

STEP BY STEP | ITALY

PARTICIPANTS



Adults and young people.
People with a disability.

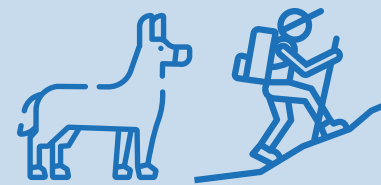


DURATION

Residential

ACTIVITIES

Trekking with donkeys



NUMBER OF SURVEYS

- » 63 Surveys were sent
- » 30 Surveys were received

48%

✓ PHYSICAL HEALTH

Top physical health benefits

- » There were immediate physical health benefits
- » General increase in daily levels of physical activity
- » The gradual approach to the trekking helped participants

✓ MENTAL HEALTH AND WELL-BEING

Top mental wellbeing benefits

- » Evidence of stress reduction in participants
- » Increased sense of self responsibility
- » Tendency to risk of isolation reduced

✓ ENVIRONMENT

Top Environmental benefits

- » A greater level of knowledge about the environment and its protection
- » Greater awareness of food and where it has come from

✓ EDUCATION AND LIFE-LONG LEARNING

Reported Top Educational benefits

- » A greater awareness of how to go trekking
- » A greater knowledge of trees and wildlife
- » A better understanding of nutrition



MAIN BENEFIT IDENTIFIED

Connecting people with social difficulties
to others in the group

COMMUNITY

New friendships established

Participants found it easier to build relationships

More attention given to environmental choices

OTHER

Participants learnt how to take care of the animal on the trek and this in turn has increased the participants sense of responsibility and their self-esteem

AVERAGE SOCIAL VALUE
GENERATED

€11,182

