



Young explorers re-discover local communities through orienteering

NEWSLETTER #1 SUMMER 2021

Have you ever heard about **orienteering**? It is an exciting and challenging sport that combines body and mind in the outdoors! The ORIENT project will use orienteering to bring together **young people** from different backgrounds by building and **discovering local communities** and creating more inclusive societies.

What's our goal?

We aim to create concrete opportunities for young people and other community members to develop new skills and build social bonds through orienteering. For that, will enhance **sports trainers' and civil society organisations' workers** abilities to **encourage participation and ownership** of shared values. Ultimately, we will raise awareness among local communities, stakeholders and policy-makers of the value of sport as a tool for inclusion that can foster solidarity and participation.

What's *orienteering* exactly then?

It's about maps, compasses and **finding your way across natural landscapes or modern urban settings**. Orienteering is for everyone and can take place anywhere: whether you're an experienced runner or a beginner, you just need a pair of trainers and comfortable clothes to set out on an adventure!

How will we do it?

We will enhance the connection and networking among members of a community through a **participative co-creative approach** that includes **participatory mapping**: participants will map their own orienteering routes through cooperative learning as so to discover their **urban and natural local contexts, history and cultural heritage**.



Who can participate?



150 young people from all contexts and backgrounds at risk of social exclusion. Through creativity and participation, they will be encouraged to discover their own local context under a different light.

25 sports trainers and 25 civil society organisations' workers that will be equipped with innovative methods to help them generate additional interest in sport at community level and consolidate new networks.

Route Map

The whole team met online for the kick-off meeting on 3rd and 4th March 2021 to meet each other and define next steps.

We are currently working on the **ORIENT Anthology**, a collection of inspiring good practices, tools and methodologies using orienteering for social inclusion in Italy, Bulgaria, Austria, Bosnia and Herzegovina, Greece and Cyprus.

In autumn 2021, we will work on the **ORIENT Curriculum** which includes the basics on orienteering and innovative methodologies to promote the participation of young people with different social and cultural backgrounds. We are planning a training for sports trainers and civil society organizations' workers!



In 2022, we will produce the **Gears & Ideas Toolbox for orienteering routes** for your people to use to create the orienteering routes and play the **orienteering contests**. Routes from all partner countries will be compiled in the **ORIENT Compendium: "Routes to Inclusion"**.

By 2023, we plan to have learn all there is to know about orienteering as a powerful tool for social inclusion, which will be incorporated to the **ORIENT Manifesto** with results and recommendations for stakeholders and policy makers.

If you work with young people and would like to try out a new educational approach, contact us!

orientproject.eu

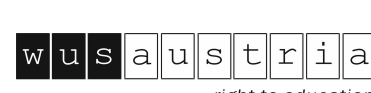
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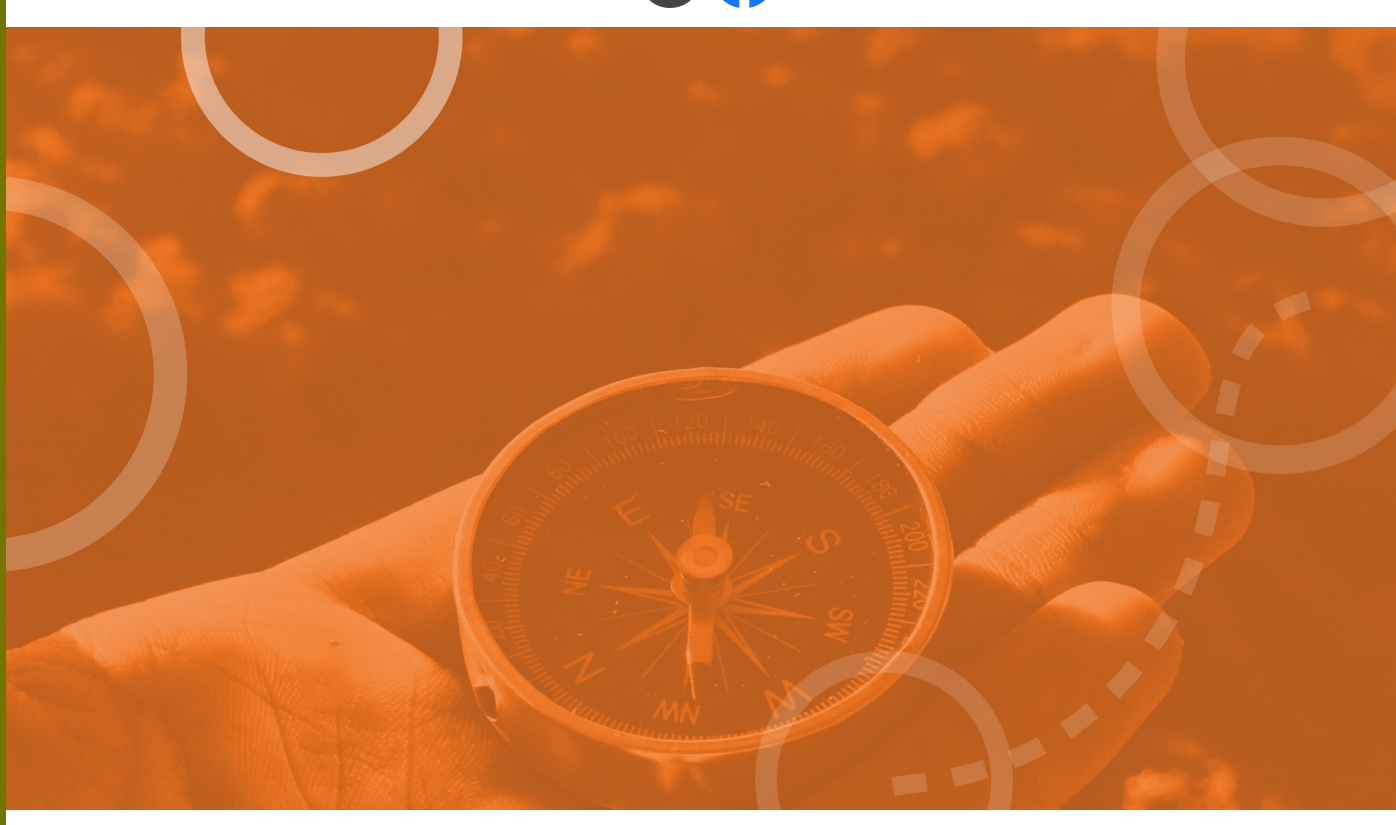


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