



NEWSLETTER #6

January 2026

Closing Conference

Review: OUTDOOR IS FOR ALL! Together for more inclusion in Outdoor-Sports

On December 11, 2025, the closing event of the OUT4In project took place at the Sport Arena Wien. International project partners, Austrian organizations, and interested parties were invited to discuss how we can make outdoor sports more inclusive and sustainable! It was an interesting and fruitful exchange—practitioners were there, as were migrant organizations, community platforms, outdoor sports providers, sports coaches, and inclusion experts.

We witnessed how powerful outdoor experiences can be when they are designed to be inclusive, low-threshold, and open to everyone – especially refugee and migrant women.

In her keynote, Sarah Pallauf, founder of *dunya.at* and *Bahn zum Berg*, showed us how simple shared moments in nature can connect people who would otherwise never meet. Her model is accessible in its best sense: travel together by public transport, choose easy routes, share food and time, and create spaces where curious, open people can connect. Some of her strongest messages: **just start – even if it's imperfect. Groups grow with the people. Feedback helps.**

Read more on our [project website!](#)



The Out4In project builds exactly on this idea. Its goal is to improve resilience and social participation for refugee and migrant women through safe, guided, affordable outdoor experiences. We learned about the barriers they face: lack of accessible information, cost, equipment, stereotypes in outreach, language challenges, time pressure, and the lack of safe spaces.

The OUT4InProject team presented the main outcomes of the project:

- Toolkit for Educators
- Guide to local natural heritage
- Focus Group findings & Policy Recommendations

We also heard during the discussion from Max Binder (Climbing and movement trainer) and Stefanie Maczijewski (Social worker and founder of *Diversoviel*) about the strong potential of outdoor sports and community meet-ups.

Throughout the day, some message were clear. Inclusion happens:

- When people feel welcome.
- When barriers are low.
- When spaces are safe.

Out4In is just getting started. But the tools, insights, and partnerships presented today show how outdoor experiences can become a powerful pathway to inclusion, community building, and resilience.



Final dissemination events

Serbia

Under the Out4In project, the Crisis Response and Policy Centre (CRPC) organized the final event “A Walk through Nature and Heritage” on 23 December 2025. The event gathered 30 participants who explored local nature, history, and culture in Novi Sad and Sremski Karlovci through visits to key sites and museums. The activity promoted social inclusion, community engagement, and awareness of cultural and natural heritage, in line with OUT4IN goals.



Spain

Zaragoza hosted the final dissemination event of the OUT4In project, bringing together 31 participants from 26 organizations committed to inclusion, participation, and social transformation. The event created a valuable space to present results, exchange experiences, and reflect collectively on the project’s impact. During the event, Viaje a la Sostenibilidad (VALS) presented the main outcomes of the OUT4In project.

These final moments marked not just the end of OUT4In, but the strength of the relationships built, the learning shared, and the possibilities that continue beyond the project’s lifetime.



Finland

Monaliiku in cooperation with Suomen Latu, hosted an interactive OUT4IN familiarisation session bringing together a diverse group of participants, including representatives from NGOs and initiatives focusing on refugee and migrant women, professionals and volunteers from sports clubs and outdoor education and other local stakeholders. The goal was simple: to make the project results easy to understand and, most importantly, easy to use in everyday work.

A key part of the afternoon was small-group work, where participants reflected on how OUT4IN can support their own organisations and communities. The feedback was very encouraging. Participants appreciated the practical focus, the reflective working style and the adaptability of the project resources for different local contexts.



Italy

In Padua the event “Urban Futures al Femminile: Inclusion, Community and Spaces of Engagement” provided a valuable opportunity for discussion and exchange on inclusion, participation, and the creation of more open communities.

Following the presentation of the OUT4In project results, the all-female roundtable featured Annalisa Frisina (University of Padua), Giovanna Tizzi (Oxfam Italy), Rahel Sereke (Cambio Passo, Municipality of Milan), Sandra Pedrazzoli (Collettivo Arbegnuoc Urban), and Gioia Toscani De Col (Collettivo Tezeta). They shared experiences, reflections, and best practices. The event concluded with an aperitif accompanied by the choir “Canti Migranti”.





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Main results of the Project

End of January 2026 the Out4In Project comes to an end. We look back at more than two years of good work, strong partnerships and many insights. And we are proud to present you the three main results of the project.

Looking forward seeing you at one or the other follow up project :)



TOOLKIT for educators

The OUT4IN Toolkit serves as a comprehensive resource designed to develop capacities both for educators engaged with RMW, as well as those specialised in conducting outdoor activities. This toolkit is tailored to meet the needs of both groups, providing essential knowledge and practical strategies to enhance their ability to foster inclusive and empowering outdoor experiences for RMW. Before exploring the toolkit, it is crucial to understand the specific challenges and opportunities that RMW face in engaging with outdoor activities.



GUIDE to local natural heritage produced by Refugee and Migrant Women through our Pilot Actions

This guide is the result of piloting activities carried out across the partner countries. During this phase, participants identified and mapped at least three accessible trails in each country. RMW co-created and tested these trails. The routes are part of an interactive map available on the project website. This interactive map allows users to explore the trails visually, making it easier to plan visits and understand the terrain.



POLICY RECOMMENDATIONS informing local policy makers and organisers to design outdoor activities in an inclusive manner

Drawing on the findings from the focus groups and the overall OUT4IN experience, a set of policy recommendations and transferability guidelines has been developed. The recommendations involve guidelines for the transfer of results and replicability of the model in other countries and contexts. The purpose of the policy recommendations is to show what is needed to promote active participation of RMW through outdoor activities.



Click [here](#) in the Out4IN community and be part of bringing our project results to life

