

WHAT IS GTOF?

GREEN TRAILS OF FUTURE deals with increasing of involvement of adolescent population in trail running and nature protection. The problem of modern days is the alienation of children from activities in nature and sports in general especially outdoor sports, and thus alienation from nature itself. The consequences of this are reflected in an unhealthy - sedentary lifestyle and improper attitude towards nature and environmental issues. The goal of the project is to include more children in sports through trail running, because we have analyzed the current situation in the project countries and concluded that the middle-aged population is mostly involved in this sport. The main objective of GTOF project is: Reaching sustainable involvement of adolescents in outdoor sports and nature protection.

Find out more: www.gtof.net



ENVIROMENTAL EDUCATION

- 1 Learn local ecosystems:** Trail runners discover plants, animals, and geological features, fostering appreciation and a desire to protect nature.
- 2 Join conservation efforts:** Trail running groups organize volunteer activities like trail maintenance and clean-ups, teaching environmental conservation while making a positive impact.
- 3 Connect with environmental organizations:** Trail running events partner with conservation groups, raising awareness through fundraisers and educational programs.
- 4 Practice Leave No Trace:** Trail runners follow guidelines to minimize their environmental impact, staying on trails, packing out trash, and reducing noise pollution.



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greentrails
OF FUTURE



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Helping and stimulating adolescents for trail running can be a great way to promote their physical fitness, mental well-being, and love for the outdoors.

Remember, it's essential to respect their individual preferences and pace. Some adolescents may be more inclined towards competitive running, while others may prefer the meditative and exploratory aspects of trail running. Tailor your support accordingly to foster their love for the sport.



Educate them about trail running: Start by explaining what trail running is and the benefits it offers, such as improved cardiovascular fitness, strength, and stamina. Teach them about trail safety, proper gear, and hydration techniques.challenging terrain.



Lead by example: Show your own enthusiasm for trail running and lead an active lifestyle. Adolescents often look up to adults, so if they see you enjoying and prioritizing trail running, they are more likely to be motivated to try it themselves.



Start with shorter and easier trails: Begin with shorter, less challenging trails that are suitable for beginners. Gradually increase the difficulty level as their fitness and skills improve. This will help them build confidence and prevent them from feeling overwhelmed or discouraged.



Provide appropriate gear and equipment: Ensure they have the necessary gear, such as trail running shoes. Having the right equipment can enhance their comfort and performance.



Encourage participation in organized events: Look for local trail running events or races designed for adolescents. Encourage them to participate and set goals for themselves. The sense of accomplishment from completing a race can be a powerful motivator.



Train together: Offer to join them on their trail running sessions. Running together not only provides companionship but also allows you to provide guidance, share tips, and motivate them during challenging moments.



Emphasize the importance of safety: Teach them about trail etiquette, including staying on marked trails, respecting wildlife, and carrying a cell phone or emergency whistle and how respond to potential dangers.



Focus on enjoyment and fun: Encourage them to view trail running as a fun activity rather than a strict workout. Help them appreciate the beauty of nature, explore new trails, and enjoy the freedom and adventure that trail running offers.



Celebrate milestones and achievements: Acknowledge and celebrate their progress and accomplishments. This can be through verbal praise, small rewards, or simply spending quality time together doing activities they enjoy.



Support their overall well-being: Remember that adolescents have diverse interests and responsibilities. Encourage a balanced lifestyle by supporting their academic pursuits, social interactions, and other hobbies alongside trail running.

