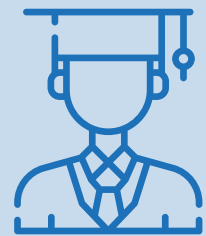


# CROSSING THE ALPS | GERMANY

## PARTICIPANTS



University students taking part in a 5day hiking trip (traversing the Tennengebirge)



## DURATION

Residential expedition

## ACTIVITIES

Hiking



## NUMBER OF SURVEYS

- » 14 Surveys were sent
- » 14 Surveys were received

100%



## PHYSICAL HEALTH

Top physical health benefits

- » 64% feel fitter
- » 36% feel healthier



## MENTAL HEALTH AND WELL-BEING

Top mental wellbeing benefits

- » 93% say that they feel more able to face challenges
- » 86% feel happier
- » 79% say that their life satisfaction has been influenced positively



## ENVIRONMENT

Top Environmental benefits

- » 88% have a higher awareness of the natural beauty of European landscapes
- » 100% improved their competences and skills to be active in nature responsibly
- » 79% intend to take greater responsibility with resources



## EDUCATION AND LIFE-LONG LEARNING

Reported Top Educational benefits

- » 100% say that they learned something new about themselves
- » 100% say that cooperation, communication as well as the atmosphere within the group has increased due to the hiking excursion
- » 86% feel they are more willing to try new things and achieve most of the goals they set themselves

## COMMUNITY

The hiking trip had a quite positive influence on the community behaviour of the students

93% increased their willingness to help others

86% learned something new about cultural habits and lifestyles

## TOP QUOTES

"I have a clearer /stronger picture about myself"

"I stopped smoking"

"I found new friends, faced my comfort zone and stepped out of it – never gave up because of group support"

## OTHER

71% think more about what they really need in life

64% say the project showed them how to live simply

AVERAGE SOCIAL VALUE GENERATED

€3,222



## MAIN BENEFIT IDENTIFIED

Self and group-development of young people

