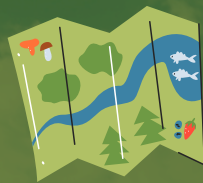


About ACTIVAGE



ACTivAGE is an Erasmus+ Small-scale Partnership in Sport that responds to a growing need across Europe: to get people moving again, especially after the long periods of inactivity, isolation, and screen dependency brought on by the pandemic. The project combines the promotion of physical activity with non-formal learning about sustainability and community engagement. It focuses on people who are often left behind in sport-related programs: children who lack access to outdoor play, youth glued to devices, older adults with limited mobility, and families with fewer financial resources. ACTivAGE empowers these groups by removing barriers and offering inclusive, meaningful, and enjoyable experiences in national parks and natural spaces. The project's three main goals are to: increase physical activity, promote eco-friendly behavior, and strengthen intergenerational solidarity across European communities.



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ACTIVAGE





WHY ACTIVAGE MATTERS

ACTivAGE welcomes children, teenagers, adults, and seniors — especially those from rural areas, low-income families, or communities with fewer opportunities. Schools, sports clubs, youth groups, and local organizations are encouraged to join. Each partner country hosts local activities, and the project ensures support for participants needing help with transportation or equipment. Whether you're 8 or 80, there's a place for you in ACTivAGE.



Methodology & Approach



ACTivAGE is based on a participatory, experiential learning approach that uses non-formal education, physical activity, and nature-based settings to inspire change. Each outdoor camp is designed around age-specific needs, combining physical movement with eco-awareness activities, traditional cultural elements, and social interaction. Activities are delivered through small, inclusive group sessions led by trained facilitators using interactive methods: cooperative games, storytelling, reflection circles, mindfulness exercises, and “green challenges.” All camps follow environmentally responsible practices, including zero-waste policies, Leave No Trace principles, and climate education adapted to each age group. Local replication activities allow each partner to test and adapt methods in their national context, while shared evaluation tools ensure that impact is measured consistently across countries. This hands-on, inclusive model not only encourages more active and sustainable lifestyles but also fosters empathy, confidence, and solidarity between generations — the heart of the ACTivAGE mission.

Outdoor Camps That Inspire, Educate, and Connect

The core of ACTivAGE lies in its series of outdoor camps, each designed to meet the needs and interests of a specific age group while integrating sport, cultural heritage, and environmental learning. In Greece, children (8–12) take part in a Traditional Games Camp where they rediscover the joy of movement through historical European games, nature walks, and playful challenges. In France, youth (13–24) participate in an Orienteering Camp that builds navigational skills, resilience, and teamwork as they explore the forests with maps and compasses. In Cyprus, adults and seniors enjoy an Outdoor Yoga Camp focused on mindful movement, breathing, and self-care — all set in the peaceful mountain landscapes of the Troödos region. The project concludes with a final ACTivAGE Intergenerational Camp in Greece, where participants from different age groups gather for a shared outdoor experience. This closing event reflects the spirit of the project: generations learning from one another, staying active together, and connecting through nature.

