



FUNDACJA
Karuzela
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Creative WALKING

**CREATIVE 60+ A new model of working with seniors based on creativity
and participation in culture**

2021-1-PL01-KA210-ADU000034914



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1. PROJECT CONCEPT NOTE

Project partners:

- ❖ Fundacja Karuzela Aktywności - Poland
- ❖ LUETEC - Italy

Our 18-month partnership project *CREATIVE 60+ A new model for working with seniors based on creativity and cultural participation* 2021-1-PL01-KA210-ADU000034914 is primarily concerned with implementing new solutions for working with seniors.

One of the innovative methods is Creative Walks. The project responds to the need to develop a new model for working with seniors supplemented with practical solutions. One of the main innovations was to create a model and tools that respond to the challenge of conducting operations in the age of pandemics. The problem has particularly affected organisations working with the elderly, as they are in the group of risk when it comes to infection. The problem is complicated by the fact that the situation is changing dynamically, and there is a need for spontaneous adaptation of the form of classes to current requirements, such as reducing the size of groups, moving classes to a remote form, conducting classes in an open space. For this reason, activity scenarios must be flexible. Another innovation relates to intergenerational dialogue as a method of activating seniors - scenarios of activities for seniors should be designed so that it is easy to include the younger generation. A very important aspect is still the development of solutions that foster group interactions, since this is the main motivation for seniors to participate in activities.

The goals of the project are primarily:

- Creating innovative educational materials for educators working with seniors;
- Involving seniors in informal education,
- Promoting the Erasmus+ program;
- Activating seniors by participating in culture and creative workshops and improving their competencies;
- Supporting intergenerational dialogue;
- Strengthening the capacity of partner organisations.

The project's partner organisations – [Fundacja Karuzela Aktywności](#) and [LUETEC](#) cooperated with each other at every stage of carrying out the activities, i.e. creating the scenarios of the Walks, sharing the results of the activities, constant regular contact and

joint workshop work at international meetings in Italy and Poland, as well as online meetings.

A study conducted by Stanford University scholars and published in the journal *Experimental Psychology: Learning, Memory and Cognition* (published by the American Psychological Association) found that walking can help with low levels of creativity.

The aforementioned study involved 176 students. During each experiment, while walking on a treadmill in an empty room, the subjects came up with more creative solutions (e.g., different uses for an object) than those who sat. To test whether the increase in creativity was related to the act of walking itself or to being outside, the next experiment was to compare the responses of students who sat in an empty room and walked on a treadmill with those who walked outside, as well as students who moved outside in a wheelchair. Analysis of the responses confirmed that both those walking on the treadmill and those walking outside were more creative than those in a wheelchair and those sitting.

2. 60+ PROJECT CONSORTIUM

❖ Fundacja Karuzela Aktywności



As the **Fundacja Karuzela Aktywności**, we have been conducting activities for seniors from Lublin and the surrounding area since 2015. It started in Lublin's Czechów district with a group of 10 people. Now we conduct activities for about 80 seniors from Lublin, 30 from Belzyce and about 15 from Borzechow. Together we go to the cinema, theatre, philharmonic hall, participate in other cultural events, as well as gymnastics, music, exercise at the pool, and go on trips. Among the participants are also people with Alzheimer's disease for whom we organise therapeutic activities.

The statutory goal of the Carousel of Activity Foundation is to stimulate and support the social, cultural, mental, physical and spiritual development of the human being throughout his life cycle, as well as social and professional activation through educational and activation activities for children, adolescents and adults.

Activity

is understood as the right and opportunity to take action that improves a person's situation. Activity is an open catalogue of actions - from simple participation in activities to organising them on one's own and inviting others to join in. The opposite of activity is passivity, which is the refusal to participate in any activities.

Inclusion

is participation in the prepared offer of activities, the right and opportunity to express one's view and opinion on a particular activity. Inclusion is the fact that participants in activities are co-organizers, so subjects, not objects of the Foundation's activities.

Support

is an attitude aimed at helping participants on a daily basis. We realise this value by taking an interest in the general situation of the participants of our activities and intervening if necessary, e.g. regular contact with people who are prone to depression, Support is also

being a "midwife" to the ideas of the participants themselves - creating space for the participants of the activities to realise their own ideas.

Wanting to expand our activities and also gain international experience in working with seniors from other countries, in 2022 we decided to try our hand at the Erasmus+ program.

❖ **LUETEC Libera Università Europea Terza Età Campania**



LUETEC - Libera Università Europea Terza Età Campania is a University of the Third Age that has been offering courses, labs and workshops for youth, adults and seniors since 2000. LUETEC was born as the European University of the Third Age from the idea of Maria Giovanna Romaniello. In the same year, LUETEC becomes a member of FEDERUNI - the Italian Federation of Universities of the Third Age.

In 2001 LUETEC begins its journey in Europe by participating in the Socrates Program combined with several local e-educations in Naples. Since that year, we have organised courses, seminars, conferences, cultural tours and book presentations. Our courses have included archaeology, art history, theatre history, French, English, Spanish, Neapolitan language lab, computer labs, painting, gardening, pre-sepia art, photography.

In 2020, LUETEC successfully managed more than 55 Erasmus+ projects in various fields, becoming a European project management centre.

3. WORK METHODOLOGY:

Assumptions of the method

Why exactly creative walks?

The main premise of the **Creative Walk** is to stimulate creative thinking through walking and outdoor movement in general. The assumptions interested us a lot and inspired us to create various scenarios for such activities (the scenarios are attached to this ebook).

However, the most important thing came later - that is, testing the method in practice. Anything new is generally a bit more difficult for seniors to accept when it comes to the first moments, but the walk, thanks to its casual form (free walking, no rigid framework, no need to sit at a table, for example), made the participants, even people who were completely new and did not know each other, open up in no time - not only performing the tasks in the scenario, but also talking among themselves and establishing new relationships.

The design of the scenarios we assumed had to take into account such parameters as the general rules of the activities, the goals and step-by-step description of the activities - so that the scenarios would be universal and so that any educator using them could modify them freely while maintaining the original goal of increasing the level of creativity through walking. When creating the themes of the walks, it was most important to us that the topics corresponded to the preferences of the seniors we were able to get to know, i.e., for example, the desire to get into roles, create collages, handicrafts, ecological solutions, etc., etc. Another factor significantly influencing the choice of topics was universality and easy modifiability - so that any educator could effectively apply the scenario regardless of the country or target group.

When creating the scenarios for Creative Walks, we wanted to weave the storytelling method into them. Storytelling engages the audience more than simply giving dry facts. Human nature is characterised by the fact that we reflexively build context and story around things that happen to us. In the case of our Creative Walks classes, we wanted the storytelling method to further inspire the participants to get more into the story and go deeper into themselves and their imagination; to further stimulate all individuals to find creative solutions. In order to build the story, we used carefully selected quotes from various books, depending on the theme of the specific scenario.

In the case of our Creative Walks classes, we wanted the storytelling method to further inspire the participants, so that they could get a better feel for and go deeper into themselves and their imagination; to further stimulate all individuals to find creative solutions. In order to build a story, we used carefully selected quotes from various books, depending on the theme of a particular scenario.

After talking with the new participants and determining their needs and limitations, it turned out that what they need above all is contact with other people and also improved concentration. They mentioned the desire for moderate exercise, sightseeing, among other

needs. After conducting a Creative Walk with this group of recipients, what was most notable was the fact that they were extremely engaged, as well as very quickly establishing rapport and high communication skills after just the first few minutes of the walk. What needed to be determined before the activities began was any physical limitations. In this particular group, participants handled tasks requiring walking, bending or squatting at a fairly high level, so the scenario that was chosen was to arrange mandalas from gifts of nature found in the park, such as leaves, sticks, stones, chestnuts, etc. Everyone, after arranging their own mandala, was able to make a statement about it and also what its successive layers and elements symbolise to them. The meticulousness and accuracy of the work exceeded our expectations, as the mandalas were arranged perfectly and additionally beautifully decorated, and each participant eagerly talked about what character trait the specific elements symbolised. During the evaluation done at the end of the walk, we could see that the seniors' overall mood improved after the walk, they calmed down and also felt like doing more instead of just going home - some went for a further hike in the park, others planned to go to a cafe. After the walk, the seniors most often mentioned the satisfaction of just meeting other people, talking and interacting. All unanimously expressed a desire to participate in future activities of the Fundacja Karuzela Aktywności.

Tips for Educators

When working with seniors, at the stage of planning activities (walks), it is always necessary to take into account first and foremost:

- possible limitations related to mobility (architectural barriers such as stairs, terrain, ground, etc.), chronic diseases,
- planning a space for rest during the walk - ensure that the route includes a place with benches, for example,
- the distance and duration of the walk should be tailored to the specific group, and if the group is not yet known to the Educator, then the Educator should closely observe the participants and make decisions on an ongoing basis about stopping/continuing the walk and any additional breaks.

The scenarios included as an appendix to this ebook are designed to be conducted virtually anywhere, regardless of geographic location. Educators from different countries are free to modify them in such a way as to preserve the core of the walk's theme and its content value. It's important to refine your personal scenario in detail before proceeding - this way the **Educator** will be prepared for possible spontaneous changes due to specific circumstances.

A very important element of the scenarios are the **objectives** and rules.

Objectives are something that we assume we will achieve by using a particular method. In other words - the goals indicate to us already at the stage of creating the scenario what specifically we want to perform the assumed activities for. This is important because the objectives should be presented to the participants before the walk begins, so that they are aware of why they are doing the next steps assumed in the scenario, and have confidence

that the activities have been thought out and planned by the Educator. In addition, when evaluating, it is possible thanks to this to check whether the given goals were met. In the attached scenarios, you can see that many of the general goals overlap - after all, each scenario is about the Creative Walk and all the benefits that come with it - however, depending on the topic of a particular walk, the specific goals may differ. This is due to the fact that some scenarios are focused, for example, on more cooperation and integration between participants, while others focus on more individual activities. However, the versatility of the materials allows for free rearrangement, e.g. instead of one joint art installation, participants can make smaller ones individually or in groups, etc, etc.

In our opinion, it is really worth developing safety rules for the walk, especially since the activities are related to physical activity. The rules should, like the goals, be read out to participants before the walk begins. Among our rules were such points as the recommendation to adjust clothing and information for latecomers. However, we consider the most important points to be those regarding reporting to the Educator about feeling unwell, wanting to rest and leaving early. It's very important for participants to remember that all activities should be done at their own pace, respecting the capabilities of their own bodies, and not to stray from the group unnoticed leaving uncertainty as to whether anything bad has happened to the person who left the walk early.

Observe your group during the walk, and at the end ask the participants about their impressions, how they felt during the activity, in contact with others. You can use a simple conversation for this, but also develop your own tool to check the level of achievement of the set goals, above all - the increase in the level of creativity. We chose to use interviews with participants, because the low group size (10 people) made it possible for everyone to freely express their opinions and observations.

4. TARGET GROUP

We work with seniors on a daily basis, so we didn't have much doubt about which target group should take part in Creative Walks activities. Seniors who regularly take part in our classes such as handicrafts, gymnastics, music therapy are open-minded people who are very eager to take advantage of new opportunities and are curious about the world. At the same time, their mobility is at different levels, undoubtedly each of them needs additional gentle movement to maintain good health and mobility. The Creative Walks method seemed to us to be a perfect fit for the seniors we work with on a daily basis.

Another group that we immediately took into account when designing the scenarios and our assumptions of the Creative Walks method were the seniors from Borzechow, with whom we worked in 2019 conducting, among other activities, music therapy, meetings with specialists, pickling, excursion. The offer for senior citizens in smaller towns is quite poor compared to Lublin. We believe that demonstrating new methods of working with senior citizens is much needed in Borzechów. In order to broaden horizons, meet needs such as the need for movement, new experiences and establishing relationships. We are of the opinion that inspiration leading to an increase in the level of creativity is particularly needed in this group due to the rather narrow environment and the repetitiveness of daily activities.

5. SOURCES

-www.fundacjakaruzela.org.pl

-www.grananerwach.pl/spacerowanie-sprzyja-kreatywnosci/

- <http://www.dobrylekarz.info/artikul/spacer-zwieksza-kreatywnosc.html>

- <https://interviewme.pl/blog/storytelling>

-<https://www.luetec.org/en/about-us/>

6.SCRIPTS LIST

1.We create an image of plants KARUZELA

Target group: adults (10 people)

Place: park (pavements, lawns, etc.)

Distance: 1,5 km

Time: 90 min

Level of difficulty: easy/medium (squatting, bending down)

Safety rules:

- Adjust the pace of the walk to the slowest person
- When leaning over, sitting down, squatting or otherwise changing position, do so at your own pace and exercise caution
- Report the inability to perform a task to the teacher
- Report that you feel unwell
- Take care of clothing whois adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We wait up to 10 minutes for latecomers
- Early leaving the walk should be reported to the leader

Objectives:

- Developing concentration and shifting of attention
- Strengthening the muscles and oxygenating the body
- Stimulating creativity through exercise in the fresh air
- Shaping pro-social behaviour and cooperation
- Searching for non-obvious associations

Specific Objectives:

Participant:

- Feels an improvement in mood due to physical activity
- Collaborates effectively with other participants
- Feels an increase in creativity due to oxygenation of the brain

Methods:

Delivery, problem, activating, practical, storytelling

Forms:

Team and collective

Materials:

Plant containers

Inspiration:

"Dreams are a necessary complement to reality, they help not only to bear it, but also to improve it. Without dreams, there is no progress. To dream is to set goals. It is to overcome stillness, to reject the status quo. "

Angele Lieby, Une larme m'a sauvee temoignage

"To those who only sigh for flowers, it is in vain to show full spring waiting in closed buds on the snow-covered hills."

Kakuzo Okakura, The Book of Tea

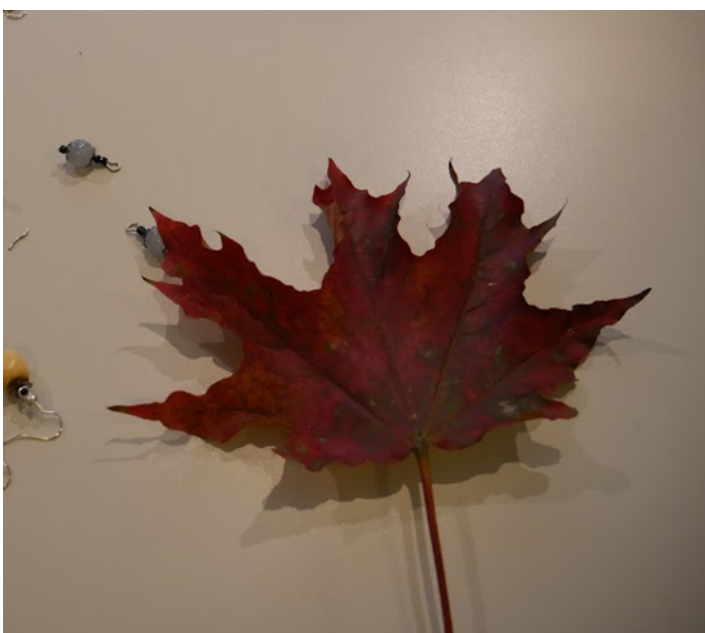
"She did jigsaw puzzles only when the last piece was in place. And then you start to wonder how to might not have seen it before. "

Cinda Williams Chima, The Sorcerer Heir

How to connect two worlds - the world of dreams and the world of reality?

PROCEDURES:

1. Welcoming the participants and getting to know the topic and goals of the walk, as well as what route we will cover and what tasks the participants have.
2. Reading the introduction and selected quotes, which are a form of inspiration and help build a story ("inspiration").
3. Presenting photos of sample works.
4. Beginning the walk and the participants looking for various plants that will arouse their interest, which will then be used to create a picture. Presentation of an exemplary image and explanation of the principles of its creation.
5. Break for water and a snack on the benches.
6. Presentation of plants, discussion.
7. Photographic documentation.
8. Thanks for participation and summary of the classes- feedback from participants: what am I going out with?



2. Walking photography observing sea landscape LUETEC

Target group: adults (10 people)

Place: open air near the sea

Distance: 1,5 km

Time: 60 min

Level of difficulty: easy

Safety rules:

- Adjust the pace of the walk to the slowest person
- When taking pictures, don't bend or stretch too hard and mind your step
- Report any issue to the leader
- During the walk there will be photo stops. Please respect the time given by the leader
- Report that you feel unwell
- Take care of clothing that is adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We wait up to 10 minutes for latecomers
- Early leaving the walk should be reported to the leader

Objectives:

- Improve blood pressure
- Clear the mind
- Stimulating creativity taking pictures of the landscape through different perspective
- Breathe iodine near the sea
- Increasing self-esteem creating original artistic pictures
- Learn to respect the sea and the environment

Specific objectives:

Increase the sea benefit on our health

Participant:

- Improvement creativity thinking in mood due to physical and creative activity
- Collaborates effectively with other participants
- Feels an increase in creativity due to oxygenation of the brain
- Strengthens muscles and fine motor skills

Methods:

Digital storytelling, cooperative learning, learning by doing

Forms:

Team and working group

Materials:

Cameras or smartphones with camera function

Inspiration:

“In the landscape you will find what there is, what you see, plus something else that belongs only to your imagination.”

Fabrizio Caramagna

PROCEDURES:

1. Welcoming the participants and familiarising them with the topic and goals of the walk, as well as what route we will cover and what tasks the participants have
2. Reading the introduction and selected quotes, which are a form of inspiration and help build a story ("inspiration").
3. Beginning the walk and the participants looking for various sceneries to be photographed.
4. Break for water and a snack on the benches, presentation of photos taken so far. Continuation of the rest of the walk.
5. After taking the appropriate number of photos (approx. 1 hour), the presentation of photos taken by the participants to the hosts and each other.
6. Photographic documentation of the walk.
7. Acknowledgment for participation and summary of the classes - feedback from participants: what am I going out with?

3. We are looking for ecological solutions KARUZELA

Target group: adults (10 people)

Place: park (pavements, lawns, etc.)

Distance: 1,5 km

Time: 90 min

Level of difficulty: easy

Safety rules:

- Adjust the pace of the walk to the slowest person
- When Leaning over, sitting down, squatting or otherwise changing position, do so at your own pace and exercise caution.
- Report the inability to perform a task to the teacher
- Report that you feel unwell
- Take care of clothing whois adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We Wait up to 10 minutes for latecomers
- Early Leaving the walk should be reported to the leader

Objectives:

- Developing Concentration and shifting of attention
- Strengthening the muscles and oxygenating the body
- Stimulating Creativity Through Exercise in the fresh air
- Shaping pro-social behaviour and cooperation
- Increasing the feeling of having an influence on the surrounding environment

Specific objective:

Participant:

- Feels an improvement in mood due to physical activity
- Collaborates Effectively with other participants
- Feels an increase in creativity due to oxygenation of the brain
Strengthens muscles and fine motor skills
- Realises the need for pro-ecological action

Methods:

Delivery, problem, activating, practical, storytelling

Forms:

Team and collective

Materials:

Notebooks, pens

Inspiration:

"Can you have an eco-friendly approach to friendship? It's Too Valuable to get rid of bassoons. It's no longer useful. "

Rosamund Lupton, Sister

"What people do not fall in these once beautiful rivers ... But why they do it and why they didn't do it in the past, is a mystery that hasn't been solved by a sociologist, it is a psychoanalytical case, not of individuals, but of entire groups"

Bohumil Hrabal, Kličky na kapesníku

Think That you are a group that wants to build a completely new city-state in which only ecological solutions will be applied. At every step you will find, for example, devices allowing for effective recycling or helping to save water, etc., etc. Imagine that your logistic, organisational and material possibilities are unlimited. At the beginning, however, for inspiration, before the plan of your city-state was created, take a look at the nearest neighbourhood and think about which of the solutions are bad, imperfect, what could be better, what to improve, and what to exclude altogether.

PROCEDURES:

1. Welcoming the participants and getting to know the topic and goals of the walk, as well as what route we will cover and what tasks the participants have
2. Reading the introduction and selected quotes, which are a form of inspiration and help build a story ("inspiration").
3. Starting the walk and the participants looking for places where, according to them, effective methods supporting ecology were used, as well as places where changes are needed, as well as designing ecological solutions and saving ideas
4. Break for water and a snack on the benches
5. Discussion on the collected ideas
6. Development of a common map / plan of the estate with the best pro-ecological solutions
7. Photographic Documentation
8. Thanks for participation and summary of the classes- feedback from participants: what am I going out with?



4. Creative walking in the lavender

fields LUETEC

Target group: adults (10 people)

Place: lavender fields

Distance: 1,5 km

Time: 90 min

Level of difficulty: easy/medium (squatting, bending down)

Safety rules:

- Adjust the pace of the walk to the slowest person
- When leaning over, sitting down, squatting or otherwise changing position, do so at your own pace and exercise caution.
- Report the inability to perform a task to the teacher
- Report that you feel unwell
- Take care of clothing that is adequate to movement
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We wait up to 10 minutes for latecomers
- Early leaving the walk should be reported to the leader

Objectives:

- A walk of meditation among the lavender flowers
- Promote a favourable attitude towards walking
- Open up our senses and our perceptions of the moment
- Developing self and body awareness
- Relax and come out regenerated

Specific objective:

To know the benefit of lavender on people health

Participant:

- Feels an improvement in wellness due to physical activity
- Collaborates effectively with other participants
- Feels an increase in creativity due to oxygenation of the brain
- Strengthens muscles and fine motor skills

Methods:

Multisensory learning

Forms:

Team and collective

Materials:

Towels and blankets

Inspiration:

Treat yourself to a practice among the flowers at least once a year during the flowering period, and always work on yourself, on your mind and awareness ... never stop evolving and searching for your most authentic being. A walk in the lavender fields helps you stay well!

PROCEDURES:

1. Welcoming the participants and familiarising them with the topic and goals of the walk, as well as what route we will cover and what tasks the participants have
2. Presenting route
3. Presentation of lavender benefits
4. Relaxing exercise during the walk
5. Break in the nature : gentle gymnastics
6. Continuation of the rest of the walk
7. Tisana time at the end of walking
8. Group's feedback in circle



5.Walk with your eyes closed KARUZELA

Target group: adults (10 people)

Place: park (pavements, lawns, etc.)

Distance: 1,5 km

Time: 90 min

Level of difficulty: easy/medium

Safety rules:

- Adjust the pace of the walk to the slowest person
- When Leaning over, sitting down, squatting or otherwise changing position, do so at your own pace and exercise caution.
- Report the inability to perform a task to the teacher
- Report that you feel unwell
- Take care of clothing whois adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We Wait up to 10 minutes for latecomers
- Early Leaving the walk should be reported to the leader

Objectives:

- Developing Concentration
- Developing Creativity, creative thinking
- Searching for non-obvious associations
- Strengthening the muscles and oxygenating the body
- Stimulating Creativity Through Exercise in the fresh air
- Shaping pro-social behaviour, cooperation and mutual trust

Specific Objectives:

Stimulate the concentration for seniors

Participant:

- Feels an improvement in mood due to physical activity
- Collaborates Effectively with other participants
- Feels an increase in creativity due to oxygenation of the brain
- Integrates with the group, increases the level of their trust

Methods:

Delivery, problem, activating, practical, storytelling

Forms:

Team and collective

Inspiration:

"We were different again. And it is supposed to be like that. There's Something Attractive About Being a stranger, in which one can taste, which seems like sweetness [...] A man who's a stranger gains a new point of view, he becomes, whether he wants it or not, a kind of sage. Who told me all that bring your own is so good and great? Only a stranger really understands what the world is. "

Olga Tokarczuk, Books of Jacob

"- Everything's Alright? Daniel whispered in her ear.
"Yes." She felt the blow of his wings. - You Caught me.
- I'll Always catch you when you fall. "

Lauren Kate, Torment

"I've Learned Not to trust my own heart. But when I look at you and see the way you look at me, I know I'm Right to love you. I started to trust myself again. "

Bridget Asher, The Pretend Wife

"Nothing in this world is as hard to gain and as easy to lose as trust."

Haruki Murakami, Zō no shōmetsu

"- It's Better to trust and be betrayed than not to trust anyone or anything."

Melissa de la Cruz, Misguided Angel. Bloody Valentine

"Because, in order to hold someone's hand, you must first open your hand."

Ewa Bagłaj, Prymuska

"She looks different from all the people I know - she doesn't get a happy face when she knows someone is watching her. She does not put on a mask for me, which in a way makes me trust her "

Matthew Quick, The Silver Linings Playbook

What Is trust for you? Do you consider yourself trustworthy? Do you trust others yourself? Today you can think about it. Feel What It's like to put yourself in someone else's hands, let yourself be guided, and trust that they won't let you down. And will he be able to trust you?

PROCEDURES:

1. Welcoming the participants and getting to know the topic and goals of the walk, as well as what route we will cover and what tasks the participants have
2. Reading the introduction and selected quotes, which are a form of inspiration and help build a story ("inspiration").
3. The participants form pairs. On an even surface without architectural barriers, one person closes her eyes and the other leads them by the hand, while expressing verbal instructions, e.g. to the right, straight, attention to the feet, etc. Then They Changed in pairs
4. Break for water and a snack on the benches
5. Discussion and sharing of impressions
6. Photographic Documentation

7. Thanks for participation and summary of the classes- feedback from participants:
what am I going out with?



6. Creative urban trekking walking LUETEC

Target group: adults (10 people)

Place: old town

Distance: 1.5 km / depending on the chosen place and participants' abilities

Time: 90 min

Level of difficulty: easy/medium

Safety rules:

- Adjust the pace of the walk to the slowest person
- Mind the cars
- Follow the group
- Report that you feel unwell
- Take care of clothing whois adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We Wait up to 10 minutes for latecomers
- Early Leaving the walk should be reported to the leader

Objectives:

- Developing Concentration and shifting of attention
- Burn Calories
- Stimulating Exchange of ideas about urban development
- Shaping pro-social behaviour and cooperation

Specific objective:

To test the benefit of urban trekking

Participant:

- Get to know the most authentic and picturesque places in the city
- Works effectively with other participants
- Feels an increase relationship with other participants
- Strengthens muscles and fine motor skills

Methods:

Cooperative learning, urban storytelling

Forms:

Team and collective

Materials:

Description of the Old Town

Inspiration:

“People make places, and places make people.”

John Green, Paper Towns

PROCEDURES:

1. Welcoming the participants and routes to cover
2. Reading the introduction about oldtown story
3. Presentation of monuments, fountains, interesting places to discover.
4. Break in a cafe or other place where you can sit.
5. Continuation of the rest of the walk.
6. Recording visit by short videos.
7. Photographic Documentation.
8. Collection of participants' impressions as a journey diary.



7. Searching for items-instruments

KARUZELA

Target group: adults (10 people)

Place: open air near the see

Distance: 1,5 km

Time: 90 min

Level of difficulty: easy/medium (squatting, bending down)

Safety rules:

- Adjust the pace of the walk to the slowest person
- When Leaning over, sitting down, squatting or otherwise changing position, do so at your own pace and exercise caution.
- Report the inability to perform a task to the teacher
- Report that you feel unwell
- Take care of clothing whois adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We Wait up to 10 minutes for latecomers
- Early Leaving the walk should be reported to the leader

Objectives:

- Developing Concentration and shifting of attention
- Strengthening the muscles and oxygenating the body
- Stimulating Creativity Through Movement in the fresh air
- Shaping pro-social behaviour and cooperation
- Increasing self-esteem by performing musical instruments together

Specific Objectives:

Participant:

- Feels an improvement in mood due to physical activity
- Can concentrate enough to find objects for creating musical instruments in the landscape
- Collaborates Effectively with other participants
- Feels an increase in creativity due to oxygenation of the brain
- Strengthens muscles and fine motor skills

Methods:

Delivery, problem, activating, practical, storytelling

Forms:

Team and collective

Materials:

Bags for picking up items (10 bags)

Examples of simple musical instruments

Inspiration:

"Don't Think About What You are looking for. Think about what You Will Find. Why is there? Should it be here? Which means? It's just like reading. If you think of "l" looking at "k", you will not understand a word. "

Jo Nesbø, Sorgenfri

Music soothes the savage. It also highlights important moments in life. Instruments are needed to create music.

But what if they are gone and we need music?

You are an orchestra and you have to give a special concert. A special guest comes to visit. You have to make a good impression, so you better do your best!

PROCEDURES:

1. Welcoming the participants and familiarising them with the topic and goals of the walk, as well as what route we will cover and what tasks the participants have.
2. Reading the introduction and selected quotes, which are a form of inspiration and help build a story ("inspiration").
3. Presentation of various simple, sample musical instruments, this serves to stimulate the imagination and lead participants to search.
4. Beginning the walk and the participants looking for various objects from which they could create musical instruments or their elements.
5. Break for water and a snack on the benches, presentation of items found so far
6. Continuation of the rest of the walk.
7. After collecting the appropriate number of items (approx. 1 hour), presentation of all items and starting cooperation and creating instruments.
8. Photographic Documentation.
9. Acknowledgment for participation and summary of the classes - feedback from participants: what am I going out with?



8. Discover the city's graffiti LUETEC

Target group: adults (10 people)

Place: city centre

Distance: 1.5 km / depending on the chosen place and participants' abilities

Time: 90 min

Level of difficulty: easy/medium

Safety rules:

- Adjust the pace of the walk to the slowest person
- Mind the cars
- Follow the group and instructions given by the person in charge
- Report that you feel unwell
- Take care of clothing whois adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We Wait up to 10 minutes for latecomers
- Early Leaving the walk should be reported to the leader

Objectives:

- Raise Awareness on the social issues behind the graffiti meaning
- Learn About Modern self expression means
- Stimulating Exchange of ideas about urban development and socially relevant matters
- Shaping pro-social behaviour and cooperation

Specific Objectives:

Participant:

- Recognizes places where there are urban graffiti / murals
- Walk and tours in a sustainable way
- Collaborates Effectively with other participants
- Feels an increase relationship with other participants
- Strengthens muscles and fine motor skills
- Strengthens the knowledge about the city and its art

Methods:

Cooperative learning, urban storytelling

Forms:

Team and collective

Materials:

Camera, mobile phone

Inspiration:

“Nobody ever listened to me until they didn't know who I was.”

Banksy

PROCEDURES:

1. Welcoming the participants and routes to cover.
2. Reading the introduction the graffiti story.
3. A walk along the trail of urban graffiti - at least 3 places.
4. Break in a cafe or other place where you can sit down.
5. Continuation of the rest of the walk.
6. Photographic documentation of the most interesting graffiti.
7. Photographic documentation of the work of the participants of the walk.
8. Gathering the participants' impressions - indicating the graffiti / mural that made the greatest impression on the participants - everyone gives at least 1.

Introduction to Graffiti Story:

The first drawings on walls appeared in caves thousands of years ago. Later the Ancient Romans and Greeks wrote their names and protest poems on buildings. Modern graffiti seems to have appeared in Philadelphia in the early 1960s, and by the late sixties it had reached New York. The new art form really took off in the 1970s, when people began writing their names, or ‘tags’, on buildings all over the city. In the mid-seventies it is sometimes hard to see out of a subway car window, because the trains were completely covered in spray paintings known as ‘masterpieces’.

In the early days, the ‘taggers’ were part of street gangs who were concerned with marking their territory. They worked in groups called ‘crews’, and called what they did ‘writing’ – the term ‘graffiti’ was first used by The New York Times and the novelist Norman Mailer. Art galleries in New York began buying graffiti in the early seventies. But at the same time that it began to be regarded as an art form, John Lindsay, the then mayor of New York, declared the first war on graffiti. By the 1980s it became much harder to write on subway trains without being caught, and instead many of the more established graffiti artists began using roofs of buildings or canvases.



9. Posing as in paintings KARUZELA

Target group: adults (10 people)

Place: park (pavements, lawns, etc.)

Distance: 1,5 km

Time: 90 min

Level of difficulty: easy/medium (squatting, bending down)

Safety rules:

- Adjust the pace of the walk to the slowest person
- When Leaning over, sitting down, squatting or otherwise changing position, do so at your own pace and exercise caution.
- Report the inability to perform a task to the teacher
- Report that you feel unwell
- Take care of clothing whois adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We Wait up to 10 minutes for latecomers
- Early Leaving the walk should be reported to the leader

Objectives:

- Developing Creativity, creative thinking
- Searching for non-obvious associations
- Strengthening the muscles and oxygenating the body
- Stimulating Creativity Through Movement in the fresh air
- Shaping pro-social behaviour and cooperation
- Group integration

Specific objectives:

Participant:

- Feels an improvement in mood thanks to physical activity and communing with art
- Develops creative thinking
- Collaborates effectively with other participants
- Feels an increase in creativity due to oxygenation of the brain
- Feels stronger group ties

Methods:

Providing, problematic, activating, practical, storytelling

Forms:

Team, collective, individual

Materials:

Printed images (various variants: so that there's only 1 or more figure on each), a camera

Inspiration:

"You Should be an actress," she admitted, getting up from the desk.

- I am. Marta tilted her head up. - An actress in the theatre of everyday life. "

Melissa Darwood, Pryncypium

Everyone has many faces. Sometimes I don't know which one is last. For which of them there's nothing left but bones. "

Sándor Márai, A zendülőök

"The art of acting is about imitation. So what's best imitated is what's not felt. "

Anatole France, Histoire comique

"I think a human being includes all forms, male and female, good and bad, martyrs and madmen. For an actor, the most interesting things to play a character who is in him, but from whom he is distant. "

Frederic Strauss, Conversations avec Pedro Almodóvar

What did the author have in mind? Have you heard this sentence? How can we know this? Assuming Can't Ask the author himself... how do we find out? What If Were to become the subject of a given work? To literally enter this role and at the same time see yourself through the eyes of the author? Today we can do it

PROCEDURES:

1. Welcoming the participants and familiarise them with the topic and goals of the walk, as well as what route we will cover and what tasks the participants have
2. Reading the introduction and selected quotes, which are a form of inspiration and help build a story ("inspiration").
3. Starting a walk, conversation, integration
4. Willing Participants can say what their favourite painting is and describe it or show it on the Internet and pose for it
5. Each Participant Chooses the image for which he wants to pose, they can repeat themselves
6. Depending on the variant, the participants individually or in pairs / groups look for a suitable place and pose as in a selected picture. There are many possibilities: if there are many characters in an image and only one person has chosen that image, he can choose one character and pose like her
7. The lecturer takes photos
8. Presentation of photos and discussion of the exercise
9. Acknowledgment for participation and summary of the classes - feedback from participants: what am I going out with?



10. Walking in the forest LUETEC

Target group: adults (10 people)

Place: forest

Distance: 1.5 km / depending on the chosen place and participants' abilities

Time: 90 min

Level of difficulty: medium (squatting, bending down)

Safety rules:

- Adjust the pace of the walk to the slowest person
- When Leaning over, sitting down, squatting or otherwise changing position, do so at your own pace and exercise caution.
- Warn the teacher when you are tired
- Report that you feel unwell
- Take care of clothing that is adequate to the weather conditions and comfortable footwear
- Use trekking shoes
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We Wait up to 10 minutes for latecomers
- Early Leaving the walk should be reported to the leader

Objectives:

- Improving physical and mental health
- Improving nature connectedness
- Improving Interpersonal relationships and social cohesion

Specific Objectives:

- Reduces stress and depression
- Significantly lowers blood pressure and heart beat rate
- To learn more about nature and its characteristics

Participant:

- Has lowered blood pressure and slowed heart rate, with obvious cardiovascular benefits
- Has an increased level of serotonin, improved mood, reduced depression and pain sensations
- Collaborates effectively with other participants
- Feels an increase relax due to oxygenation of the brain
- Strengthens muscles and fine motor skills

Methods:

Multisensory learning

Forms:

team and collective

Materials:

Description of forest bathing as a method, walking stick

Inspiration:

“It's not so much for its beauty that the forest makes a claim upon men's hearts, as for that subtle something, that quality of air that emanates from old trees, that so wonderfully changes and renews a weary spirit.”

Robert Louis Stevenson

PROCEDURES:

1. Welcoming the participants and familiarising them with the topic and goals of the walk, as well as what route we will take.
2. Presentation of the concept of forest bathing and its benefits.
3. Covering the route with observation of the flora and fauna of the forest.
4. Break for water and a snack on the benches.
5. Continuation of the rest of the walk.
6. At the end of the walk the participants will share their impressions.



11. Photo collage - doors KARUZELA

Target group: adults (10 people)

Place: housing estate / district / downtown with various buildings

Distance: 1,5 km

Time: 90 min

Level of difficulty: easy

Safety rules:

- Adjust the pace of the walk to the slowest person
- When Leaning over, sitting down, squatting or otherwise changing position, do so at your own pace and exercise caution.
- Report the inability to perform a task to the teacher
- Report that you feel unwell
- Take care of clothing that is adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We Wait up to 10 minutes for latecomers
- Early Leaving the walk should be reported to the leader

Objectives:

- Developing Creativity, creative thinking
- Searching for non-obvious associations
- Strengthening the muscles and oxygenating the body
- Mindfulness and perceptiveness training
- Stimulating Creativity Through Movement in the fresh air
- Shaping pro-social behaviour and cooperation
- Group integration

Specific Objectives:

Participant:

- Feels an improvement in mood due to physical activity
- Develops creative thinking
- Collaborates Effectively with other participants
- Feels an increase in creativity due to oxygenation of the brain
- Feels the strengthening of group ties

Methods:

Delivery, problem, activating, practical, storytelling

Forms:

Team and collective

Materials:

Camera, laptop

Inspiration:

"She knew the principle that cannot open a door that has been closed once, and that you cannot leave it open either."

Haruki Murakami, *Hitsuji-o megurubōken*

"To get to the right door, you first have to knock on many of the wrong doors.

If by accident you hit right away, you will not be able to recognize that this is the right door"

Osho

"And there's a note, Ridcully," the Dean reminded him. -You read her, I suppose. You know, that piece of paper that says, "Under no circumstances should you open this door."

"Sure I read," said Ridcully. - Why do you think I want to open them? "

Terry Pratchett, *Hogfather*

If You Could snap your fingers and go anywhere, what would it be? Would You go there alone or take someone with you? What Is This place like? What Would You like to take with you?

Imagine This place and think about it - what is the door behind it?

Try to find such a door

PROCEDURES:

1. Welcoming the participants and familiarise them with the topic and goals of the walk, as well as what route we will cover and what tasks the participants have.
2. Reading the introduction and selected quotes, which are a form of inspiration and help build a story ("inspiration").
3. Starting a walk, conversation, integration.
4. The participants search for doors that they find interesting.
5. The facilitator or participant takes a photo of the door. Each participant should find at least one door and say why it caught this attention: whether it is beautiful or ugly, whether it reminds him of something, has he already seen it, etc.
6. Presentation of photos and discussion of the exercise (on the benches or indoors, depending on the weather).
7. Create a photo collage.
8. Photographic Documentation.
9. Acknowledgment for participation and summary of the classes - feedback from participants: what am I going out with?



12. The noble villa's of the 18th century

LUETEC

Target group: adults (10 people)

Place: chosen manor house / villa

Distance: 1.5 km / depending on the chosen place and participants' abilities

Time: 90 min

Level of difficulty: easy/medium

Safety rules:

- Adjust the pace of the walk to the slowest person
- Don't Walk out of the path
- Follow the instructions
- Report that you feel unwell
- Take care of clothing whois adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We Wait up to 10 minutes for latecomers
- Early Leaving the walk should be reported to the leader

Objectives:

- Learning about the art and history of the villa / mansion
- Stimulating Exchange of ideas about local history and traditions
- Shaping pro-social behaviour and cooperation

Specific objective:

To know local architectural heritage

Participant:

- Collaborates Effectively with other participants
- Feels an increase relationship with other participants
- Strengthens muscles and fine motor skills
- Strengthen Interest in preserving the local culture
- Stimulate Discussions About art and history

Methods:

Cooperative learning

Forms:

Team and collective

Materials:

Camera, video camera and mobile phone

Inspiration:

"A true artist is not one who's inspired, but one who inspires others."

Salvador Dali

PROCEDURES:

1. Welcoming participants and introducing the place where the walk was planned.
2. Reading an introduction about the history of the place.
3. Walk or visit the site.
4. Recuperation break.
5. Continuation of the rest of the walk.
6. Recording the visit with short videos.
7. Photographic Documentation
8. Collection of participants impressions as a journey diary



13. Arranging mandalas KARUZELA

Target group: adults (10 people)

Place: park (pavements, lawns, etc.)

Distance: 1,5 km

Time: 90 min

Level of difficulty: easy/medium (squatting, bending down)

Safety rules:

- Adjust the pace of the walk to the slowest person
- When Leaning over, sitting down, squatting or otherwise changing position, do so at your own pace and exercise caution.
- Report the inability to perform a task to the teacher
- Report that you feel unwell
- Take care of clothing that is adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We Wait up to 10 minutes for latecomers
- Early Leaving the walk should be reported to the leader

Objectives:

- Developing Concentration and shifting of attention
- Strengthening the muscles and oxygenating the body
- Stimulating Creativity Through Exercise in the fresh air
- Shaping pro-social behaviour and cooperation
- Raising self-esteem by creating an artistic installations together

Specific Objectives:

Participant:

- Feels an improvement in mood due to physical activity
- Can concentrate enough to find objects in the landscape that can be used to create an artistic installation
- Collaborates Effectively with other participants
- Feels an increase in creativity due to oxygenation of the brain
Strengthens muscles and fine motor skills

Methods:

Delivery, problem, activating, practical, storytelling

Forms:

Team and collective

Materials:

Bags for picked up items

Inspiration:

"See, no act is an act in itself (...). When you pick up a stone and throw it to hit or miss a target, the story is not over. As you pick up the stone, the ground becomes lighter and your hand becomes heavier. When you push it, the stars react as they move. At the site of the fall, the universe changes. The balance of the whole consists of single events. "

Ursula K. Le Guin, *The Farthest Shore*

"As the water contained in a jug is not less water than that in the ocean, it's not only a fragment of a greater whole, but is all water, the same water and simply water, so the human spirit, although clothed in a single body, is whole and can experience everything. Even when the whole world has a window and a garden outside the window. "

Anna Janko, *Pasja według św. Hanki*

You are a group. What's getting to know another person? First, we look at him, say hello, pay attention to general matters, such as the voice, the so-called first impression, interests ... then we gradually move on to more and more characteristic details. Think About It - how much can you say about a person you know well? This means that she invited you inside, and you took advantage of this invitation, discovering the next layers of the soul of another human being. Today, as a group, some of you know each other better, others a little less. Let everyone collect different objects and make a mandala together - concentric circles that will symbolise the gradual getting to know each other. Where will you start?

PROCEDURES:

1. Welcoming the participants and getting to know the topic and goals of the walk, as well as what route we will cover and what tasks the participants have
2. Reading the introduction and selected quotes, which are a form of inspiration and help build a story ("inspiration").
3. Beginning the walk and the participants will search for various objects (stones, particles, leaves, etc.) from which the mandala will then be arranged
4. Break for water and a snack on the benches
5. Continuation of the rest of the walk
6. After collecting the appropriate number of items (approx. 1 hour), finding a less frequented pavement, parking lot, etc. in the area.
7. Arranging a mandala by participants from the collected items and possibly supplementing the mandala on the pavement
8. Photographic documentation
9. Thanks for participation and summary of the classes- feedback from participants: what am I going out with?



14. The botanic garden LUETEC

Target group: adults (10 people)

Place: botanic garden

Distance: 1.5 km / depending on the chosen place and participants' abilities

Time: 90 min

Level of difficulty: easy/medium

Safety rules:

- Adjust the pace of the walk to the slowest person
- Don't walk out of the path
- Follow the instructions
- Report that you feel unwell
- Take care of clothing that is adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We wait up to 10 minutes for latecomers
- Early leaving the walk should be reported to the leader

Objectives:

- Learning about local and foreign vegetation
- Raise awareness on the species in danger
- Stimulating exchange of ideas about sustainability and green solutions to preserve our planet and its diversity
- Shaping pro-social behaviour and cooperation

Specific Objectives:

Participant:

- Collaborates Effectively with other participants
- Feels an increase relationship with other participants
- Strengthens muscles and fine motor skills
- Strengthen Interest in preserving the local flora
- Stimulate Discussions About the global warming

Methods:

Cooperative learning

Forms:

Team and collective

Inspiration:

"A garden is not a place. It is a journey."

Monty Don

PROCEDURES:

1. Welcoming the participants and routes to cover.
2. Reading an introduction about the history of the botanical garden.
2. Presentation of local and foreign species during the walk.
3. A break at a convenient location.
4. Continuation of the rest of the walk.
5. Recording visit by short videos.
6. Photographic Documentation.
7. Exchanging impressions of the botanical garden.



15. A tale of shadows KARUZELA

Target group: adults (10 people)

Place: park (pavements, lawns, etc.)

Distance: 1,5 km

Time: 90 min

Level of difficulty: easy/medium (squatting, bending down)

Safety rules:

- Adjust the pace of the walk to the slowest person
- When leaning over, sitting down, squatting or otherwise changing position, do so at your own pace and exercise caution.
- Report the inability to perform a task to the teacher
- Report that you feel unwell
- Take care of clothing that is adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We wait up to 10 minutes for latecomers
- Early leaving the walk should be reported to the leader

Objectives:

- Developing creativity, creative thinking
- Searching for non-obvious associations
- Strengthening the muscles and oxygenating the body
- Stimulating creativity through outdoor exercises Shaping pro-social behaviour and cooperation
- Group integration

Specific Objectives:

Participant:

- Feels an improvement in mood due to physical activity
- Develops creative thinking
- Collaborates Effectively with other participants
- Feels an increase in creativity due to oxygenation of the brain
- Feels the strengthening of group ties

Methods:

Delivery, problem, activating, practical, storytelling

Forms:

Team and collective

Materials:

Coloured chalk

Inspiration:

"Nobody's Born a hero, but anyone can become a hero"

Licia Troisi, L'eredità di Thuban

"Real heroes have little to do with our ideas about them. They are not necessarily attractive and impress with their impressive stature, strongly defined jaw or perfectly visible muscles. The protagonist is not discarded by short stature or physical imperfections, because his interior radiates beauty and strength. "

Richard Paul Evans, The Gift

"So many misconceptions revolve around the idea of heroism. Far too many see a hero as a knight on the battlefield, a legion commander, a champion with a rare talent or skill. Of course there were heroes who fit those descriptions. However, many extremely bad people can be characterised in the same way. Hear me carefully. The hero sacrifices himself for the greater good. The hero lives according to his conscience. In short, being a hero means doing the right thing, regardless of the consequences. While A Person Might Fit This Description, rarely does anyone actually meet this condition. Choose This day to become someone like that. "

Brandon Mull, Beyonders

When creating your hero, think about all the difficult experiences you went through thanks to your traits. Visualizethese features - what colour are they? What shape? Draw Them. Thinkaboutyoureyes Virtues - what are your features that make your journey through your everyday life easier? This way you will create your own personal superhero, which you are yourself and to whom you can always turn to for help in difficult times.

PROCEDURES:

1. Welcoming the participants and getting to know the topic and goals of the walk, as well as what route we will cover and what tasks the participants have
2. Reading the introduction and selected quotes, which are a form of inspiration and help build a story ("inspiration").
3. Starting a walk, conversation, integration
4. Access the asphalt square / pitch / pavement and get into pairs
5. In each pair, one person stands in the selected pose casting the shadow, and the otherpersondrawsoutline of the shadow with chalk (later they change)
6. Everyone stands by their outline and uses colored chalk to paint the details of the characters, creating a superhero. The participants design the entirety of the characters: what are their features, character, powers, etc.
7. Presentation and discussion
8. Break for water and a snack on the benches
9. Photographic Documentation
10. Thanks for participation and summary of the classes- feedback from participants: what am I going out with?



16. Discovering the mediterranean flora

LUETEC

Target group: adults (10 people)

Place: National park (in this scenario: Vesuvius National Park)

Distance: 1.5 km / depending on the chosen place and participants' abilities

Time: 90 min

Level of difficulty: medium (squatting, bending down)

Safety rules:

- Adjust the pace of the walk to the slowest person
- When Leaning over, sitting down, squatting or otherwise changing position, do so at your own pace and exercise caution.
- Warn the teacher when you are tired
- Report that you feel unwell
- Take care of clothing that is adequate to the weather conditions and comfortable footwear
- Use trekking shoes
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We Wait up to 10 minutes for latecomers
- Early Leaving the walk should be reported to the leader

Objectives:

- Improving Physical and mental health
- Improving nature connectedness,
- Improving Interpersonal Relationships and social cohesion.
- Learn About the local species and their protection

Specific Objectives:

- Walking in the nature,
- Learning about our endemic species
- Helps us connect better with our roots and ourland.

Participant:

- Collaborates Effectively with other participants
- Feels an increase relax due to oxygenation of the brain
- Strengthens muscles and fine motor skills
- Strengthens the observation abilities

Methods:

Multisensory learning

Learn How to walk in nature and appreciate colours and diverse environment

Forms:

Team and collective

Materials:

Walking stick

Inspiration:

“We all come from the sea and back to the sea we will go. The Mediterranean Gave Birth to the world.”

Anders Lustgarten

PROCEDURES:

1. Welcoming the participants and familiarise them with the topic and goals of the walk, as well as what route we will cover.
2. Presentation of National park flora.
3. Break for water and a snack on the benches.
4. Continuation of the rest of the walk.
5. At the end of the walk the participants will share their impressions.
6. Photo documentation.
7. Acknowledgement of participation and summary of the activities - feedback from participants: what am I leaving with?





17. A story about passing people KARUZELA

Target group: adults (10 people)

Place: park (pavements, lawns, etc.)

Distance: 1,5 km

Time: 90 min

Level of difficulty: easy

Safety rules:

- Adjust the pace of the walk to the slowest person
- When leaning over, sitting down, squatting or otherwise changing position, do so at your own pace and exercise caution.
- Report the inability to perform a task to the teacher
- Report that you feel unwell
- Take care of clothing that is adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We wait up to 10 minutes for latecomers
- Early leaving the walk should be reported to the leader

Objectives:

- Developing concentration
- Developing creativity, creative thinking
- Searching for non-obvious associations
- Strengthening the muscles and oxygenating the body
- Stimulating creativity through exercise in the fresh air
- Shaping pro-social behaviour and cooperation

Specific Objectives:

Participant:

- Feels an improvement in mood due to physical activity
- Collaborates Effectively with other participants
- Feels an increase in creativity due to oxygenation of the brain
- Experiences Increased Perceptiveness

Methods:

Delivery, problem, activating, practical, storytelling

Forms:

Team and collective

Materials:

Notebooks, pens

Inspirations:

"In a normal state," he replied, "there are happy, average, and dissatisfied people. In a country where everyone is satisfied, it is suspected that everyone is dissatisfied. Anyway, we create a coherent whole. "

Gustaw Herling-Grudziński, *Another world*

"I was just greeted with a Happy New Year on local TV, by some idiotic presenter. I don't like when a stranger wishes me anything. How does this idiot know who he is talking to? Or is she talking to the guy who just gagged and hung his five-year-old daughter by the ceiling and is now cutting her into pieces? Happy birthday."

Charles Bukowski, *Women*

"Haven't We Met Before? Only Where, when? Your face seems familiar to me when I look at you like that. Anyway, you only entered, she immediately seemed familiar to me. But maybe you just look like someone I had to meet with. I don't know who it could have been. If I remembered him, maybe I would remember, and where are we, when. After all, there are people who are similar to you and sometimes you can mistake someone for someone else. Especially if you were close to someone, and you never saw him again, you would like to find him even in a stranger. "

Wiesław Myśliwski, *Traktat o łuskaniu fasoli*

You are reporters hired by a famous writer. The writer wants to create a story about the city, and the city is created by people. By learning about the nature of these people, you can read the energy of the city. Therefore, your task is to observe the passers-by as closely as possible, while remaining unnoticed by them with your observation. This is a very important task and it depends on how well the writer will be able to convey the energy of the city

PROCEDURES:

1. Welcoming the participants and getting to know the topic and goals of the walk, as well as what route we will cover and what tasks the participants have
2. Reading the introduction and selected quotes, which are a form of inspiration and help build a story ("inspiration").
3. Beginning the walk and drawing attention by the participants to passing passers-by. Searching for details, paying attention to facial expressions, speed of movement, etc., etc. Writing down observations and creating stories of people passing by - where they go, where they came from, what they think about, what problems they have, where do they work, do they have children, grandchildren, etc.
4. Break for water and a snack on the benches
5. Presentation of notes, discussion
6. Photographic Documentation
7. Thanks for participation and summary of the classes- feedback from participants: what am I going out with?



18. Discovering artisans shops LUETEC

Target group: adults (10 people)

Place: city centre

Distance: 1.5 km / depending on the chosen place and participants' abilities

Time: 90 min

Level of difficulty: easy/medium

Safety rules:

- Adjust the pace of the walk to the slowest person
- Mind the cars
- Follow the group and instructions given by the person in charge
- Report that you feel unwell
- Take care of clothing that is adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We wait up to 10 minutes for latecomers
- Early leaving the walk should be reported to the leader

Objectives:

- Raise Awareness on the local crafts that are slowly disappearing
- Exchange memories about the old artisans shop and craft that don't exist anymore
- Stimulating exchange of ideas about development and socially relevant matters
- Shaping pro-social behaviour and cooperation

Specific Objectives:

Participant:

- Learn the most authentic and picturesque crafts of the city
- Walk and tours in a sustainable way
- Group working
- Feels an increase relationship with other participants
- Strengthens muscles and fine motor skills
- Strengthens the knowledge about the city and its history

Methods:

Cooperative learning, urban storytelling

Inspiration:

“We Have Received a heritage of craftsmanship, of aesthetics, of taste, of identity. Our brands have the beauty to preserve and perpetuate it.”

Antoine Arnault

Procedures:

1. Welcoming the participants and routes to cover.
2. Reading the introduction to the best crafts in Naples (example).
3. Presentation of monuments, fountains, artisan shops to be discovered.
4. Break at cafeteria Gambrinus symbol of town history.
5. Continuation of the rest of the walk.
6. Recording visit by short videos.
7. Photographic documentation.
8. Collection of participants' impressions as a journey diary.



19. Describe the world in verse KARUZELA

Target group: adults (10 people)

Place: any walking route - forest, park, housing estate with benches and streets, beach - it's important to plan the route so that intends in a place where you can sit

Distance: 1.5 km / depending on the chosen place and participants' abilities

Time: 90 min

Level of difficulty: easy

Safety rules:

- Adjust the pace of the walk to the slowest person
- When Leaning over, sitting down, squatting or otherwise changing position, do so at your own pace and exercise caution.
- Report the inability to perform a task to the teacher
- Report that you feel unwell
- Take care of clothing that is adequate to the weather conditions and comfortable footwear
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We Wait up to 10 minutes for latecomers
- Early Leaving the walk should be reported to the leader

Objectives:

- Developing Concentration and shifting of attention.
- Strengthening the muscles and oxygenating the body
- Stimulating Creativity Through Movement in the fresh air
- Shaping pro-social behaviour and cooperation
- Raising self-esteem by composing poetry together
- Memory training, speech training, creative thinking and association training
- Training in the ability to observe the surrounding reality and transform sensory impressions into creative forms
- Creativity training

Specific Objectives:

Participant:

- Feels an improvement in mood due to physical activity
- Experience the satisfaction of composing a poem
- Collaborates effectively with other participants
- Feels an increase in creativity due to oxygenation of the brain
- Feels Increased self-confidence

Methods:

Delivery, problem, activating, practical, storytelling

Forms:

Working in group or in pair

Materials:

Notebooks, pens, portable devices on which you can create notes (smartphone, tablet)

Inspirations:

"We read poetry because we belong to the human species. And the human species is filled with passions. Of course, medical laws, banking, these are necessary areas to keep us alive. But poetry, romance, love, beauty? Are these the values we live for?"

Nancy H. Kleinbaum, Dead Poets Society

"A poet is one who knows how to be unhappy."

Stanisław Lem, Szpital przemienienia

"(...) sheloved words, and they, grateful for this love, allowed her to get tangled up and thread into moving stories (...)"

Maja Lidia Kossakowska, Siewca wiatru

"Something Is Also happening between the lines."

Jostein Gaarder, Sofies verden

"At a time when our sensitivity blunted under the influence of omnipresent vulgarity and debauchery, it's worth finding out what can still shake us."

Thomas Harris, Hannibal

When the tragedy is no longer possible and the farce is boring, only an experiment remains.

Sławomir Mrożek, Tango

Procedures:

1. Welcoming the participants and getting to know the topic and goals of the walk, as well as what route will cover and what tasks the participants have
2. Reading the introduction and selected quotes, which are a form of inspiration and help build a story ("inspiration").
3. Begin walking and stop at certain intervals or in specific places, asking participants to write down individual words that come to their mind at a given moment or under the influence of observing the landscape. These can be the names of objects or plants that you pass by, and they can be feelings and impressions related to your activity. Break for water and a snack on the benches
4. Break for water and a snack on the benches
5. Continuation of the rest of the walk
6. After completing a specific route (about 50–60 minutes) and writing down a minimum of 10 words, participants sit on benches or at tables and create short poems based on the words written during the walk. After about 20 minutes of creating, the presentation of the poems takes place (for those willing - if someone does not feel comfortable presenting their work to the gathered people, you can leave it, but it is advisable to encourage participants to share their creativity - let it be fun). Cards with poems can document the walk.
7. Thanks for participation and summary of the classes- feedback from participants: what am I going out with?



20. Forest collecting the gifts of

autumn LUETEC

Target group: adults (10 people)

Place: woods

Distance: 1.5 km / depending on the chosen place and participants' abilities

Time: 90 min

Level of difficulty: medium (squatting, bending down)

Safety rules:

- Adjust the pace of the walk to the slowest person
- When leaning over, sitting down, squatting or otherwise changing position, do so at your own pace and exercise caution.
- Warn the teacher when you are tired
- Report that you feel unwell
- Take care of clothing that is adequate to the weather conditions and comfortable footwear
- Use trekking shoes
- People with high blood sugar fluctuations should have a snack
- Provision of water on your own
- We Wait up to 10 minutes for latecomers
- Early Leaving the walk should be reported to the leader

Objectives:

- Improving physical and mental health
- Improving nature connectedness
- Improving interpersonal relationships and social cohesion
- Create seasonal decoration with the collected materials

Specific Objectives:

Participant:

- Collaborates effectively with other participants
- Feels an increase relax due to oxygenation of the brain
- Strengthens muscles and fine motor skills
- Strengthens the manual abilities

Methods:

Multisensory learning

Forms:

Working group or in pair

Materials:

Bags for picking up items (10 bags), walking stick

Inspiration:

"Autumn Leaves shower like gold, like rainbows, as the winds of change begin to blow."
Dan Millman

PROCEDURES:

1. Welcoming the participants and familiarising them with the topic and goals of the walk, as well as what route we will cover.
2. Presentation of forest flora and collection of its elements.
3. Break for water and a snack on the benches, presentation of items found so far.
4. Continuation of the rest of the walk.
5. At the end of the walk the participants will share their impressions creating a dry leaf wreaths.
6. Photographic documentation.
7. Acknowledgement of participation and summary of activities - feedback from participants: what am I leaving with?

7.CONCLUSION

The Creative Walks conducted so far have confirmed that the walk has a positive effect on the growth of creativity. Each time, we set the participants with tasks consisting largely in creating and looking for non-obvious associations, interesting solutions, extracting details from the environment, etc. It is worth adding how surprising the fact can be, how much impact it has and how much satisfaction and joy it can give " an ordinary walk" with elements of performing creative tasks. The "Creative Walks" method of working with seniors is definitely worth recommending to organisations working with seniors.

This experience of Creative Walks is described in our e-Book created thanks to the contribution of the Fundacja Karuzela Aktywności and the Italian Universities of the Third Age: LUETEB and LUETEC, who enthusiastically participated in the workshops and Creative Walks.

Through these creative, empowering learning experiences aimed at people aged 60+, mostly retirees, we have seen improvements in individual self-esteem and group relationships through a calm learning environment. During the international workshops, we focused on forms of cooperative learning based on joint activities, which were supposed to break down the existing language barriers (both groups spoke English only at a very basic level).

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