BENEFITS OF OUTDOOR SPORTS FOR SOCIETY

# PASSO DOPO PASSO

# STEP BY STEP

## KEY STAKEHOLDERS

1. Participants
2. Environment experts
3. Educators
4. Trekking guides

## FINDINGS FROM EXPERT/FOCUS GROUP

1. Changings in environmental factors can really reduce disabilities levels
2. There have been more social interventions from participants with social disorders
3. General improvements in adaptive behaviour

The donkey has been an important element to connect the participants with social difficulties with the other members of the group.

### Top 3 educational benefits identified from survey

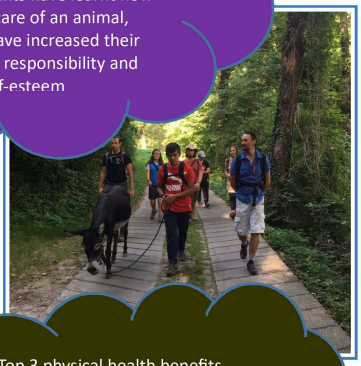
1. How to go trekking
2. How to recognise trees and animals of the wood
3. Nutritional notions

### Top 3 community benefits identified from survey

1. New friendships established
2. More easiness in establishing relations
3. More attention in alimentary and environmental choices

### Other benefits identified from survey

Participants have learnt how to take care of an animal, which have increased their sense of responsibility and their self-esteem



BENEFITS OF OUTDOOR SPORTS FOR SOCIETY

### Top 3 mental well-being benefits identified from survey

1. Stress reduction
2. Increased sense of responsibility
3. Tendencies to isolation partially overcomed

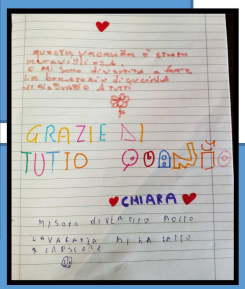
### Top 3 physical health benefits identified from survey

1. Immediate physical benefits
2. General increase in the every day's activity
3. The graduality of trekking activities permitted having low difficulties in starting trekking

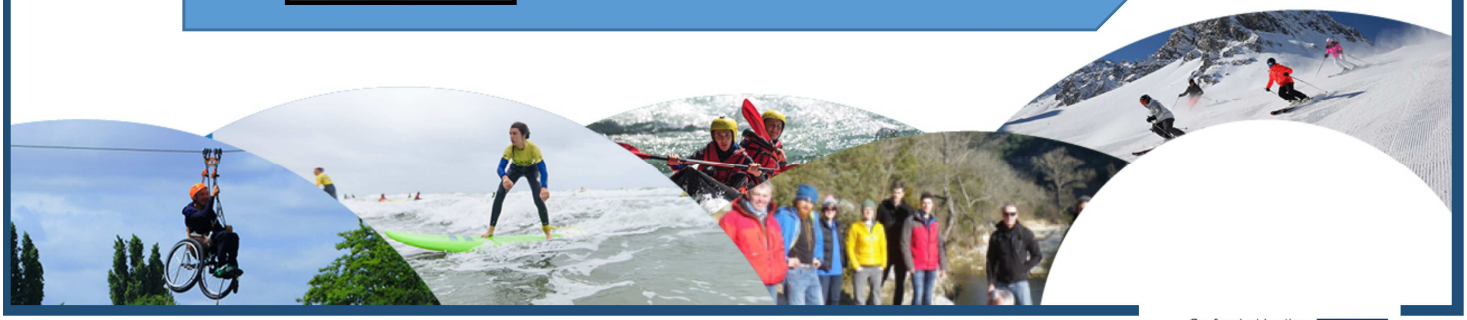
### Top 2 environmental benefits identified from survey

1. More knowledges about the environment and its protection
2. More care about the food and its origin

### Top quotes from participants




The informations collected helped us in understanding the social value of the work done and gave us the impetus to continue in proposing this kind of activities, with more variants, to more people, especially subjects with social disadvantages.



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