



Materials & Method Collection

Collection of Tools and Techniques for Your Climate Hike



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Training Materials & Curricula

Climate Hikes are rooted in the tradition of social hiking that Naturefriends have embraced since the late 19th century. This unique form of exploration blends the shared experience of nature with opportunities for recreation, (self) education, and political activation. It is about perceiving nature not merely as a backdrop, but as an active space for learning and personal experience.

For a Climate Hike to succeed, organisers must design and execute the event with care and thoughtful planning. Here are key aspects to consider when planning and conducting a Climate Hike:

Tailored Design For the Target Group:

A Climate Hike should be adapted to the needs of its participants, both in terms of the route and the thematic content. Inclusive and diversity-conscious planning is essential—taking into account the specific needs, limitations, special abilities, and diverse perspectives of the target group.

Connecting Topic and Natural Environment:

The chosen natural setting should actively support and bring the topic of the Climate Hike to life. The environment is not just a mere background; it intensifies the overall learning experience. For example, if the focus is on “Biodiversity & Climate Change”, it is beneficial to explore contrasting forest types—one that is intensively managed for timber and another that is largely left to nature. This direct comparison enables participants to experience firsthand the effects of human intervention versus the dynamics of natural ecosystems.

Balance Between Content and Experience:

Climate Hikes thrive on social interactions, meaningful conversations, and shared experiences. Therefore, the content should not be overloaded. It is crucial to leave ample space for informal exchange, mindful observation of the surroundings, and relaxation and enjoyment, ensuring a truly holistic experience.

Holistic Learning:

As a form of non-formal learning, Climate Hikes engage the mind, heart, and hand. Discussions around climate crisis and climate justice can evoke strong emotional responses. It is important to allow space for these emotions and to remain flexible with the plan as the process unfolds. Additionally, providing opportunities for action (planning) and engagement empowers and motivates participants to take long-term, active steps.

This manual presents four distinct scenarios of Climate Hikes, each with its specific thematic focus:

- **Hike Scenario 1: Raising Awareness & Sensitisation on Climate Crisis**
- **Hike Scenario 2: Biodiversity & Climate Change**
- **Hike Scenario 3: Climate Justice & Global Inequalities**
- **Hike Scenario 4: Climate Anxiety & Resilience**

For each topic we outline the core learning objectives, provide essential background information, suggest a range of methods and present an example for a specific target group. Typically, a Climate Hike can be structured with an introductory method, one or two central thematic methods, and a concluding reflection. This structure ensures sufficient time for the shared experience in nature, informal exchanges, and restorative breaks.

Following these four scenarios, we have prepared a detailed list of methods you can use during a Climate Hike to help you along the way.

Don't forget: A successful start is essential: welcome your group with a brief introduction, explain the day's schedule, and outline the approximate timeline including planned breaks. This approach offers clear orientation and paves the way for a smooth and engaging collective experience.

Let's embark on this journey together!



Hike Scenario 1: Awareness Raising & Sensitisation Regarding Climate Crisis

Objectives

- **Recognising the global phenomena of climate crisis and its tangible impacts**
- **Observing local changes in landscapes and ecosystems caused by climate shifts**
- **Encouraging mindful interactions with the natural world**

Content and topics

The climate crisis is recognised as a human-driven phenomenon, yet it can feel abstract—especially for children. The "Awareness Raising" Climate Hike transforms complex data into concrete, local experiences. Participants observe tangible signs of climate change, such as shifts in weather or changes in local ecosystems, making the issue real and immediate. The hike also illustrates how environmental, social, and economic systems are interconnected, showing how everyday choices impact the climate. Through mindful observation and discussion, participants are encouraged to move from passive awareness to an active, informed engagement for a sustainable future.

Possible Methods

Introduction:

- What I Like in Nature
- Photovoice
- Climate Bingo
- Human Continuum
- The Picture in My Head

Main Part:

- The Albedo Effect
- Climate Quiz
- Climate Taboo
- Shifting Baseline
- Quiz: Cumulative Emissions
- SDG Speed-Dating

Activation / Reflection:

- Positive Climate Actions
- Wool Network
- Idea Pitching
- Drawing the Journey
- Mindful Meditation "From Head to Toe"

Exploring Climate Realities: A Journey Through Local and Global Impacts

Duration: approx. 3hrs
Target Group: non specific

Method	Content	Time
Welcoming & Short Introduction	Climate Hikes Project, Social Hiking	15 min
Guided Conversation while Hiking	Climate Change & Climate Crisis	15 min
Hiking with free Conversations	Whatever comes to your mind!	20 min
Climate Quiz	Facts about climate crisis	20 min
Hiking with Stops for Explanations	What is this landscape, how was it shaped? Where do you see changes due to the climate crisis?	30 min
Lunch break / Eat & Drink Local	Local, seasonal products for lunch, exchange on food and climate footprint	30 min
Silent Hiking with Reflection on Positive Climate Action	Different ideas for becoming active	15 min
Wool Network	Presentation of ideas	20 min
Goodbye	Thanking everyone who participated	5 min

Hike Scenario 2: Biodiversity & Climate Change

Objectives

- **Understanding Biodiversity & Climate Change Interaction: Explore biodiversity loss, species shifts, and climate resilience.**
- **Observing Human Impact on Nature: Compare managed and natural ecosystems, analysing human influence.**
- **Developing a Systemic Perspective: Connect biodiversity, climate change, and social-ecological systems.**

Content and topics

Biodiversity is essential for healthy ecosystems and climate resilience, yet climate change is accelerating species loss and disrupting habitats worldwide. This Climate Hike helps participants explore the deep connections between biodiversity and climate change by observing nature firsthand. By comparing different landscapes participants can analyse the impact of human activities on ecosystems. They will gain insights into how land use, deforestation, and habitat destruction contribute to biodiversity loss while also considering sustainable conservation strategies. The hike also encourages a systemic perspective, highlighting the links between biodiversity, climate change, and human well-being. Through observation, discussion, and reflection, participants will develop a deeper understanding of the urgency of protecting biodiversity and the role it plays in climate adaptation and mitigation.

Possible Methods

Introduction:

- What I Like in Nature
- Photovoice
- The Last Island
- Human Continuum
- The Picture in My Head

Main Part:

- The Albedo Effect
- System Thinking Triangle Game
- Climate Quiz
- Climate Taboo
- Having a Closer Look
- Sound Map
- The Sound of Silence
- Wool Network
- Wildlife Scavenger Hunt
- Eco-Detectives
- Collect Treasures

Activation / Reflection:

- Positive Climate Actions
- Wool Network
- Idea Pitching
- Drawing the Journey
- Mindful Meditation "From Head to Toe"
- Landart

On the Trail of Biodiversity: Discovering Climate Change in Nature

Duration: approx. 3hrs

Target Group: All groups, but especially for (single) parents with kids

Method	Content	Time
Welcoming & short introduction	Climate Hikes Project, Social Hiking	5 min
What I Like in Nature	Climate Change & Climate Crisis	10 min
Introducing Wildlife Scavenger Hunt	Exploring animals and their habitats	30 min
The Last Island	Climate crisis, sea-level rise and its global impacts	25 min
Hiking + Stops for Explanations	What are the ecosystems? What are their characteristic biodiversity? Where do you see changes due to the climate crisis?	30 min
Lunch Break / Eat & Drink Local	Local, seasonal products for lunch, exchange on food and climate footprint	30 min
Hiking with Eco-Detectives	Wildlife disturbances, pollution, how to make the environment safer for animals	25 min
Landart	What should our world look like?	20 min
Goodbye	Thanking everyone who participated	5 min

Hike Scenario 3: Climate Justice & Global Inequalities

Engaging with global inequalities and climate justice requires thorough preparation. Facilitators must reflect on their own position in global power structures and approach discussions with sensitivity. It is crucial to portray the Global South as active agents rather than passive victims. Since these topics can affect individuals differently, creating a "safer/braver space" for open dialogue is essential. A thoughtful, inclusive approach enriches the learning experience but also lays a solid foundation for transformative action in addressing global inequalities.

Objectives

- **Understanding global inequalities in the causes and effects of climate change.**
- **Reflecting on the responsibility of privileged regions in combating climate change.**
- **Encouraging solidarity with affected communities.**

Content and topics

Climate change is not just an environmental issue—it is deeply tied to global inequalities. Those who have contributed least to the climate crisis often suffer its most severe consequences. This Climate Hike explores the connections between climate change and social justice.

Through non-formal methods, exchange and discussion, participants will examine how global power structures shape climate impacts and responses. The hike also introduces the Sustainable Development Goals (SDGs) as a framework for addressing these challenges. By understanding the interwoven nature of environmental, economic, and social systems, participants will reflect on ways to promote climate justice and global solidarity.

Possible Methods

Introduction:

- The Last Island
- Human Continuum
- The Picture in My Head

Main Part:

- Position Barometer
- The Way You Shout Into the Forest
- Empathy for Inequalities
- Wool Network
- SDG Speed-Dating
- Silent Hiking
- Systems Thinking Triangle Game
- Quiz: Cumulative Emissions

Activation / Reflection:

- Positive Climate Actions
- Idea Pitching
- Drawing the Journey
- Mindful Meditation "From Head to Toe"
- Landart

Climate Justice on Foot: Walking Toward Global Fairness

Duration: approx. 4hrs

Target Group: All groups, but especially youngsters with socially disadvantaged background

Method	Content	Time
Welcoming & Short Introduction	Climate Hikes Project, Social Hiking	10 min
The Picture in My Head	Climate Crisis, Climate justice	25 min
Hiking with Stops for Explanations	What is this landscape, how was it shaped? Where do you see changes due to the climate crisis?	30 min
Position Barometer	Different dimensions of justice:, intra-national, intergenerational, international	25 min
Hiking with Free Conversations		30 min
Lunch Break / Eat & Drink Local	Local, seasonal products for lunch, exchange on food and climate footprint	30 min
Empathy for Inequalities	Global inequalities regarding climate crisis impacts	25 min
Quiz: Cumulative Emissions	Cumulative Emissions 1751-2017	20 min
Silent Hike		5 min
The Way You Shout Into the Forest		20 min
Hiking while Reflecting	Actions for Climate Justice	20 min
Idea Pitching	Actions for Climate Justice	20 min
Goodbye	Thanking everyone who participated	5 min

Hike Scenario 4: Climate Crisis, Climate Anxiety & Resilience

Objectives

- Identifying and acknowledging feelings of climate anxiety and fear.
- Encouraging open conversations about emotional responses to the climate crisis.
- Fostering resilience through group activities and positive experiences in nature.

Content and topics

The climate crisis is not only reshaping our physical environment—it's also impacting our emotional well-being. Many people experience feelings of anxiety and fear as they confront the reality of rapid environmental change. Recognising and acknowledging these emotions is an important step toward understanding the broader impacts of climate change.

This Climate Hike creates a safe, supportive space for participants to explore their emotional responses. By openly discussing climate anxiety, individuals can transform distress into empowerment. Group activities and mindful interactions with nature help foster resilience, reinforcing the idea that shared experiences in the natural world can restore hope and build inner strength.

By combining open conversation with positive, restorative experiences in nature, this hike encourages participants to view their emotional responses as catalysts for proactive change. Together, we can nurture resilience and work towards a more sustainable future.

Possible Methods

Introduction:

- What I Like in Nature
- Human Continuum
- The Picture in My Head

Main Part:

- Having a Closer Look
- The Way You Shout Into the Forest
- Sound Map
- The Sound of Silence
- Silent Hiking
- Hike Dating
- Climate Anxiety Reframing
- System Thinking Triangle Game
- State of the World
- Emotion Collage
- Landart

Activation / Reflection:

- Wool Network
- Idea Pitching
- Drawing the Journey
- Mindful Meditation "From Head to Toe"
- Landart

Climate Feelings: Hiking Toward Resilience

Duration: approx. 4hrs

Target Group: All groups, but especially for physically handicapped people

Method	Content	Time
Welcoming & Short Introduction	Climate Hikes Project, Social Hiking	15 min
What I Like in Nature	Appreciating Nature	25 min
Hiking with Stops for Explanations	What is this landscape? How was it shaped? Where do you see changes due to the climate crisis?	30 min
State of the World	Reality of the climate crisis	45 min
Lunch Break / Eat & Drink Local	Local, seasonal products for lunch, exchange on food and climate footprint	30 min
Hiking with free Conversation		15 min
Sound Map / Having a Closer Look	Perception of Nature	30 min
Natural Mandala	Experience of Nature	30 min
Hiking with free Conversation		15 min
Goodbye	Thanking everyone who participated	5 min

Learning should be a joyful activity. This is why games are among the most effective ways of learning, not only for children. In this section you will find an abundant collection of methods you can use for your Climate Hike! The first few pages give examples on how some games fit into certain parts of a hike. After that you will find a detailed summary of each game you can use. Remember that this is not a final list of allowed games to play but rather a helping hand for your planning! If you have other effective and joyful games that work better for your Climate Hike topic, feel free to use them!

It is also important to note that every method can be used with any group, however some games might simply suit a certain target or age group better than others. This is why we have added the section “Easy to Do With” in the following lists. This is, however, only a recommendation and not a final decision that you have to follow. Try it out and see!

Welcome & Introduction

Title	Age	Group Size	Easy to Do With	Time
What I Like in Nature	All Ages	3 - 15	All	30 min
Photovoice	12 +	4 - 20	All	Whole Hike
The Last Island	6 +	12 - 20	Parents with Kids	30 min
Climate Bingo	6 +	8 - 30	All	15 min
Human Continuum	All Ages	5 - 30	All	15 min
The Picture in My Head	10 +	6 - 20	Physically Handicapped	20 - 40 min

Main Part

Title	Age	Group Size	Easy to Do With	Time
Guided Conversations	12 +	8 - 20	All	15 min
The Albedo Effect	All Ages	4 - 20	All	30 min

Title	Age	Group Size	Easy to Do With	Time
Climate Quiz	10 +	2 - 30	All	15 min
Climate Taboo	10 +	4 - 30	Young Adults	20 min
Shifting Baseline	12 +	4 - 12	Adults	15 min
Quiz: Cumulative Emissions	12 +	3 - 20	Parents with Kids	15 min
Position Barometer	12 +	5 - 30	Adults	15 - 25 min
Having a Closer Look	10 +	4 - 12	All	30 min
The Way You Shout Into the Forest	16 +	8 - 15	Young Adults	max. 20 min
Sound Map	6 +	2 - 20	Physically handicapped	30 min
The Sound of Silence	10 +	8 +	All	30 min
How to (Not) Get Lost	12 +	6 - 10	Adults	1,5 hrs
Empathy for Inequalities	12 +	4 - 15	Young Adults	25 min
SDG Speed-Dating	12 +	8 - 17	Young Adults	30 - 60 min
Wool Network	14 +	9 - 30	Young Adults	25 min
Silent Hiking	14 +	6 - 20	Young Adults	10 - 30 min
Hike Dating	12 +	8 - 20	Young Adults	30 min
Meeting Local People	8 +	2 - 15	Young Adults	1 hr / Whole Hike

Title	Age	Group Size	Easy to Do With	Time
Climate Anxiety Reframing	16 +	2 +	All	45 min
Wildlife Scavenger Hunt	6 +	8-20	Parents with Kids	20 min
Eco-Detectives	6 +	4 -15	Parents with Kids	20 min
System Thinking Triangle Game	All Ages	10 - 30	Adults	45 min
Collect Treasures	All Ages	4 - 30	Parents with Kids	Whole Hike
Natural Mandala	All Ages	2 - 30	All	30 min
State of the World	12 +	8 - 20	Young Adults	1 hr
Value Game	12 +	4 - 16	Young Adults	1 hr
Emotion Collage	12 +	2 - 30	All	1 hr / Whole Hike
Landart	8 +	4 - 20	All	30 - 45 min
Positive Climate Actions	12 +	6 - 20	Young Adults	10 min
Idea Pitching	14 +	4 - 12	All	20 min
Tree Planting	All	3 - 12	All	1-2 hrs
Eat & Drink Local	All	2 +	All	Lunch Break

Wrap-Up & Reflection

Title	Age	Group Size	Easy to Do With	Time
Swimming Reflection	6 +	2 - 15	All	30 min
Five Finger-Reflection	All Ages	3 - 30	All	15 min
Mindful Meditation “From Head to Toe”	12 +	5 - 20	Young Adults	15 - 20 min
Drawing the Journey	All Ages	3 - 30	All	1 hr
Evening Storytelling	All Ages	2 +	All	1,5 hrs
Gazing at the Stars	All	2 +	All	30 min
Sleeping Outside	10 +	max. 10	Young Adults	Whole Night

Welcome & Introduction

What I Like in Nature

Age: All Ages

Group Size: 3 - 15

Materials: None

Duration: 30 min

Description: Encourage group members to share their favourite natural places or experiences and the emotions these evoke. Use questions like:

- Which place do I like most when I want to relax from school/work?
- Which places or natural features inspire me?
- Where would I feel safe and secure, for example when I am sad?
- Which natural places do I find exciting?
- Which place or natural features feel for me like holiday?
- Which is a landscape/place in the world I really want to visit?

Let answers flow freely without pressure using the “popcorn method”—anyone can speak, but no one is required to. If the hike is local, consider visiting spots mentioned by participants.

Goal: Appreciating Nature, Mindfulness

Photovoice

Age: 12+

Group Size: 4 - 20

Materials: Cameras or Smartphones

Duration: Whole Hike

Description: Ask participants to take photos during the hike based on guiding questions, such as “Where do you see evidence of climate change (positive or negative)?” or “What inspires you about nature here?” During a break or at the end, participants share their pictures, discuss what they captured, and reflect on their feelings about the changes observed.

Goal: Teambuilding, Raising Awareness, Creativity, Observation Skills

The Last Island

Age: 6+

Group Size: 12 - 20 p.

Materials: Terrain (Max. 100m²) With Boulders, Whistle

Duration: 30 min

Description: Define a “dry” area within your vicinity (for example bigger stones) and explain that the rest of the area is water. Now everybody needs to gather in the dry area, so that they are safe from “drowning”. Once everybody found their place, re-define the area, to make it smaller. People will need to cuddle to fit and maybe not everybody will. Encourage teamwork to stay dry. Afterwards, discuss how it felt to survive, help others, or leave someone behind, linking it to real-world sea-level rise and its global impacts.

Goal: Teambuilding, Raising Awareness

Climate Bingo

Age: 6+

Group Size: 8 – 30

Materials: Bingo Sheets, Pens

Duration: 15 min

Description: Each participant receives a bingo sheet with statements like “Find someone who uses public transport” or “Find someone who loves camping.” Participants interact to find matches and fill their sheets. The first to complete a row shouts “Bingo” and can sit down. Possible statements:

Find a person who...

- ... regularly participates in outdoor sports
- ... follows a vegetarian diet
- ... uses the train more than the car
- ... did a hiking tour for a whole week (or more)
- ... was already traveling outside of Europe
- ... loves camping
- ... tried exotic food in another country
- ... likes buying food on the market
- ... has climbed a mountain

Goal: Teambuilding, Learning Sustainable Practices

Human Continuum

Age: All Ages

Group Size: 5 – 30

Materials: None

Duration: 15 min

Description: Ask participants to physically position themselves according to specific attributes or opinions. Let them, for example, line up according to age, travel distance, shoe size, birth month, level of experience in a particular field or topic, opinion on a statement (from agree to disagree), current emotional state (e.g. from excited to anxious), etc.

Also, you can define an imaginary map on the ground and ask for example: “Where do you feel at home?”, “Where was your best hiking experience so far?”, “Where would you travel if you had endless time and money?”, etc.

Goal: Teambuilding, Self-Awareness

The Picture in My Head

Age: 10+

Group Size: 6 – 20

Materials: Moderation Cards, Pencils

Duration: 20 – 40 min

Description: The group forms a circle. Each person receives a blank paper card. The task now consists of each person to think about what associations they have with the topic

(e.g. Climate Crisis, biodiversity, climate justice...). These should then be recorded as a drawing on paper. As soon as everyone has finished, everyone passes their drawing in a circle to the left. In turn, each person presents the drawing to the group, with the drawer being allowed to make additions.

Goal: Finding a Personal Introduction Topic, Creativity

Main Part

Guided Conversations

Age: 12+

Group Size: 8 - 20

Materials: Notes with Guiding Questions

Duration: 15 min

Description: Pair participants (ideally those less familiar with each other) and provide guiding questions related to the hike's topic.

Example questions for Hike Scenario 1: Awareness Raising & Sensitisation regarding climate change: When did you first hear the terms "Climate Change" and "Climate Crisis"? From whom? Have you ever experienced climate change directly? What do you think will change in the coming years?

Goal: Teambuilding, Self-Awareness, Conversation Skills

The Albedo Effect

Age: All Ages

Group Size: 4 - 20

Materials: Paper or Plastic Sheets With Black and White Surface

Duration: 30 min

Description: During a break, place a black and a white surface in the sun with melting materials (e.g., coconut oil). Observe how the material melts faster on the black surface. Discuss the albedo effect, surface types, and their role in climate phenomena like melting ice caps.

Goal: Knowledge, Experiencing Science

Climate Quiz

Age: 10+

Group Size: 2 - 30

Materials: Quiz Questions

Duration: 15 Min or Now and Then During Hike

Description: Prepare climate-related questions tailored to your group's knowledge level. Do a climate quiz or drop questions intermittently during the hike to encourage participation and discussions about surprising or new facts. Examples (for youngsters & adults)

1. What is the hottest year on record? 2024 was the hottest year on record. - The year was 1.28°C warmer than the 20th century average.
2. By how much has the oldest and thickest Arctic ice declined? Answer: About 95%

3. At what rate is global sea level currently rising per year? Answer: 3.6mm per year
4. Which region has 80% of the population most at risk from climate-related crop failures and hunger? Answer: Sub-Saharan Africa, South and Southeast Asia
5. By how much have global animal species populations declined since 1970? Answer: 69%
6. How much CO₂ does an average person living in Germany produce per year? (Per capita emissions) Answer: 9,23 t
7. How much of the world's soybean production goes into meat production (for feeding)? Answer: 80%
8. Share of African countries in cumulative CO₂-emissions from 1751 to 2017. Answer: 3%
9. How much of the total agricultural land on the planet is being used to produce feed for farm animals (meat production)? Answer: 77%

Goal: Knowledge, Climate Literacy

Climate Taboo

Age: 10+

Group Size: 4 - 30

Materials: Papers With Words

Duration: 20 min or now and then during hike

Description: Write climate-related words (e.g. "Global warming") on cards with "taboo" words that cannot be used while explaining. One person explains while others guess. Rotate roles and enjoy learning in a joyful, interactive way. Examples for words:

- Global warming (Taboo: Temperature, Earth, Hot, Atmosphere, Greenhouse)
- Carbon Footprint (Taboo: Emissions, Pollution, CO₂, Environment, Impact)
- Deforestation (Taboo: Trees, Forest, Cut, Land, Clear)
- Recycling (Taboo: Waste, Plastic, Reuse, Trash, Materials)
- Melting Ice Caps (Taboo: Polar, Glaciers, Water, Sea Level, Antarctica)
- You can also think of words/terms related to your specific hiking topic

Goal: Knowledge, Climate Literacy, Teambuilding, Conversation Skills

Shifting Baseline

Age: 12+

Group Size: 4 - 12

Materials: None

Duration: 15 min

Description: Participants describe how their favourite mountain place has changed over the years, whether due to an increase in tourism or shifting weather patterns and attempt to link these changes to global climate change. Reflection: Participants explain how they feel about this change, positive and negative emotions.

Doing this method in a mixed-age group will illustrate how we take today's conditions, e.g. the number of insects, as a reference point as "normal" and don't think about what it was like 20, 40, 100 years ago. If we recall stories from the past, e.g. from our parents' or grandparents' childhood, then we have a bit of an expanded picture of what an ecosystem, a place or a country was like.

Goal: Personal Introduction to Topic, Reflection, Exchange

Quiz: Cumulative Emissions

Age: 12+

Group Size: 3 – 20

Materials: None

Duration: 15 min

Explain to participants the concept of cumulative carbon dioxide (CO₂) emissions. Distribute participants in small groups. Let each group guess the share of cumulative carbon dioxide (CO₂) emissions of each continent (North America, Europe, Asia, Africa, South America, Oceania) for the period from 1751 to 2017. Let them present and discuss. Afterwards present them the actual numbers.

Goal: Knowledge Gaining, Reflection

Position Barometer

Age: 12+

Group Size: 5 – 30

Materials: None

Duration: 15 – 25 min

Description: The facilitator draws a line on the floor or lays out a long rope representing two extreme points (e.g. "strongly agree" and "strongly disagree"). Then, the facilitator reads a statement aloud and asks participants to position themselves along the line so that their location reflects their opinion or stance. Finally, the facilitator invites participants to explain their positions and moderates a discussion to capture and understand the different views and reasons. The next statement is then read aloud.

Example statements regarding "Climate Justice & Global Inequalities":

1. The Global North is doing its best to tackle the climate problem.
2. Women* are more affected by the consequences of climate change than men*.
3. The less privileged someone is, the more he/she suffers from climate change.
4. Young people suffer from the decisions of older generations.
5. To achieve climate justice, western industrialised countries must accept their historical responsibility and pay for it.

Goal: Teambuilding, Self-Awareness

Having a Closer Look

Age: 10+

Group Size: 4 – 12

Materials: Any Natural Terrain

Duration: 30 min

Description: In pairs, examine a 1m² area of natural terrain closely for 15 minutes, identifying as many species as possible. Discuss findings and optionally use apps to identify species.

Goal: Raising Awareness, Experiencing Nature, Observation Skills

The Way You Shout Into the Forest

Age: 16+

Group Size: 8 - 15

Materials: Drums, Singing Bowl, etc.

Duration: max. 20 min

Description: The participants are asked to find a place in the forest from where they cannot see another person. They are given a few minutes to do this. An acoustic signal (drum/sound bowl) then marks the start of the exercise. The participants are now allowed to "shout into the forest" an emotion, a thought or something they have experienced during the previous section of the walk. The task is to keep it as brief as possible. Individual words are preferable to whole sentences. The others hear the word and may respond to it. The answer may be associative, but also concrete. After about three minutes (depending on the number of participants), an acoustic signal ends the first round. Now another person can call out their first word.

After a total of around 20 minutes, the trainer ends the exercise with an acoustic signal or by calling out. Everyone comes together and can share their impressions of the exercise in a large plenary session.

Goal: Creative Exchange, Stimulating the Senses, Paying Attention to Each Other, Finding a Common Rhythm

Sound Map

Age: 6+

Group Size: 2 - 20

Materials: Papers and Pens

Duration: 30 min

Description: Participants find a comfortable spot, listen to their surroundings, and draw a map representing the sounds they hear using symbols or colours. At the end, share and discuss the "sound maps" with the group.

Goal: Creativity, Mindfulness, Relaxation, Observation Skills, Experiencing Nature

The Sound of Silence

Age: 10+

Group Size: 8+

Materials: Any "Quiet" Place Outside

Duration: 30 min

Description: Find a quiet place, sit with eyes closed, and focus on the sounds of nature, wind, birds, insects, etc.). Reflect on the experience and continue hiking silently to deepen the connection with the environment.

Goal: Mindfulness, Relaxation, Raising Awareness, Experiencing Nature

How to (Not) Get Lost

Age: 12+

Group Size: 6 - 10

Materials: Topographical Map(s) of the Region, Compasses

Duration: 1,5 hrs

Description: Teach participants to use topographic maps and compasses to navigate and recognise landscape features. Compare maps with the real environment, discuss the terrain's formation, and encourage observation skills.

Goal: Knowledge, Getting to Know the Area, Navigation Skills, Appreciating Nature

Empathy for Inequalities

Age: 12+

Group Size: 4 - 15

Materials: None

Duration: 25 min

Description: You randomly take away a necessary utensil from the other person and then let them wander on. The people should feel how random such restrictions are, how random and how little reason there is for them. The people remain in this state for 10-15mins.

Instructions: Stand in a line/circle, then everyone takes something away from the person that they need for walking e.g. a hat, glasses, a shoe, a sock etc. and then we walk on. Analyse how the dynamics change. After 10-15mins form a circle and ask people how they felt about it? Did they really need the things they took away? How was it for the people they've taken from?

Lesson: Maybe you don't need what you've taken from somebody else, although it is more comfortable and gives more security if you have two rain jackets. In comparison, it was perhaps disproportionately more difficult for the people concerned to continue on their way.

Goal: Reflection on Privileges, Justice and Equality

SDG Speed-Dating

Age: 12+

Group Size: 8 - 17

Materials: Can be Found Online: nf-int.org/sdg

Duration: 30 - 60 min

Description: SDG-Speed Dating is a game that gives an introduction to the SDGs and climate change related issues. Every participant is assigned to a specific SDG and is then invited to "speed-date" with another person. The task is to find relationships between the two SDGs and find reciprocal influences.

Instructions:

1. Read briefly what your specialities are (approx. 5 min).
2. Fill in items 1 to 4 on your dating notepad.

3. Choose a person you would like to meet. Don't ask what SDG he/she has (or "is") - let yourself be surprised!

4. The date: Start telling something about yourself. The other person will then also tell you something about themselves. Then you can discover how you can win each other's hearts and what is really important to you. Note down what you have in common and potential activities you could do together! You have 10 minutes. Example: SDG 13 "Climate action": I love being outdoors and I love nature. The most important thing to me is that all animals and plants are well, and I work hard to achieve this every day. I wish I had someone with whom I could share this passion.

5. Speed dating no. 2: New luck, same rules

Goal: Knowledge Exchange

Wool Network

Age: 14+

Group Size: 9 - 30

Materials: Ball of Wool

Duration: 25 min

Description: A ball of wool is thrown around in the group, then the participants are invited to give an example of the environmental impact of climate change and to let loose their part of the wool. At one point the whole network collapses. Then the participants are asked to give options for action to solve the issue of climate change and take a part of the wool. By doing this, the network looks different at the end than in the start but is stable again, giving an idea of how societal transformation could look like.

Goal: Personal Reflection, Feeling of Interconnectedness

Silent Hiking

Age: 14+

Group Size: 6 - 20

Materials: None

Duration: 10 - 30 min

Description: After text work, a discussion round or an input, the participants are invited to a silent walk. Silent walking involves walking for a fixed period of time without speaking. Important: Before the silent walk, there should preferably be a method that encourages the participants to reflect on the silent walk with impulses. They should also be given a series of questions about the impulses they have experienced. For many people, silence in a group is a new and intense experience. Accordingly, there should be enough time afterwards to evaluate the silent walk both in terms of content and emotionally.

Goal: Personal Reflection, Contemplation

Hike Dating

Age: 12+

Group Size: 8 – 20

Materials: Sheets with Statements

Duration: 30 min

Description: Distribute statements or questions related to the hike's topic. Participants pair up, discuss their assigned topic, and switch partners periodically to exchange ideas with everyone.

Examples for Climate Justice & Global Inequalities:

"The climate crisis is not just an environmental issue, it is a human rights issue, a justice issue, and an ethical issue." – Mary Robinson (Former President of Ireland and Climate Justice Advocate)

"The people least responsible for climate change are the ones suffering the most." – Vanessa Nakate (Ugandan Climate Activist)

"Environmental justice, climate justice, racial justice—it's all the same fight." – Leah Thomas (Climate Activist and founder of Intersectional Environmentalist)

Goal: Teambuilding, Conversation Skills, System Thinking

Meeting Local People

Age: 8+

Group Size: 2 – 15

Materials: A Good Meeting Location for Locals

Duration: 1 hr / Whole Hike

Description: Stop in villages, farms, or with locals along the route to share experiences. Ask how they perceive changes in the environment over time, fostering mutual understanding and appreciation for the area.

Goal: Cultural Understanding, Conversation Skills, Connecting with Local Communities

Climate Anxiety Reframing

Age: 16+

Group Size: 2+

Materials: Table, Something to Write, e.g. Cards

Duration: 45 min

Description: During the Climate Hike, discussions on the climate crisis may cause anxiety. To turn these feelings into motivation, participants reframe their worries into positive actions.

Example:

Instead of "I worry about my hometown flooding", think "I care about my community and can organise a charity Climate Hike to support local solutions."

Or, instead of "Marine animals are dying from plastic waste", reframe it as "I care about ocean health and can organise a beach cleanup or visit a marine rescue centre."

- Brainstorm – Write down individual climate concerns.
- Group Discussion – Share concerns and help each other reframe them.
- Rewrite – Flip the paper and write a positive, actionable version.
- Share – Gather in a circle and present outcomes.

Goal: Reframing Anxiety Into a Potential

Wildlife Scavenger Hunt

Age: 6+

Group Size: 8 – 20

Materials: None

Duration: 20 min

Description: Participants explore their surroundings to find clues or objects related to animals and their habitats (e.g., feathers, nests, animal tracks). Encourage discussions about protecting those habitats.

Goal: Knowledge Activation

Eco-Detectives

Age: 6+

Group Size: 4 – 15

Materials: None

Duration: 20 min

Description: Kids pretend to be detectives looking for signs of wildlife disturbance (like litter, broken branches, or noise) and discuss ways to make the environment safer for animals

Goal: Learning About Wildlife, Recycling and Trash/ Garbage Disposal

System Thinking Triangle Game

Age: All Ages

Group Size: 10 – 30

Materials: None

Duration: 45 min

Description: Gather participants.

First Round: Everybody secretly chooses two people, and at the count of 3, their task is to situate themselves at an equal distance from both persons, so they form the shape of an equilateral triangle. The movement goes on and on, and it sometimes never comes to an end.

Second round: everybody chooses new people. Now you act as an external disturbance: if you tap someone on the shoulder, this person silently counts to 10 and then sits down on the floor. Once the person sits, everybody who chose the person for their triangle also counts to 10 silently and then sits down. Try to only tap one or two people and see how the system collapses.

Third Round: everything happens as in round two, but this time people count to 10 loudly. During this time, anybody who comes close to the person during their movement can tap the counting person on the shoulder to stop the countdown and save her.

Between every round and in the end some debriefing should be provided: Ask about how people felt and what analogies they see in real life. Discuss about systems (for example ecosystems or working teams), dependencies and resilience (as the ability from a system to recover itself).

Goal: System Thinking, Teambuilding

Collect Treasures

Age: All Ages

Group Size: 4 - 30

Materials: None

Duration: Whole Hike

Description: Ask participants to collect items during the hike and link them to the hike's topic. Present findings and discuss their significance.

Examples:

1. Awareness Raising & Sensitisation

- Dried leaves or wilted plants Signs of changing weather patterns and drought
- Litter (plastic, cans, etc.) Human impact on nature and pollution

2. Biodiversity & Climate Change

- Different types of leaves or tree species Diversity in ecosystems and resilience to climate change
- Insect species (observed, not collected!) Indicators of biodiversity and ecosystem health

3. Climate Justice & Global Inequalities

- Imported food packaging (e.g., banana peel, chocolate wrapper) Global trade, carbon footprint, and resource distribution
- A piece of fast fashion clothing found as waste Links between climate change, consumption, and labour rights

4. Climate Crisis, Climate Anxiety & Resilience

- A particularly old tree Symbol of resilience and adaptation
- Moss, fungi, or lichen Indicators of air quality and environmental health

Goal: Experiencing Nature, Creativity

Natural Mandala

Age: All Ages

Group Size: 2 - 30

Materials: None

Duration: 30 min

Description: Invite everybody to collect materials which they like for a few minutes (for example leaves, flowers, pinecones, seeds, ...), without destroying nature. Afterwards, come together again at a flat surface and create a mandala: arrange the materials in a circular pattern, explore symmetry and be creative. Depending on the group size, you can do it all together or in small groups. It's also

possible to let the participants “draw” what they like (alone or in a group) or you stipulate other motives which are connected to the hike's topic or let them create motives which they freely associate with the topic.

Goal: Creativity, Experiencing Nature

State of the World

Age: 12+

Group Size: 8 - 20

Materials: 2 Posters Per Group

Duration: 1 hr

Description: During a break, form groups of 3-5 people, ideally. Ask them to exchange with each other how they feel about the climate crisis and the general state our world is in. Let them collect their results on a poster. Afterwards, let the groups rotate, so that every group gets the poster from another group. Explain, that feelings we have (like anxiety, anger, sadness etc.) are a representation of our view on the world and our values. They can be a guideline on what really matters to us, so having them is reasonable.

Then, ask them to identify the values and motivations which stand behind the feelings written down by the other group and let them write those on a poster as well. For example: loving animals, thinking globally, seeing beauty in nature, feeling responsible for other beings, being informed about the world, etc.

At the end, come together with the whole group and let everybody present what values they found. Discuss how far people share mutual values and if there is a way to find new coalitions based on that to stand up against climate injustice and destruction of nature.

Goal: Mindfulness, Resilience, Teambuilding, Self-Awareness

Value Game

Age: 12+

Group Size: 4 - 16

Materials: A List of Values Related to the Topic e.g. Compassion, Justice, etc.

Duration: 1 hr

Description: During the hike, everybody is asked to reflect on how their ideal society should look like, while hiking in silence. Ask them to write down the five values which everybody in their ideal society should agree upon (for example solidarity, trust, sustainability, ...). You can provide a list of values or let them think freely.

Afterwards, let them form pairs and ask to agree on 5 mutual values out of the 10 values they collected. In the next round, two pairs come together, again with the task to find five mutual values. Depending on group size, this can be repeated one more time (coming together with 8 people). In the end, find a spot for a break and come together with the whole group to discuss and create a list of five mutual values all together.

Goal: Teambuilding

Emotion Collage

Age: 12+

Group Size: 2 - 30

Materials: Cameras or Smartphones, Papers and Pens

Duration: 1 hr or During Whole Hike

Description: During a break, invite all participants to draw things that represent emotions for them. For example, they could draw a cartoon character they like with a happy face, a crying emoji, a heart, a graffiti saying "nice", or whatever comes to their minds. It's helpful to prepare some examples for inspiration.

Afterwards, continue hiking and ask everybody to take pictures with their phone cameras of things that evoke their emotions, such as things they like, dislike, or find surprising, together with the fitting drawing.

You can collect the pictures afterwards and create a digital collage for everybody to take home.

Goal: Mindfulness, Creativity

Landart

Age: 8+

Group Size: 4 - 20

Materials: None

Duration: 30 - 45 min

Description: The participants are given a task or a topic. They then have 20 to 30 minutes to transform this topic into a piece of art. They should only use objects and materials that they find in the natural environment, such as branches, leaves, stones and the like. At the end, the participants present their results to each other and explain their artworks.

Goal: Personal Reflection, Creativity, Activation

Positive Climate Actions

Age: 12+

Group Size: 6 - 20

Materials: None

Duration: 10 min

Description: Reflect together on positive climate actions. How can we, as individuals and communities, contribute to the health of our planet? Use this time to wrap up the hike on a hopeful note, encouraging participants to think about the connections they've made with each other and the natural world.

Goal: Activation

Idea Pitching

Age: 14+

Group Size: 4 - 12

Materials: None

Duration: 20 min

Description: Before the session, participants are encouraged to reflect on potential ideas for action. When they come together for the idea-pitching segment, each person has 45 seconds to present their concept to the group. After the pitch, the group is allowed to ask up to three clarifying questions, giving the presenter a chance to elaborate on key aspects of their idea. Once the discussion concludes, the next participant steps up to share their pitch.

Goal: Activation, Exchange, Presentation Skills

Tree Planting

Age: All Ages

Group Size: 3 - 12

Materials: Tree Seedlings, Young Trees, Agreement with Local Forestry

Duration: 1 - 2 hrs

Description: In this activity, the participants work together to plant a tree. They prepare the soil, plant the tree, and water it, symbolising their collective effort in making a lasting impact which will exist for decades. As they work together, they reflect on how even small actions contribute to a healthier planet. This activity aims to strengthen the connection between the individuals and nature as well as to show that everybody can make a difference.

Goal: Feeling of Self-Efficacy, Teamwork

Eat & Drink Local

Age: All Ages

Group Size: All Sizes

Materials: Local, Seasonal Food for Lunch Break

Duration: 1 hr

Description: Purchase local foods for the hike to support the regional economy and engage with producers. Discuss how local practices align with sustainability and foster mutual respect.

Goal: Raising Awareness, Connecting to Local Community, Learning Sustainability Practices, Supporting Local Communities

Wrap-Up & Reflection

Swimming Reflection

Age: 6+

Group Size: 2 - 15

Materials: Swimming Clothes

Duration: 30 min

Description: After the hike, take a swim and reflect on the day with guiding questions. Use this time to relax and connect with nature.

Goal: Reflection, Relaxation, Experiencing Nature

Fiver Finger-Reflection

Age: All Ages

Group Size: 3 – 30

Materials: None

Duration: 15 min

Description: Ask participants to reflect about the day and say their opinion per finger, with each finger representing a specific viewpoint. For example: Thumb: I liked that; Index finger: I'd like to point out; Middle finger: I didn't like that; Ring finger: That is what I am taking home; Pinky finger: That was too short.

Goal: Reflection, Creativity, Mindfulness

Mindful Meditation "From Head to Toe"

Age: 12+

Group Size: 5 – 20

Materials: None

Duration: 15 – 20 min

Description: Invite the participants to consider how each part of their body, from head to toe, connects to the wider world. They can reflect on material aspects – such as the clothes they wear and their origins – alongside mental and cultural influences, including their social networks and the knowledge they carry. Coming together with diverse backgrounds, skills, and expertise mirrors the richness of ecosystems with high biodiversity. This serves as a personal reflection on how they fit into the larger systems of the world.

Goal: Reflection, Creativity, Mindfulness

Drawing the Journey

Age: All Ages

Group Size: 3 – 30

Materials: Posters and Pens

Duration: 1 hr

Description: Let the group come together, or, depending on group size, form smaller groups. Ask them to draw the journey you were taking as they remember it. It doesn't have to be an actual correct map, but more a mental map. If there were special things happening on the way, ask them to draw those as well. Come together and narrate to each other how you experienced the hike.

Goal: Reflection, Creativity

Evening Storytelling

Age: All Ages

Group Size: 2+

Materials: Any Place Outside e.g. At a Fireplace

Duration: 1,5 hrs

Description: When the light gets low, it is nice and enriching to sit together and start telling stories. Ask participants to reflect upon their experiences during the day: how did they experience this (climate) hike? Do they have other strong experiences in nature in the past? Start – as a leader – with your feelings about today's hike. And tell them a story of yourself-in-nature. Take care that everybody can hear well and invite everybody to share experiences.

Goal: Reflection, Teambuilding, Conversation Skills

Gazing at the Stars

Age: All Ages

Group Size: No Requirements

Materials: Open Meadow

Duration: Min. 30 min

Description: Lie down in an open meadow, observe the stars, and listen to nature's sounds. Use this quiet time to relax and connect deeply with the universe.

Goal: Relaxation, Experiencing Nature, Mindfulness

Sleeping Outside

Age: 10+

Group Size: Max. 10

Materials: Good Isolation Mats and Warm Sleeping Bags

Duration: Whole Night

Description: Experience a night in the open air with warm sleeping bags. Enjoy the unique sights, sounds, and smells of nature. Ensure participants are comfortable for a memorable experience.

Goal: Teambuilding, Experiencing Nature

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