

**Partner meeting II**  
**MOVEMENT SPONTANEOUS**  
**Andra Marta Babre, Matijs Babris**

**28.02.2024., Tallinn**

**Interreg**



Co-funded by  
the European Union

**Estonia – Latvia**

**Piloting the accessibility  
solution No. 5 (self-guided  
hikes for school-aged youth).  
(MS, VPR, SMG)**

# **Piloting the accessibility solution No. 5 (self-guided hikes for school-aged youth)**

**This methodology involves the development of a self-guided program for school groups, in which participants aged 18 and over, or accompanied by a parent or supervisor, are able to plan and execute their own hikes. This approach emphasizes on self-reliance as an important quality that can be taught through self-guided events. The methodology includes trail analysis, map reading, navigation, meal planning and catering, will be produced in LV/EE/EN languages, digital format. The piloting site will be selected by the target group (ca 25 pers.) as part of the planning process.**

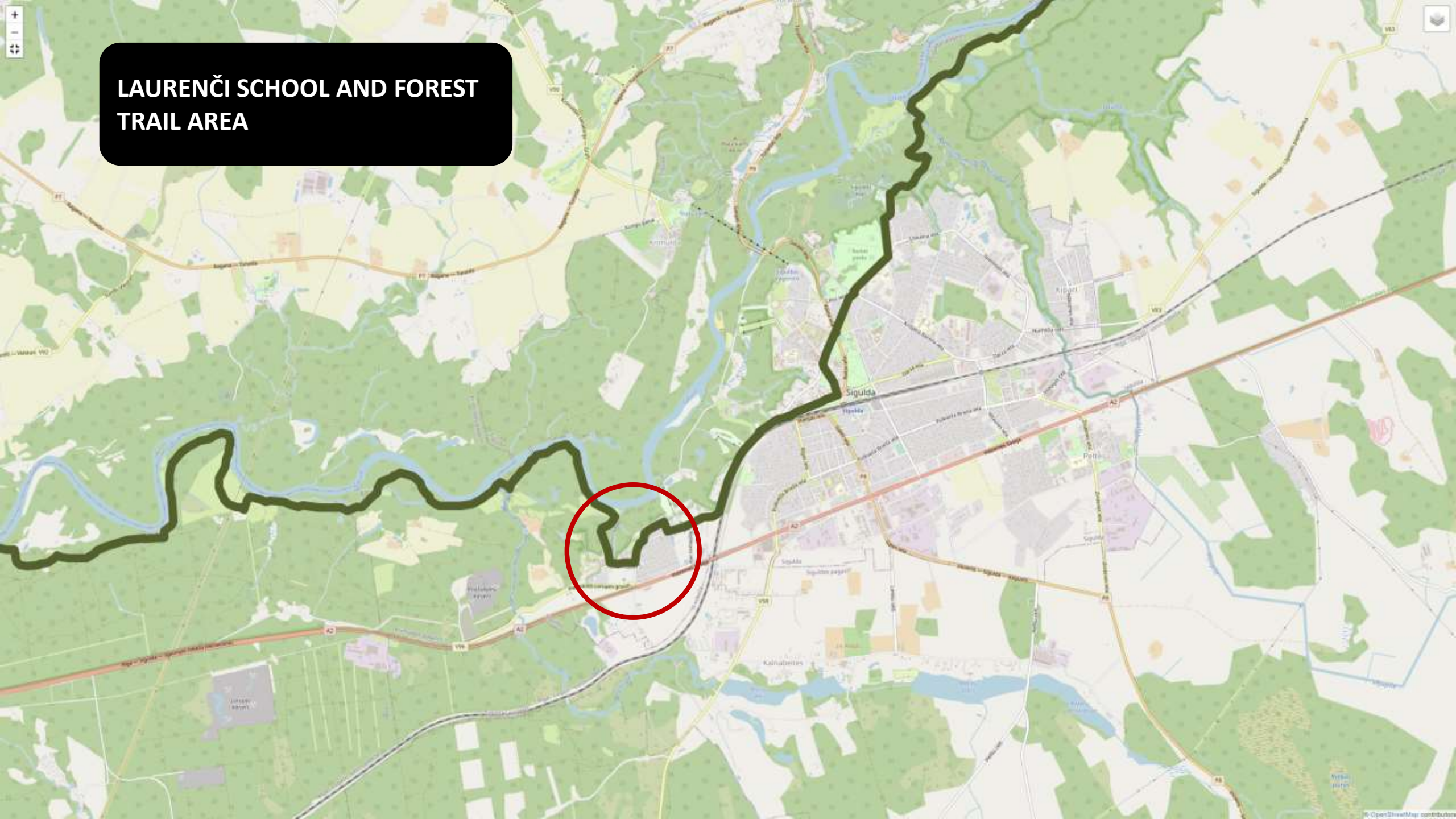
## **Communication with schools:**

- Laurenču school, Sigulda**
- Friendly Appeal Cēsis State Gymnasium**
- Eco-School Council**

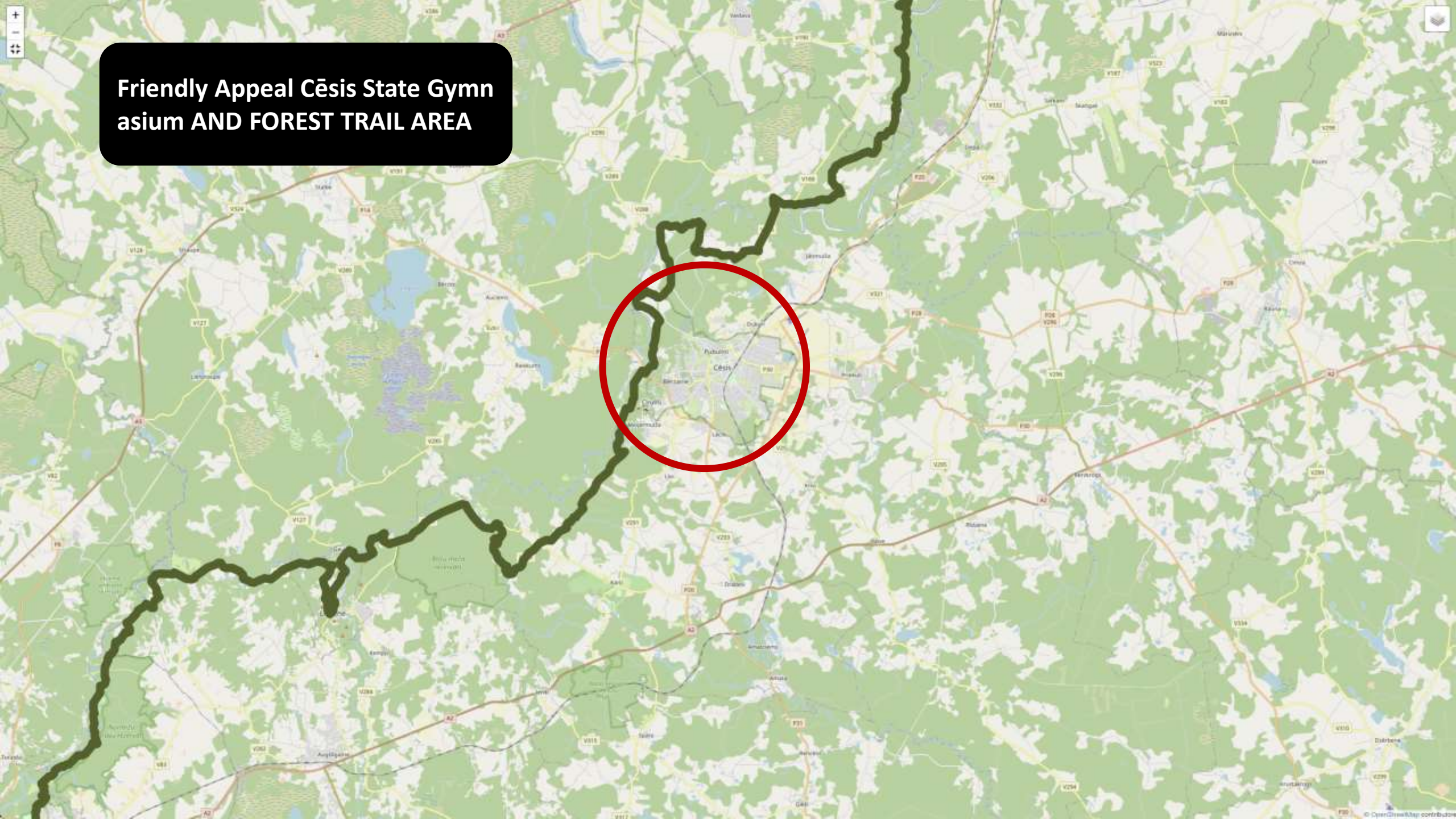
## **Dissemination of the project through:**

- Latvian Youth Council**
- Eco-School Council**
- Etc.**

**LAURENČI SCHOOL AND FOREST TRAIL AREA**



**Friendly Appeal Cēsis State Gymnasium AND FOREST TRAIL AREA**



**Our plan:**

**2h training with pupils, teaching them:**

- trail and weather analysis
- map reading, navigation
- meal planning
- time shedule planning



## **Pilot testing with pupils, spring 2024:**

- 5-8 km self-guided hike on the Mežtaka
- MS follows as observers
- MS collects feedback after the hike
- Improvement of the methodology
- Dissemination of the results

Info

- Ferry LANDEYIAHÖFN TO VESTMANNAEYJAR
- Story night what did it cost everything no life apart from work
- Realistic costs. Staying in nature is cheaper
- 4 broken tents 3 pairs of broken crocs and hurricanes of biting midges
- Crossing Iceland Story Night. Highlights from 800+ km expedition from myvat to reykjavik

+ Add a card

To Do

- Inreach registered for Eliass and Lauris
- Buying tickets
- Order paddles boats and pfds
- Giving maps to participats
- Mark routes
- Lazdu rieksti / trail mix
- Roltors
- Kakao
- Čipsi
- Nachos

+ Add a card

Remember To Take

- Rope for river crossings (also google how to use it)
- electrolite drinks
- Camera cover eye
- Charging cables for all equipemnt and radios
- Kondensētais piens

+ Add a card

People

- Laima Ūdre
- Andre Wanderlust - varētu palīdzēt pievest pārtiku.
- Annas paziņa no vēstniecības

+ Add a card

Packing list (Matijs)

- Waterproof socks - Sealskinz

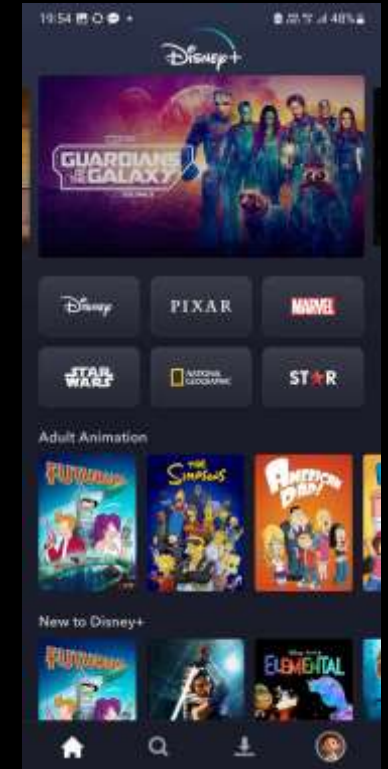
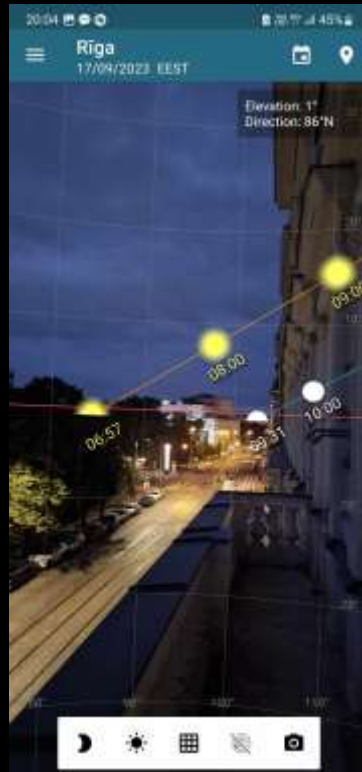
+ Add a card

new participants shared equipment

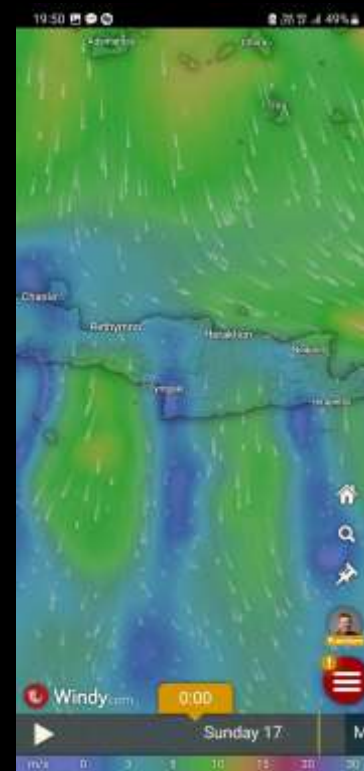
- Shelter ~ 900+tax - Lead time ~ 6 weeks. (local tents are around 500 EUR)
- Cooking gear burner (MSR windburner) and termos. - Montbell recommended - 250 EUR
- Water filter

+ Add a card

SELF GUIDED HIKE PLANNING BOARD EXAMPLE



## SELF GUIDED HIKE PLANNING APPS



## SELF GUIDED HIKE NAVIGATION APPS

**Piloting the accessibility  
solution No.6 (adaptation for  
foreign language and cross-  
cultural social groups)  
(MS, LC)**

# **Piloting the accessibility solution No.6 (adaptation for foreign language and cross-cultural social groups)**

**The proposed solution aims to make hiking more accessible for social groups of foreigners temporarily residing in Latvia and Estonia for reasons such as studies, work, or refugee status as well as foreign tourists general. A methodology will be developed to address the practical considerations for reaching these groups and preparing them for hiking, including information on the necessary equipment and gear, the use of public transportation to reach hiking sites, the specifics of rural and nature areas, and the availability of services such as food. The methodology will provide practical hints for hiking tourism organizers and service providers to use when working with this specific social group and will be produced in LV, EE languages in digital format. Pilot testing with a group of ca 25 persons.**



## **Reached stakeholders**

- RTU Foreign Students departament**
- Latvian Student Union (LSA)**
- Erasmus Student Network Riga  
(ESN Riga)**



## **Other stakeholders & target groups**

- LUSP foreign student collegium**
- NGO "Tavi Draugi"**
- Expats in Latvia community group**

## **Pilot testing with foreigners, spring 2024:**

- 5-8 km pilot hike on the Mežtaka or near Riga
- MS follows as observers
- MS collects feedback after the hike
- Improvement of the methodology
- Dissemination of the results

## Projects

### Forest and Coastal Hiking Trails' accessibility improvement for different social groups (Accessible Hiking Trails)

#### Project objective

The project objective is to improve accessibility of the Baltic Hiking trails – the Coastal Hiking Trail and the Forest Trail – for different social groups by implementing accessibility and inclusive marketing solutions in the territory of both trails, in Latvia and Estonia.

#### Project results

1. Project partner organizations will continue cooperation after the project is completed based on a formal agreement to continue cooperation, after the end of the supported project. Project partners will consult the organizations that will replace the accessibility solutions.
2. The following pilot solutions will be taken up by organizations:
  1. Wheelchair accessibility solutions to facilitate wheelchair hiking on different surfaces.
  2. Accessibility solutions for impaired vision (audio guides, special signposting, trail, etc.).
  3. Web.com accessibility solutions for trail current condition visualization before the hiking trip (audio hiking planning for seniors, families with young children).
  4. Accessibility solutions adapting hiking for families with young children (short distance hiking loops on trails, attractive and nature educational games and 3D objects while on a hike).
  5. Self-guided hiking skills for school youth.
  6. Adaptation for foreign language and cross-cultural social groups.
  7. Guided hikes for people with disabilities.

#### Project budget information

The total budget of the Project is 1 245 027,00 EUR, of which the ERDF Interreg VVA Estonia – Latvia Programme contribution is 666 021,60 EUR.

Movement Spontaneous budget of the Project is 53 640,00 EUR of which the ERDF Interreg VVA Estonia – Latvia Programme contribution is 42 112,00 EUR.

#### Project implementation

The project will be implemented over 3 years – from July 1, 2023 to June 30, 2026. The leading partner of the project is the Latvian Youth Tourism Association "Lauku Celotājs".

Follow our project updates on social media - [LinkedIn](#)

Interreg



Co-funded by  
the European Union

Estonia – Latvia



<https://letshike.co/projects>



Movement Spontaneous

108 followers

3mo •

Last week we attended a work seminar in Zvejniekiems organized by [Lauku celotājs](#) and [Vidzeme Planning Region](#) as a part of the "Accessible Hiking Trails" project, it was an international workshop, where participants from Norw ...see more



Irina Marinina and 7 others

1 comment



Like

Comment

Repost

<https://www.linkedin.com/company/movement-spontaneous>

[matijs.babris@gmail.com](mailto:matijs.babris@gmail.com)

[letshike.co/projects](https://letshike.co/projects)

+371 25925972

**Interreg**



Co-funded by  
the European Union

**Estonia – Latvia**

This activity is supported as part of project "Forest and Coastal Hiking Trails' accessibility improvement for different social groups" (EE-LV00013), an Interreg Estonia-Latvia programme 2021-2027, co-funded by the European Union.

This presentation reflects the views of the author. The managing authority of the programme is not liable for how this information may be used.