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