



SUMMARY

This is a project about healthy style of life, sports activities, outdoor, nature, health, history... and will be developed during different school subjects and disciplines. The partnership language is English, and all the partners understand how important it is to learn and speak languages to communicate with others, and improve the motivation to develop their language skills. Every school must prepare a trekking route in their own country. This trekking route must include cultural/historical or naturalistic places. The partnership aims at incorporating to the curriculum the practice of some physical activities related to the trekking-hiking and preparing important trekking routes specific for every country, and connected with the country's historical background and cultural values. Our aim is to prepare, plan, and use the routes. Differents tasks (maps, food, drink, clothes, information...) will be developed by different groups of students.

The project stems from the educational possibilities offered by pathways, hiking trails or otheroutdoor activities .All the schools will share the experience with the partner institutions and their local communities. The partners can share sports experiences and cultural /historical heritage with people from other countries and, at the same time, practise different languages and will work on ICT skills about contents of hiking .The project promotes tolerance towards other cultures and nations, and it helps to learn more about partner countries and get rid of their stereotypes. In the activities we will involve all the students, adjusting them to different skills and abilities, and increases team building skills, attitude, kindness, empathy in preparation and making specific hiking in group.