

Topic	Explanation
Country, city	Bulgaria, Plovdiv
Name	Hiking, trekking, orienteering,
Aim	Recovery in natural environment. Socialising. Improving one's physical condition and coordination. Remembering landmarks.
Duration of the lessons	At least one hour.
Expertise, experience of trainer	Experience as a physical education teacher or coach, as an athlete
Age group	6-18 ages
Rules	Adapted according activity.
Set of movements	Adapted
Equipment	<b>Hardware:</b> <b>Special clothing:</b> <b>Any other material:</b> Geographical cards and guides, compasses, GPS, strap/guide rope;
Required space	Outdoor, indoor.
Inclusive experience	Any inclusive experience will be useful.

Type of disability	Rules (game rules, duration)	Instructions	Set of movements	(Adapted) Equipment
Hearing impairment Complete loss	x	Use geographical, cards, guides. Remember student reads lips only. Student should stick tightly to the group.	No adaptation needed Physical activities improve overall condition and coordination. Memorize landmarks.	x
Reduced hearing	x	Use geographical, cards, guides Remember, student reads lips only. Student should stick tightly to the group.	No adaptation needed Physical activities improve overall condition and coordination Memorize landmarks.	x
Visual impairments • Low vision	Choose a path with smooth surface.	Stick tightly to the group.	Physical activities improve overall condition and coordination Encourage socialising.	Use an assistant, use peer for assistance.
• Reduced vision	Choose a path with smooth surface.	Stick tightly to the group	Physical activities improve overall condition and coordination. Encourage socialising.	Use an assistant, use peer for assistance.
No vision	Choose a path with smooth surface.	Stick tightly to the group	Physical activities improve overall condition and coordination. Encourage socialising.	Use an assistant, use peer for assistance.
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	Determinate the duration of the activities: walks, breaks. Select rescue team. Chose a path with smooth surface.	Don't let students get overtired.	Physical activities improve overall condition and coordination Memorize landmarks. Encourage socialising.	Use an assistant, use peer for assistance.
Reduced mobility (use of lower limbs and no use of upper limbs)	Determinate the duration of the activities: walks, breaks. Select rescue team. Chose a path with smooth surface.	Don't let students get overtired.	Physical activities improve overall condition and coordination Memorize landmarks. Encourage socialising.	Use an assistant, use peer for assistance.
Reduced mobility (no use of lower limbs and no use of upper limbs)	A student can be a referee	-	-	-
Wheelchair users (use of upper limbs)	Trail for a wheelchair. Determinate the duration of the activities: walks, breaks. Select rescue team.	Slight fatigue is allowed.	Physical activities improve overall condition and coordination Memorize landmarks. Encourage socialising.	Use an assistant, use peer for assistance.
Wheelchair users (no use of upper limbs)	Trail for a wheelchair. Determinate the duration of the activities: walks, breaks. Select rescue team.	Don't let students get overtired.	Physical activities improve overall condition and coordination Memorize landmarks. Encourage socialising.	Use an assistant, use peer for assistance.
Communication impairment Speech impairments	No adaptation needed	No adaptation needed	No adaptation needed. Memorize landmarks. Encourage socialising.	No adaptation needed
Learning impairment • Mild	Determinate the duration of the activities: walks, breaks.	Don't let students get overtired. Stick tightly to the group.	No adaptation needed Memorizing landmarks. Physical activities improve overall condition and coordination Encourage socialising.	x
• Moderate	Determinate the duration of the activities: walks, breaks. Select rescue team.	Don't let students get overtired. Stick tightly to the group	No adaptation needed Memorizing landmarks. Physical activities improve overall condition and coordination Encourage socialising.	x
• Severe	Determinate the duration of the activities: walks, breaks. Select rescue team.	Don't let students get overtired. Stick tightly to the group	No adaptation needed Memorizing landmarks. Physical activities improve overall condition and coordination Encourage socialising.	x

