

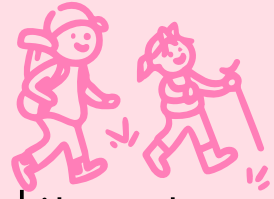
## Tool 2: Two-Pace Hike

**OBJECTIVE:** make an outdoor activity more inclusive for participants with different physical levels.

**TARGET GROUP:** groups of young people or youth workers.

**DURATION:** 1.5 to 3 hours, depending on the route.

**MATERIALS:** prepared route, map or GPS app, first aid kit, water, emergency contacts.



**STEPS:** Before departure, the group is divided into two subgroups:

Discovery group: slow pace, frequent breaks, observation of the environment, discussion activities.

Dynamic group: more active walking pace, distance or viewpoint objective, debriefing at arrival.

Both groups have the same starting point and the same return point. Each group has a reference person. Safety instructions are given to everyone: stay together, do not leave the trail, speak up in case of fatigue, drink water regularly.

At the end, both groups meet for a common debriefing:

1. What helped the group move forward?
2. How did we take care of each other?
3. How can this method be adapted to young people with different needs?

**COMPETENCES DEVELOPED:** inclusion, safety, group management, cooperation, pedagogical adaptation.

**FACILITATION TIP:** present both groups as equal options, not as a “strong” group and a “weak” group.