

Expert Pool - Bulgaria

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Deliverable D3.1 REPORT Project GOT OUTDOOR



Co-funded by
the European Union



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D3.1. "GoOutThere! Outdoor Challenge"- Bulgaria report

Dates: 12-14 May 2023

Introduction

The "GoOutThere! Outdoor Challenge" conducted its second event dedicated to promoting active lifestyles and outdoor activities on Vitosha Mountain, Bulgaria. The event took place from 12th to 14th May 2023, and aimed to increase physical activity levels, promote equal access to outdoor adventures, and foster a healthy lifestyle among participants from partnering countries.

Event Description

Participants from four different countries engaged in the "GoOutThere! Outdoor Challenge," which utilized gamification methods to popularize outdoor experiences and sports amidst nature. The event offered two types of activities: the "Adventure" and the "Challenge." These activities aimed to immerse participants in nature while encouraging physical activity.

The Adventure activity took participants on a circular route, starting from the Balkaniti Hut and passing through the "Golden Bridges" area, Kumata Hut, Planiarska Pesen Hut, and various breathtaking views of Vitosha's rocky rivers.

On the other hand, the Challenge activity presented a longer route that encompassed Momina Skala Hut, Kamen Del Hut, Zaslon Kikish, Vitosha Plateau, Kamen Del Peak, and a return journey to Balkaniti Hut.

Both activities showcased the beauty, richness, and history of Vitosha Natural Park to participants from partner countries, including Bulgaria, Italy, Greece, and Serbia. The event attracted numerous tourists and mountain enthusiasts eager to explore the mountainous region.

Participants

A total of 28 participants took part in the "GoOutThere! Outdoor Challenge" on Vitosha Mountain. The diverse group consisted of individuals from the partnering countries and included tourists and mountain lovers. The participants' enthusiasm and passion for outdoor activities and exploring nature contributed to the overall success of the event.

Objectives Achieved

The "GoOutThere! Outdoor Challenge" effectively achieved its objectives of promoting a healthy lifestyle, increasing physical activity levels, and providing equal access to outdoor adventures. By engaging participants in adventurous activities on Vitosha Mountain, the event successfully motivated individuals to embrace an active lifestyle and spend time in nature. The event showcased the natural beauty and historical significance of Vitosha Mountain, creating a deeper appreciation among participants for outdoor experiences.

Conclusion

The second event of the "GoOutThere! Outdoor Challenge" project on Vitosha Mountain, Bulgaria, proved to be a remarkable success. The engaging activities and challenges provided participants with opportunities to immerse themselves in nature and embrace a healthy lifestyle. The event fostered a sense of camaraderie among participants from different countries, creating a platform for cultural exchange and shared experiences. The organizers and partners can be proud of their efforts in promoting outdoor activities and providing inclusive and diverse opportunities for all participants. The "GoOutThere! Outdoor Challenge" on Vitosha Mountain set a strong foundation for future events and left participants eagerly anticipating the next adventure.

Gallery



Agenda

The meeting was conducted as follows:

- 12 May 2023: Opening, Event Instructions & Setup; Vitosha Challenge
- 13 May 2023: Vitosha Adventure
- 14 May 2023 – Closing & Departures

Venue: Balkaniti Hut, Mount Vitosha, Bulgaria

Partners info

The event gathered participants from all included organisations:

- Coordinator – Expert Pool - Bulgaria
- Eprojectconsult - Istituto Europeo di Formazione e Ricerca
- UDRUZENJE GLAS GRUPA LIBERALNIH AMBICIOZNIH I SOLIDARNIH (GLAS)
- EVROPAIKI POLITEIA ("Kallipolis")

Visibility & dissemination

Here are links to some of the publications on the event:

- [БТА :: Поредно събитие по проекта „Излез навън, предизвикателства на открито“ \(bta.bg\)](http://bta.bg)
- [Представители на сдружение „ГЛАС“ – Босилеград се включиха в приключенията и предизвикателства на Витоша * ГЛАС ПРЕСС \(glaspress.rs\)](http://glaspress.rs)
- [НСА » Приключения и предизвикателства на Витоша насърчават активния начин на живот \(nsa.bg\)](http://nsa.bg)
- [GoOutThere – този уикенд: приключения и предизвикателства на Витоша! | expertpool.bg](http://expertpool.bg)
- [Приключения и предизвикателства на Витоша насърчават активния начин на живот | expertpool.bg](http://expertpool.bg)
- <https://eprojectconsult.com/gooutthere-move-to-vitosha-mountain/>
- <https://www.facebook.com/EProjectConsult/posts/pfbid02Aa3WfR74K98V5RMmRGev7RteC4X3xPQ5G5ThedWgpYgEY3Kr1KpqtUySiq9bKB5kl>
- <https://www.linkedin.com/feed/update/urn:li:activity:7061703814705201152>
- [European Republic \(europeanrepublichellas.blogspot.com\)](http://europeanrepublichellas.blogspot.com)

Additional visibility to the event and the project funding was brought by a flag, brochures, vests, buffs, as well as the content items in the activities.



Feedback & Evaluation



The feedback from the participants was tremendously positive, evident from the provided feedback on each activity. The participants were invited to fill in a survey at the end of each activity, which was used to evaluate the outcomes from their participation and to gather key data for the final report. The summary of the key findings is annexed to this report.

Vitosha Adventrue Data

Average playing time: 3 hours 34 minutes 49 seconds

Average score: 1870

Rating of the activity by the participants:

- ★★★★☆ Overall rating
- ★★★★☆ Fun
- ★★★★☆ Variety
- ★★★★☆ Places of interest
- ★★★★☆ Difficulty
- ★★★★☆ Informative

Vitosha Challenge Data

Average playing time: 5 hours 27 minutes 58 seconds

Average score: 740

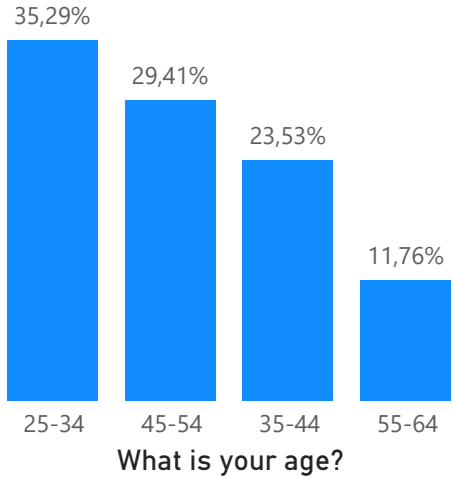
Rating of the activity by the participants:

- ★★★★☆ Overall rating
- ★★★★☆ Fun
- ★★★★☆ Variety
- ★★★★☆ Places of interest
- ★★★★☆ Difficulty
- ★★★★☆ Informative

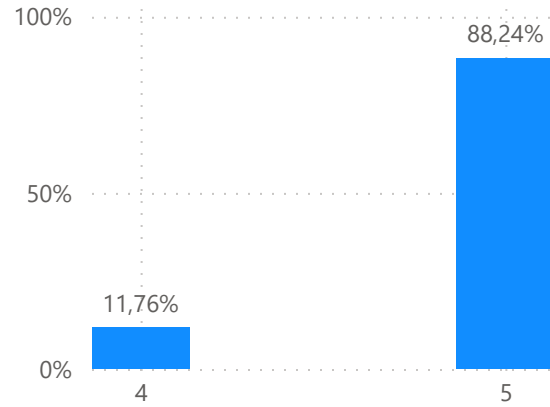
Annexes

- Annex 1: Bulgaria Event Evaluation

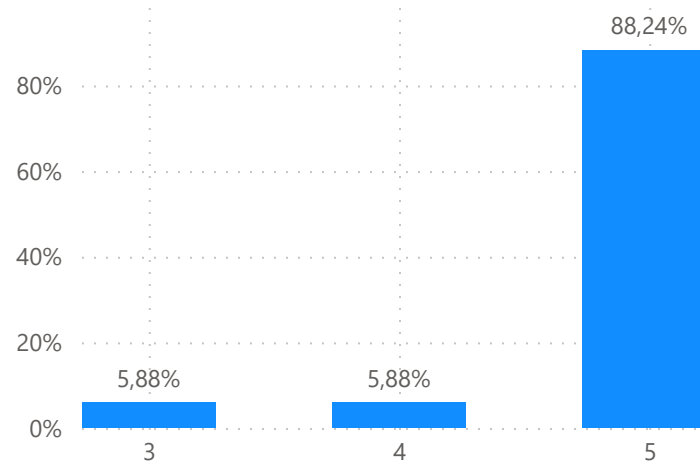
What is your age?



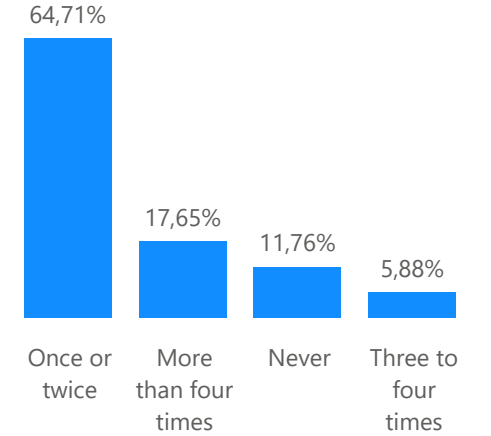
On a scale of 1 to 5, how would you rate the quality of the outdoor activities?



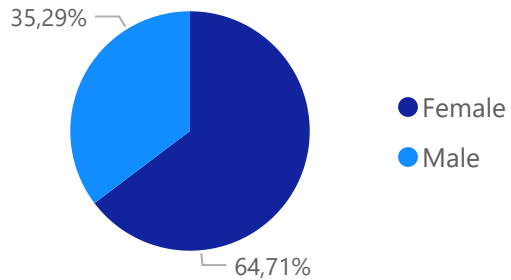
On a scale of 1 to 5, how much did the gamification of the outdoor activities impact your motivation to participate?



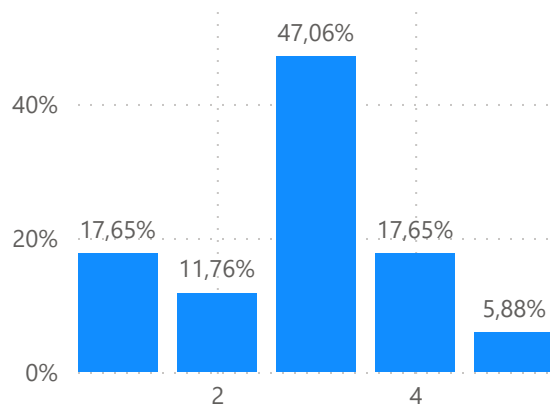
How often do you engage in outdoor activities in a week?



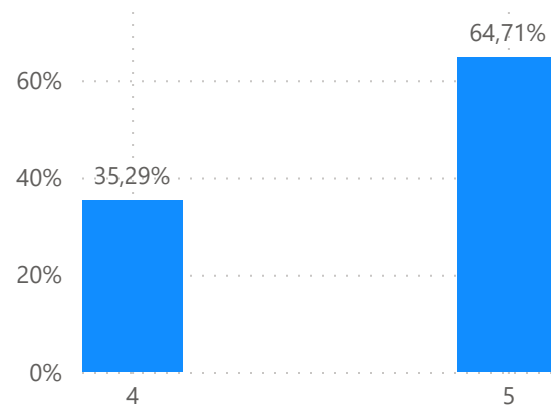
What is your gender?



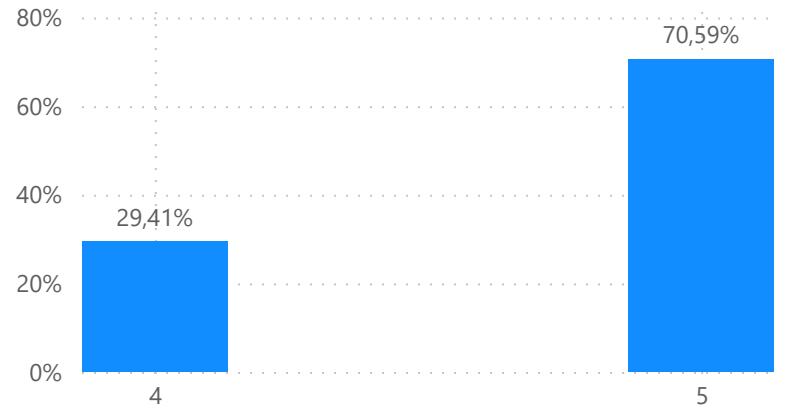
On a scale of 1 to 5, how physically active have you been in the last month?



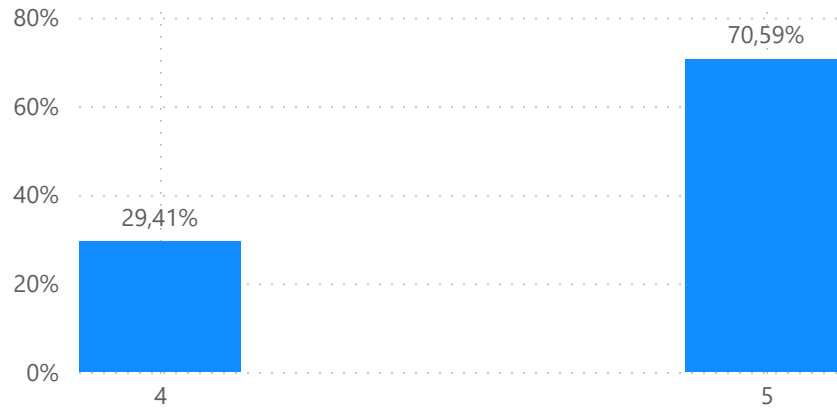
How relevant were the outdoor activities to your interests and needs?



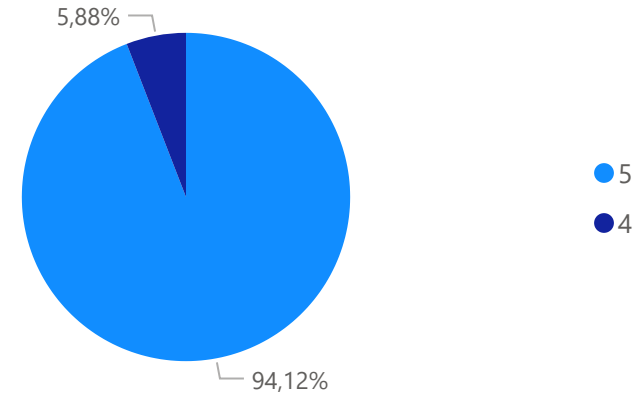
How much do you agree with the following statement: "The project events have increased my interest in outdoor and physical activities"?



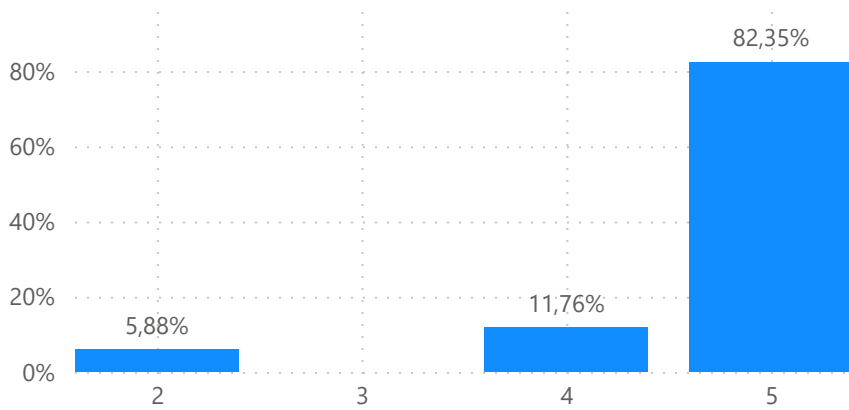
How much do you agree with the following statement:
"The project events have helped me learn new skills
related to outdoor activities"?



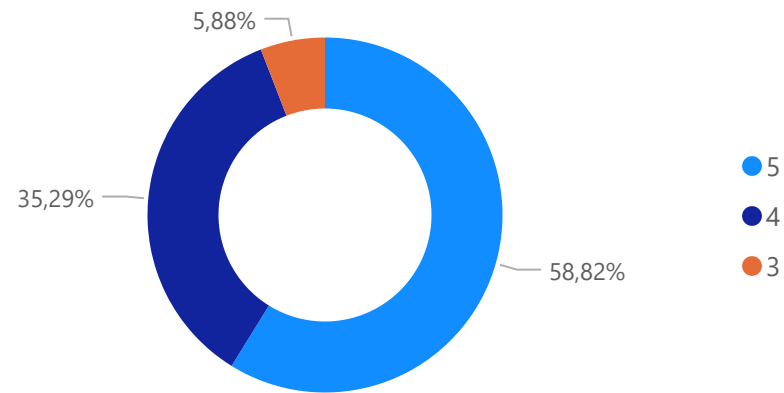
How much do you agree with the following statement:
"The project events have had a positive impact on my
overall physical and mental well-being"?



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"?



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



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

