

# PLAY AND TRAIN | CATALONIA, SPAIN

## PARTICIPANTS



Adults and young people  
People with a disability  
People with health issues and a range of physical and mental disabilities

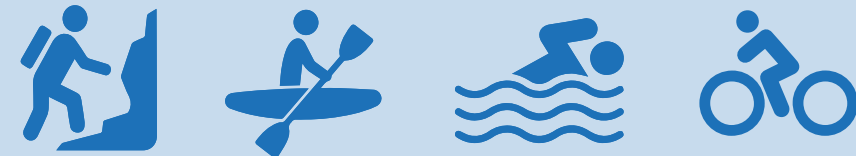


## DURATION

Blocks of activity over time

## ACTIVITIES

Multi-sports



## NUMBER OF SURVEYS

- » 65 Surveys were sent
- » 52 Surveys were received

80%



## PHYSICAL HEALTH

### Top physical health benefits

- » More than **65%** stated that their health is better now than it was before participating in Play & Train activities
- » **92.2%** of the participants affirmed that the project has affected their overall levels of physical activity



## MENTAL HEALTH AND WELL-BEING

### Top mental wellbeing benefits

- » **80%** stated that outdoor activities have very significantly improved their mental Health and wellbeing
- » One of the most valued things by participants is “the feeling of happiness when you are practicing (surf)”



## ENVIRONMENT

### Top Environmental benefits

- » **100%** the participants affirm that outdoor activities with Play & Train have improved their environmental awareness and their feelings towards the environment



## EDUCATION AND LIFE-LONG LEARNING

### Reported Top Educational benefits

- All the participants stated that outdoor activities have improved their knowledge and skills especially with respect to:
- » Taking care of the equipment
  - » Interpretation of nature
  - » Knowledge about climate and meteorology



## MAIN BENEFIT IDENTIFIED

Feelings of freedom, autonomy and self-esteem as well as respect for others

## COMMUNITY

More than **60%** stated that the programme has significantly or very significantly improved their sense of community.

**100%** of the participants affirmed that their social behaviour has improved following the project

## TOP QUOTES

“I think that sport in general has taught me many values, and those values can be applied and must be applied in daily life”

“I didn’t know anything about the problems of the planet before these activities. I am more worried about the environment now”

