

DAREZ MOVE4NATURE



Co-funded by
the European Union

Case studies

Collection of camps and case studies
on the topic of outdoor physical activity
and environmental protection

March 2026



About Dare2Move4Nature project

To help keep the countryside clean, promote green education, and inspire people to take their rubbish with them, we launched the “Dare2Move4Nature” initiative.

Dare2Move4Nature includes activities like hiking, camping, learning about climate action, and cleaning up trails and campsites. Participants will practice essential skills such as setting up tents, carrying cleanup bags, picking up trash along trails, and leaving campsites clean. They’ll also gain practical survival skills for outdoor adventures.

About case studies collection

The case study collection enabled project partners to identify and understand the key factors that make a youth outdoor camp successful, educational, safe, and impactful. We gathered information on camps from across Europe to gain a deeper understanding of their main needs and priorities.





Name of the case study:

Leave No Trace Ireland (Trainer pathway)

1



Stakeholders:

The initiative is organised by the Leave No Trace organisation.



Location and level:



Nationally: the initiative is available on an all Ireland basis (Republic of Ireland and Northern Ireland) but is delivered on a local level with schools and youth groups. Regional training is available for the trainers course.



Timeframe:

The work of the charity (est.2008) is ongoing and the training itself occurs regularly throughout the year with some breaks in winter due to unsuitable weather. Regarding future prospects the charity is now expanding their young leadership offer.



Funding and finances.

As a charity, funding is sourced from multiple streams, including corporate and individual memberships. Corporate membership is available to organizations with an annual turnover of €500,001 or more and is divided into four levels based on turnover: Bronze (€1,200), Silver (€6,000), Gold (€12,000), and Platinum (€20,000+). Individual membership is offered at €10.00 per year. To view current members, please visit the LNTR Members page. Additional funding comes from the heritage department, various grants, and donations.



Description of the activities:

Leave NO Trace Ireland has a pathway to becoming a trainer, and within this, there is a 2-day camp to aid learning. Participants must be +16 years old. The steps to this training are:

Online Training (45 minutes):

- Shares how Leave No Trace skills and ethics can help protect our environment and outdoor spaces and promote responsible, sustainable outdoor pursuits and recreation.
- The impact that sporting, recreational and leisure activities can have on our natural environment.
- The role of the Seven Principles of Leave No Trace in achieving these goals.

Certified Awareness Course (in person) (6 hours):

- Shares all the above again and how Leave No Trace skills and practices can help to mitigate and minimise those impacts .

Trainers Course (2-Day): The primary objective of this course is to furnish participants with a strong foundation of the Leave No Trace principles, enabling them to confidently advocate for and educate the wider public on these practices. (maximum class size of 15 participants) Learning is done through short talks, debates, discussions, skill-building sessions, games, role plays, or interactive learning activities, ensuring that each session is active and engaging rather than a one-sided presentation. The delivery of this course can be flexible and integrated into sports, for example, a course was recently delivered on the sea with a sea kayaking club.

Advanced Trainer course: This course provides participants with a comprehensive training on Leave No Trace skills and principles, taught through practical application during a largely field-based course. Participants learn minimum impact techniques through multiple methods, including discussions, scenarios, demonstrations, and hands-on activities. Successful graduates of the Advanced Trainer Course are qualified to offer both Leave No Trace Trainer Courses and Awareness Courses



Beneficiaries

The one-day course is ideally suited to outdoor educators, teachers, college students, outdoor pursuit and recreation professionals, hiking club members, Tidy Towns Committees, community groups or anyone with an interest in learning more about Leave No Trace vision and skills. The minimum age for participation in all elements of the training is +16 years old.



Staff:

The staff of the organisation demonstrate a clear love for nature and a passion for its conservation. There was limited focus put on skills required, as their ethos is that anyone can be involved, creating an inclusive environment. However, awareness and experience of the wilderness and safety procedures were important for those leading activities.



Objectives:

Leave No Trace Ireland have 7 key principles that are built into their initiatives: Plan Ahead and Prepare, Be Considerate of Others, Respect Farm Animals and Wildlife, Travel and Camp Responsibly, Leave What You Find, Dispose of Waste Properly, Protect Nature from Fire.



Evaluation:

Following the completion of each training step, surveys are completed to evaluate their experience and learning outcomes. These surveys are then reviewed and used to improve the training.



Challenges:

Issues with the activities are that although there are limited skills required, there are still some barriers with regards to inclusivity due to the nature of the terrains the activities are carried out on. They are working hard to overcome this and adapt activities.



Name of the case study:

Camps J+N

2



Stakeholders:

Pro Natura Vaud, the regional section of Switzerland's oldest nature conservation NGO, is a private non-governmental organisation that acts as the main organiser of the Jeunes+Nature camps and youth activities. Based in Lausanne and active since 1956, it manages around 150 nature reserves in the canton and combines volunteer leadership with professional staff to deliver environmental education, biodiversity protection, and advocacy. In the context of the camps, Pro Natura Vaud provides trained youth leaders, coordinates logistics, develops thematic programmes, and ensures access for families by offering financial support where needed.



Location and level:



Pro Natura Vaud's camps are focused within the Vaud region, making them locally and regionally based.



Timeframe:

Pro Natura Vaud's Jeunes+Nature (J+N) camps are recurring annual activities, primarily held during school holidays, especially in summer, though some spring and autumn camps also take place. Standard camps typically last five to seven days, while mini-camps run two to three days, and day camps provide single-day nature experiences. This programme, part of Pro Natura Vaud's long-standing youth environmental education mission, has been running for decades and relies on a network of trained volunteer leaders and partnerships, such as with Nina Millefolium for wilderness-focused camps. With steady demand and continued organisational support, these camps are expected to continue annually, potentially expanding to include new themes such as biodiversity, climate education, or sustainable living.



Funding and finances.

The Jeunes+Nature (J+N) camps organised by Pro Natura Vaud are funded through a combination of public, private, and self-financed contributions. Participants pay fees ranging from 100 to 500 CHF, depending on the type of activity, and the organisation offers financial support for families in need to ensure accessibility. Additional funding comes from private foundations and individual donors, helping maintain high-quality programmes. The camps also benefit from the work of trained volunteers, which reduces operational costs. This mixed funding model ensures the sustainability and accessibility of the outdoor educational programmes for young people in the region.



Description of the activities:

The Jeunes+Nature (J+N) camps by Pro Natura Vaud are recurring youth education events offering immersive outdoor experiences focused on environmental awareness and conservation.

Designed for children aged 6–15, the camps combine hiking, wildlife observation, foraging, shelter-building, and survival skills under the guidance of trained volunteer leaders. They run mainly during school holidays in varied formats, including 5–7 day full camps, 2–3 day mini-camps, and single-day activities. The program provides regular, hands-on learning opportunities that engage youth with nature while fostering environmental education and practical outdoor skills.



Beneficiaries

The Jeunes+Nature (J+N) camps by Pro Natura Vaud involve children and youth aged 6–15 from the canton of Vaud as beneficiaries, providing them with hands-on outdoor experiences that foster environmental awareness, practical skills, and teamwork. The camps are organised by Pro Natura Vaud, guided by trained volunteer leaders, and sometimes run in collaboration with partners like Nina Millefolium.



Staff:

The staff of Pro Natura Vaud's Jeunes+Nature camps include professional coordinators and trained volunteer leaders with expertise in environmental education, youth leadership, and outdoor skills. They possess strong communication, teamwork, and problem-solving abilities, ensuring safe and engaging experiences.



Objectives:

Driven by respect for all life and aware of the responsibility of the human being towards nature, Pro Natura Vaud is dedicated to preserving the natural foundations essential to life and pursues the following objectives:

- Increase the number of habitats close to the natural state
- Protect the landscape
- Protect the environment
- Develop environmental competence: Induce and encourage behaviour that is respectful of nature, landscape and the environment, especially among young people.
- Learn and improve



Evaluation:

No single evaluation, there were multiple on a strategic level.



Name of the case study:

ECO-Explorers Summer Camp

3



Stakeholders:

ECO-Camps are primarily delivered by ECO-UNESCO, a well-established environmental youth NGO. ECO-UNESCO is affiliated with WFUCA and acts as a key partner in UNESCO's Global Action Programme in Education for Sustainable Development (ESD).



Location and level:



The ECO-Camps take place in Dublin, Ireland, with activities delivered at ECO-UNESCO's Greenhouse and in local natural sites. While primarily local, they are open to young people from across Ireland, giving them national reach. The camps are also connected to the international level through ECO-UNESCO's affiliation with UNESCO and its Global Action Programme on Education for Sustainable Development.



Timeframe:

ECO-Camps are an ongoing, recurring activity organised by ECO-UNESCO, running annually during school holidays, especially in summer. Each camp typically lasts one week, with daily sessions combining outdoor exploration and environmental education. The programme has been active for several years, building on ECO-UNESCO's 30+ years of youth environmental education experience. It is designed to return each year, offering consistent opportunities for children and teens to engage with sustainability. Future prospects include continued expansion of themes and activities aligned with UNESCO's education for sustainable development goals.



Funding and finances.

ECO-Camps are primarily funded through a mixed model. Families contribute via participant fees, which is €195 per week. ECO-UNESCO overall is funded by a variety of sources from national to European Government and agencies contributing to both the overall development of the organisation and project specific work. ECO-UNESCO also receives funding from corporate sources, consultancy and membership and programme fees. This combination ensures both sustainability and accessibility of the programme.



Description of the activities:

ECO-Camps are a recurring youth education programme combining outdoor learning, environmental education, and fun holiday activities. They are structured as week-long camps during school holidays, with daily sessions of around 5 hours per day. Activities include nature walks, biodiversity exploration, creative workshops, games, and practical projects. There are two main strands offered: ECO-Explorers, designed for younger children aged 10-12 years old, focusing on discovery and playful engagement with nature; and Green Teen (13-16 years old) tailored to teenagers, with more in-depth exploration of sustainability, leadership,

and environmental action. Led by qualified educators, the camps foster awareness, teamwork, and practical skills. On average, ECO-Camps run for one full week per holiday period, making them recurring, immersive experiences that blend learning with outdoor adventure.



Beneficiaries

The main beneficiaries of ECO-Camps are children and young people aged 10–16 from across Ireland. Younger participants join the ECO-Explorers strand, which encourages curiosity, play, and early environmental awareness, while older youth take part in the Green Teen strand, focusing on sustainability, leadership, and practical eco-action. Beneficiaries come from diverse backgrounds and share an interest in outdoor activities, learning, and making new friends. They gain hands-on experience with nature, build teamwork and problem-solving skills, and develop a stronger sense of responsibility towards the environment.



Objectives:

The ECO-Explorers Summer Camps work towards this mission. In further depth the mission is to protect the natural environment and empower young people by developing their knowledge, skills and confidence that channels their passion into positive and creative actions that helps create a sustainable planet.

We do this by:

- Raising awareness, understanding and knowledge of the natural environment among young people.
- Engaging, inspiring and empowering young people by facilitating their personal development and well-being through practical environmental projects, activities and skills development.
- Promoting the protection and conservation of the environment by empowering young people to lead in action oriented environmental projects and activities and by promoting positive and environmental behaviour.
- Advocating for environmental education, education for sustainable development, the natural environment and youth development.
- Promoting the ideals of UNESCO and working with likeminded organisations in Europe and globally.



Evaluation:

No single evaluation, there were multiple on a strategic level.



Name of the case study:

Poletni tabor ŠPO Radovljica / Summer camp Sport Climbing club Radovljica

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Stakeholders:

ŠPO Radovljica (Sport Climbing club Radovljica), who is the organiser of the camp, is part of the PZS Radovljica, Alpine Association of Radovljica. The latter is a member of the Alpine Association of Slovenia. The camp is organised by the coaches and financially supported by members fees, parents and private funding (in 2024 the camp was supported by the organisation It's Great Out There Coalition).



Location and level:



The good practices took place on a local level, in Bohinj in Slovenia. It featured youngsters from the club ŠPO Radovljica.



Timeframe:

The 5-day climbing camp is an annual activity and part of the climbing club's legacy. Younger children are included in sport and outdoor education activities, while older youth focus more on climbing and sport. Each year it is held in June, at Lake Bohinj, Slovenia, and features over 30 children aged between 8 and 15. The camp is organised by the coaches and includes children which are also members of the climbing club.



Funding and finances.

In 2024, the camp was chosen as one of the Its Great Out There Grant Projects and received 5000 eur of funding. Financially it is also supported by members fees, parents and private funding.



Description of the activities:

The camp runs for five full days and is situated next to Lake Bohinj, Slovenia. Children aged 8 to 15 stay in a hostel alongside their club coaches, who also serve as the camp facilitators.

The programme incorporates rock climbing and a range of outdoor summer activities to engage and educate children on the importance of physical activity, health, environmental awareness, and nature conservation. It also fosters camaraderie and connection through evening campfires and group gatherings.



Beneficiaries

The beneficiaries are children who are members of the Sport Climbing Club Radovljica. They are all school-aged, between 8 and 15 years old, and come from the local area in and around Radovljica, Slovenia. Many of the children attend the camp repeatedly, year after year. As members of the club, they are active on regular basis, meaning they do sport and physical activity everyday even outside of the camp.



Staff:

The camp facilitators are primarily trainers and coaches from the club who have knowledge of climbing, outdoors and working with children. Many are younger individuals, often students of pedagogy or sport, who work with the children throughout the year. As a result, they are already familiar with the children and have a good understanding of their needs and habits.



Objectives:

The main objective is to provide children with a different experience from indoor sport climbing - offering them the chance to step outside their familiar routines, spend time in nature, engage in and learn through outdoor activities, and connect with peers and fellow club members. The camp also aims to help them develop valuable skills such as independence, responsibility, and environmental awareness.



Challenges:

Financial barriers can arise, but parents are supportive and help ensure the camp can go ahead. Severe weather, such as storms, may pose a significant risk, in which case the camp must be cancelled. However, safety protocols are a top priority and are well-established, so they are not a cause for concern.



Name of the case study:

NoExcuse camps

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Stakeholders:

The camp is organised by a Youth Association NoExcuse Slovenia (Mladinska zveza Brez izgovora Slovenija) in collaboration with the Institute for Health and Environment.



Location and level:



The camp is organised at the national level and takes place in various locations across Slovenia (this year in Kokarje pri Mozirju, Slovenia).



Timeframe:

The camp lasts for six days and takes place each year in the summer.



Funding and finances.

The camp requires a fee of 280 EUR per participant; however, it is free for individuals from vulnerable groups and those from lower socio-economic backgrounds. Additionally, the camp receives support from the Municipality of Ljubljana and the Ministry of Health of the Republic of Slovenia.



Description of the activities:

The focus of their programme is on health and the environment, and the camp is filled with workshops centred around these themes. During the camp, the organisers equip young people with skills for healthy leisure time, focusing on nutrition, physical activity, and mental health, while also actively working on developing social skills and skills for addiction prevention and active citizenship.



Beneficiaries

The camp is intended for school-going youth from Year 5 to Year 9 of primary school. Participants are grouped by age, and the programme includes both separate and joint activities. All activities are adapted to suit the age of the participants.



Staff:

The camp is organized and facilitated by the No Excuse organisation from Slovenia, a multiple award-winning national youth organisation in the public interest. The organization has been involved for many years in organising and implementing summer camps for young people – both its own and in collaboration with established partners. The programme is led by youth workers who undergo extensive training and have several years of experience working with young people of different age groups. A qualified psychologist is always present at the camp to provide support in case of mental health difficulties and is trained to recognise and address such challenges at an early stage.



Objectives:

The mission is to educate younger generations to become active citizens who can think critically, propose solutions, and implement them, thereby making a positive contribution to society as a whole.



Evaluation:

On an annual basis, they monitor the impact of the camps on participating youth through effective evaluations and observe significant progress both in acquired knowledge and in changes in attitudes and behaviour. Many participants choose to return to the camps in the following years.



Name of the case study:

Green League: Connecting Youth, Sports, and Nature

6



Stakeholders:

The Green League project in Slovenia was organized by ZAVOD APGA and ZSKSS (Slovenian Catholic Girl Guides and Boy Scouts Association), with support from international partners like CESIE (Italy) and local volunteers. It was part of an Erasmus+ initiative combining sports and environmental education for youth.



Location and level:



The Green League events in Slovenia took place in Slovenj Gradec and other local and regional areas across the country, operating on a national level with some international collaboration through workshops and partnerships.



Timeframe:

The Green League events in Slovenia ran from September 2023 to January 2024, with activities held across the country and an international workshop in Slovenj Gradec. While the main project has ended, it's designed to be replicable and sustainable, with plans to continue using its model for future youth sports and environmental education events.



Funding and finances.

The Green League project was primarily funded by the Erasmus+ programme from the European Union, supporting international cooperation in sports and environmental education.



Description of the activities:

The Green League project in Slovenia, part of a European initiative running from August 2022 to January 2025, organized 8 local events per country focused on outdoor sports and environmental education around the themes of air, water, earth, and fire. Activities included hiking, kayaking, tree planting, and eco-friendly sports. Events varied in duration, from single-day hikes to four-day workshops. With an estimated average of 4 hours per event across 40 total events, participants engaged in approximately 160 activity hours, averaging about 5.3 hours per month or 64 hours per year.



Beneficiaries

The Green League project in Slovenia involved organizations like ZAVOD APGA, CESIE (Italy), KMOP (Greece), and others from six countries. Key participants were youth (ages 13-30), families, and volunteers, who engaged in eco-friendly sports activities. The main beneficiaries were young people, local communities, and the environment, as they learned sustainable practices and developed a stronger connection with nature.



Staff:

The staff involved in the Green League project came from diverse organizations with specialized skills:

- ZAVOD APGA: Focused on promoting physical activity and health.
- CESIE (Italy): Experts in non-formal education, project management, and social inclusion.
- KMOP (Greece): Professionals with expertise in social welfare, EU project management, and research.

These teams brought experience in youth education, sustainable practices, and community engagement, ensuring the project's success in promoting environmental awareness through sports.



Objectives:

The Green League project aimed to promote environmental awareness through sports, encourage active and healthy lifestyles, strengthen the connection with nature, promote sustainable practices, and foster international collaboration on sustainability and sports.



Evaluation:

Yes, the Green League project was evaluated. It successfully engaged over 600 young people across five countries, organizing events to promote environmental awareness through sports. Positive feedback and outcomes were shared, including "Green Zines" (small, DIY booklets that share eco-friendly ideas, tips, and stories to promote environmental awareness and action) created by participants.



Challenges:

The Green League project faced challenges in coordinating outdoor events to ensure sustainability and managing communication across multiple countries. Despite these issues, the project successfully promoted environmental awareness and sustainable practices.



Name of the case study:

EKO Rafting

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Stakeholders:

The Eko Rafting activity in Radovljica is organized by Tinaraft, a for-profit company offering rafting, kayaking, ziplining, and other activities. Tinaraft serves as the main organizer. Additionally, the Rafting Society Radovljica, a non-profit sports organization, is involved in rafting activities.



Location and level:



The Eko Rafting project takes place in Radovljica, Slovenia, along the Sava Dolinka and Sava rivers. It operates at the local level, organized by the for-profit company Tinaraft and supported by the non-profit Rafting Society Radovljica.



Timeframe:

The Eko Rafting event in Radovljica is an annual local-level initiative organized by Tinaraft d.o.o.. The event aims to clean the Sava River and its banks, promoting environmental awareness. It typically takes place in April, with the 38th edition scheduled for May 10th 2025. The event includes a rafting trip and concludes with a communal gathering.



Funding and finances.

The Eko Rafting event in Radovljica is primarily funded through private sources, with Tinaraft d.o.o. —the for-profit company organizing the event—bearing the main financial responsibility. While the event focuses on environmental awareness and community engagement, there is no support from public institutions, international sponsors, or non-governmental organizations (NGOs).



Description of the activities:

The Eko Rafting event is an annual environmental initiative. Held each April/May, the event combines recreational rafting along the Sava Dolinka River with a river and shoreline cleanup. It aims to raise environmental awareness and encourage community involvement. While it is not a training program, it is a recurring event focused on conservation and community engagement.



Beneficiaries

The Eko Rafting event in Radovljica benefits local residents, participants, and the environment. Local residents engage in conservation efforts, while individuals, families, and groups participate in rafting and cleanup activities. The environment, particularly the Sava Dolinka River, is directly impacted by the cleanup.



Staff:

The staff organizing Eko Rafting at Tinaraft d.o.o. are experienced, professional, and safety-conscious. Guides are certified in rafting and swiftwater rescue, ensuring high safety standards. They are multilingual, communicating in English, Slovenian, and Serbian to accommodate diverse participants. With over 30 years of experience since the company's founding in 1988, the team has extensive knowledge in adventure tourism, including rafting, kayaking, and other activities, ensuring a safe and enjoyable experience for all.



Objectives:

The main objectives of the Eko Rafting project are to promote environmental awareness, encourage community involvement in conservation efforts, and provide an enjoyable recreational experience. The event focuses on cleaning the Sava Dolinka River and its surroundings while educating participants about environmental stewardship. It also aims to foster a sense of community by bringing people together for both environmental and recreational activities.



Evaluation:

The evaluation of Eko Rafting is based on the success of river cleanups, community participation levels, positive participant feedback, and repeat engagement. Achieving these outcomes firmly indicates the project's effectiveness in promoting environmental awareness and community involvement.



Challenges:

Potential issues and barriers in Eko Rafting include limited awareness or low participation due to insufficient promotion or bad weather, safety concerns during rafting or cleanup, challenges in measuring long-term environmental impact, and difficulties with waste management post-event. Coordinating logistics for large groups and securing resources or volunteers could also be problematic.



Name of the case study:

Taekwon-do kamp Debeli Rtič

8



Stakeholders:

The Taekwon-Do camp in Debeli Rtič is organized by Taekwon-Do Klub Radovljica, led by Robert Guštin, president and Barbara Meglič, the head instructor. The camp, held at Mladinsko zdravilišče Debeli Rtič, offers Taekwon-Do training, swimming, and recreational activities. The camp is open to all ages and skill levels, focusing on skill development and community engagement. Additionally, in 2024, the club is involved in the Move4Nature project, which integrates environmental education with Taekwon-Do activities, promoting sustainability and nature awareness alongside physical training.



Location and level:



The Taekwon-Do camp in Debeli Rtič is a national event organized by Taekwon-Do Klub Radovljica. It took place at Mladinsko zdravilišče Debeli Rtič, located on the Slovenian coast, offering both Taekwon-Do training and environmental education through the Move4Nature project in 2024.



Timeframe:

The Taekwon-Do camp organized by Taekwon-Do Klub Radovljica has been held annually since 2018 at various locations, including Pokljuka, Debeli Rtič, and ČŠOD Burja. In 2024, the camp introduced the Move4Nature project, combining Taekwon-Do training with environmental education. The camp provides significant benefits for kids, including physical fitness, skill development, and a deeper awareness of environmental conservation. With plans to continue this event yearly, the club aims to foster both personal growth and community engagement for young participants.



Funding and finances.

The Taekwon-Do camp is primarily funded by the participants themselves, with additional financial support from the Municipality of Radovljica, the home of the club. The camp also receives partial funding from sponsors and is supported by the Move4Nature project, which is funded through Erasmus+. This mix of funding sources ensures the camp's sustainability and allows it to offer a high-quality experience focused on both Taekwon-Do training and environmental education.



Description of the activities:

The Taekwon-Do camp is a recurring training program organized annually since 2018. It combines sports education through Taekwon-Do training with environmental education and social skills development. The camp takes place in various locations, including Pokljuka, Debeli Rtič, and ČŠOD Burja, and is open to participants of all ages and skill levels. It emphasizes not only physical fitness and Taekwon-Do technique but also encourages environmental awareness through the Move4Nature project. Additionally, the camp fosters community building and teamwork, helping participants develop social skills in a fun, supportive environment.



Beneficiaries

The camp organized by Taekwon-Do Klub Radovljica primary beneficiaries are children and young people who improve Taekwon-Do skills, fitness, and social abilities, while also learning about environmental conservation through the Move4Nature project. The Municipality of Radovljica, sponsors, and Erasmus+ funding support the camp financially, benefiting both participants and the local community.



Staff:

The team includes skilled instructors with various Taekwon-Do rankings, who bring expertise in martial arts training, youth development, and environmental education. The staff is well-equipped to provide a supportive learning environment, combining sports education with social skills development, and fostering a focus on physical fitness and sustainability. Their experience ensures high-quality training and a safe, engaging experience for all participants.



Objectives:

The main objectives of the Taekwon-Do camp are to improve participants' Taekwon-Do skills, enhance physical fitness, foster social skills through teamwork and community engagement, and promote environmental awareness through the Move4Nature project. The camp aims to provide a balanced program that combines sports education with personal growth, encouraging both physical and social development while raising awareness about sustainability and nature conservation.



Evaluation:

Yes, the evaluation of whether the goals of the Taekwon-Do camp are achieved can be assessed through several factors: participant progress in Taekwon-Do skills, feedback from participants and their families regarding social skills development and physical fitness, and the level of engagement with the Move4Nature environmental initiatives. The camp organizers also collect feedback to understand how well the environmental education and community-building objectives were met, ensuring continuous improvement for future camps.



Challenges:

Before the Taekwon-Do camp, challenges include limited awareness, scheduling conflicts, and funding issues. During the camp, potential barriers are safety concerns, weather conditions, and logistical challenges. After the camp, issues include measuring long-term impact, ensuring continued engagement in sustainability, and managing feedback for improvements.



Name of the case study:

MTB Mače “čez noč” / Overnight camp MTB Mače

9



Stakeholders:

The camp is organised by two passionate mountain bikers (and former athletes) Ana Zupan and Klemen. The idea for the camp emerged after a year of leading children on weekly hikes through the nearby forest trails every Wednesday from March to October. Wanting to take the experience a step further and offer the children a kind of “reward,” they decided to organize a camp. This year marks the fourth consecutive year they’ve held it. Ana runs her own business, while her colleague operates a part-time business. She is a licensed mountain biking instructor and guide, and her colleague is a physical education teacher. They are supported by her husband and his wife, who also help out with the camp.



Location and level:



The camp takes place in a village “Mače”, located in alpine region of Slovenia. All activities takes place in a forest or next to the forest.



Timeframe:

This years the fourth consecutive camp was organsied. It took place on June 20 and 21, 2025. The group gathered in the village at 4:30 PM, then set off on a cycling tour, divided into two groups: older and more experienced riders, and younger participants. The tour followed familiar forest trails and was longer than the regular Wednesday MTB workshops. The camp concluded on Saturday at 1 PM in Hotemaže, by the Kokra River. They also completed a longer cycling route from Mače to Hotemaže.



Funding and finances.

The camp is finically supported by the parents of the children who take part in the activities.



Description of the activities:

In addition to the cycling tours on both days, they set up camp at the main location, built a fire, and prepared dinner (as there is no electricity or running water at the site). After dinner, they went on a lantern-lit night hike.

This year, they also welcomed a group of young firefighters who were spending the night at the fire station. The firefighters conducted a demonstration exercise on how to search for a missing person in the forest, followed by a brief first aid course.

The next morning, they packed up the camp—tents, sleeping bags, clothes, backpacks, and other gear—and carried everything to a nearby house, where a van was parked to transport the equipment to the next location (access to the camp is only possible by off-road vehicle or tractor). Afterward, the colleague's mother arrived by tractor, bringing a homemade breakfast. Once they had eaten, the group prepared food and water for the second cycling tour, split into groups again, and set off toward the next location. At 12 PM, both groups met in Hotemaže, by the Kokra River, where pizzas were delivered so everyone could enjoy a good meal while waiting for the parents to arrive.



Beneficiaries

The camp is intended for children who love nature and cycling. Most participants are regular attendees of the weekly MTB workshops, though each year new children also join—often those who have heard about the camp from friends or siblings. The children range in age from 5 to 13. This year, 18 children took part: 15 boys and 3 girls.

In addition to mountain biking, the children are taught to respect nature, take their trash with them, and greet people they pass on the trails. Along the route, they engage in fun activities such as treasure hunts, cycling-themed games, and river crossings. Since the children tend to be energetic, the leaders organize not only structured games but also free play, including time on forest playgrounds and soccer. Phones are not used during the camp.

The leaders hope to foster connection among the children—to help them bond, accept one another, and become allies. They teach values such as tolerance, conflict resolution, and independence. They are grateful for the trust parents place in them, especially as some children have been attending the camp since its very beginning.



Staff:

Ana is a licensed mountain biking instructor and guide, with a background in social work. Klemen is a physical education teacher and a passionate road and mountain cyclist. Jaka is a mountain biker and bike mechanic. Mateja is a mountain biking enthusiast and a nature lover. Their skills complement and strengthen one another. Some bring strong abilities in teaching, communication, and leadership, while others contribute calmness, trustworthiness, and strong organizational skills.



Objectives:

The main goal is to spend free time in nature away from electricity, running water, and other people. Being in an unfamiliar environment is an important opportunity for children to learn mutual support, respect for one another, and respect for nature.

An added value of the camp is mountain biking, not only as a sport, but as a way of life, a way to enjoy free time, and a means of deepening one's connection with the natural world.



Challenges:

In their view, this year's camp was carried out flawlessly. They addressed and improved upon the small issues from previous years. The guides and instructors also continue to learn every year—both from the children and from the process of organizing the camp, growing, developing, and building stronger connections alongside the camp itself.

One major challenge they recall was during the very first camp, four years ago. Since the weather forecast predicted clear skies, they hadn't prepared a Plan B in case of a storm. At 11 PM, an unexpected and severe thunderstorm rolled in. In one of the tents were four younger children, who understandably became frightened. Klemen went into the tent to comfort them, and during that time, the team came up with a backup plan: if the storm didn't subside within 20 minutes, they would call Klemen's father to pick up the children by tractor so they could spend the night in the hayloft. Fortunately, the storm soon calmed down.

Since then, they always have a backup plan in place, identifying alternative sleeping arrangements, keeping personal items stored safely in tents, and covering extra food and drinks with a tarp—so they are prepared for any scenario.



Name of the case study:

Summer School for Volunteers "Personal Development through Sport"

10



Stakeholders:

The camp is organised by Asociația Educatorilor Suceveni, Liceul cu Program Sportiv Suceava (Suceava Educators' Association) – an NGO.



Location and level:



It is a local event taking place in Mălini, Suceava County, in Romania.



Timeframe:

It is a summer school that takes place annually in August, with 2024 being the third edition. Over the course of 7 days, young volunteers participate in joint activities designed to increase group cohesion. 3 of the 7 days are allocated to organizing a camp. We aim to organize this activity every year in August, one week before the Junior Summer School, where young people volunteer.



Funding and finances.

The camp was partially self-funded (60%), donations (35%), and 5% sponsorship.



Description of the activities:

Before the 3-day camp begins, participants take part in a 5-day preparatory program, meeting for 4 hours each day under the guidance of adult mentors. During this time, they engage in workshops covering a variety of themes, including: self-awareness and group bonding activities, team games, creative reuse of recyclable materials, content creation for the junior summer school, treasure hunts, and survival skills in nature. On the final day of preparation, the focus shifts to essential knowledge—what to pack, how to use key items, and basic first aid principles.

Throughout the 3 days of camp, the young participants learn practical outdoor skills such as how to properly set up a tent, safely start a campfire in the forest, follow safety protocols, use various tools, navigate in nature, identify food sources and water, and cook in outdoor conditions.



Beneficiaries

The beneficiaries are young people between the ages of 16 and 24, boys and girls, students from Suceava County or students at various faculties in the country. The selection of young people is made following an interview, CV and letter of intent. They are curious young people, willing to learn, who like to work with children, work in a team and are willing to give up the comfort of the city for 3 days.



Staff:

The adults who organize these activities are volunteers of AESv, teachers from Suceava County, mostly women. Because the Junior Summer School has been organized for 22 years, the adult volunteers have extensive experience in working with young people and children, with high communication and organizational skills. Also, those who participate in the camp have good physical condition, have participated in other camps in the past, being able to guide the young people appropriately throughout the 3 days, so that no incidents occur.



Objectives:

The objectives of the program were to enhance young people's life skills through hands-on learning of first aid, survival techniques, identification of medicinal plants, and building shelters in the forest; to deepen their knowledge of local fauna, vegetation, and basic astronomy; to improve their orientation and navigation abilities in nature; to strengthen social and teamwork skills; to develop effective communication; and to encourage screen-free outdoor leisure activities that promote a healthy, active lifestyle.



Evaluation:

Evaluation was conducted through feedback questionnaires completed by participants at the end of the activity. The consolidated results revealed a significant improvement in the young people's skills across all areas outlined in the project's objectives.



Challenges:

The first day of each camp presented some challenges, as participants were engaging in unfamiliar activities that required developing new skills, such as properly setting up a tent and lighting a fire. However, by the second day, the young people had adapted well and were able to ensure their own comfort and well-being. Camp locations were carefully selected to include accessible water sources and to ensure safety throughout the experience.



Name of the case study:

Summer Camp - ALEGRIA

11



Stakeholders:

Camp Alegria is a private, for-profit organization.



Location and level:



At the national level, the camp welcomes children from various localities across the country. Over the past six years, most activities have taken place in Vatra Moldoviței, Suceava County, with excursions for mountain-based activities held in several different mountainous regions.



Timeframe:

The Alegria Summer Camp takes place throughout the month of July, divided into four one-week sessions. Established in 2015, the camp has been held annually during this period.



Funding and finances.

The camp is private and funded through private resources.



Description of the activities:

The activities take place outdoors, in halls, specially equipped sports fields, pools, and designated spaces for thematic workshops. Children engage in a diverse range of multitasking games, creative entertainment, programs aimed at improving both general and specific motor skills, aquatic games and aquafitness, hiking and adventure outings, river rafting, horse riding, self-defense and capoeira courses, as well as percussion, Afro-Brazilian music, dance, and eurythmy. In the evenings, the club offers social and cultural-artistic activities, intelligence and creativity games, skill competitions, video screenings, and the ALEGRIA disco.



Beneficiaries

The camp is designed for children aged 6 to 18 years. Participants are typically divided into two age groups—children and teenagers—with some already experienced in sports activities and others eager to explore and discover this type of experience.



Staff:

The staff consists of a team of mentors maintaining a ratio of one mentor per 8–9 children. The team is composed of approximately 60% men and 40% women. All mentors are graduates of specialized higher education programs and work as physical education teachers, performance sports coaches, fitness instructors, and experts in various fields such as geography, foreign languages, music, photography, personal development, and architecture. Each team member holds qualifications and competencies across a broad range of camp-specific activities and brings extensive experience working with children and teenagers. Depending on the camp's specific needs and group dynamics, the team may be supplemented by monitors with expertise in areas like fine arts, drama, or history. Additionally, all educational and personal development activities are carefully selected and prepared in collaboration with a specialist in developmental psychology.



Objectives:

All activities and objectives are focused on fostering a connection with nature and encouraging exploration of the surrounding environment; equipping children with practical skills such as first aid, utility swimming, and mountain orientation; promoting a healthy lifestyle; and supporting the development of self-awareness, operational and cognitive abilities, as well as improving communication and interpersonal relationships.



Evaluation:

Yes, you can find parents' feedback and testimonials on the official website of Tabăra Alegria: <https://tabara-alegria.ro/>. They are featured in the "Testimoniale" section, where several parents share their positive experiences with the camp. Additionally, a strong indicator of parental satisfaction is the return rate of children to the camp, with some participants attending for more than seven consecutive years. This recurring involvement suggests a high level of trust and appreciation from families.



Name of the case study:

Summer & Winter Camp – JUNIOR SMILE

12



Stakeholders:

Camp Junior Smile is a private, for profit organization.



Location and level:



At the national level, the camp welcomes children from various localities across the country. All activities are held in the regions of Bucovina, Maramureș, and Transylvania.



Timeframe:

One week in the winter holiday (the ski holiday, as it is called in our country) and 5 weeks in the summer holiday.



Funding and finances:

The camp is private and funded through private resources.



Description of the activities:

The children are guided by a team of university teaching staff with extensive experience in working with young people and organizing educational activities. Inspired by top-tier educational systems, the organizers offer a wide variety of experiences, including skiing, snowboarding, mountain hiking, climbing, tent camping, swimming, tennis, basketball, themed excursions, social games, creative workshops, and more.



Beneficiaries:

The camp is open to all children aged 6 to 16 who are eager to stay active and socialize during the summer and winter holidays.



Staff:

The team usually consists of physical education teachers, including university-level instructors, and also includes medical staff members.



Objectives:

Junior Smile camps place a strong emphasis on socialization activities. Each day's schedule includes various social games, relationship-building activities, and teamwork exercises. All of these are topped off with the final evening party where children are encouraged to showcase their personal talents and a disco organized exclusively for them.



Name of the case study:

Youth Can Summer Camp

13



Stakeholders:

Summer Camp is organized by Non-profit organization called Youth Can



Location and level:



It takes place at a national level in Lithuania.



Timeframe:

Summer camp has been a recurring annual event since the year 2000 in the picturesque locale of Pumpėnai, Lithuania. This well-established summer program is thoughtfully designed as a concentrated eight-days experience held in close proximity to, and specifically just before, the highly anticipated PUMPėnai Fest – an annual community, family and sporting festival that draws participants and spectators alike.



Funding and finances.

The founding sponsor is Kazickas Family Foundation.



Description of the activities:

The core objectives of the Summer Camp are multifaceted, emphasizing outdoor activities to foster a connection with nature and promote physical well-being, education and skills development through engaging workshops and practical learning opportunities, and youth empowerment by nurturing leadership qualities, teamwork, and self-confidence among its young participants. The camp serves as an enriching prelude to the energetic atmosphere of the PUMPėnai Fest, offering a unique blend of learning, adventure, and personal growth.



Beneficiaries

The Summer Camp specifically focuses its activities on youth from underprivileged backgrounds, aiming to provide enriching experiences and opportunities that might otherwise be inaccessible to them. The most recent edition of this impactful program took place over a week-long period, from July 7th to July 14th, 2024. This extended duration allowed for a more immersive and comprehensive engagement with the camp's objectives. The 2024 Summer Camp saw significant participation, with 65 young individuals from various regions across Lithuania coming together to benefit from the diverse range of activities and learning opportunities offered. This wide geographical representation underscores the camp's reach and its commitment to serving underprivileged youth throughout the country.



Staff:

The success of the Summer Camp in preparing young participants for the PUMPenai Fest and equipping them with valuable life skills was significantly attributed to the dedicated and experienced staff members. The campers benefited directly from the knowledge and guidance of seasoned lecturers who brought years of practical experience to their lessons. Specifically, the areas of entrepreneurship and financial literacy were expertly covered by Gabrielė Mankauskaitė – Juknevičienė, Raimonda Kostiuškevičiūtė-Ohnjec, Antanas Jurevičius. Participants can apply the skills they have acquired during the entrepreneurship course, from discovering the target audience, to creating an advertisement, to attracting a buyer and to selling a product. Sports, arts, self-discovery activities are led by competent camp team leaders.



Objectives:

The core objectives of the Summer Camp are multifaceted, emphasizing outdoor activities to foster a connection with nature and promote physical well-being, education and skills development through engaging workshops and practical learning opportunities, and youth empowerment by nurturing leadership qualities, teamwork, and self-confidence among its young participants. The camp serves as an enriching prelude to the energetic atmosphere of the PUMPenai Fest, offering a unique blend of learning, adventure, and personal growth.



Evaluation:

Self-reflection evaluations are done at the last day of the summer camp, then youth is sharing their learnings between their peers.



Challenges:

Youth Can puts a strong emphasis on a safe, supportive environment where young people can feel free to ask questions, express their opinions, create, learn and thus gain more confidence and social skills. Creating such an environment takes time and requires competent camp leaders.



Name of the case study:

Širvintų sporto klubas

14



Stakeholders:

Educational summer camps are organized by association - Širvintų sporto klubas (www.sirvintusportoklubas.lt).



Location and level:



Širvintų sporto klubas is leading activities on the local level in Širvintos, Lithuania.



Timeframe:

Educational one day outdoor camps are organised in Širvintos for the summer time for children (8-12 years old) in 2025,



Funding and finances.

Lithuanian government via National Sport Agency (public funding)



Description of the activities:

Širvintų sporto klubas organizes one-day educational camps for 2025 summer time. One-day educational summer camps are organised for 2 months (July-August), one time per week. One-day educational camps involve: Warm-up; Chosen sport activity (field hockey, volleyball, athletic activities, other); Outdoors activity (hiking, walking, swimming); healthy lunch.



Beneficiaries

The Summer Camps include children (8-12 years old) from Širvintos and surrounding villages in Lithuania. It specifically focuses on children from underrepresented groups – rural areas, lower socio-economic background and children who are not taking part in sport activities organised by Širvintų sporto centras, which means they are not yet involved in regular physical activity.



Staff:

The Summer Camps are organized by Širvintų sporto klubas trainers and volunteers. Trainers for this one-day summer camp need strong inclusive coaching skills to adapt activities for varied abilities and backgrounds, building rapport and fostering teamwork through positive reinforcement. They must understand and sensitively address the unique needs of children from rural, lower socio-economic, and inactive groups, prioritizing safety and building confidence. Crucially, they require creative program design and effective management skills for engaging activities, coupled with clear communication and an enthusiastic, child-centered approach to inspire a love for physical activity outdoors.



Objectives:

The main goals of this one-day summer camps are to spark an interest in physical activity outdoors and healthy lifestyles among children not regularly engaged in sports. It also aims to foster social inclusion and build confidence by creating a welcoming environment where children from rural and lower socio-economic backgrounds can connect and achieve success. Ultimately, the camp seeks to provide a fun, safe, and memorable experience that encourages well-being and positive social interaction.



Evaluation:

The Summer Camps evaluation is done by trainers, observing the participants and adjusting the programme for the camps.



Name of the case study:

Special Olympics Kaunas Summer Camp

15



Stakeholders:

Summer Camp is organized by association - Special Olympics Kaunas.



Location and level:



Special Olympics Kaunas is leading activities on the local level in Kaunas, Lithuania. The summer camps organised by the association are taking place annually in the seaside area in Lithuania.



Timeframe:

Summer camp is an annual event focusing on outdoor activities – stretching, hiking, running, exploring Lithuanian outdoors and learning new social and physical skills. Usually camp is composed of 2-3 days and is hosted in the Lithuanian seaside – sometimes the only chance for youth with intellectual disabilities to enjoy outdoors in this area in Lithuania (due to high costs of transportation, living and short season).



Funding and finances.

Funding sponsor: Special Olympics Kaunas annual budget



Description of the activities:

Usually camp is composed of 2-3 days and is hosted in the Lithuanian seaside – sometimes the only chance for youth with intellectual disabilities to enjoy outdoors in this area in Lithuania (due to high costs of transportation, living and short season).

Most of the activities organized during the camp include movement, explanation of nature, especially during the hikes -which berries are safe to eat, how to prepare for the longer hike/walk, how to ensure post-hike hygiene and other skills, which are useful for everyday life.



Beneficiaries

The Summer Camp includes Youth participants from the Special Olympics Kaunas community. Usually it is 10-15 Youth, who participate in other activities of the association and are already familiar with physical activity as such.



Staff:

The camp is organized by the lead trainer – Vaiva Abramavičiūtė, who has been working with Youth with Intellectual disabilities for more than 15 years. While organizing the activity, the association is ensuring there are 2-3 trainers present (depending on the number of participants) who have experience working with Youth, with Special Olympics and with education through sport methodology.



Objectives:

The main objective of this summer camp is to provide youth with intellectual disabilities a unique and enriching opportunity to engage with the Lithuanian seaside outdoors, develop essential physical and social skills, and gain practical knowledge for everyday life. This is especially crucial as it offers an otherwise inaccessible experience for many participants.



Evaluation:

Self-reflection evaluations are done every day, then youth are sharing their highlights of the day/new learnings between their peers.



Challenges:

Special Olympics Kaunas puts a strong emphasis on a unified model, ensuring there is a space of collaboration, sharing and joint activities between youth with and without intellectual disabilities. Before organising summer camps, participants and trainers are already familiar with each other, in order to ensure a safe and supportive environment.

Get to know Dare2Move4Nature project

To help keep the countryside clean, promote green education, and inspire people to take their rubbish with them, we launched the “Dare2Move4Nature” initiative.

Dare2Move4Nature includes activities like hiking, camping, learning about climate action, and cleaning up trails and campsites. Participants will practice essential skills such as setting up tents, carrying cleanup bags, picking up trash along trails, and leaving campsites clean. They'll also gain practical survival skills for outdoor adventures.

Objectives of the project

This initiative was created to inspire young people to respect and protect the environment while being active in nature. Through a 4-day camping experience, young participants will learn the essential environmental, outdoor and sustainability skills.

By blending those camping and outdoor adventures with meaningful activities, young participants will gain valuable survival skills, develop an understanding of how to protect nature, and enjoy the inclusive, intergenerational connections that come from shared experiences in the wild.



DAREZ MOVE4NATURE



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