** Nature connectedness and environmental engagement.

## 🗨️ What do people think?

*I enjoyed the activities and increased my knowledge about sustainability and the importance of maintaining the environment, recycling and reducing the use of plastics. I have increased my awareness about caring for the environment.*



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



🔗 If you want to know more details about the game, scan the QR code:



🔗 If you want to know more details about the project, scan the QR code:





# 12 MY STONE



heart





hand




during

## **Description**

 **What is it about?** Easy to integrate tactile exercise with stones or other natural elements to reconnect with nature.

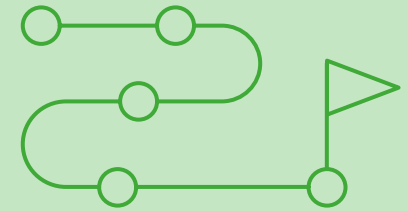
 **Characteristics:** It's a 15—minute activity that can be played in all sport disciplines which none special material is needed.

 **How to play?** Every participant is asked to select (or find) a stone and to look at it carefully, to remember well how the stone feels, what special features it has, etc. When everybody gets to know his/her stone the leader collects all stones and the participants sit down in a circle. They close their eyes while the instructor gives one stone after the other to one of those sitting in the circle. With eyes closed, everybody feels the stone and passes it on except when he/she has recognized it as his / her own. The game continues until everybody finds his/her stone.

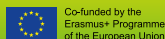
 **What allows to work?** Nature connectedness and environmental engagement.


## **What do people think?**

*Very well designed and sensitizing.*




The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



 If you want to know more details about the game, scan the QR code:



 If you want to know more details about the project, scan the QR code:





# 13

## OUTDOOR BUFFET



heart



head



hand



during



outdoor



indoor

### Description

**What is it about?** Learning by eating. Natural method to learn about local, vegetarian and organic food without single use packaging on the way.

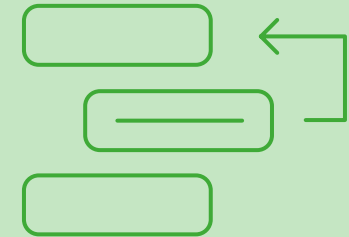
**Characteristics:** It's a 30—minute activity that can be played in all sport disciplines which none special material is needed.

**How to play?** Once the day in nature had started with the group, we can show your participants some eatable plants and give them the task to collect some while hiking etc. For lunchtime, stop in a beautiful place and let the group prepare a buffet in nature together. Only edible things should be included and the edible plants can be added as a nice topping. While eating you can tell some stories about the production of the local food or organic farming around.

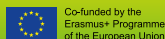
**What allows to work?** Littering; food and drinks.

### What do people think?

*It made me reflect on my priorities.*



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



If you want to know more details about the game, scan the QR code:



If you want to know more details about the project, scan the QR code:





# 14 SUSTAINABLE BINGO



## 📄 Description

❓ **What is it about?** Small game to let the participants getting to know each other and also discovering the broad concept of sustainability.

🕒 **Characteristics:** It's a 15—minute activity that can be played in all sport disciplines which special material is needed.

🎮 **How to play?** Participants are asked to find persons within the group that fulfil the criteria listed in the boxes. The goal is to find 4 matching persons in a row – either horizontal, vertical or diagonal.

🎮 Every person can only be put once. It is important to verify the thoughts by asking the person directly. Although the first person that achieves to find four persons in a row has to shout Bingo and is the winner, the rest of the group can go on. It is not about time, it is about getting into discussion.

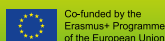
☀️ **What allows to work?** Sustainability.

## 🗨️ What do people think?

*I believe that it is very important to carry out these types of activities to generate impact on society. I want to encourage you to continue doing them, improving them especially at a practical level and being able to launch initiatives where we can participate to make changes in our life and the way we live it.*



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



🔗 If you want to know more details about the game, scan the QR code:



🔗 If you want to know more details about the project, scan the QR code:





Envato / Kitzstocker ©

# 15 OVERCROWDING DILEMMA



heart



head



before



after





indoor





material


## **Description**


 **What is it about?** Role game with different groups of stakeholders that highlights the need for empathy to reach agreements for the common good in a real case of Overcrowding in natural areas of high tourist attraction.

 **Characteristics:** It's a 30—to—45 minute plus reflection time activity that can be played in all sport disciplines which special material is needed.

 **How to play?** The group is being divided in sub-groups with a given role to represent a group of stakeholders (sports tourism services, hydroelectric company, town council, hotels, ecologists, etc.) 1st Round: Ask them to specify the five most important objectives and to define an order of priority according the group they represent. In the next round they have to put themselves in the other's shoes and specify the five objectives according to their new role. When this is completed, you can bring together and share the objectives of all stakeholder groups and compare the ability to empathise with the "other's" problem and their objectives.

 **What allows to work?** Know that the problems of overcrowding must be approached from a multifaceted and participatory perspective.

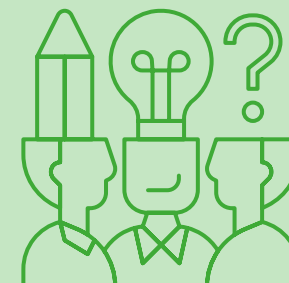
 **Reflection and discussion** Following the debate and the results of scores, a discussion on short and medium-term solutions should be facilitated.

 If you want to know more details about the game, scan the QR code:



 **What do people think?**

*It was a good reflection experience.*



The activity was



enjoyable



easy to do



inspiring



Participating in this activity increase my level of environmental



awareness

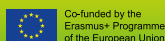


knowledge




attitudes and responsibility

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



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

 If you want to know more details about the project, scan the QR code:

