



Young explorers re-discover local communities through orienteering

NEWSLETTER #2 SUMMER 2022

Do you know the power a compass, a map and a group of motivated young people can have? We do!

We are talking about **orienteering**, a grassroots sport that requires you to navigate either in the woods or in the cities using only a **map** and a **compass**.

A few words about the project

Orienteering is more than a sport and has proven to be an extremely valuable instrument to promote social inclusion.

For this reason, the project **ORIENT – Young explorers re-discover local communities through orienteering** uses the potential of orienteering to bring together **young people from different backgrounds**, creating opportunities to socialise and building social bonds, while developing new skills such as **decision-making, leadership, teamwork and self-confidence**.

Engaging young people

The ultimate goal of the project is to **foster community building** and social cohesion while getting to know their surroundings. How? Through the practice of orienteering in a group setting, young people can have a more **in-depth knowledge of their local context** and increase their **sense of belonging** to a shared community.



What has been done so far?

In 2021, we published the **Anthology**, a compendium of **knowledge, good practices and replicable orienteering-based activities**. The Anthology offers a glimpse into the world of orienteering and presents the results from the desk and field research conducted in Italy, Greece, Austria, Bosnia and Herzegovina, Cyprus and Bulgaria.

To harness the power of orienteering, we also developed the **Curriculum**, designed to be a learning tool for **sports trainers and youth workers** to integrate orienteering into their daily practices with young people. The ORIENT Curriculum provides a wide array of **methodologies linked to the practice of orienteering for social inclusion**. Thanks to these, the reader can gain practical knowledge on how to organise **participatory mapping workshops to design orienteering routes** with young people.

During the summer, each project partner held **orienteering training** in their own countries. All in all, the training involved around **50 sports trainers and civil society organisations' workers**, who learned to use orienteering to promote the **participation of vulnerable young people in the community**.

Next steps

After taking part in training as learners, sports trainers and CSO's workers are now ready to become facilitators: they will carry out **orienteering activities with young people** and create their own 'routes for inclusion'.

Finally, an **orienteering contest** will be organised: participants will explore the routes that each team has previously developed. The fastest team crossing the finish line will be awarded with the gold medal!

Are you a sport trainer? Do you work in a civil society organization? Want to try orienteering?



Join us and be part of the ORIENT family!

Each participant will receive a **special kit** containing all the items necessary to carry out the orienteering activities: compass, control points, map holder and much more.

[Contact us!](#)



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

orientproject.eu

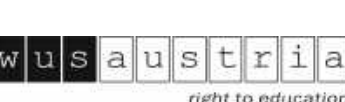
The Team



COORDINATOR
CESIE
Italy
cloe.saintnom@cesie.org
cesie.org



KMOP – SOCIAL ACTION AND INNOVATION CENTRE
Greece
orient-project@kmop.org
www.kmop.gr



WUS AUSTRIA – WORLD UNIVERSITY SERVICE AUSTRIA (WUS AT)
Austria
marc.schwaerzlj@wus-austria.org
tobias.schnitzler@wus-austria.org
louise.sperl@wus-austria.org
www.wus-austria.org



SMOC – SARAJEVO MEETING OF CULTURES
Bosnia and Herzegovina
dino.muji@smoc.ba
jana.carkadzic@smoc.ba
smoc.ba/en/



CSI – CENTER FOR SOCIAL INNOVATION
Cyprus
katerina@csicy.com
csicy.com



BULGARIAN SPORTS DEVELOPMENT ASSOCIATION
Bulgaria
info@bulsport.bg
www.bulsport.bg

More about Orient



Co-funded by the Erasmus+ Programme of the European Union

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