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Deliverable D3.3 REPORT Project GOT OUTDOOR



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D3.3. "GoOutThere! Outdoor Challenge"- Greece report

Dates: 28-30 April 2023

Introduction

The "GoOutThere! Outdoor Challenge" successfully launched its first international event in Mount Parnitha, near Athens, Greece. The event aimed to promote a healthy lifestyle through grassroots outdoor sports and encourage active time spent in nature. With the participation of 35 individuals, the event focused on increasing physical activity levels, promoting equal and inclusive opportunities, and providing diverse access to outdoor adventures for all audiences.

Event Description

The event took place over three days, from 28th to 30th April 2023, and featured two unique experiences: the 'Adventure' and the 'Challenge.' The Adventure was designed for everyone, including families, and aimed to provide an engaging outdoor experience. It had a shorter duration of approximately three hours and involved solving quizzes, tasks, and puzzles outdoors. Participants had the opportunity to learn interesting information about the local nature while collecting points and receiving prizes for successfully completing tasks or discovering landmarks.

The Challenge, on the other hand, was more physically demanding and involved reaching specific points along the route within a set time. It was an individual-focused experience, with participants competing for a greater number of points and specialized achievement badges. The Challenge provided a more competitive element to the event, encouraging participants to push their limits and achieve personal goals.

Participants

The event brought together a total of 35 participants from the four partner countries: Bulgaria, Italy, Greece, and Serbia. The diverse group included students, local mountain enthusiasts from Greece, and individuals passionate about outdoor activities. The participants embraced the spirit of the event, demonstrating their enthusiasm for outdoor challenges and adventures.

Objectives Achieved

The "GoOutThere! Outdoor Challenge" successfully achieved its objectives. By promoting a healthy lifestyle and encouraging physical activity, the event motivated participants to spend active time in nature. The engaging activities and challenges provided an opportunity for individuals to explore the beauty and wonders of Mount Parnitha and its surroundings. The event also emphasized the importance of equal, inclusive, and diverse access to outdoor adventures for all audiences, ensuring that everyone had the opportunity to participate and enjoy the activities.

Conclusion

The inaugural "GoOutThere! Outdoor Challenge" event in Greece was a resounding success. It not only provided participants with thrilling outdoor experiences but also emphasized the significance of leading a healthy lifestyle and spending time in nature. The event fostered a sense of camaraderie among participants from different countries and backgrounds, encouraging them to connect and engage with each other through shared experiences. The event organizers and partners can be proud of their efforts in promoting outdoor activities and creating an inclusive and exciting event for all involved. The "GoOutThere! Outdoor Challenge" has undoubtedly laid a solid foundation for future events and has left participants eagerly anticipating the next adventure.

Gallery



Agenda

The meeting was conducted as follows:

- 28 April 2023: Opening, Event Instructions & Setup; Parnitha Adventure
- 29 April 2023: Parnitha Challenge
- 30 April 2023 – Closing & Departures

Venue: Flampouri Shelter, Mount Parnitha, Greece

Partners info

The event gathered participants from all included organisations:

- Coordinator – EVROPAIKI POLITEIA ("Kallipolis")
- Eprojectconsult - Istituto Europeo di Formazione e Ricerca
- UDRUZENJE GLAS GRUPA LIBERALNIH AMBICIOZNIH I SOLIDARNIH (GLAS)
- Expert Pool - Bulgaria

Visibility & dissemination

Here are links to some of the publications on the event:

- <https://expertpool.bg/gooutthere-pannitha-mountain-welcomes-you-this-weekend/>
- [БТА :: Проект с българско участие се състоя в Гърция \(bta.bg\)](#)
- [Проектът „GoOutThere! Outdoor Challenge“ събра участници от 4 държави на пилотно събитие в планината Паниа, Гърция | expertpool.bg](#)
- <https://glaspress.rs/%d1%81%d0%b4%d1%80%d1%83%d0%b6%d0%b5%d0%bd%d0%b8%d0%b5-%d0%b3%d0%bb%d0%b0%d1%81-%d0%b1%d0%be%d1%81%d0%b8%d0%bb%d0%b5%d0%b3%d1%80%d0%b0%d0%b4-%d1%81-%d1%83%d1%81%d0%bf%d0%b5/>
- <https://europeanrepublichellas.blogspot.com/2023/05/go-out-there-28-30042023-erasmus-28-30.html>
- <https://ilapanagiotaioakeim.blogspot.com/2022/09/erasmus-sport-code-101050672-small.html>
- <https://europeanrepublichellas.blogspot.com/2023/>
- [A new Erasmus+ sport project. GOT OUTDOORS Bulgaria - Greece - Italy -... | TikTok](#)
- <https://www.tiktok.com/@ilapanagiotaioakeim/video/7230142561707461915>
- <https://eprojectconsult.com/gooutthere-pannitha-mountain-welcomes-you-this-weekend/>
- <https://www.facebook.com/EProjectConsult/posts/pfbid02595XB3LEBUr7pM4YpRbisF1ntVokqrWBC92zRSbSYuJRuEtr6rfsAedyLDUm8Jwcl>
- <https://www.instagram.com/p/Cr268bQoZtx/?igshid=NTc4MTIwNjQ2YQ==>
- <https://eprojectconsult.com/gotoutdoor-pilot-event-in-the-pannitha-mountain/>

Additional visibility to the event and the project funding was brought by a flag, brochures, t-shirts, as well as the content items in the activities.



Feedback & Evaluation

The feedback from the participants was overwhelmingly positive, evident from the provided feedback on each activity. The participants were invited to fill in a survey at the end of each activity, which was used to evaluate the outcomes from their participation and to gather key data for the final report. The summary of the key findings is annexed to this report.

Parnitha Adventure! Data

Average playing time: 3 hours 41 minutes 3 seconds

Average score: 860

Rating of the activity by the participants:

★★★★★	Overall rating
★★★★☆	Fun
★★★★☆	Variety
★★★★☆	Places of interest
★★★☆☆	Difficulty
★★★★☆	Informative

Parnitha Challenge Data

Average playing time: 4 hours 39 minutes 46 seconds

Average score: 1470

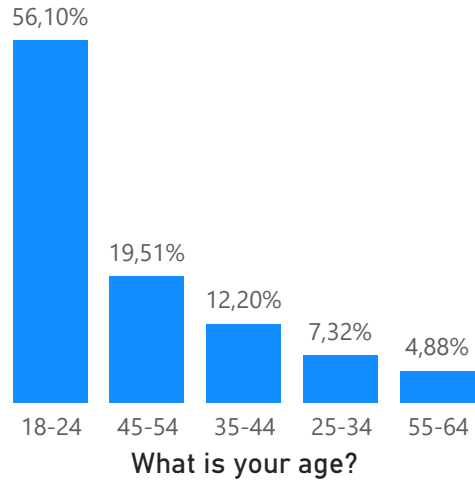
Rating of the activity by the participants:

★★★★☆	Overall rating
★★★★☆	Fun
★★★★☆	Variety
★★★★☆	Places of interest
★★★★☆	Difficulty
★★★★☆	Informative

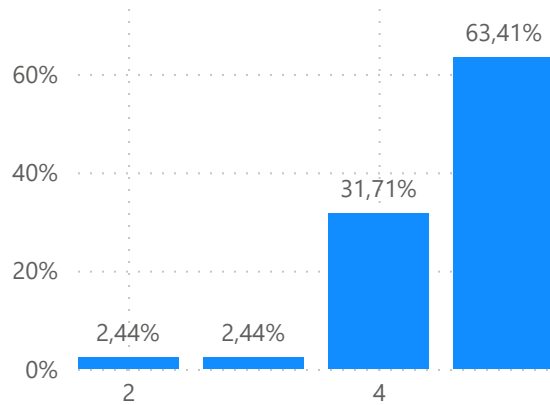
Annexes

- Annex 1: Greece Event Evaluation

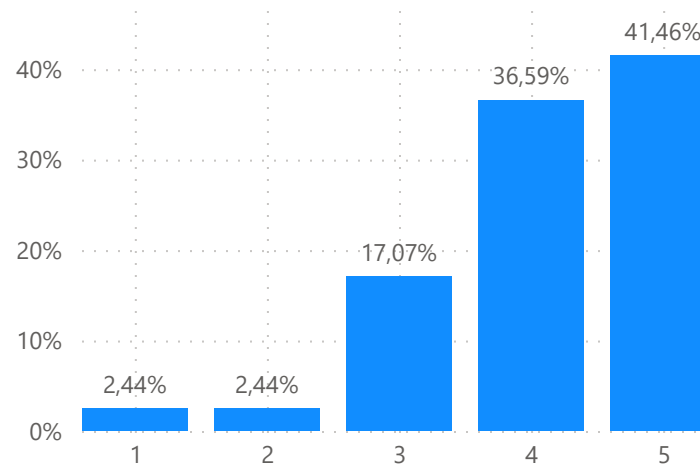
What is your age?



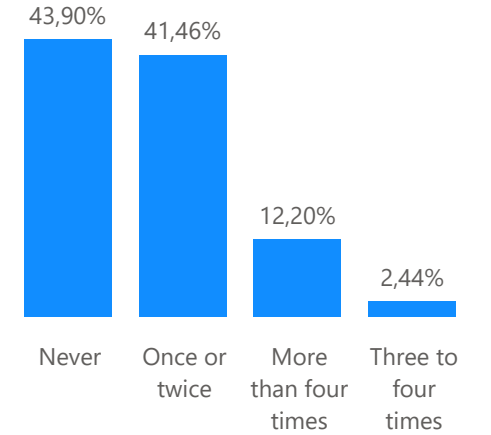
On a scale of 1 to 5, how would you rate the quality of the outdoor activities?



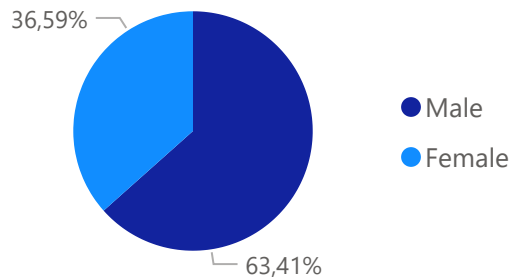
On a scale of 1 to 5, how much did the gamification of the outdoor activities impact your motivation to participate?



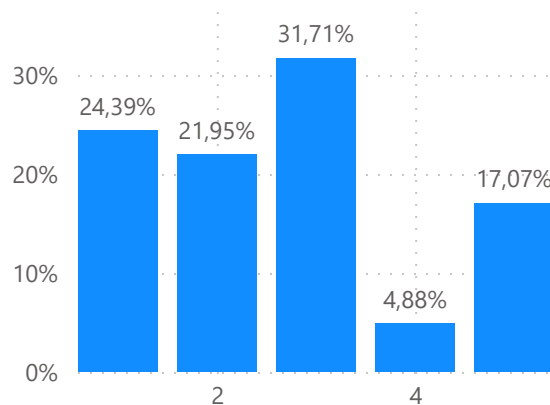
How often do you engage in outdoor activities in a week?



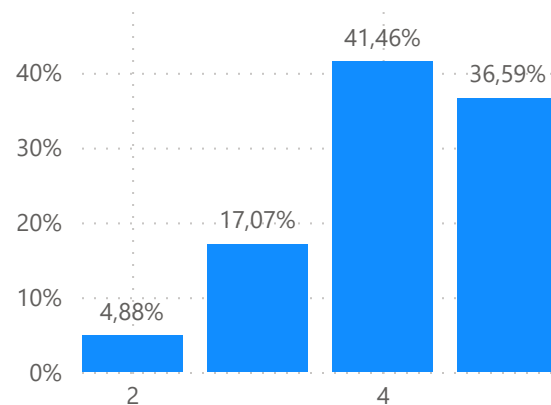
What is your gender?



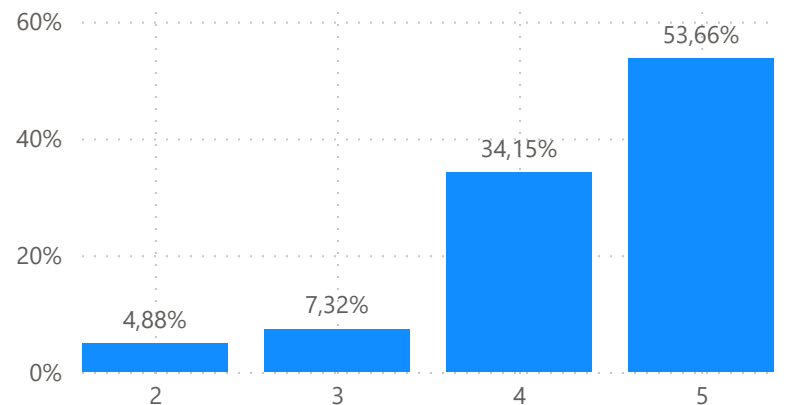
On a scale of 1 to 5, how physically active have you been in the last month?



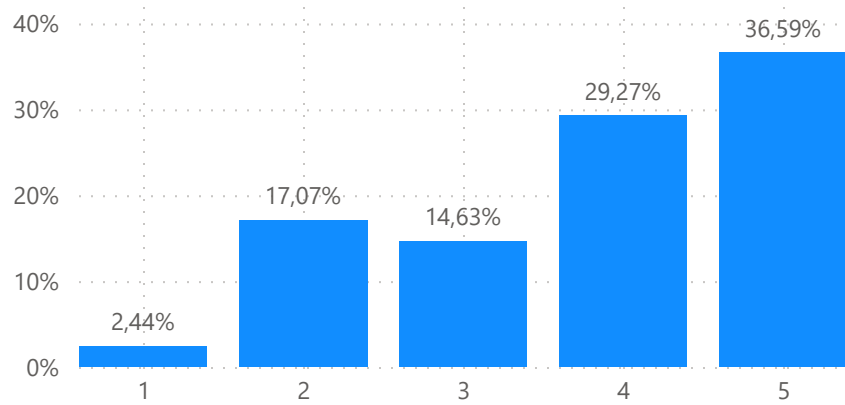
How relevant were the outdoor activities to your interests and needs?



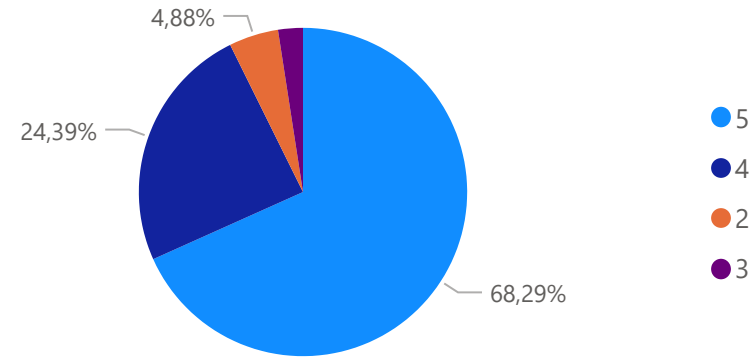
How much do you agree with the following statement: "The project events have increased my interest in outdoor and physical activities"?



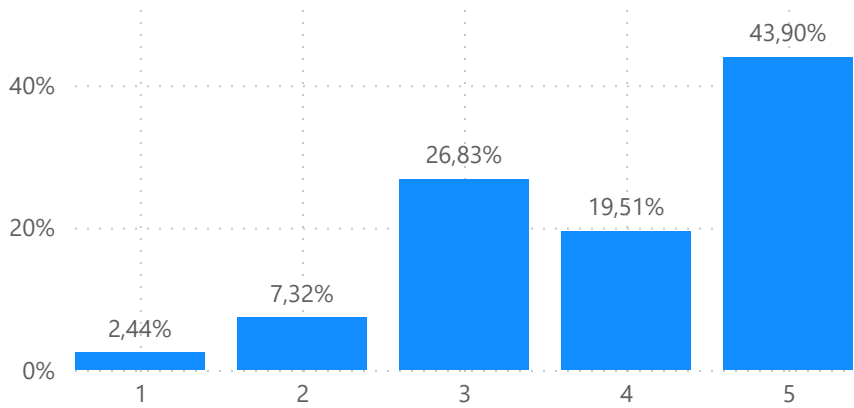
How much do you agree with the following statement:
"The project events have helped me learn new skills
related to outdoor activities"?



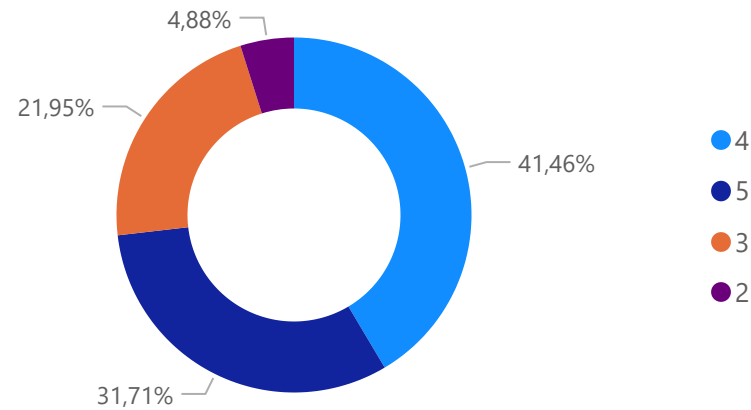
How much do you agree with the following statement:
"The project events have had a positive impact on my
overall physical and mental well-being"?



How much do you agree with the following statement:
"The project events have helped me feel more confident
in my ability to engage in outdoor activities"?



How motivated are you to participate in more outdoor and
physical activities after attending the project events?



How likely are you to participate in
similar outdoor and physical
activities in the future?

