



Young explorers re-discover local communities through orienteering

## NEWSLETTER #3 SUMMER 2023

### ORIENT has come to an adventurous end!

After 30 months, the *ORIENT-Young explorers re-discover local communities through orienteering* has come to an end. The ORIENT project stemmed from the idea of fostering social inclusion through orienteering, creating concrete opportunities for young people to build social bonds with their peers while discovering their city and developing new skills.

### What did we achieve?

The project has successfully equipped 25 sports trainers and 25 civil society organisations' workers with innovative methods to encourage the participation of young people from backgrounds at risk of social exclusion.

The project has also enhanced the social inclusion of 150 young people with different social and cultural backgrounds, by creating circumstances for practising outdoor group activities and discovering the history and the cultural heritage of their places.

Finally, ORIENT has raised awareness – among local communities, stakeholders and policy-makers – of the value of sport as a tool for community building and social inclusion.

### What has been done in these 3 years?

To begin with, partners conducted cross-country research and put together the *Anthology*, a collection of good practices on the use of orienteering for social inclusion.

The Anthology prepared the ground for the development of the *Curriculum* which provides sports trainers and CSOs workers with tools and methodologies to organise orienteering activities aimed at young people. Thanks to specific training held in each partner country, sports trainers and CSOs' workers learned to integrate orienteering into their practices with young people.



Orienteering kits (containing all the items necessary to carry out orienteering activities) were then produced and distributed to young people, together with *Gears & Ideas*, a toolbox with the essential orienteering rules and regulations

Through participatory mapping workshops, young people mapped meaningful places of social and cultural value to create new orienteering routes. This resulted in the *Compendium* of orienteering 'Routes to Inclusion'. After this, local orienteering contests took place in each partner country.

To show the potential of orienteering in fostering participation and social inclusion, the consortium published the *Manifesto*, a policy-oriented document that was eventually presented to policy-makers to encourage the promotion of policies in support of orienteering.

### On their experience during the project, some participants have shared:

"I really enjoyed learning about the connections between my origins and food in Palermo and being together with peers."

"I enjoyed it because it makes you notice the environments differently than the way you are used to do it."

"We had this feeling of being in a team and working together, which was very important and I wasn't feeling that I'm alone and I might get lost."



### Concluding activities

To give a closure to the project, 5 national events were carried out in Italy, Bulgaria, Bosnia and Herzegovina, Greece and Cyprus during May and June 2023, while an international event happened on the 14th June 2023 in Graz, Austria.



To learn more about the project, visit our [Project Website](#) and follow us on [Facebook](#).

[orientproject.eu](http://orientproject.eu)

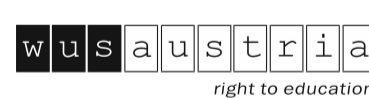
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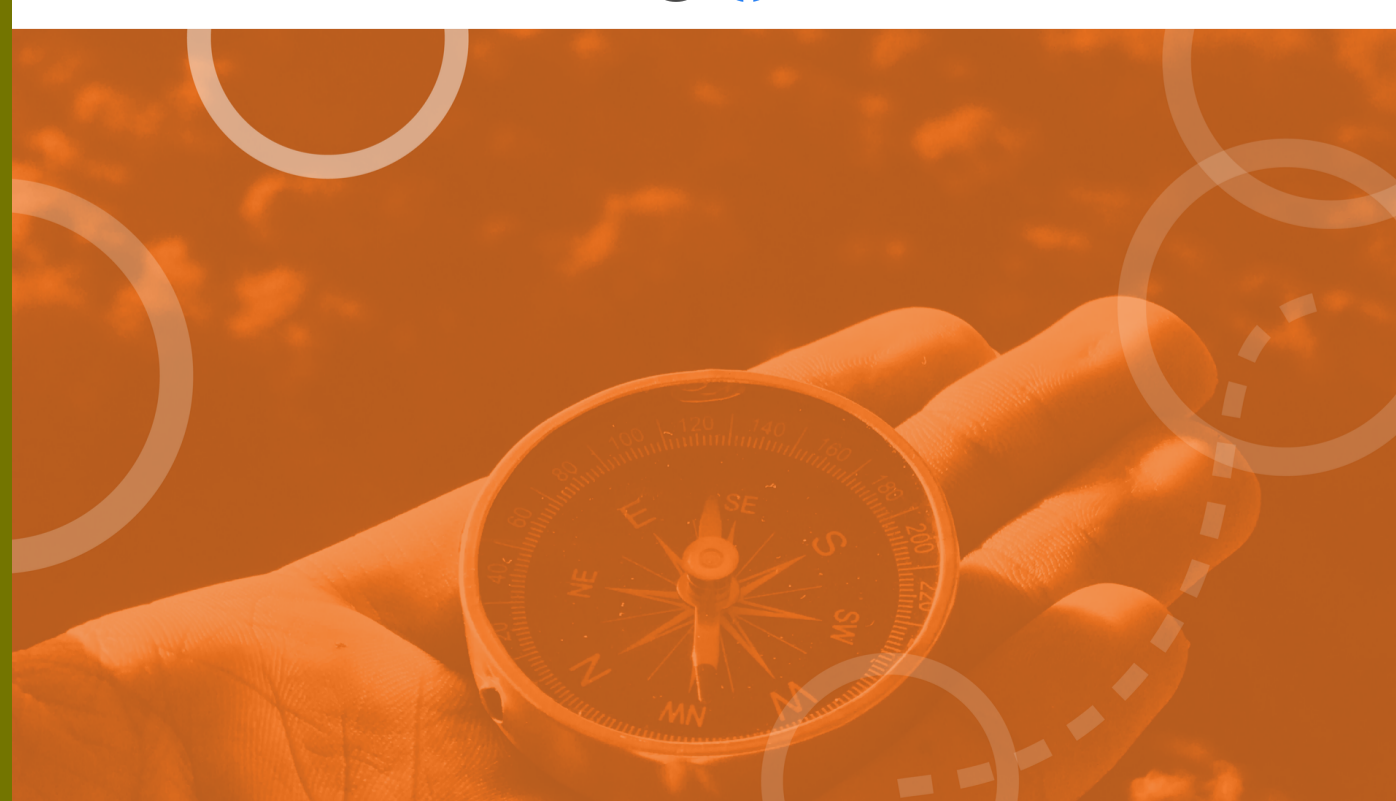


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### More about Orient



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