



TREES

TRAINING ROUTES EDUCATE
EUROPEAN SOCIETY



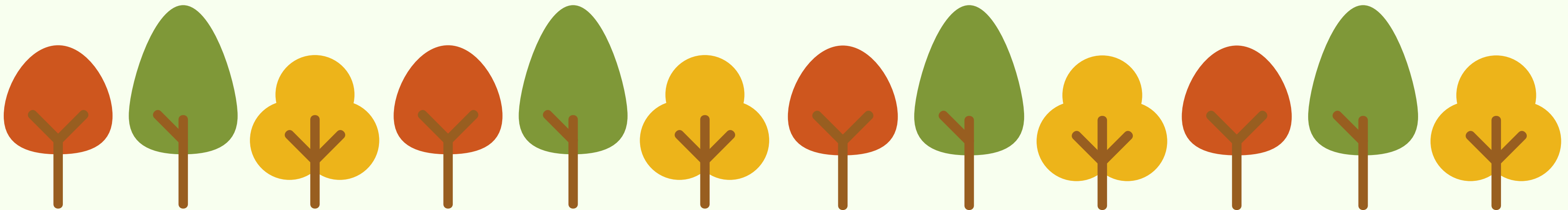
#BEACTIVE

WHAT IS THE ERASMUS+ PROGRAMME?

ERASMUS PLUS IS THE EUROPEAN UNION
PROGRAMME FOR EDUCATION, TRAINING, YOUTH
AND SPORT 2014-2020

Aims:

- Sustainable development of Higher Education in Partner Countries;
- favor the achievement of the objectives of the EU2020 Strategy in the educational sector;
- develop a European dimension in Sport, especially in grassroots sports.

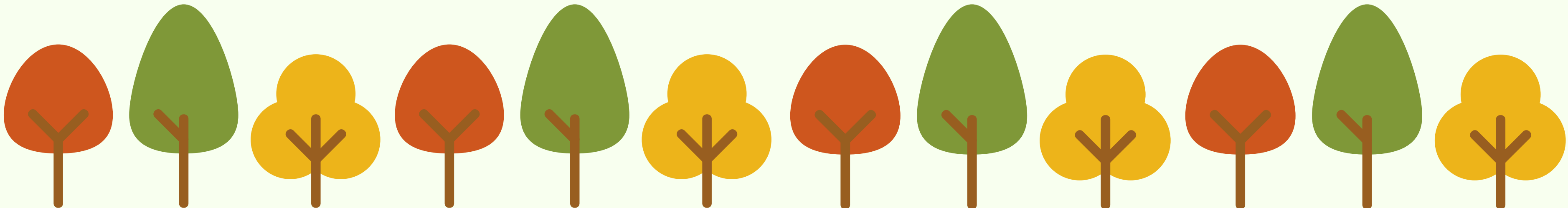


ERASMUS PLUS SPORT

AIMS

Supporting European Partnerships in sports in order to:

- contrasting threats to the integrity of sport, doping, match fixing, violence and all kinds of intolerance and discrimination;
- support for good administration in amateurial sport clubs and for the athletes' double career;
- promote voluntary sports activities, social inclusion, equal opportunities and raise awareness on the importance of physical activity through equal access and SPORT FOR ALL

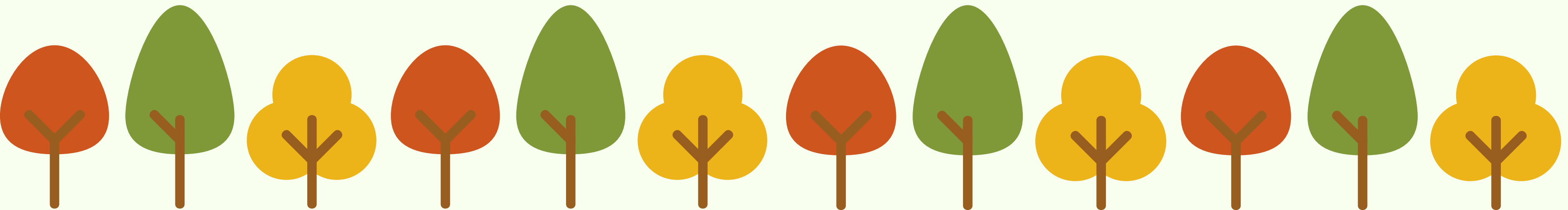


WHAT ACTIVITIES ARE SUPPORTED?

In the sports field are supported:

- Large-scale collaborative partnerships
- Small-scale collaborative partnerships
- European non-profit sports events

All supported actions must contribute to the
EUROPEAN WEEK OF SPORT



TREES Project's Overview

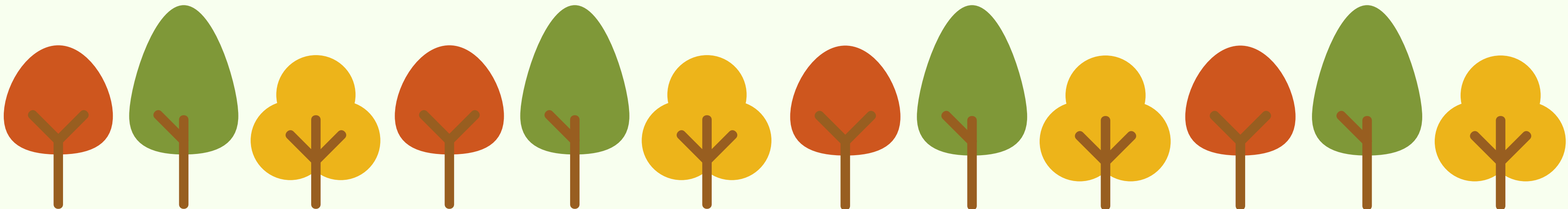
TOPICS AND OBJECTIVE

GENERAL TOPIC:

Promote education in and through sport with special focus on skills development.

TREES OBJECTIVES:

- rise awareness on unconventional and naturalistic sports such as trail running;
- increase the knowledge on the peculiar rules and methodologies of sports in naturalistic areas, to improve safety, training and competition conditions;
- create networks for the internationalisation of competences, exchange of best practices and development of skills;
- promote voluntary activity in sports in naturalistic areas and their connection with traditions, history and culture;
- contribute to the European Week of Sports 2019.



TANGIBLE OUTPUTS

- Production of GPS mapping of 5 trails for running and hiking (upload on trailrunproject.com);
- Publication with guidelines on the mapping and management of trails.

ACTIONS

- Awareness campaign on naturalistic sports;
- 5 transnational project meetings;
- Training of volunteers on trail management and protection;
- Promotion of good governance and sport values.



Project's rationale

WHY TREES?

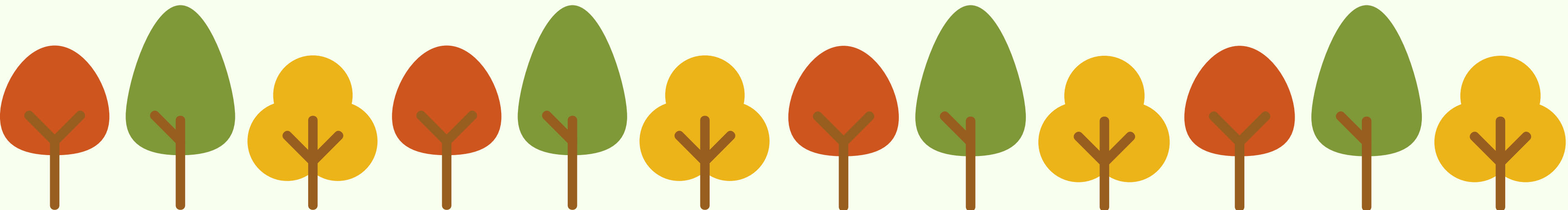
In recent years there has been a general growth of interest towards naturalistic sports, with an increase of the number of people that started physical activity without being part of an official sport organisation.

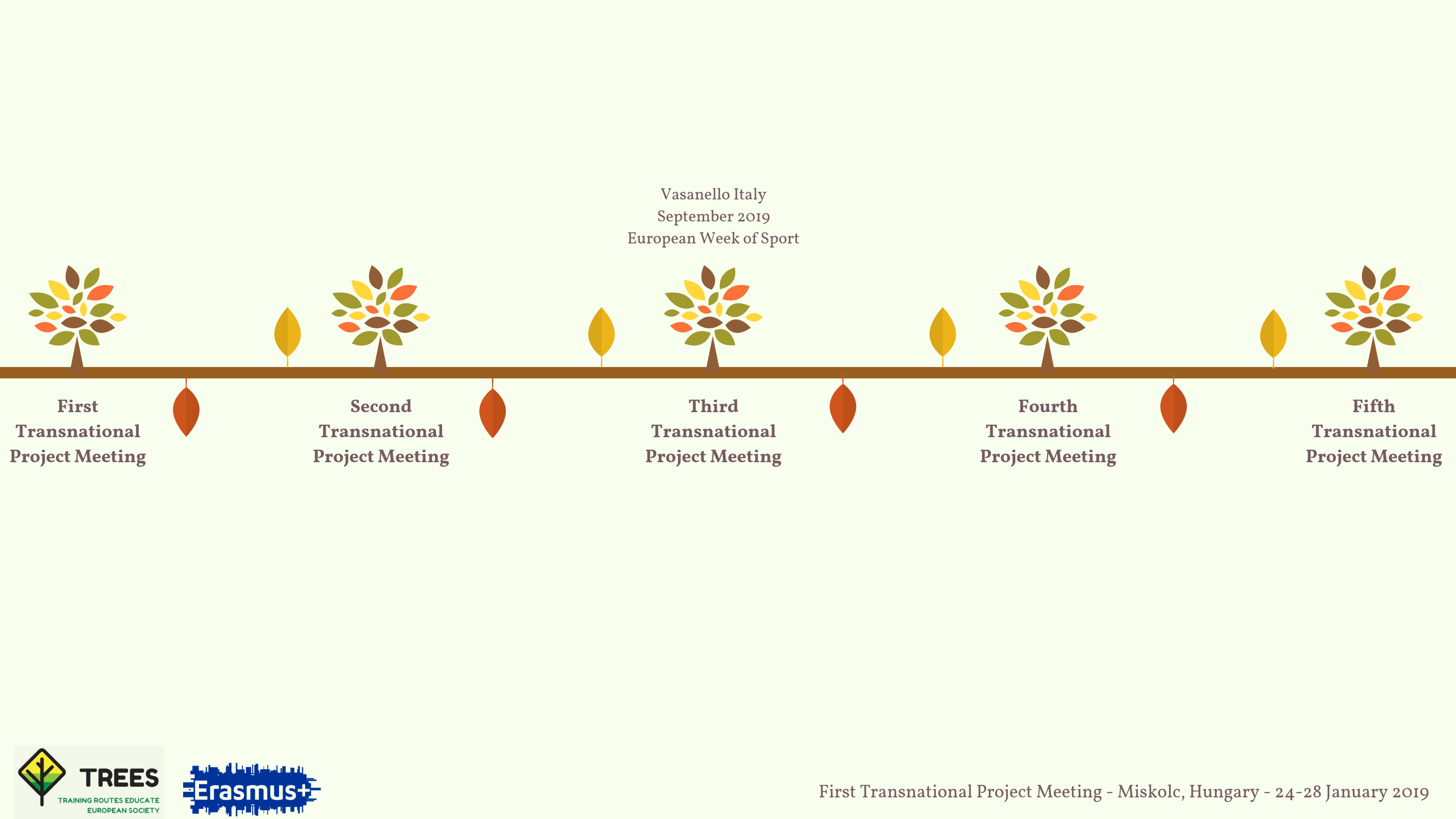
The motivation for this tendency has to be looked in specific demands:

- nature: the need of being in contact with a pure environment and beautiful landscape is the first motivation that leads to sports in nature;
- discovery: trails are perfect to respond to the need for ever-changing scenarios, avoiding the repetitiveness of tracks, parks, stadiums, etc., and satisfying curiosity;
- individuality: it may seem a negative need but often sports in nature are seen as a way to recover one's own individuality, a way to escape binds and rules and "find themselves", this even if the running or hiking are made together in a group.

All this creates new needs:

- need to highlight the role and peculiarity of naturalistic sports;
- need to create synergies between practitioners and organisations/bodies in charge of the management and protection of naturalistic areas;
- need to develop skills in trail management and protection for athletes and to educate practitioners to correct behaviours.



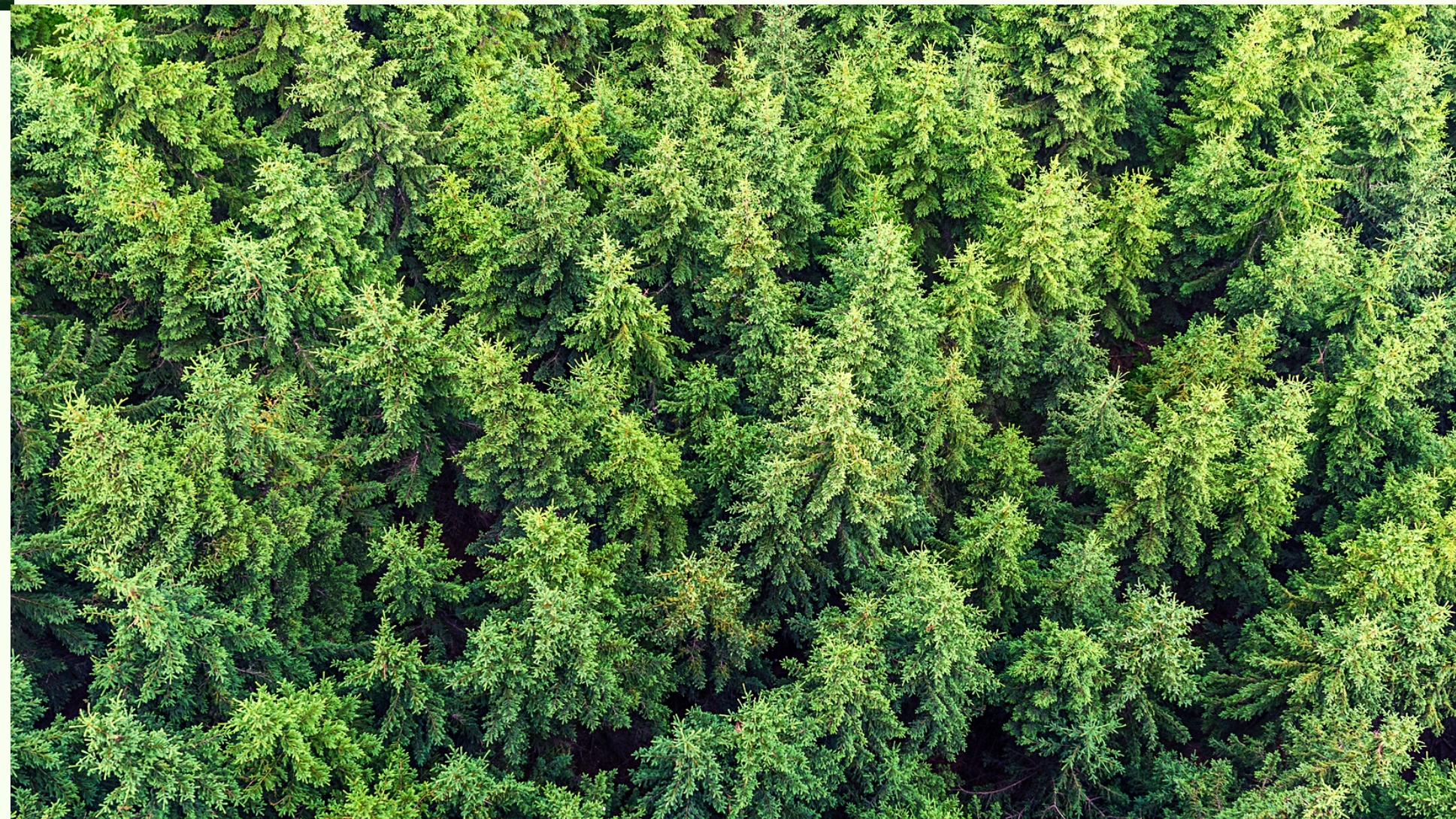


TRANSNATIONAL MEETINGS ACTIVITIES

- Joint training of volunteers and athletes;
- Mapping of trails;
- Exchange of best practices.

LOCAL ACTIVITIES

- Awareness campaign on naturalistic sports and on the European Week of Sport;
- Local Open Days (public hikings, walkings);
- Meeting in schools and youth organisations.



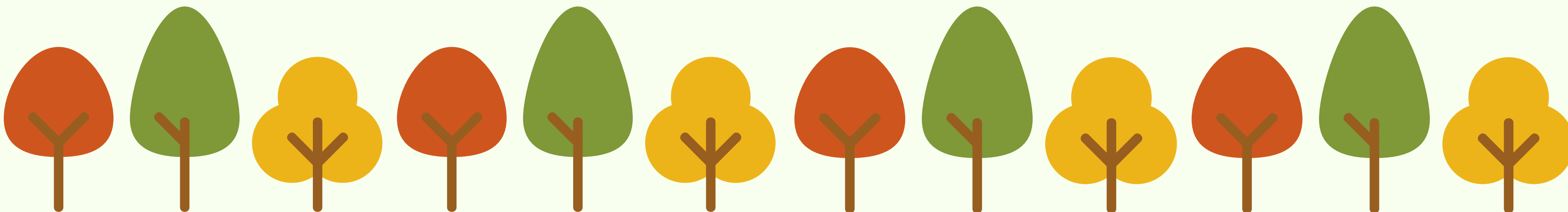
BE SOCIAL!



TREES - Training Routes Educate European Society



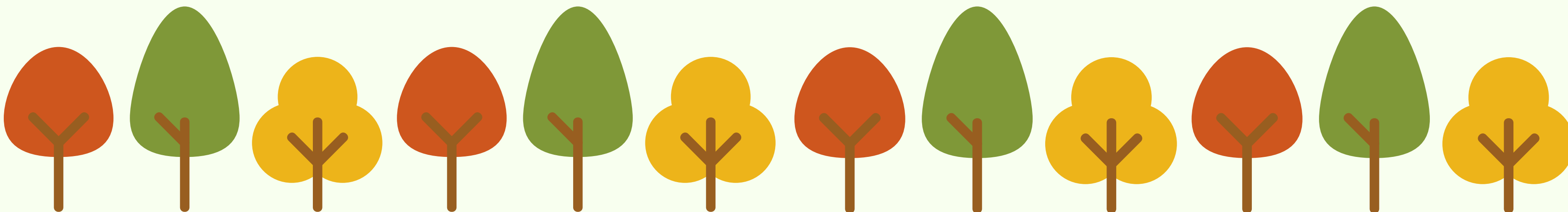
www.treesproject.home.blog



THANK YOU



Funded by the
Erasmus+ Programme
of the European Union



First Transnational Project Meeting - Miskolc, Hungary - 24-28 January 2019