

WELCOME



SEE SUSTAINABILITY AND ENVIRONMENTAL EDUCATION IN OUTDOOR SPORTS



ENOS
European Network
of Outdoor Sports



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



ENOS

European Network
of Outdoor Sports

ENOS mission

Promoting the sustainable and responsible development of outdoor sports across Europe

Advocating for outdoor sports

Actively promoting and supporting the engagement, participation, and value of outdoor sports activities within the European society

Supporting responsible and sustainable practices

Taking action and supporting responsible and sustainable access and use of landscape, marine areas, habitats and eco-systems

Empowering stakeholders involved in the management of outdoor sports

Supporting the organization and management of outdoor sports both on a national and transnational basis

Outdoor sports for all

Promoting equality of opportunity, diversity and social inclusion in participation in outdoor sports



ENOS
European Network
of Outdoor Sports



”

Outdoor sports are vulnerable to environmental changes. They must lead by example and be part of the solution.

“

the practice of outdoor sports can generate strong emotions. These markers contribute to individuals' sense of nature connectedness, fostering a deeper appreciation and understanding for the need to preserve the natural environment





”

Outdoor sports can play a vital role in regards to environmental justice, ensuring equitable access for all and fostering a commitment to environmental preservation for generations to come

ENOS

Strategic priorities

[...]

We must not take nature for granted.

We must always have a focus on protecting and preserving nature, promoting biodiversity, sustainability and restoration of habitats.

However, is there a another way that we can both protect and enhance nature for outdoor sports?

How could we design and create new natural areas that are sustainable, rich in biodiversity and interesting from an outdoor sports perspective right from the start?



SUSTAINABILITY BINGO



SEE SUSTAINABILITY AND ENVIRONMENTAL EDUCATION IN OUTDOOR SPORTS



ENOS
European Network
of Outdoor Sports



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

CONTEXT



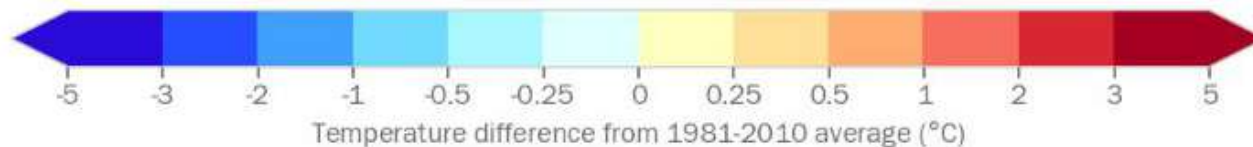
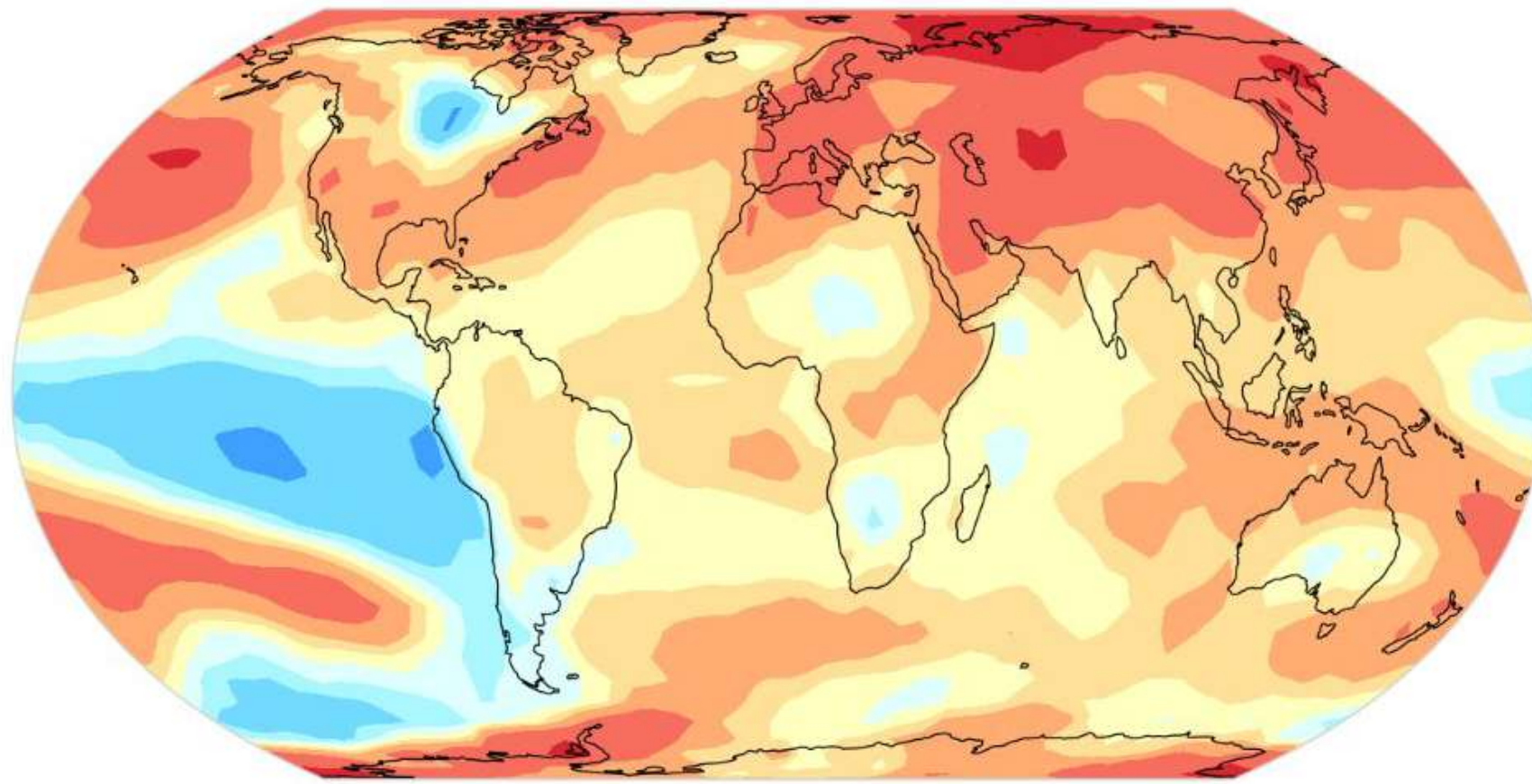
SEE SUSTAINABILITY AND ENVIRONMENTAL EDUCATION IN OUTDOOR SPORTS



ENOS
European Network
of Outdoor Sports



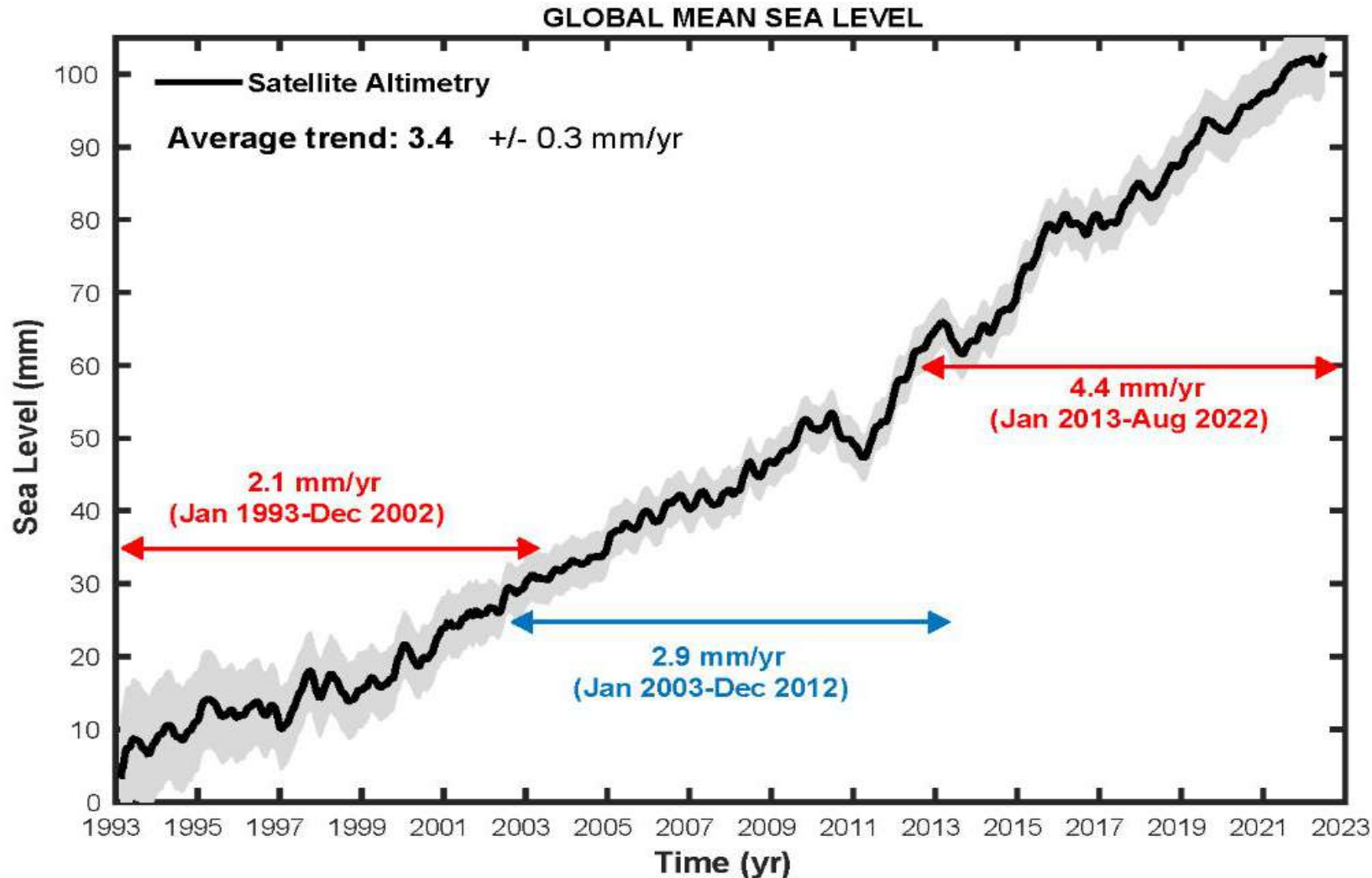
Co-funded by the
Erasmus+ Programme
of the European Union



In 2022, Global Mean Surface Temperature was approx. 1.15°C warmer than the pre-industrial baseline

(1850-1900)

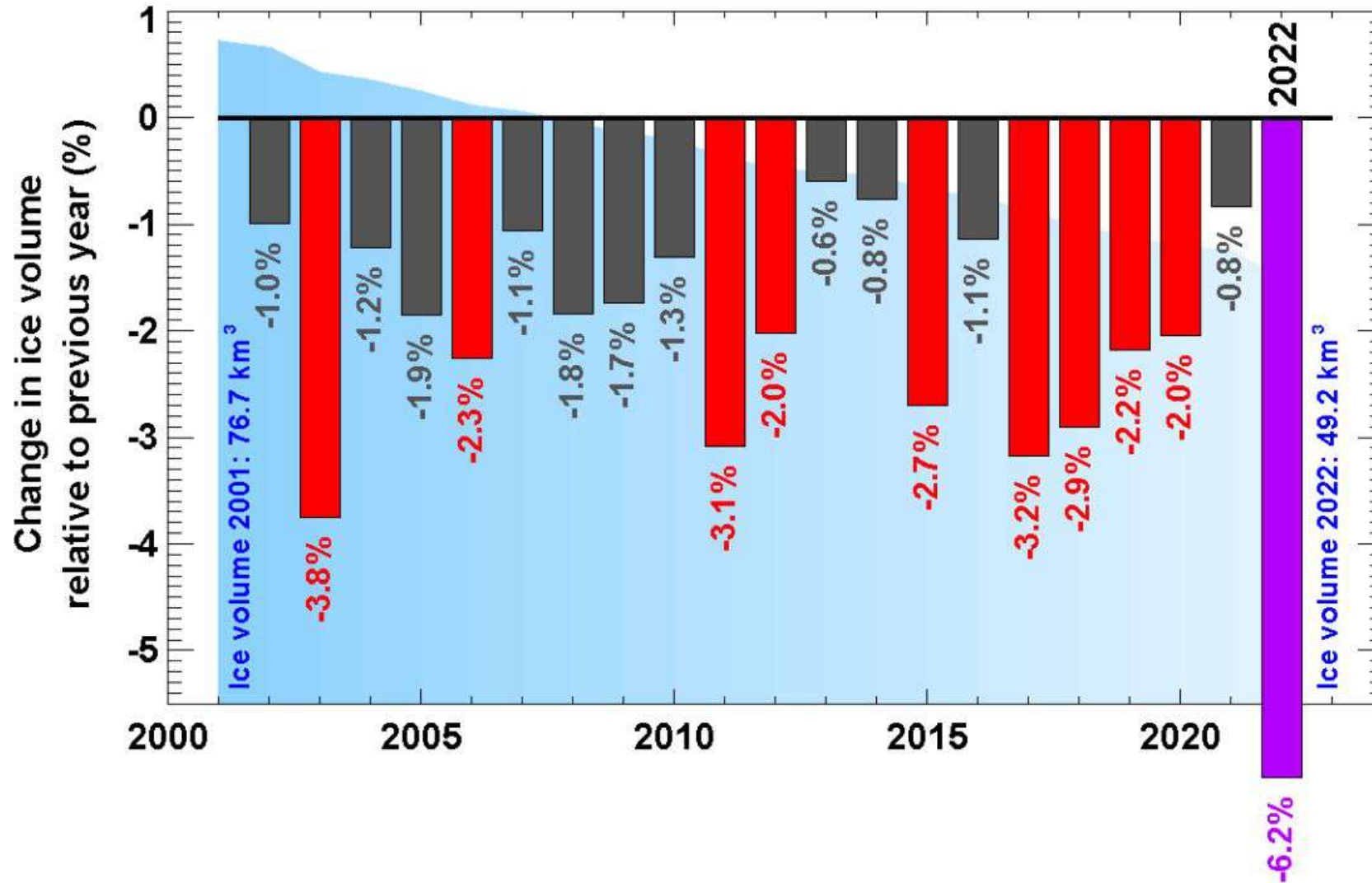
WMO REPORT 2022



Sea level has risen around 10 mm since January 2020.



WMO REPORT 2022



In the European Alps, records of glacier mass loss were shattered in 2022.



LIVING PLANET REPORT 2020



A 68% decrease in biodiversity between 1970 and 2016.

A 94% decline in biodiversity for the tropical subregions of the Americas is the largest fall observed in any part of the world



BACKGROUND



The SEE Project aims to enhance the protection of natural landscapes through education in and through outdoor sport.

This includes a special focus on responsible outdoor behaviour and skills development for outdoor sports leaders, trainers, guides, or instructors.



THE SEE PROJECT

WORK PACKAGES



WP 1

Analysis of the
current situation



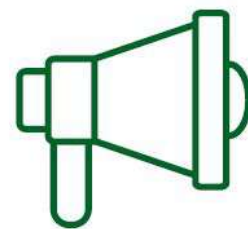
WP 2

Development
of a toolkit



WP 3

Testing
of the toolkit



WP 4

Dissemination



WP 1 Research

- 1.1 Issues affecting protected areas**
- 1.2 Leadership training and environmental education processes in federations in partner countries**
- 1.3 Leadership training and environmental education processes in federations in other countries**
- 1.4 Other issues**



PROJECT ELEMENTS



1.1 Issues affecting protected areas

Undertaken by EUROPARC Federation

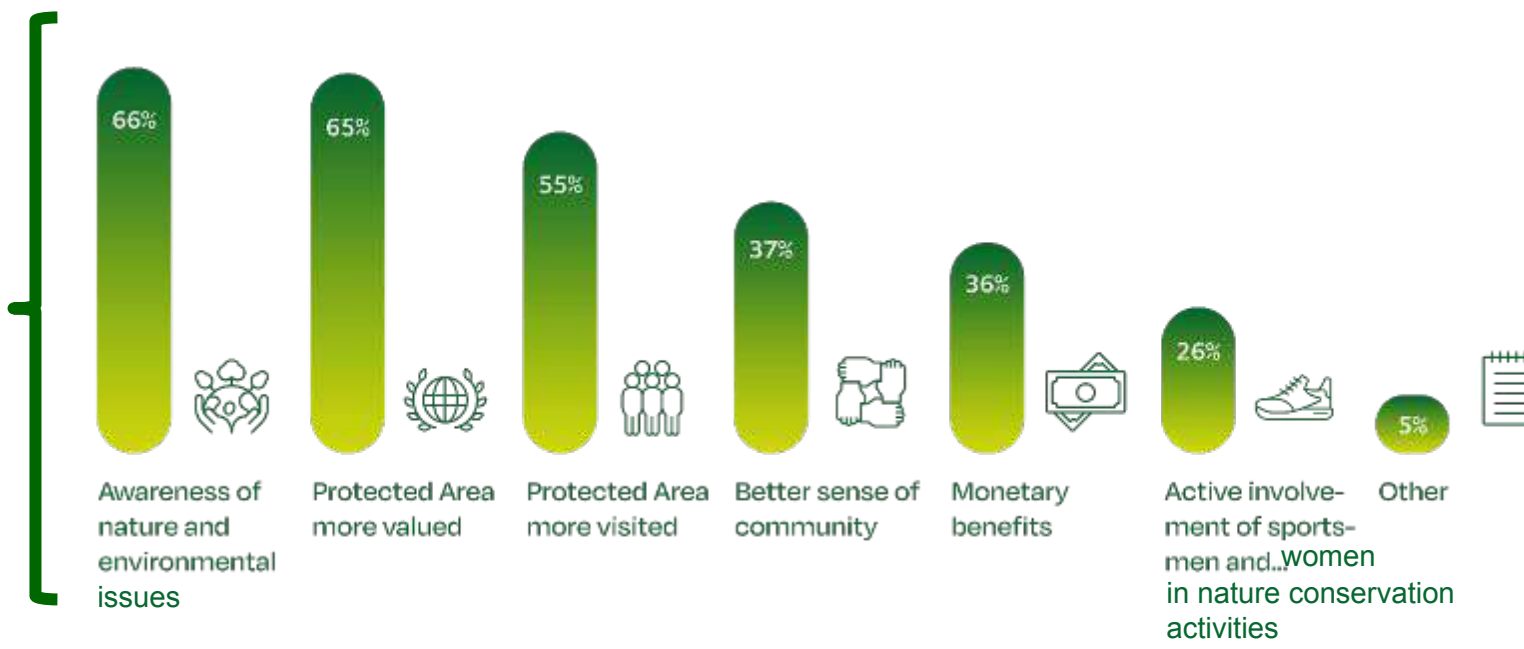
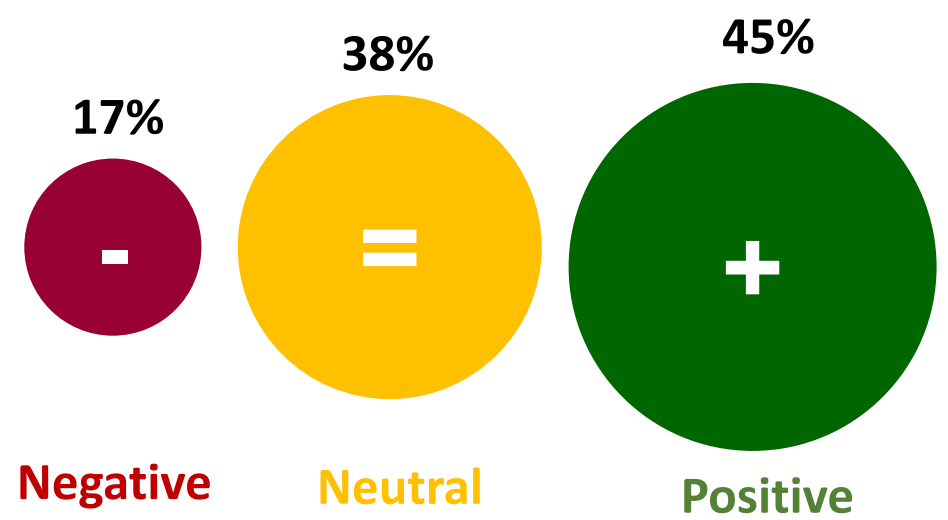
94 protected areas from 24 countries participated in survey



EUROPARC
F E D E R A T I O N



Outdoor sports in general are **not seen as a major problem in the majority of Protected Areas** but rather could bring **benefits**

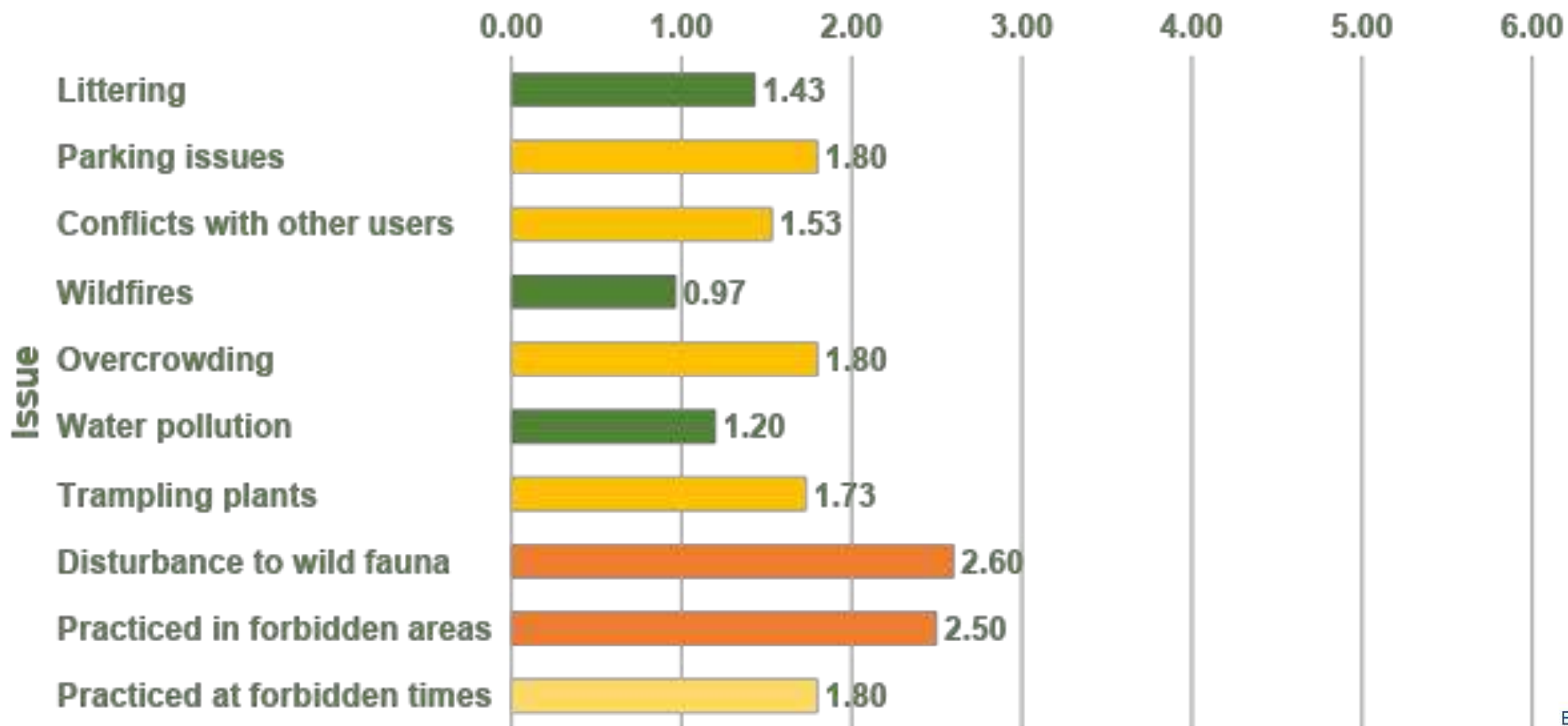


MOST COMMON PERCEIVED NEGATIVE IMPACTS CAUSED BY OUTDOOR SPORTS IN PROTECTED AREAS



PERCEIVED ISSUES IN PROTECTED AREAS

Average perceived level of impact by canoeing / kayaking



LEADERSHIP AND ENVIRONMENTAL TRAINING



Desktop Analysis of 26 sports federations' websites

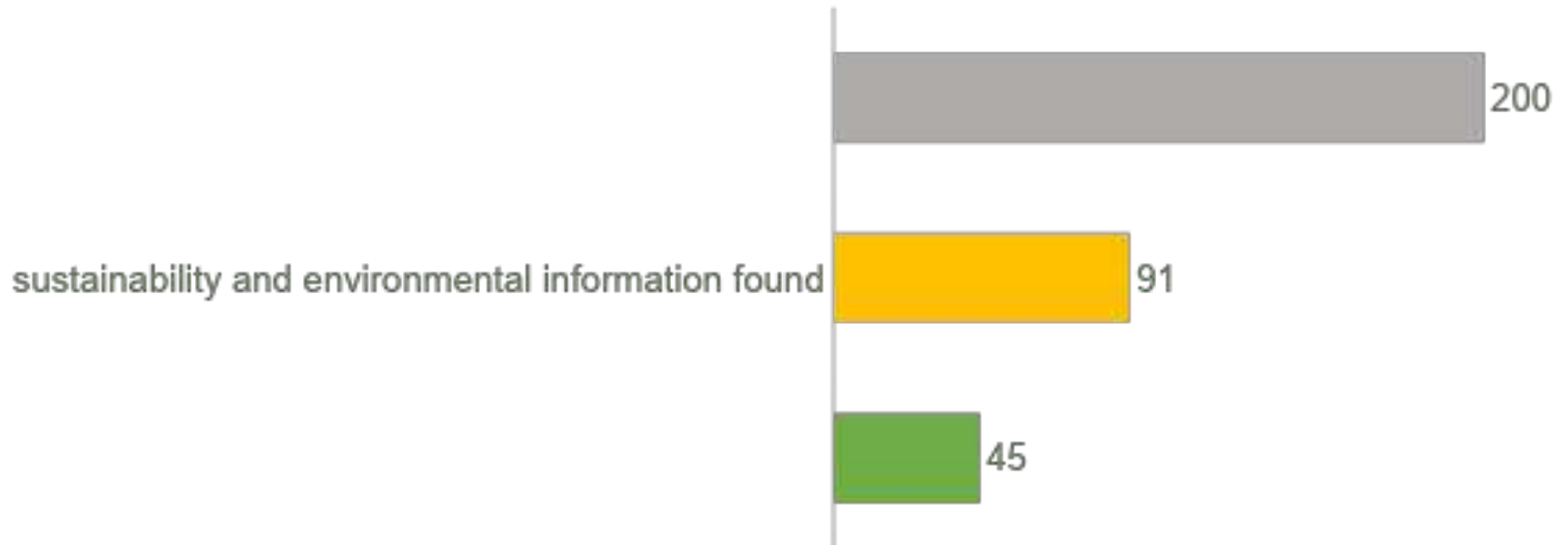


EXAMINATION OF FEDERATION WEBSITES



Environmental info found on Federation websites

Partner countries

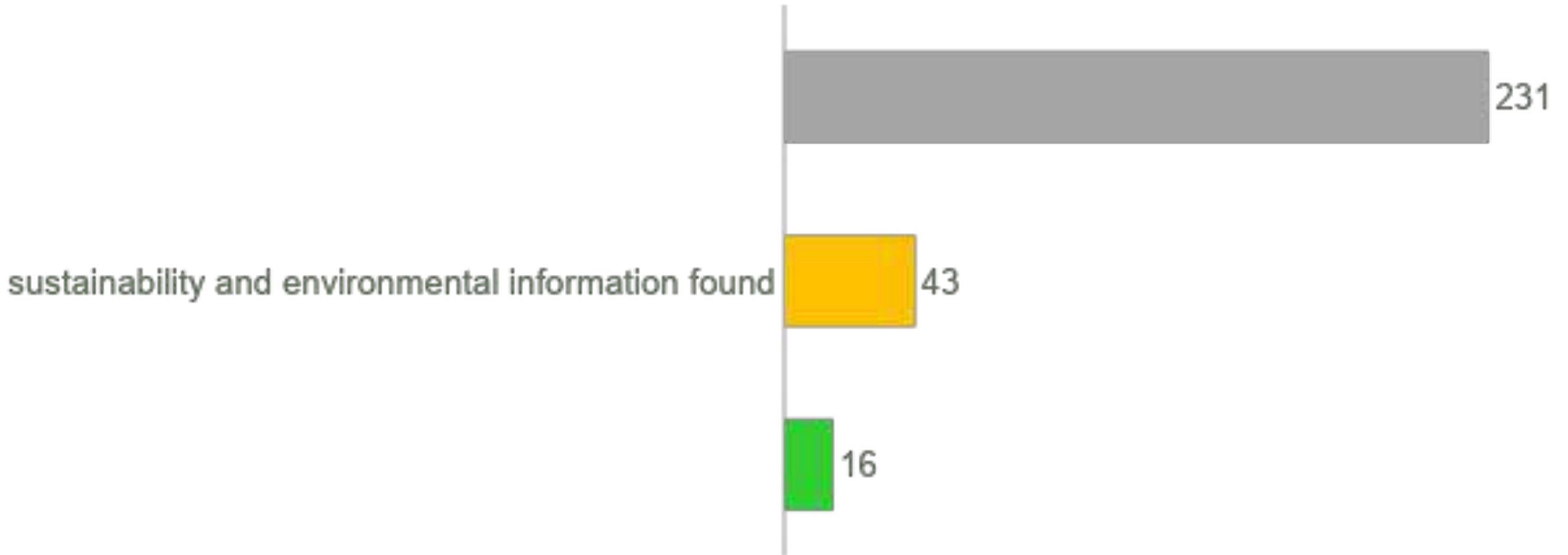


EXAMINATION OF FEDERATION WEBSITES



Environmental info found on Federation websites

Other countries



EXAMINATION OF FEDERATION WEBSITES



Environmental info found on Federation websites International Federations



LEADERSHIP AND ENVIRONMENTAL TRAINING



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



Survey of federations in partner countries

200 federations and training organisations identified

26 sports within **7** partner countries

77 responses were received to the survey

38.5% response rate.

Survey of federations

780 federations and training organisations identified

26 sports within **30** European countries

13 additional responses were received to the survey

2% response rate).

Survey of federations

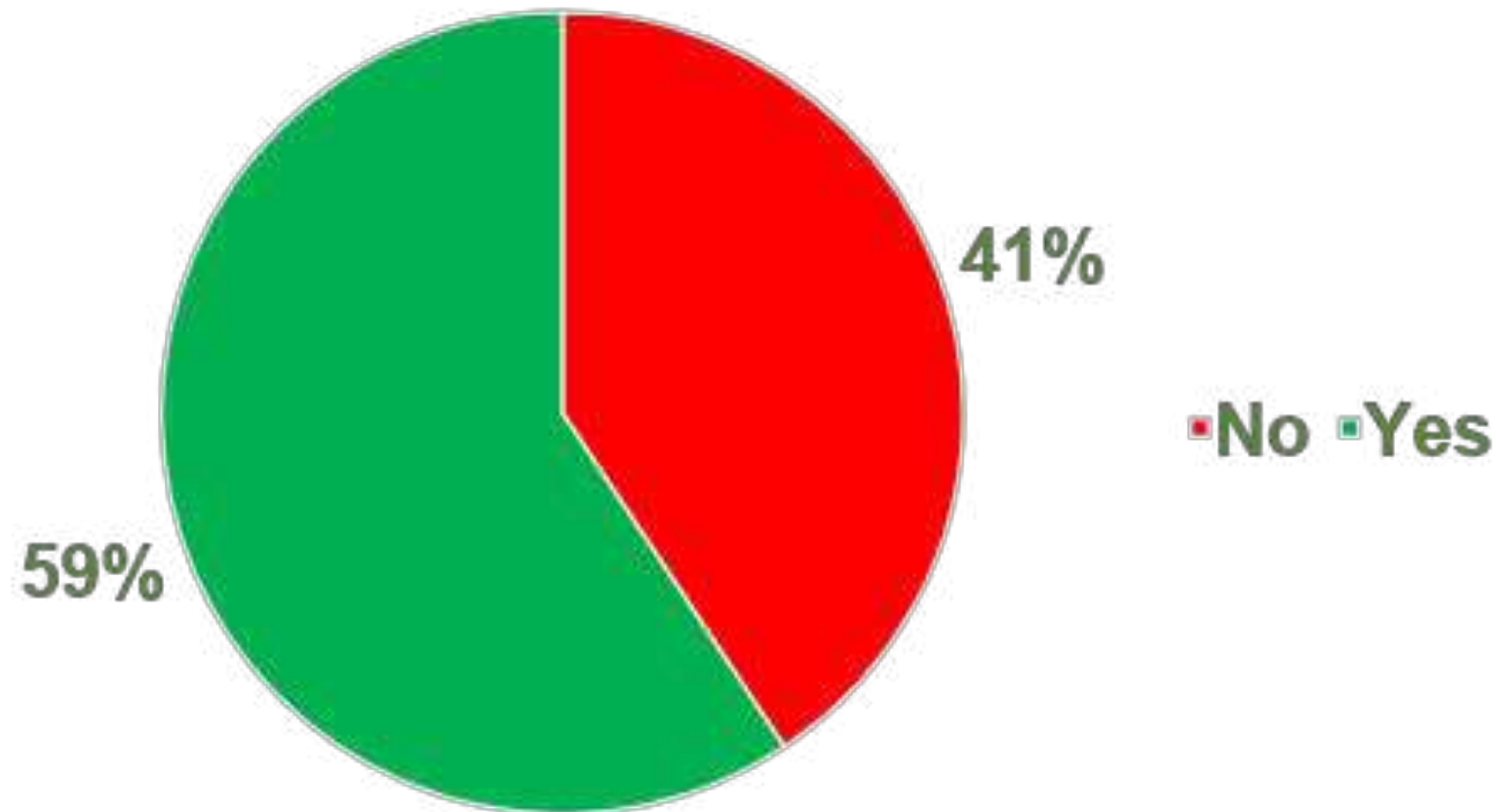
Total of 90 responses received

1. Do they think Environmental issues are important?
2. Is it in built to leadership training programmes?
3. If Yes or No – WHY?
4. What are the barriers to not providing training?

LEADERSHIP AND ENVIRONMENTAL TRAINING



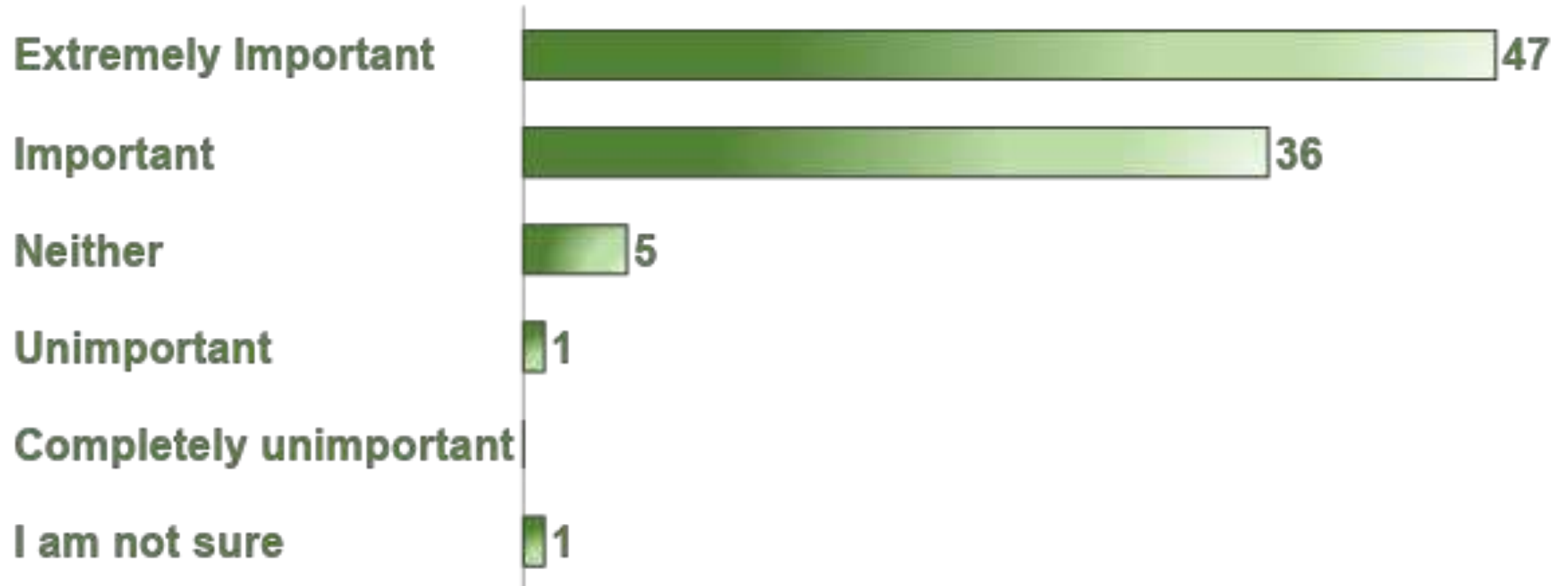
Do you provide environmental training for your guides, leaders or instructors?



LEADERSHIP AND ENVIRONMENTAL TRAINING



Importance of environmental knowledge and awareness?



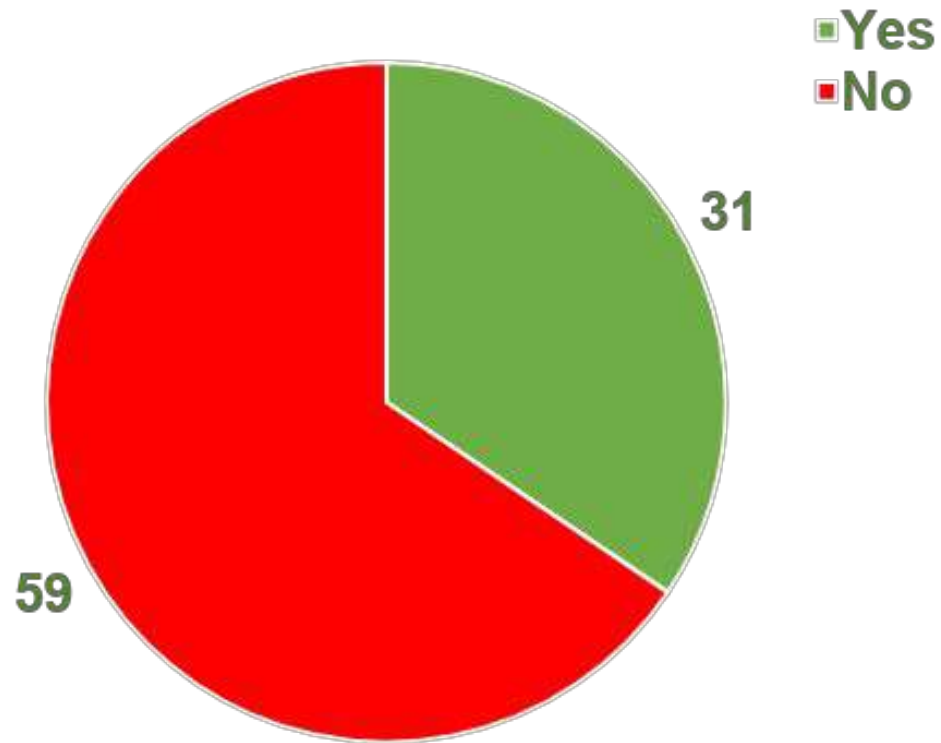
Why Training is Not Provided

- **Lack of knowledge by training providers**
- **Not enough time on courses**
- **Different priorities**
- **Not seen as important**
- **Other reason (with the opportunity to state this)**

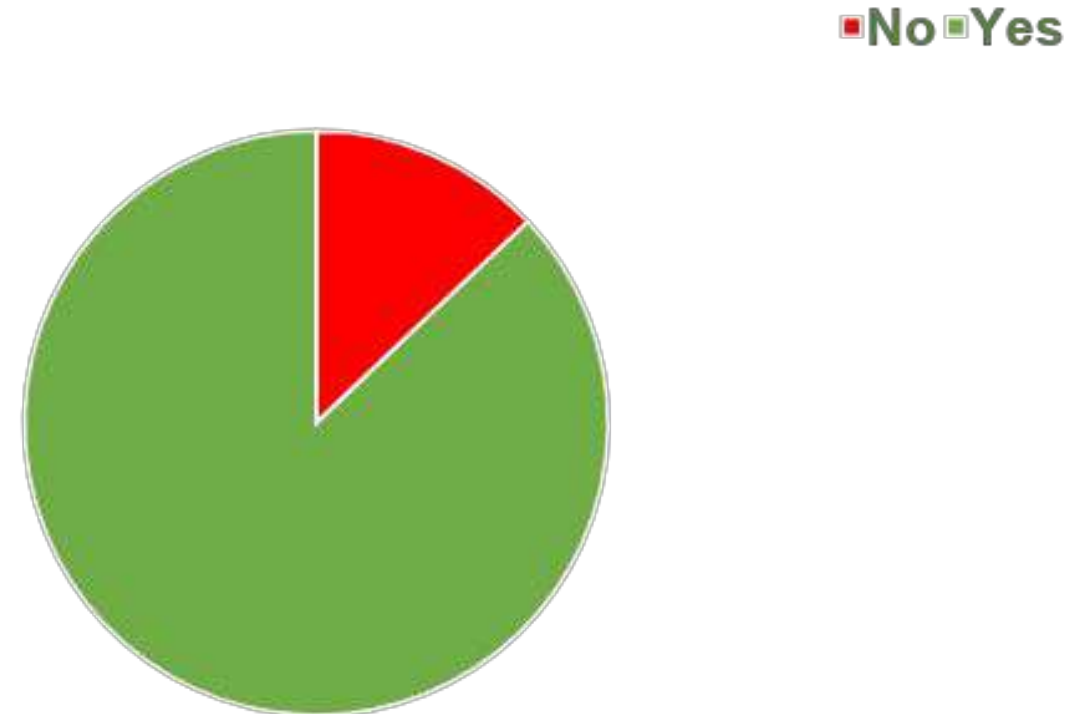
LEADERSHIP AND ENVIRONMENTAL TRAINING



Do you have any key ambassadors or champions for the environment in your federation?



Would you be interested in support to develop a module or programme of environmental education for your leaders, guides and instructors?



SPORTS DATA SHEETS



The screenshot shows the website 'see-project.eu/reports'. The browser's address bar displays the URL. The page features a navigation menu with links for 'ABOUT', 'NEWS', 'SEE PROJECT', 'RESOURCES', 'TOOLKIT', and 'CONTACTS'. Below the navigation, there are four main content cards, each with an icon and a 'DOWNLOAD PDF' button:

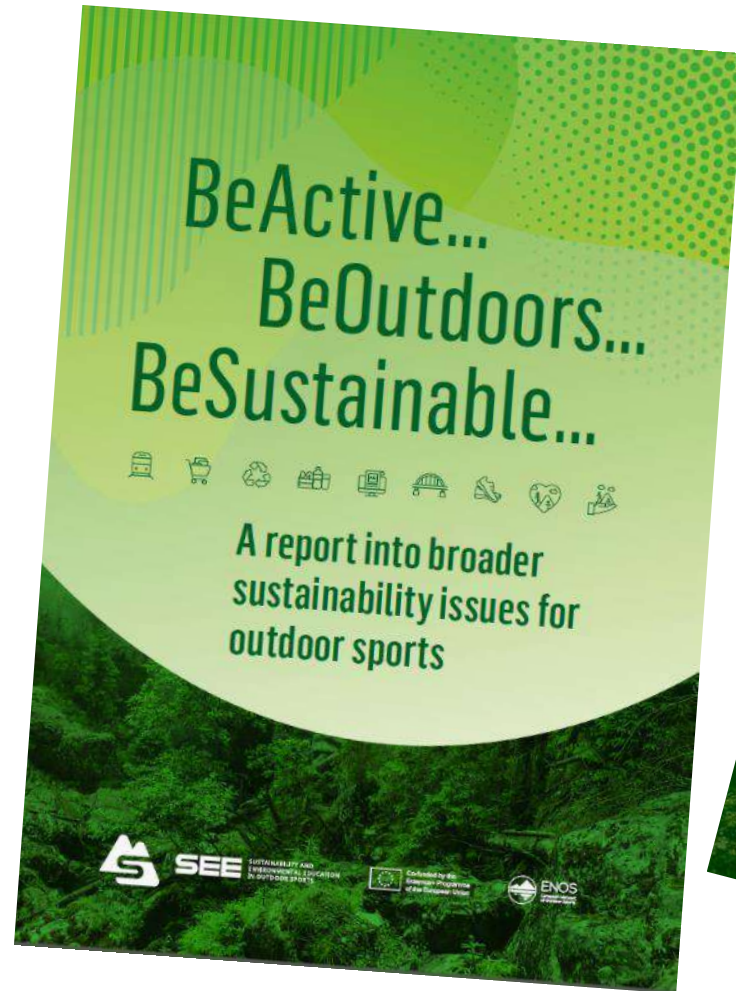
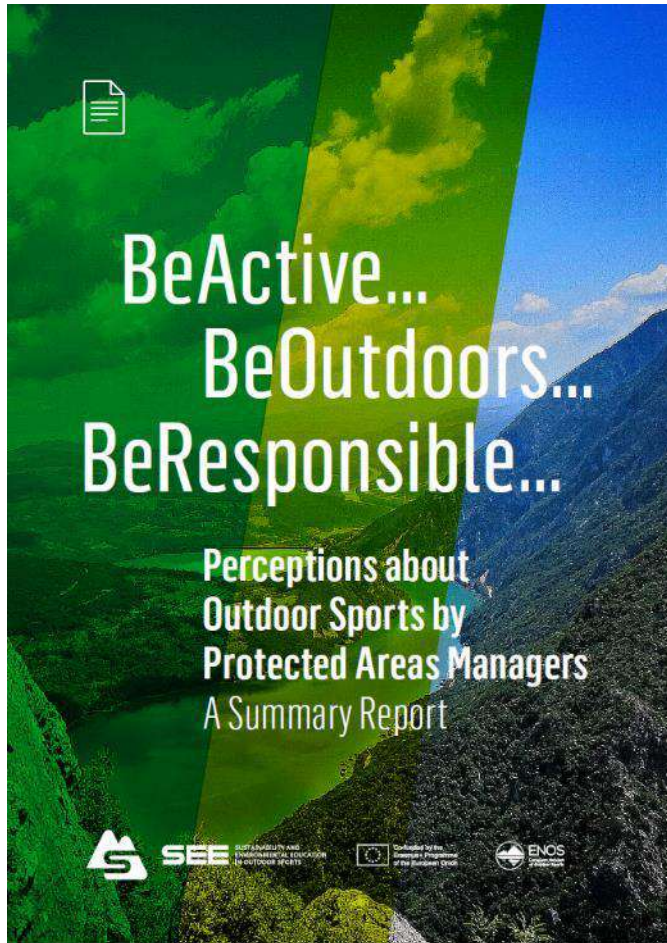
- ANGLING** SUMMARY REPORT
- CAVING** SUMMARY REPORT
- CYCLING AND MTB** SUMMARY REPORT
- EQUESTRIAN** SUMMARY REPORT



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



<https://see-project.eu/reports>



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



<https://see-project.eu/reports>



Break!! 😊





WP 2



Development of a toolkit





WP 2



Development of a toolkit

THE SEE PROJECT PROCESS MODEL



DISRUPTION/ AWARENESS

Raising awareness on the importance of the topic and developing a motivation base for learning

IMPACT ANALYSIS

Analyzing the impacts of our actions /sport (negative and positive ones)

SELECTION + CREATION

Choosing and developing suitable activities + adding new ones

INTEGRATION

Building everything in an integrated course concept

ACTION

Developing own project for positive change

TRANSFORMATION



METHODS

General methods

Warm –ups
Flying reporters
Bingo
Truth or lie
Quiz
Direct contact
Expert consultation
Storytelling
Knowledge recapitulation
e.g. Crows and ravens
Scenario technique
Dilemmas method
World Cafe
Doing philosophy
Penthathlon
Tick Tock Challenge
The power of why
Sharing experiences
Inspiring examples
Reflection methods
e.g. Folding poem

PEDAGOGICAL ACTIVITIES

Global topics

Sustainability

Sustainability bingo
Speed dating the SDGs
Hunter ball

Carbon emissions

Footprint calculator
CO₂ measuring tape

Awareness + values

Game of values
Your special place - Impacts
of Outdoor Recreation

General topics

Mobility + travel

Plan THE trip
Plan a CO₂ low course

Equipment + consumption

Plastic quiz
Water footprint quiz
Consumption game
Needs and Wants
Journey of a hardshell
World distribution game

Group organisation

Plan ahead and prepare

The trip in your bag
You make your own
good luck
Day walk (with LNT principles)

(Community) engagement

Euro isle
Writing a letter

Infrastructure

Sustainable trails?

Food and drink

Outdoor buffet

Landscape & culture

Landscape interpretation

Events

Eco social adventure race

Sport related impacts

Nature connection

1 minute of silence
Go and find
My stone
Nature bingo
Score card booklet
Special moments
Learning nature with senses
My special place
Grounding yourself in nature
Walk in silence + observation walk
Themes in a nutshell

Fauna and habitats

Hunting strategies - bat + moths
Deer and hunter
Story of the bison/lynx
Tree, leave, fruit
Augmented reality animal
Who eats who?
Who am I + Foodweb
River animals (Mick)
Fleeing distance
2 minutes of silence with birds
Disturbance game
Freshwater analysis
Dilemmas in different habitats

Littering

Breakdown game
Shipwreck on the beach
Clean-up row
Trash bandit bingo

Sport specific activities

MTB:

Balance and Space
Skip the skid
Be a ninja
Climb and Scout

Marine sports:

WiSe with marine animals

Rockclimbing:

Goose game
Which habitat?

Social media + Communication

(MTB) communication
Feeding photoshoot
Overcrowding dilemma

Ethics and principles

Outdoor principles memory
LNT principles pantomime game

Social conflicts

Change your perspective
Picture interpretation
It's not just you

SELECTION AND CREATION – TOOLBOX OF ACTIVITIES



Global issues

(Sustainability, SDG's, CO₂ emissions and carbon offsetting etc.)



Sport related issues

(mobility, micro-plastic, consumption, resources, nature connectedness etc.)



Sport specific issues related to the practice of outdoor sports

(disturbance of wild fauna,
flora, erosion etc.)

8_Two minutes of silence with birds

Easy to integrate listening exercise that shows the impact of a loud group on birds.



Aim/ addressed issues or Goals	Noise disturbance Impact on fauna especially birds Nature awareness and connectedness		
Time needed	15 minutes plus reflection time		
Learning outcomes	Participants - Have a higher nature awareness and connectedness - Understand the effect of calming down in nature		
Learning experience	Heart	Head	Hand
	(x)	x	x
Targeted audience (kids, adults, athletes...)	Multiplier oriented (trainer, guides etc.)		Practitioners audience (please describe)
	x		x
Special sport disciplines addressed or suitable for all sports	General activity		Special sport disciplines addressed (please name)
			Cycling, Hiking Possibly eligible for all activities with "noisy groups" in habitats with birds

8_Two minutes of silence with birds

Materials needed to be prepared in advance (like printed cards, maps etc.)	no material needed	yes special material needed (<i>please describe</i>)	
	x		
Environment	outdoor f2f	indoor f2f	digital
	x	-	-
Lessons type	practical sessions	theoretical lessons	digital (online teaching option)
	x	-	-
	<i>Others (please describe)</i>		
Short description (<i>please describe</i>)			
<p>Preparation This exercise can be done when you are en route with a loud group (be it because of bikes, braking, talking etc.) in an area where you expect to meet birds.</p> <p>Activity instruction When the group stops, everybody is asked to stay in silence for one minute and to listen to the sound of nature. Then the group can report what they have heard. This first minute exercise should be followed by some time where the group is calm and does not move around much, so the birds can get used to the group. You can e.g. have a discussion on potential impacts of the activity, give information about the area or similar.</p>			

INTEGRATION

- **When and how should we implement the activities?**
- **What format is best to deliver the training (outdoors, indoors, digital)?**
- **Who can deliver the education?**





ACTION AND INVOLVEMENT

- **Where can we get involved in sustainable behaviour in our community?**
- **What kind of positive impact can we make?**
- **Where do we want to engage ourselves?**

THE SEE PROJECT

DELVE DEEPER

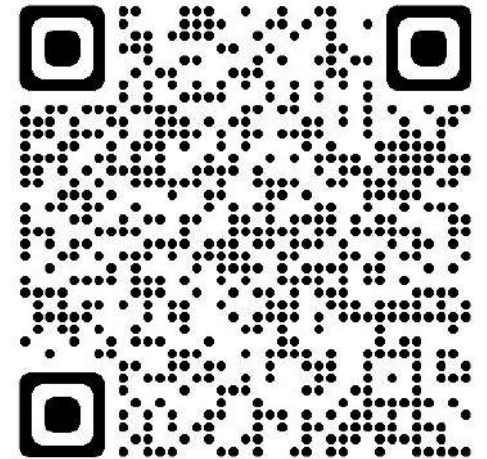


**International learning
symposium**

13 – 15th November 2023

Munich

Cost 20€



**Where Sports
and Nature meet**

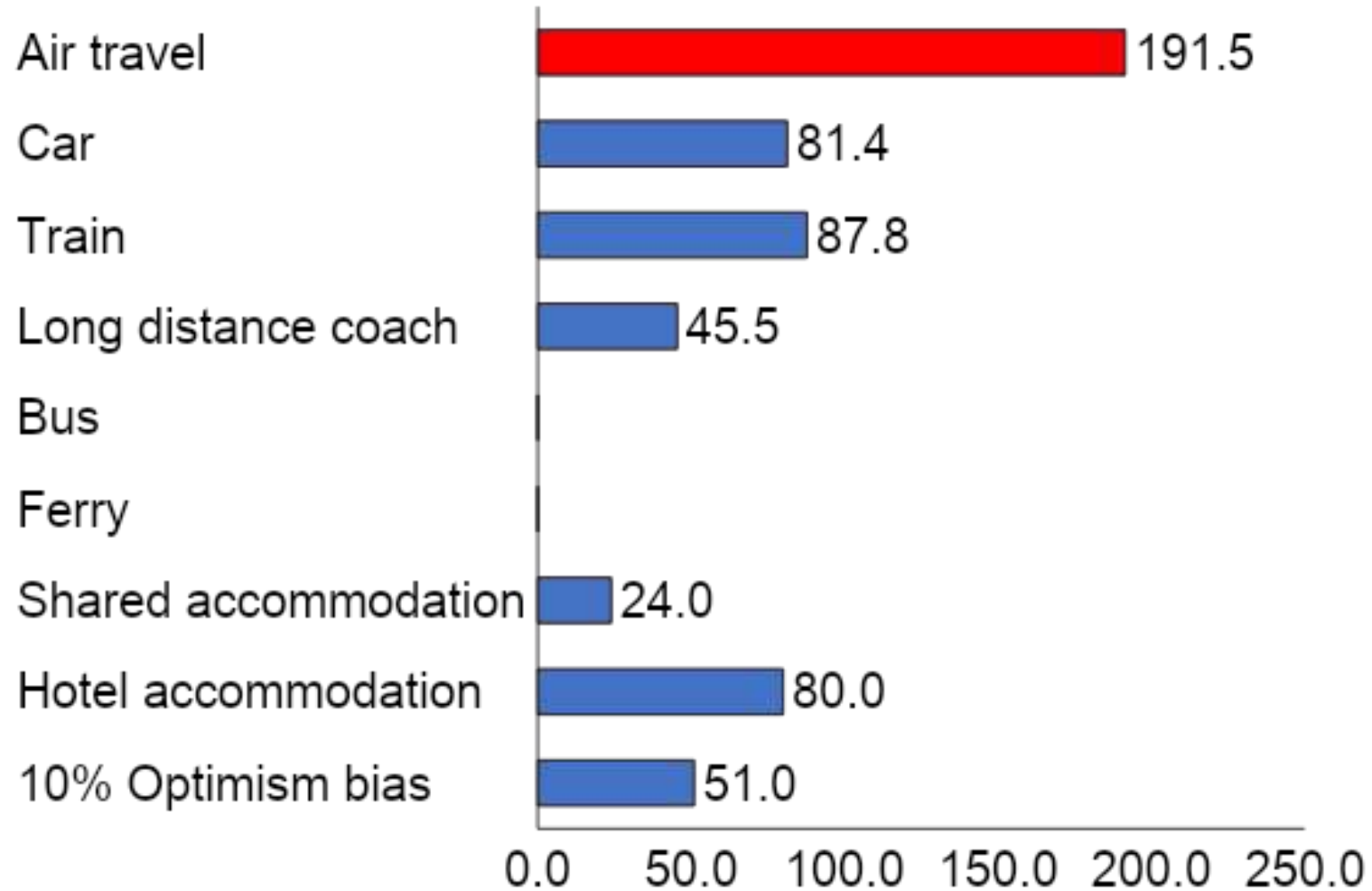
<https://www.eventbrite.fr/e/see-project-learning-symposium-tickets-658316029967?aff=oddtcreator>

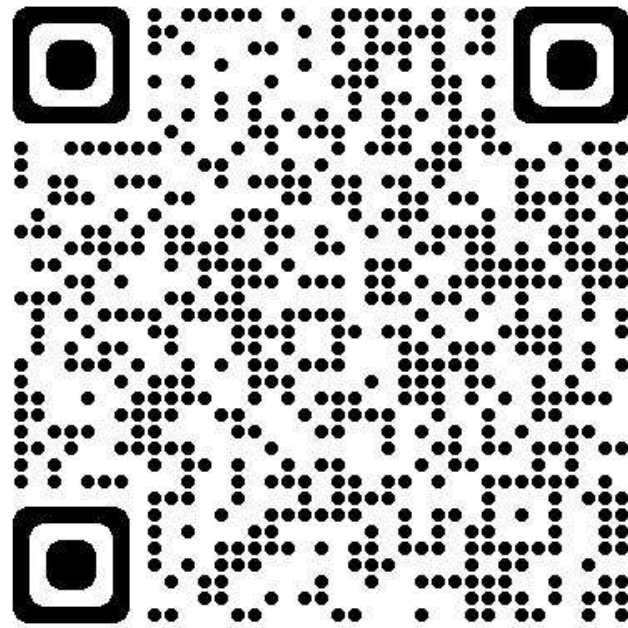
WHAT ABOUT ME???



CARBON IMPACT

CO₂e (kg) generated





<https://ee.kobotoolbox.org/single/uiDRrYau>



SEE SUSTAINABILITY AND ENVIRONMENTAL EDUCATION IN OUTDOOR SPORTS

