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PROJECT

BLENDEND NATIONAL TRAININGS





Hiking as a Digital Detox

Project Summary

Project aims to promote hiking as a free time activity as an alternative for digital technologies.
Target group youngsters 18-25 years old, period of the project – 1 year.

Context and Identified Problems/Needs

The problem – youngsters spend more time using devices to browse internet and spend time in social networks. Promoting hiking will be a good alternative for digital detox as an outdoor activity.

1. How much of your free time you spend by various devices?
 2. Do you want to minimize the time spent on use of various devices?
 3. Would you choose hiking as alternative for free time?
 4. What activities would you like to do?
 5. Any other ideas for digital detox alternatives?
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Target groups

Target group of the project – Youngsters aged 18–25, motivated to change their habits for spending free time – from devices to outdoor activities.

Direct beneficiaries – youngsters

Indirect beneficiaries – society

Objectives of The project

General objective – to promote hiking as an alternative for free time activities instead of using devices and internet among youngsters.

SMART Objectives:

1. Specific – promotion of hiking as a free time activity
2. Measurable – forming a group of active youngsters to promote hiking among the peers

3. Achievable – setting up a new hiking trail

4. Relevant – marking the hiking trail in the nature

5. Time bound – set up detailed implementation plan

Partners of the project

Describe the partner and their role in the project.

PARTNER	BRIEF DESCRIPTION	ROLE IN THE PROJECT
Latvia	Host and coordinator	Hosting international project activity, managing the project, coordination, implementation of the project activities in their country
Romania Bulgaria	Partner Partner	Coordinating and implementing project activities in their country Coordinating and implementing project activities in their country
Italy France	Partner Partner	Coordinating and implementing project activities in their country Coordinating and implementing project activities in their country

Activities

The main activity – meeting of project participants in a form of Youth exchange in one of the participating countries.

Elaborating the hiking trails to be implemented in other participating countries by the project participants.



Gantt of the project



Expected results & Impact of the project

Promotion of active lifestyle and setting up new hiking trails.

Most important impact at local level as local community is the primary user of the project results.

Promotion and Dissemination

Visibility and promotion through partner organization websites and their activities.

Budget of the project

Define the expenses of the project.

Type of expence	Amount
Purchases	500 EUR
Personnel	500 EUR
Travel and hospitality	18 000 EUR
General expenses	1000 EUR
Total	20 000 EUR