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# Deliverable D1.4 REPORT Project GOT OUTDOOR



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## DI.4. Evaluation report

### Introduction

This report presents an analysis of the participant feedback and responses regarding the impact of project events on their engagement in outdoor and physical activities. The aim of the project was to inspire and motivate participants to embrace an active lifestyle, explore outdoor pursuits, and experience the numerous benefits associated with such activities.

The report examines several key aspects, including the demographics of the participants, their rating of the quality of outdoor activities, the influence of gamification on motivation, the frequency of outdoor activity engagement, the gender distribution among participants, their level of physical activity, the relevance of the activities to their interests and needs, the impact on their overall well-being, their increased confidence in engaging in outdoor activities, their motivation to participate in future activities, and the acquisition of new skills related to outdoor pursuits.

By analysing these factors, we aim to provide valuable insights into the success of the project and offer recommendations for project organizers to enhance and sustain participant engagement in outdoor and physical activities. Understanding the participants' experiences, preferences, and perceptions will help shape future initiatives and ensure their alignment with the participants' needs and aspirations.

The report highlights the positive impact of the project events on participants' motivation, interest, confidence, and overall well-being. It also sheds light on the factors that contribute to participants' continued engagement and provides valuable recommendations for project organizers to further optimize the project's effectiveness.

Harnessing the findings of this analysis and implementing the suggested strategies, project organizers can foster a long-lasting commitment to outdoor and physical activities among participants, positively impacting their health, well-being, and quality of life.

Here, you can access the interactive version of the report in MS Power BI – [link to report](#).



**Krasimir Petkov**

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## Key Findings and Takeaways:

- **Age of Participants:** The majority of participants fell into the age range of 45-54 (38.55%), followed by 35-44 (22.89%) and 25-34 (20.48%). Project organizers should continue to target and engage participants within these age groups, while also considering ways to attract younger participants (18-24, 9.64%) and older participants (55-64, 8.43%).
- **Quality of Outdoor Activities:** Participants overwhelmingly rated the quality of outdoor activities with the maximum score of 5 (80.72%). This indicates that the project organizers have successfully provided high-quality outdoor activities that meet the participants' expectations. Continuously striving for excellent program design and implementation will help maintain participant satisfaction.
- **Impact of Gamification:** The gamification of outdoor activities significantly impacted participants' motivation to participate, with a majority (67.47%) rating it as 5 (max). Project organizers should continue incorporating gamification elements to enhance participants' motivation and engagement.
- **Frequency of Engaging in Outdoor Activities:** The majority of participants (63.86%) engage in outdoor activities once or twice a week. This suggests that the project can serve as a catalyst to encourage participants to increase their outdoor activity frequency. Organizers may consider offering programs that support and inspire participants to engage in outdoor activities more frequently.
- **Gender Distribution:** The gender distribution of participants was nearly balanced, with 51.81% identifying as male and 48.19% as female. Project organizers have achieved gender diversity in participation, indicating an inclusive approach. Continually promoting and maintaining a welcoming environment for all genders contributes to the project's success.
- **Physical Activity Levels:** Participants reported varying levels of physical activity in the last month. The highest percentage (40.96%) rated their activity level as 3, indicating a moderately active lifestyle. Project organizers can offer opportunities and resources to support participants in maintaining or increasing their physical activity levels.
- **Relevance to Interests and Needs:** The outdoor activities were highly relevant to participants' interests and needs, as indicated by 60.24% rating it as 5 (max). Project organizers should continue aligning activities with participant interests and needs to ensure engagement and satisfaction.
- **Increase in Interest:** The project events significantly increased participants' interest in outdoor and physical activities, with 69.88% giving a rating of 5. This highlights the project's success in inspiring participants to explore and engage in such activities. Organizers should continue providing stimulating and diverse events to sustain participants' interest.

- **Learning New Skills:** The project events effectively helped participants learn new skills related to outdoor activities, with 61.45% giving a rating of 5 (max). Organizers should continue offering skill-building components and workshops to further enhance participants' abilities and knowledge.
- **Impact on Well-being:** The project events positively impacted participants' overall physical and mental well-being, with 84.34% giving a rating of 5 (max). Project organizers should prioritize activities that promote well-being, including physical exercise, social interaction, and exposure to nature.
- **Increase in Confidence:** The project events significantly increased participants' confidence to engage in outdoor activities, as shown by 73.49% giving a rating of 5 (max). Organizers should continue designing activities that build participants' confidence and provide a supportive environment.
- **Future Participation and Likelihood:** Participants expressed a high likelihood (75.90%) to participate in similar outdoor and physical activities in the future. Project organizers should capitalize on this positive response by offering follow-up programs, ongoing support, and resources to foster continued engagement.

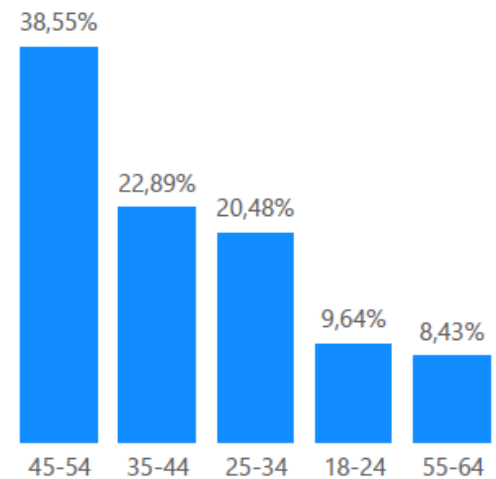
The key takeaways for project organizers are to maintain the high quality of outdoor activities, incorporate gamification elements to boost motivation, cater to diverse age groups, ensure gender inclusivity, align activities with participants' interests and needs, foster skill development, prioritize participants' well-being, and sustain and nurture participants' motivation and confidence for long-term engagement in outdoor and physical activities.

## Age Distribution:

The analysis of the age distribution of the participants in the project activities shows the following:

- **45-54:** The age group of 45-54 comprises the largest percentage of participants, accounting for 38.55% of the total. This suggests that a significant portion of the participants falls within this age range.
- **35-44:** The age group of 35-44 represents the second-largest segment, with 22.89% of the participants falling within this range. This indicates a considerable number of participants in their mid to late thirties and early forties.
- **25-34:** The age group of 25-34 makes up 20.48% of the participants. This age range typically includes individuals who have recently entered the workforce or are in the early stages of their careers.
- **18-24:** Participants between the ages of 18 and 24 account for 9.64% of the total. This suggests that a smaller but still significant number of younger individuals are actively involved in the project activities.
- **55-64:** The age group of 55-64 represents 8.43% of the participants. This indicates that a relatively smaller proportion of participants falls within this age range, indicating a lower level of participation from older individuals.

What is your age?



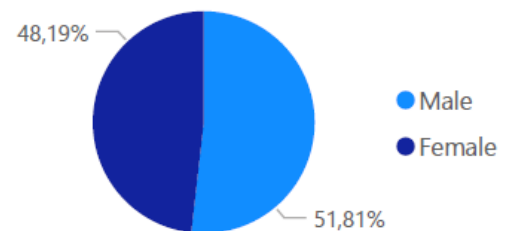
Overall, the age distribution of participants in the project activities reveals a diverse mix of age groups. The largest segment consists of individuals aged 45-54, followed by those aged 35-44 and 25-34. This suggests a balanced representation of participants from different stages of life and professional experience. However, it is worth noting that the participation of individuals aged 55-64 is relatively lower in comparison. The project organizers may consider targeted efforts to engage a broader range of age groups, including older individuals, to ensure even more inclusivity and diversity in the project activities.

## Gender Distribution

The provided data presents the gender distribution of participants in the project activities:

- **Male:** Participants identifying as male make up the majority, accounting for 51.81% of the total. This indicates that slightly more than half of the participants in the project activities identify as male.
- **Female:** Participants identifying as female represent 48.19% of the total. This indicates that slightly less than half of the participants in the project activities identify as female.

What is your gender?

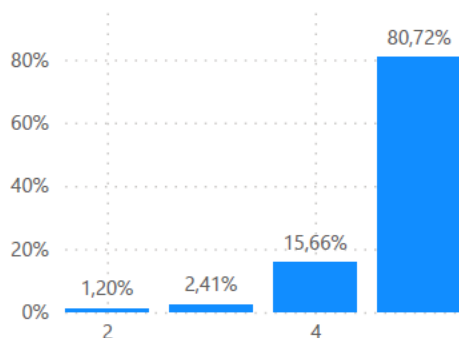


Overall, the gender distribution among participants in the project activities is relatively balanced, with a slightly higher percentage of male participants. This suggests that the project activities have attracted participation from both males and females, providing a diverse representation of gender identities.

It is important to acknowledge and consider this gender distribution when planning and organizing future project activities. Ensuring inclusivity and addressing the needs and preferences of participants of all genders can contribute to a positive and engaging experience for all participants.

## Quality Rating

On a scale of 1 to 5, how would you rate the quality of the outdoor activities?



The analysis of the ratings given by participants regarding the quality of the outdoor activities, using a scale of 1 to 5, brings the following results:

- **Rating of 2:** Only 1.20% of the participants provided a rating of 2. This suggests that a very small percentage of participants found the quality of the outdoor activities to be below average.
- **Rating of 3:** Approximately 2.41% of the participants gave a rating of 3. This indicates a slightly higher number of participants who considered the quality of the outdoor activities to be average.

- **Rating of 4:** The majority of participants, 15.66%, gave a rating of 4. This implies that a significant portion of the participants perceived the quality of the outdoor activities to be above average.
- **Rating of 5:** The highest percentage, 80.72%, of participants awarded a rating of 5. This indicates an overwhelming majority of participants who considered the quality of the outdoor activities to be excellent.

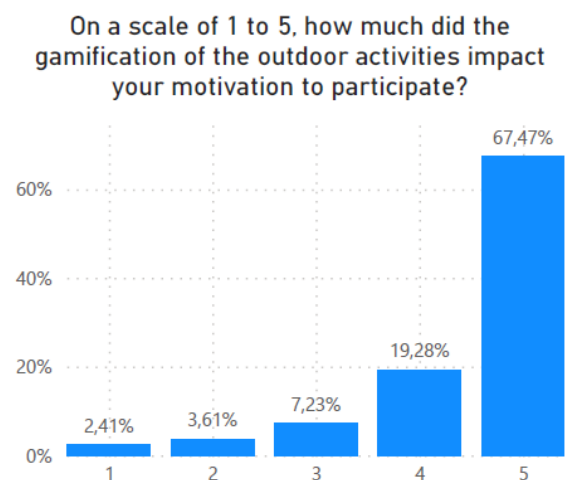
The results demonstrate a highly positive perception of the quality of the outdoor activities among the participants. The majority of participants provided a rating of 5, indicating that they found the activities to be of exceptional quality. A notable proportion also rated the activities as above average with a rating of 4. However, a small percentage of participants rated the activities below average or average, indicating the need for further assessment and potential improvements in those areas.

It is important to consider these positive ratings as a reflection of participant satisfaction, suggesting that the project organizers have successfully delivered high-quality outdoor activities that were well-received by the majority of participants.

## Impact of Gamification on Participant Motivation

The analysis of the impact of gamification on participant motivation in the outdoor activities is carried out using a scale of 1 to 5:

- **Impact Rating of 1:** Only 2.41% of participants reported a rating of 1, indicating that a small proportion did not feel motivated by the gamification of the outdoor activities.
- **Impact Rating of 2:** Approximately 3.61% of participants gave a rating of 2, suggesting a slightly higher number of participants who experienced a limited impact on their motivation due to the gamification.
- **Impact Rating of 3:** 7.23% of participants reported a rating of 3, indicating a moderate impact on their motivation resulting from the gamification of the outdoor activities.
- **Impact Rating of 4:** A notable proportion of participants, 19.28%, provided a rating of 4. This suggests that a significant number of participants experienced a considerable positive impact on their motivation due to the gamified elements of the activities.





- **Impact Rating of 5:** The majority of participants, 67.47%, awarded a rating of 5, indicating a highly positive impact on their motivation. This suggests that a significant majority of participants found the gamification of the outdoor activities to be highly motivating.

These results demonstrate that the gamification of the outdoor activities had a substantial positive impact on participant motivation. The majority of participants rated the impact as highly motivating, with a significant proportion providing a rating of 4. Additionally, while there were some participants who reported a limited impact or lower motivation, these numbers were relatively small.

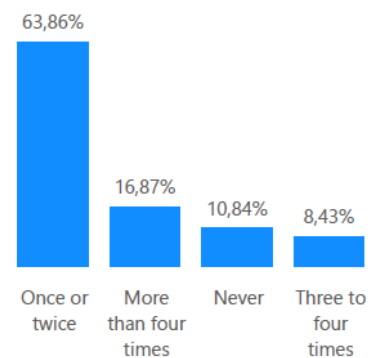
The findings indicate that the incorporation of gamification elements in the outdoor activities successfully motivated and engaged the majority of participants. The gamification approach seems to have been effective in enhancing the participants' motivation and overall enjoyment of the activities.

## Outdoor Activity Engagement

Analysing the frequency at which participants engage in outdoor activities within a week, based on the provided data, we can conclude that:

- **Once or twice a week:** The majority of participants, accounting for 63.86% of the total, reported engaging in outdoor activities once or twice a week. This suggests that a significant portion of participants have a moderate level of engagement with outdoor activities.
- **More than four times a week:** Approximately 16.87% of participants stated that they engage in outdoor activities more than four times a week. This indicates a smaller but still significant proportion of participants who are highly active and frequently engage in outdoor activities.
- **Never:** A portion of participants, 10.84%, reported that they never engage in outdoor activities. This group likely consists of individuals who do not regularly participate in outdoor activities for various reasons.
- **Three to four times a week:** Around 8.43% of participants mentioned that they engage in outdoor activities three to four times a week. This indicates a smaller but notable proportion of participants who maintain a consistent level of activity.

How often do you engage in outdoor activities in a week?



The data reveals a diverse range of engagement levels in outdoor activities among participants. While the majority engage once or twice a week, there are also participants who engage more frequently or not at all. It is essential to consider these variations in engagement levels when designing and planning future project activities, as it may impact the participants' preferences and needs.

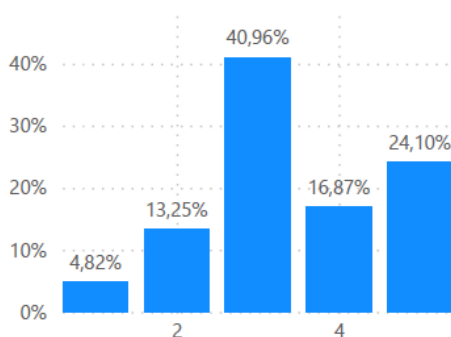
Project organizers can use this information to tailor their offerings and ensure they cater to the differing engagement levels of participants. This may involve providing a mix of activities that accommodate both moderate and high levels of engagement, as well as considering ways to encourage and promote outdoor activities for participants who do not currently engage in them.

## Physical Activity Level

The analysis of the self-reported physical activity levels of participants in the last month, based on a scale of 1 to 5, presents the following insights:

- **Physical Activity Level of 1:** Approximately 4.82% of participants reported a rating of 1, indicating a very low level of physical activity in the last month.
- **Physical Activity Level of 2:** Around 13.25% of participants gave a rating of 2, suggesting a relatively low level of physical activity during the past month.

On a scale of 1 to 5, how physically active have you been in the last month?



- **Physical Activity Level of 3:** The majority of participants, accounting for 40.96% of the total, reported a rating of 3. This indicates a moderate level of physical activity in the last month.
- **Physical Activity Level of 4:** Approximately 16.87% of participants stated a rating of 4, suggesting a relatively high level of physical activity during the past month.
- **Physical Activity Level of 5:** Around 24.10% of participants provided a rating of 5, indicating a very high level of physical activity in the last month.

Overall, the data reveals a range of physical activity levels among participants in the past month. The majority of participants fell into the moderate category, with a significant portion reporting a high level of physical activity.

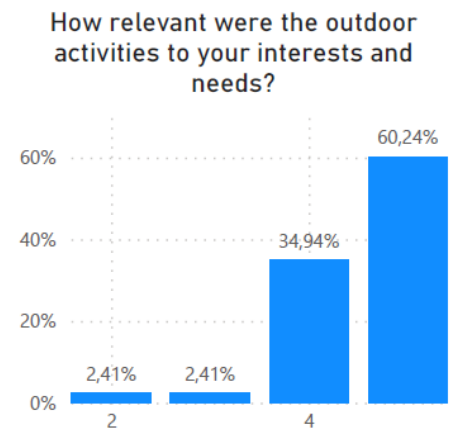
These findings highlight the importance of considering the participants' physical activity levels when designing and planning project activities. It is essential to provide a variety of activities that cater to different fitness

levels and preferences. This approach can ensure that participants are appropriately challenged and engaged, promoting overall well-being and satisfaction. Additionally, it may be beneficial to provide options and resources for participants with lower activity levels to gradually increase their physical activity and promote a healthy lifestyle.

## Relevance of Outdoor Activities

The perceived relevance of the outdoor activities to the participants' interests and needs, based on the provided data, brings the following findings:

- **Relevance Rating of 2:** Only 2.41% of participants reported a rating of 2, indicating a very low perception of relevance between the outdoor activities and their interests and needs.
- **Relevance Rating of 3:** Another 2.41% of participants gave a rating of 3, suggesting a slightly higher but still relatively low perception of relevance between the activities and their interests and needs.
- **Relevance Rating of 4:** The majority of participants, comprising 34.94% of the total, provided a rating of 4. This indicates that a significant proportion of participants perceived the outdoor activities to be relevant to their interests and needs.
- **Relevance Rating of 5:** The highest percentage, 60.24%, of participants awarded a rating of 5, indicating a highly positive perception of the relevance between the outdoor activities and their interests and needs.



These results demonstrate a positive perception of the relevance of the outdoor activities to the participants' interests and needs. A significant majority of participants rated the relevance as high, with a substantial proportion providing a rating of 5. Additionally, while a small percentage of participants reported lower relevance ratings, these numbers were relatively low.

The findings indicate that the project organizers have been successful in aligning the outdoor activities with the interests and needs of the participants, resulting in a positive perception of relevance. This alignment likely contributes to the overall satisfaction and engagement of participants in the project activities.

## Increase in Interest in Outdoor and Physical Activities

Further, we analysed the participants' perception of how much the project events increased their interest in outdoor and physical activities:

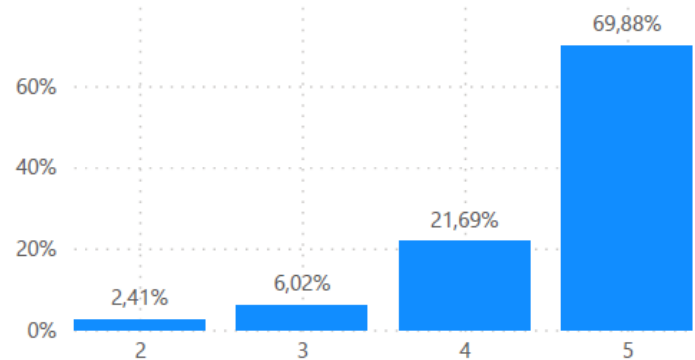
- **Rating of 2:** Only 2.41% of participants reported a rating of 2, indicating a very low level of agreement that the project events increased their interest in outdoor and physical activities.
- **Rating of 3:** Approximately 6.02% of participants gave a rating of 3, suggesting a slightly higher but still relatively low level of agreement regarding the increase in interest.
- **Rating of 4:** A notable proportion of participants, 21.69%, provided a rating of 4. This indicates that a significant number of participants agreed that the project events increased their interest in outdoor and physical activities.
- **Rating of 5:** The highest percentage, 69.88%, of participants awarded a rating of 5, indicating a highly positive agreement that the project events significantly increased their interest in outdoor and physical activities.

Overall, the results demonstrate a strong positive perception that the project events have increased participants' interest in outdoor and physical activities. The majority of participants rated their this as high, with a significant proportion providing a rating of 5.

These findings indicate that the project events have successfully stimulated and enhanced participants' interest in outdoor and physical activities. The organizers have effectively designed activities and experiences that have resonated with the participants, resulting in increased engagement and interest. This positive impact on participants' interest can contribute to their long-term adoption of an active lifestyle and overall well-being.

It is crucial for project organizers to continue capitalizing on this positive response by incorporating engaging and diverse outdoor and physical activities in future events. By doing so, they can further promote participants' interest and sustained involvement in these activities beyond the project duration.

How much do you agree with the following statement: "The project events have increased my interest in outdoor and physical activities"?

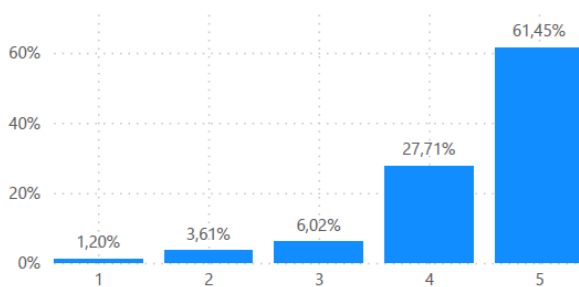


## Learning New Skills Related to Outdoor Activities

An important part of the feedback assessment was the participants' perception of how much the project events helped them learn new skills related to outdoor activities:

- **Rating of 1:** Only 1.20% of participants reported a rating of 1, indicating a very low level of agreement that the project events helped them learn new skills related to outdoor activities.
- **Rating of 2:** Approximately 3.61% of participants gave a rating of 2, suggesting a slightly higher but still relatively low level of agreement regarding the acquisition of new skills.
- **Rating of 3:** Around 6.02% of participants provided a rating of 3, indicating a moderate level of agreement that the project events helped them learn new skills related to outdoor activities.
- **Rating of 4:** A notable proportion of participants, 27.71%, reported a rating of 4. This suggests that a significant number of participants agreed that the project events have helped them learn new skills related to outdoor activities.
- **Rating of 5:** The highest percentage, 61.45%, of participants awarded a rating of 5, indicating a highly positive agreement that the project events have significantly helped them learn new skills related to outdoor activities.

How much do you agree with the following statement:  
"The project events have helped me learn new skills related to outdoor activities"?



The results demonstrate a strong positive perception that the project events have helped participants learn new skills related to outdoor activities. The majority of participants rated this as high, with a significant proportion providing a rating of 5.

These findings indicate that the project events have effectively provided participants with opportunities to acquire and develop new skills relevant to outdoor activities.

The organizers have successfully designed and implemented activities that foster learning and skill development. This positive impact on participants' skills can empower them to engage more confidently and competently in outdoor activities beyond the project duration.

To maintain this positive trend, project organizers should continue to prioritize skill-building components in future events. By offering a diverse range of activities and workshops that focus on skill development, participants can further enhance their abilities and knowledge related to outdoor activities in the future.

## Impact on Overall Physical and Mental Well-being

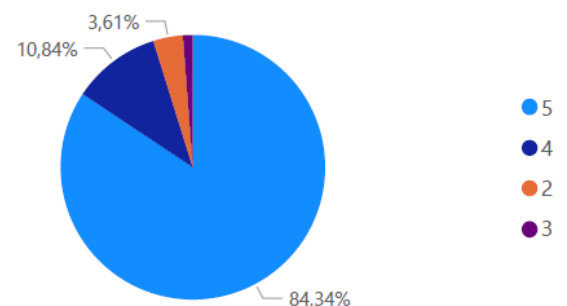
Another important component of the analysis is the participants' perception of the impact of the project events on their overall physical and mental well-being:

- **Rating of 5:** The highest percentage, 84.34%, of participants awarded a rating of 5, indicating a highly positive agreement that the project events have had a positive impact on their overall physical and mental well-being.
- **Rating of 4:** Approximately 10.84% of participants reported a rating of 4, suggesting a positive agreement regarding the impact on their well-being, although not as strong as the participants who gave a rating of 5.
- **Rating of 2:** Only 3.61% of participants provided a rating of 2, indicating a relatively low level of agreement that the project events had a positive impact on their overall well-being.
- **Rating of 3:** Around 1.20% of participants gave a rating of 3, suggesting a slightly higher but still relatively low level of agreement regarding the impact on their overall well-being.

These results demonstrate a strong positive perception that the project events have had a significant positive impact on the overall physical and mental well-being of participants. The findings indicate that the project events have effectively contributed to participants' well-being, both physically and mentally. The organizers have successfully created an environment and activities that have fostered a positive impact on participants' overall wellness. This positive impact includes increased physical activity, social interaction, exposure to nature, and enhanced emotional well-being.

To sustain and build upon this positive impact, project organizers should continue to prioritize activities and initiatives that promote well-being in future events. By offering a holistic approach to participant engagement that addresses both physical and mental aspects of well-being, organizers can create a supportive and transformative experience for participants.

How much do you agree with the following statement:  
"The project events have had a positive impact on my overall physical and mental well-being"?

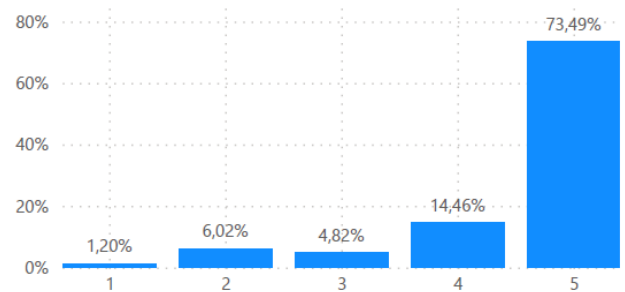


## Increase in Confidence to Engage in Outdoor Activities

The component analysing the participants' perception of how much the project events have helped them feel more confident in their ability to engage in outdoor activities, reveals the following findings:

- **Rating of 1:** Only 1.20% of participants reported a rating of 1, indicating a very low level of agreement that the project events have helped them feel more confident in their ability to engage in outdoor activities.
- **Rating of 2:** Approximately 6.02% of participants gave a rating of 2, suggesting a relatively low level of agreement regarding the increase in confidence.
- **Rating of 3:** Around 4.82% of participants provided a rating of 3, indicating a moderate level of agreement that the project events have helped them feel more confident in their ability to engage in outdoor activities.
- **Rating of 4:** A notable proportion of participants, 14.46%, reported a rating of 4. This suggests that a significant number of participants agreed that the project events have increased their confidence to engage in outdoor activities.
- **Rating of 5:** The highest percentage, 73.49%, of participants awarded a rating of 5, indicating a highly positive agreement that the project events have significantly helped them feel more confident in their ability to engage in outdoor activities.

How much do you agree with the following statement: "The project events have helped me feel more confident in my ability to engage in outdoor activities"?



Such results demonstrate a strong positive perception that **the project events have had a substantial impact on increasing participants' confidence to engage in outdoor activities**. These findings indicate that the project events have successfully empowered participants and instilled confidence in their ability to participate in outdoor activities. The organizers have effectively designed activities and provided support that have helped participants overcome barriers and develop the necessary skills and confidence to engage in outdoor pursuits.

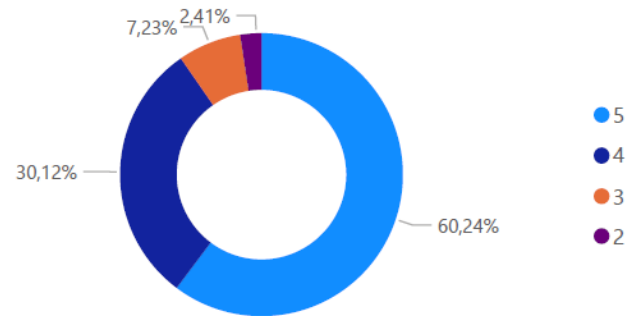
To further support and nurture this increased confidence, project organizers should continue to offer a range of activities that cater to various skill levels and provide opportunities for participants to practice and enhance their abilities. By building upon the foundation of increased confidence, participants can continue to explore and engage in outdoor activities with a sense of empowerment and enjoyment.

## Motivation to Participate in Outdoor and Physical Activities

The following data explores the participants' motivation to engage in more outdoor and physical activities after attending the project events:

- **Motivation Rating of 5:** 60,24% of the participants reported a motivation rating of 5, indicating a high level of motivation to participate in more outdoor and physical activities after attending the project events.
- **Motivation Rating of 4:** 30,12% of the participants provided a rating of 4, suggesting a positive motivation to engage in additional outdoor and physical activities.
- **Motivation Rating of 3:** 7,23% of the participants gave a rating of 3, indicating a moderate level of motivation to participate in more outdoor and physical activities.
- **Motivation Rating of 2:** 2,41% participants reported a rating of 2, suggesting a relatively low level of motivation to engage in additional outdoor and physical activities.

How motivated are you to participate in more outdoor and physical activities after attending the project events?



This demonstrates a range of motivations among the participants to engage in more outdoor and physical activities after attending the project events. While a small number of participants expressed lower levels of motivation, most participants demonstrated a positive motivation, with a significant proportion providing ratings of 4 and 5.

**These findings indicate that the project events have had a positive impact on participants' motivation to continue participating in outdoor and physical activities.** The organizers have successfully inspired and encouraged participants to further explore and engage in these activities beyond the project duration.

To sustain and enhance this motivation, project organizers should consider implementing strategies such as follow-up programs, ongoing support, and providing access to resources that can help participants continue their outdoor and physical activities. By nurturing and fostering the participants' motivation, the project can have a lasting impact on their long-term engagement and overall well-being.

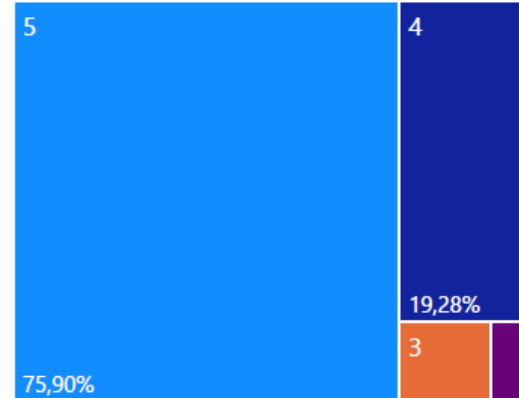


## Likelihood to Participate in Future Outdoor and Physical Activities

Delving in the insights of the participants' likelihood to engage in similar outdoor and physical activities in the future, it is evident that:

- **Likelihood Rating of 5:** The highest percentage, 75.90%, of participants awarded a rating of 5, indicating a high likelihood to participate in similar outdoor and physical activities in the future.
- **Likelihood Rating of 4:** Approximately 19.28% of participants provided a rating of 4, suggesting a positive likelihood to engage in future activities of this nature.
- **Likelihood Rating of 3:** Around 3.61% of participants gave a rating of 3, indicating a moderate likelihood to participate in similar outdoor and physical activities in the future.
- **Likelihood Rating of 2:** Only 1.20% of participants reported a rating of 2, suggesting a relatively low likelihood of engaging in future activities of this kind.

How likely are you to participate in similar outdoor and physical activities in the future?



Overall, the results demonstrate a strong positive perception that the participants are likely to engage in similar outdoor and physical activities in the future. **The findings indicate that the project events have successfully influenced participants' interest and willingness to continue participating in outdoor and physical activities in the future.** The organizers have effectively created a positive experience that has left a lasting impression on the participants, fostering a desire for future engagement.

To leverage this positive response, project organizers should consider offering opportunities for continued participation and follow-up programs that enable participants to sustain their engagement in outdoor and physical activities. By nurturing this likelihood and providing ongoing support, the project can contribute to the participants' long-term adoption of an active lifestyle and overall well-being.

## Conclusion

The analysis of participant feedback and responses provides valuable insights into the impact of the project events on the participants' engagement in outdoor and physical activities. Overall, the project has had a positive influence on participants, with strong levels of satisfaction, motivation, and increased interest observed.

The project events succeeded in providing high-quality outdoor activities that were relevant to participants' interests and needs. The incorporation of gamification elements further enhanced motivation and engagement. Participants reported an increased interest in outdoor and physical activities, demonstrating the project's success in inspiring and fostering a desire for continued participation.

The project events positively impacted participants' overall physical and mental well-being, promoting a healthier and more active lifestyle. The events not only provided opportunities for skill development but also increased participants' confidence in their ability to engage in outdoor activities. This boost in confidence is crucial in sustaining long-term participation and enjoyment.

The project organizers achieved a balanced gender distribution among participants, fostering inclusivity and equal access to outdoor activities. The project successfully attracted participants from a wide age range, although efforts can be made to engage younger and older demographics more effectively.

To ensure the sustainability of the project's impact, the partners should continue to offer diverse and engaging activities that cater to participants' interests, needs, and skill levels. Ongoing support, follow-up programs, and resources can further nurture participants' motivation and enable them to maintain their engagement in outdoor and physical activities beyond the project duration.

Overall, the project's positive impact on participants' satisfaction, motivation, interest, confidence, and well-being highlights its success in promoting outdoor and physical activity engagement. By addressing the key takeaways and building upon the project's strengths, the partners and other various stakeholders (as well) can further enhance the project's effectiveness and contribute to the long-term adoption of an active and healthy lifestyle among participants.