

# KNOWLEDGE ABOUT PARTICIPANTS

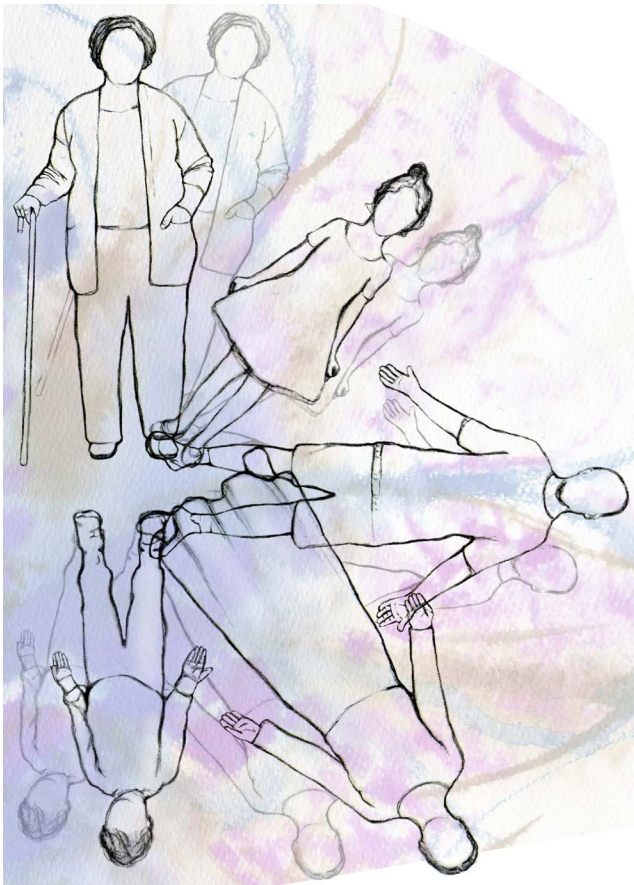
This sheet is designed to help those organising a forest walk to better understand the needs, abilities and interests of the participants. This way, the walk can become a safe, friendly and positive experience for everyone.

## THE VALUE OF ASKING QUESTIONS AND GATHERING INFORMATION

- To prepare the walk in a way that is tailored to each person's abilities.
- To avoid situations that might be unpleasant, overwhelming or stressful.
- To increase participants' positive engagement and make them co-creators of the experience.
- To make the walk an opportunity to strengthen relationships and a sense of safety.
- To help the leader respond more effectively in the moment and adapt the course of the walk flexibly.
- 

## SAMPLE QUESTIONS FOR THE PARTICIPANT:

- Do you enjoy spending time outdoors?
- What outdoor activities make you happy? (walking, observing nature, listening to sounds...)
- Have you ever been on a forest walk before?
- What interests you most in nature: plants, trees, animals, colours, sounds, the feel of different textures?
- Are there things in the forest that you dislike or are afraid of?
- Might moving around in the forest be difficult for you?
- Which language do you communicate in best? Do you need any support in conversation?
- Do you have any questions for me about the walk? Would you like to ask me anything?



## SAMPLE QUESTIONS FOR A CARER, PARENT OR TEACHER:

- Does the participant enjoy spending time outdoors?
- Do they have any mobility limitations? (e.g. need for frequent breaks)
- Do they have allergies, medical conditions or health issues that require special attention during the walk?
- How do they respond to sensory stimuli – light, sounds, smells, touch?
- Does the participant have favourite outdoor activities?
- What factors might make the walk difficult, stressful or unpleasant?
- How do they usually communicate their needs? (verbally, with gestures, signs, facial expressions)
- Has the participant taken part in similar walks before? How did they react?

## HOW TO GATHER THE INFORMATION:

Remember that the form of conversation should be accessible – you might use:

- face-to-face talks with participants, carers, parents, teachers
- a form to be filled in
- an online or telephone conversation
- a short questionnaire asking about interests, age, gender...

## ASK YOURSELF:

Could I ask any additional questions or do anything else to better understand my group and its needs and preferences?