

11 Outdoor Conversations

"Sports and Walking Around" is a dynamic and flexible outdoor activity that starts with **team-based sports games** and transitions into a **walk-and-talk session**, creating a casual and meaningful environment to open discussions on topics such as **mental health, education**, and daily life. It's designed to **build trust, promote physical health**, and **connect youth workers with young people** in a natural, relaxed setting.

Location Type:

Rural area

Target Group:

Open to **everyone**, inclusive of all age groups

Goals and Benefits

- Encourage **teamwork and physical activity**
- Use walking as a tool for **deeper conversation and reflection**
- Improve **connection between youth workers and participants**
- Gain **insight into youth interests and needs**
- Create a space where **mental health and personal topics** can be discussed casually

Implementation tips

1. **Arrival** at the location and welcoming the participants
2. **Youth choose** the preferred sports activity for the day
3. Play begins – youth workers **actively join the games**
4. After games, take a **short break**
5. If weather allows, go for a **group walk**, using it as a chance for **conversation** about interests, issues, and ideas
6. Focus on **building relationships and understanding youth perspectives**

Materials Used

- Preferably a **sports field**, but not necessary
- **Balls and simple sports equipment** (football, basketball, volleyball)
- Open outdoor space for walking
- No major setup is needed – the activity is **flexible and adaptable** to any location

Media & Consent

- **Registration forms** are completed before each activity
- Participants can opt-in for **photo and video consent**
- Sharing personal contact info is **voluntary and based on trust**
- No obligation to provide personal data beyond what's necessary for participation

Reflection and Evaluation

- At the end of each session, participants are invited to **share their feelings and experiences**
- Everyone is encouraged to express how the activity impacted them, promoting **open dialogue and self-awareness**