

Information leaflet on a nature training and awareness-raising project

Context

City / Country: Graz, Austria

Structure : LebensGross

Website: <https://www.lebensgross.at/en/>

Field of activity: Support and training centre for people with disabilities (motor and cognitive) and professionals in the medico-social sector.

Identified needs

Lebensgross has produced an initial information brochure on the European INE (Inclusive Nature Experience) project. The project managers wanted to improve the design and accessibility of the document. So they asked the Les Apprimeurs team to come up with a plain-language adaptation of the document.

Objectives

The aim of this document is to inform the project's target audiences about the opportunities and activities offered by the INE project. The leaflet will be freely available, distributed at events and sent by email.



Target groups

The document is aimed at :

People with cognitive disabilities

- People with oral/written communication difficulties
- People who are far removed from culture, education and nature
- The professionals who work with them
- Carers (families, friends, volunteers, etc.)

Existing

First version of the 3-part double-sided leaflet



Why was this project set up?

***** ❖ *****

INE is the acronym for Inclusive Nature Experience. It is a project as part of the Erasmus+ programme, which is funded by the European Union.

The climate crisis and the decline in biodiversity affect everyone in society.

In addition to knowledge about environmental protection, it is also necessary to be emotionally involved: experiencing and connecting with nature strengthens the willingness to protect it.

On the other hand, our everyday life is getting faster and the associated stress leads to mental strain and illness. Nature is becoming increasingly alien to us and we do not get enough exercise.

Consciously experiencing nature again and reconnecting with it is an important step for the quality of life of all people.

People with intellectual disabilities, people with learning difficulties and people with fewer opportunities often have limited access to nature. They are hardly aware of the health benefits of nature and hardly experience nature in their everyday lives.

Website

***** ❖ *****

ine-project.eu



Contact

***** ❖ *****

How can I get involved?
projects@lebensgross.at

Project number:
2024-1-AT01-KA220-ADU-000255007
Programme: Erasmus+
coordination: LebensGroß, AT
lebensgross.at
Duration: October 2024-September 2026

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or OeAD-GmbH. Neither the European Union nor the granting authority can be held responsible for them.

INE

Inclusive Nature
Experience

LOGO



Co-funded by
the European Union

Project information

***** ❖ *****

TARGET GROUPS

- Adults with and without disabilities, especially intellectual disabilities (focus on young adults)
- People with learning difficulties
- Marginalised people
- People with fewer opportunities

- Youth workers
- Social workers
- Nature mediators
- Carers for people with disabilities

PARTNERS

The INE project involves four partners from Austria, Slovenia, Romania and France.



LebensGroß

LES APPRIMEURS



What do we want to find out?

***** ❖ *****

1. What is the connection between health, well-being and experiencing nature?

2. How can you do something for your health and at the same time learn something about nature, biodiversity and climate protection?

3. What do people with disabilities need to be able to use this knowledge for themselves?

Results

***** ❖ *****

The **INE Curriculum** supports facilitators and nature educators in facilitating inclusive nature activities.

INE promotes health and environmental awareness among people with disabilities and learning difficulties through the **INE E-book** and the **INE Inspiration Cards**.

INE promotes networking between relevant organisations and raises awareness through the **INE Guide** and Regional Conferences.

Project aims

***** ❖ *****

WHAT DO WE WANT TO
ACHIEVE?

The aim is to improve opportunities for people with intellectual disabilities, learning difficulties or fewer opportunities to benefit from and learn about nature.

The benefits include health, well-being and informal learning of ecological skills.

We believe that our perception of nature depends on our personal attitude.

Experiencing nature helps to develop new perspectives and behaviours.

INE aims to pave the way for an individual approach to nature through multisensory, informal education.

The aim of the project is to use a participatory process to jointly develop practical materials and tools that promote an environmentally friendly and healthy lifestyle.



Co-funded by
the European Union

Proposal

Rather than a leaflet in 3 sections, which makes it more difficult to handle and access the information, **we proposed a document in A5 format folded in half.**

We chose **a flat font**, Century Gothic. This font is also interesting because it saves over 30% of ink compared to other fonts.

We have streamlined the text to keep only the essential information.

We have restructured the entire document with headings, boxes and bulleted lists.

Adaptation process

The first meeting took place on 23 October 2024. We then made an initial proposal and exchanged e-mails before finalising the document and carrying out the translations.



Final proposal

What is the connection between:

- health,
- well-being,
- and experiencing nature?

How can you improve your health
and learn about:

- nature,
- biodiversity,
- and climate protection?



Find out how with INE project!

**We believe that nature helps us
live better every day.**

INE project wants to help people with:

- learning difficulties,
 - intellectual disabilities,
 - or fewer opportunities
- to enjoy nature to improve their health
and well-being.

Funded by the European Union (Erasmus+ program). Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or OeAD-GmbH. Neither the European Union nor the granting authority can be held responsible for them.

Project number: 2024-1-AT01-KA220-ADU-000255007

Coordination: LebensGroß, AT, lebensgross.at / Oct. 2024 - Sept. 2026

INE 

**LIVE BETTER WITH
NATURE!**

**INCLUSIVE
NATURE
EXPERIENCE**

INE-PROJECT.EU



Co-funded by
the European Union



Co-funded by
the European Union

CONNECT WITH **NATURE**, CONNECT WITH **YOURSELF**.

The climate crisis causes a lot of anxiety for everyone.

Many people are disconnected from nature because of:

- their disability
- their situation
- or their lifestyle.

**It is important to reconnect with nature
to reduce anxiety and improve well-being.**

Experiencing nature helps you:

- to relax
- to feel happier
- to understand why biodiversity is important
- to preserve nature.

INE involves:

4 organisations from Austria, Slovenia, Romania
and France.




What is INE?


INE helps people **enjoy nature** to **feel better**
and **be healthier**.

Who is INE for?

- People with disabilities, learning challenges,
or anyone who wants to enjoy nature.
- Youth and social workers, carers...

Results and activities

 **INE Curriculum** to train educators
and carers to implement inclusive
nature activities

 **INE E-Book and INE Inspiration Cards**
to share ideas about health
and nature with people who have
disabilities or learning challenges

 **INE Regional Conferences and INE
Guide** to connect groups and share
knowledge



How to join?

Write us an email at: projects@lebensgross.at

Feedback and assessment

The new version of the template has been evaluated by:

- > people with cognitive disabilities
- > accessibility and plain language experts

Coverage


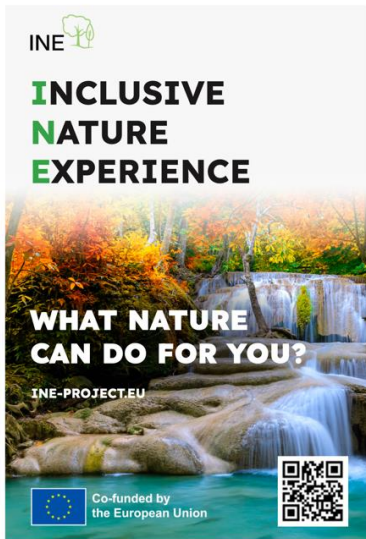


We changed the cover image.

The first image was judged to be too dark and not very evocative by the target audiences.

The second image was judged to be too complicated to read by the target audiences.

The third image has been validated.



	
Version 1	Version 2
	
Version 3	Version 4

We have also rearranged the titles and information.

The catchline was reworked with the target audience.

We've avoided putting too much text on the visual to make it easier to read.

In the end, the target audience chose Century Gothic over Lexend font.



Text

We've reworked the text with a number of different reading levels.

We asked ChatGPT to work with a language level similar to the European Framework of Reference for Languages.

We then made the necessary adjustments with the collaboration of the target audience.

Languages available

The document has been translated into English, Austrian, French, Slovenian and Romanian.

