

## Check list – planning and implementation

- ✓ Planning: Revise your offer: For whom is it suitable? Are there any remaining barriers? Which measures would be necessary to make the offer suitable for a larger group or to make it accessible to all?
- ✓ Check the infrastructure: How about arrival? Is the road suitable for people in wheelchairs? Are there accessible restrooms? Where can I rest with the group?
- ✓ Announce the event in easy-to-understand language ("KISS").
- ✓ Elaborate on these points in your invitation:
  - Accessibility (public transport, cars)
  - Accessible parking (or suitable area to park and leave the car) available?
  - Accessible restrooms available?
  - If there are barriers, state explicitly for which groups the offer is suitable. If people with disability ought to bring an accompanying person (e.g. difficult terrain, or short stretches of > 6 % gradient for people in a wheelchair), point that out in the invitation.
  - Trail conditions (length, gradient, condition of the ground)
  - Resting opportunities available?
  - Duration
  - Food and drink: is there an accessible restaurant? Or ought the participants to bring their own food and drink?
  - Are (guide) dogs allowed?
  - For an event of several days: is there accessible accommodation close by?
  - Contact address for queries
- ✓ Include all senses: propose games which include different senses (e.g. Water:Rucksack games: "sound map", "barefoot caterpillar", touching games with eyes closed) and let the participants touch, smell and taste natural objects.
  - Listening: e.g. animal sounds (birdcalls, croaking of frogs, insects), water, wind
  - Touching: e.g. tree bark, moss, (hairy) leaves, ground
  - Tasting: e.g. fruit, herbs
  - Smelling: e.g. leaves, wood
  - Seeing: e.g. different colours of the leaves in the forest, landscape forms