



Three obstacle races that turn teamwork into inclusion

Ready-to-run inclusive racetracks designed by young people from seven countries — with build steps, facilitator scripts, debrief questions and adaptations for every obstacle.

3

RACETRACKS

19

OBSTACLES

13+

AGES

20–45

MINUTES EACH



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the European Union

Created at the training course
“Inclusive RaceTracks”
Mogoșești-Siret, Romania · 5–11 May 2026

About this guide & the project

In May 2026, youth workers from seven countries met in Mogoșești-Siret, Romania for “**Inclusive RaceTracks**” — an Erasmus+ training course about using obstacle races as a tool for inclusion. On Day 4, working in international teams, they designed complete inclusive racetracks from scratch: concept, obstacles, materials, facilitator scripts and adaptations. This guide is the result.



Seven countries, one team — the group with their flags during the outdoor day.

Three complete racetracks, ready to run

Each track is a finished product: an intro page with the participant's journey, a **concept page** and a **practical page** for every obstacle, and a facilitation guide. Pick a track, gather the materials (all cheap or free), and you can run it this week — with any group aged 13 or older.

Inclusive by design

Every obstacle ends with **adaptations** — how to change it for wheelchair users, visually impaired participants, anxious or younger members, or bigger groups. The golden rule throughout: **adapt the challenge to the person, never the person to the challenge.**

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Seven countries, one starting line

“Inclusive RaceTracks” was a mobility of youth workers funded through the Erasmus+ Youth accreditation of ACS Forza Junior Costuleni (project **2025-1-RO01-KA151-YOU-000300091**). For seven days, participants explored inclusion through sport and non-formal education — testing obstacles, experiencing barriers first-hand, and designing the racetracks in this guide as mixed international teams.

ROMANIA

ACS Forza Junior Costuleni

Coordinator & host

TÜRKIYE

ANKA Youth Association

LATVIA

Creative Minds for Culture

ITALY

Maek APS

SERBIA

Axis Serbia

PORTUGAL

Associação Nó Górdio

CYPRUS

ACPELIA

Why obstacle races?

- They are **physical and fun** — young people join in before they realise they are learning.
- Every obstacle is a small, safe experience of **challenge and support** — the mechanics of inclusion.
- They are **cheap and portable**: rope, tape, paper, balloons — a full track fits in one bag.
- The race format makes teamwork visible: nobody finishes alone.



Working sessions — the track ideas being presented and refined.

How a racetrack is built

All three tracks follow one shared design method — use it to read them, and later to build your own.

1 · The story arc — a hero's journey

A racetrack is a **journey, not a competition**. Each track maps the participant's experience in five stages: **Ordinary World** (life before), the **Call** (an invitation to something new), the **Threshold** (stepping in), the **Trials** (the obstacles themselves) and the **Return** (going home changed). The debrief at the end is where the transformation lands.

2 · Two layers in every obstacle

LAYER 1 — WHAT THEY SEE

The physical challenge. The wrapper: a maze, a balloon, a pyramid of cups. Simple rules, quick fun.

LAYER 2 — WHAT THEY LIVE

The real lesson underneath: trust, communication, patience, empathy. This is what the debrief questions reveal.

3 · Five lenses

Each obstacle is designed through one or more lenses: **SENSES** **BALANCE** **TOGETHER** **MIND** **EMOTION** — plus the inclusion classics **TRUST** **COMMUNICATION**. A good track mixes lenses so every participant finds an obstacle where they shine.

4 · Facilitation is the real obstacle course

Every track comes with an **opening ritual** (welcome circle — set the tone: journey, not competition), a **warm-up, during-race tips** (encourage teamwork over speed, support quieter participants) and a **closing debrief circle** — the most important 15 minutes of the whole race.

The golden rule

Adapt the challenge to the person — never the person to the challenge. Distances, materials, rules and roles are all flexible. Finishing together is the only fixed rule.

The Inclusive Obstacle Race

A 20-minute race built on teamwork, trust, communication, empathy and openness to new experiences — designed for participants of different abilities, in pairs where one partner is blindfolded. It is a journey, not a competition: everyone matters, and everyone finishes.

13+
AGES

20 min
DURATION

2
PER TEAM

5
OBSTACLES

2
FACILITATORS

The participant's journey

1 ORDINARY WORLD

A teenager lives a normal school life and has never really thought about inclusion or accessibility.

2 CALL

They are invited to an inclusive obstacle race exploring teamwork, accessibility and empathy — curious but unsure, they step in.

3 THRESHOLD

They accept the invitation and enter an experience built to change how they see inclusion in today's world.

4 TRIALS

Facing uncertainty and new teammates, they overcome fear obstacle by obstacle, build trust and switch perspectives.

5 RETURN

They go home with new awareness, share the experience with friends and family, and start noticing barriers everywhere.

What they take home

The young person becomes more empathetic, open-minded and confident when interacting with people who experience the world differently. They understand teamwork, accessibility and supporting others without judgement.

The course — 5 obstacles, one finish line

1	Maze Challenge	TRUST	COMMUNICATION	
2	Spoon Balance Relay	BALANCE	TOGETHER	
3	One Shot Target Challenge	TOGETHER	MIND	
4	Creative Pose Challenge	TOGETHER	EMOTION	BALANCE
5	Blind Trust Balloon	TRUST	COMMUNICATION	

01

INCLUSIVE · OBSTACLE 1 OF 5

Maze Challenge

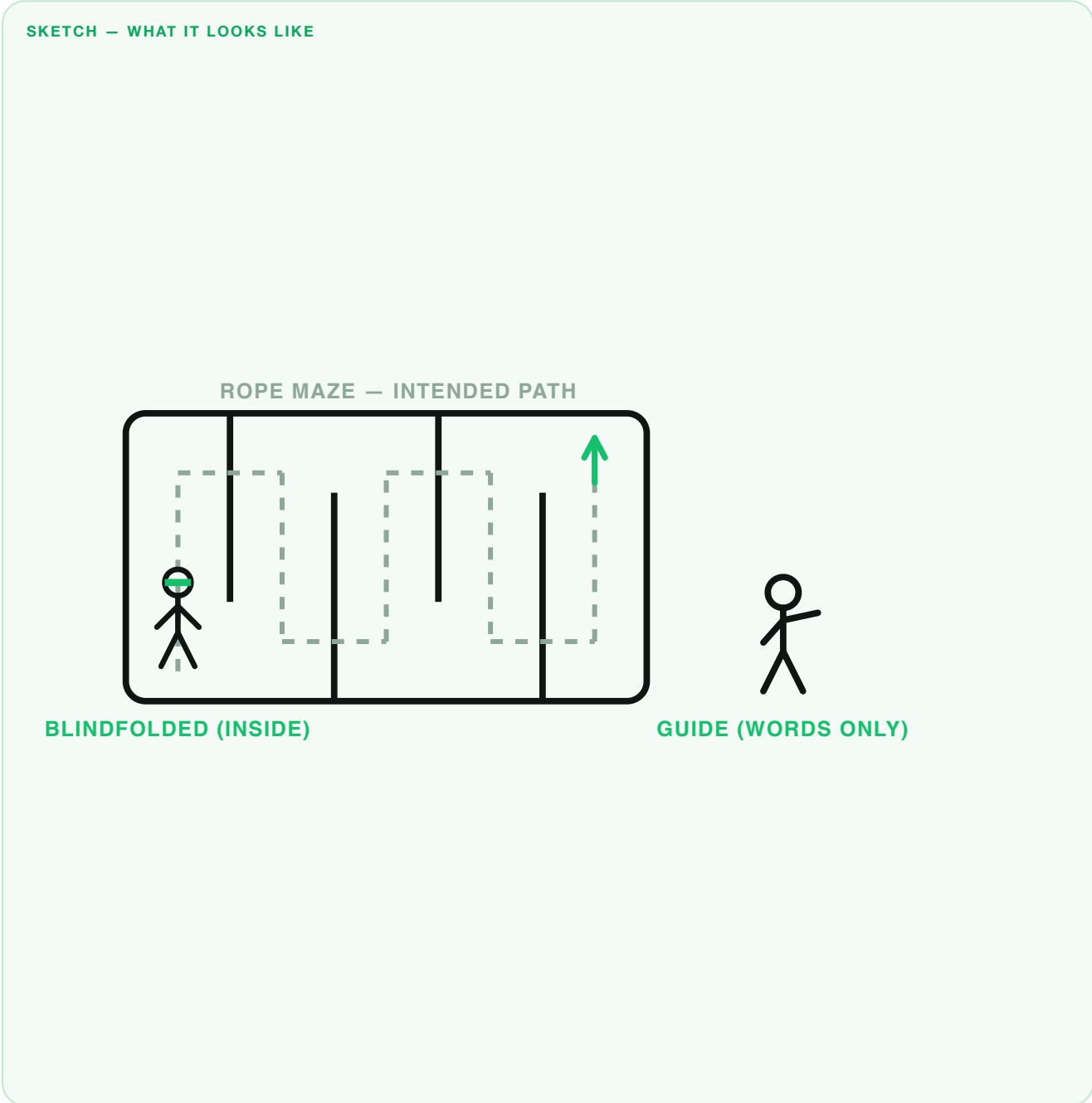
LENS **TRUST** **COMMUNICATION** TIME ≈5 min DIFFICULTY ●●●●●

HOW IT WORKS

One player is blindfolded and must complete a maze made from rope or boundaries on the ground. A teammate stands outside the maze and guides them using **only verbal communication**. The blindfolded player relies entirely on instructions to navigate without stepping over the rope. The guide cannot enter the maze.

LAYER 1 – WHAT THEY SEE
The maze made of rope on the ground. The blindfolded player cannot see anything; the guide sees the full layout and the player's position.

LAYER 2 – WHAT THEY LIVE
The blindfolded player experiences confusion and must trust their teammate completely. The guide feels the pressure of communicating clearly enough to prevent every mistake.



01

INCLUSIVE · OBSTACLE 1 — PRACTICAL

Maze Challenge

LENS

TRUST

COMMUNICATION

TIME ≈5 min

DIFFICULTY



BUILD IT — STEP BY STEP

- 1 Create a maze layout on the ground using rope and tape.
- 2 Ensure there is a clear start and finish.
- 3 Choose two players per attempt: one blindfolded, one guide.
- 4 Blindfold the first player before they enter the maze.
- 5 The guide stands outside the maze boundary.
- 6 The guide uses only words to help the player navigate.
- 7 If the player steps over the rope, they restart.
- 8 The challenge ends when the player reaches the finish.

MATERIALS

- Rope — colourful, so it can be seen
- 1 blindfold
- Tape

DEBRIEF QUESTIONS

- How did it feel to trust someone else completely during the challenge?
- What communication methods worked best between the guide and the player?
- What was the most difficult part of completing the maze?

ADAPTATIONS

- Built to be flexible — it usually needs no adaptation.
- Too easy? Ban directional words (left/right) and invent your own way of communicating.

FACILITATOR SCRIPT — SAY THIS

“One player will wear the blindfold and try to complete the maze. The teammate outside must guide them using only words. The blindfolded player cannot step over the rope, and the guide cannot enter the maze. If you step outside, you restart from the beginning. Work together, communicate clearly, and trust each other. Ready? Start!”

02

INCLUSIVE · OBSTACLE 2 OF 5

Spoon Balance Relay

LENS **BALANCE** **TOGETHER** TIME 5-7 min DIFFICULTY ●●●●●

HOW IT WORKS

Each player receives a spoon and a ping-pong ball. The team must walk in sync without dropping the balls, crossing the finish line **all together at the same time**. If a player drops their ball, only that player returns to the start. Physical help is forbidden — teams can only talk to coordinate and wait for each other.

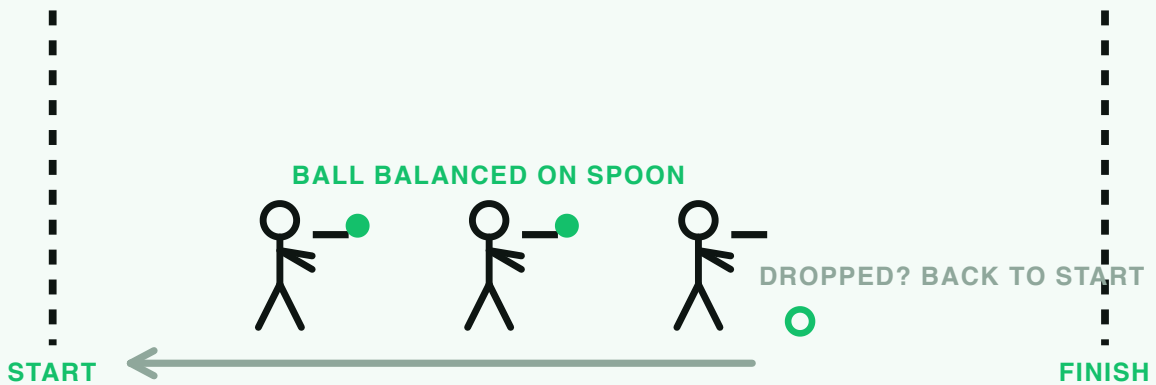
LAYER 1 – WHAT THEY SEE

A simple spoon-and-ball carrying race — hand-eye coordination, balance, and walking without dropping the ball.

LAYER 2 – WHAT THEY LIVE

Team synchronisation and patience: waiting for a teammate who makes a mistake, managing stress, and adjusting your own pace to the team's pace.

SKETCH – WHAT IT LOOKS LIKE



02

INCLUSIVE · OBSTACLE 2 — PRACTICAL

Spoon Balance Relay

LENS **BALANCE** **TOGETHER** TIME 5-7 min DIFFICULTY ●●●●●

BUILD IT — STEP BY STEP

- 1 Mark a flat, obstacle-free 10-metre course.
- 2 Mark the start and finish lines clearly with chalk, tape or rope.
- 3 Place enough spoons and ping-pong balls for all participants at the start.

MATERIALS

- 1 tablespoon per participant
- 1 ping-pong ball per participant + spares
- 1 roll of rope or chalk for the lines
- 1 stopwatch

DEBRIEF QUESTIONS

- How did you feel when you or your teammate dropped the ball?
- How difficult was it to balance your own speed with the team's speed?
- How did communicating as a team make the task easier?

ADAPTATIONS

- Wheelchair users: a wider ladle or a flat plastic plate instead of a spoon.
- Visually impaired participants: teammates give continuous vocal guidance and call out distances.
- Anxious or younger participants: replace the return-to-start with a 3-second pause on the spot.



Team synchronisation and patience: waiting for a teammate who makes a mistake, managing stress, and adjusting your own pace to the team's pace.

LAYER 2 — WHAT THEY LIVE

FACILITATOR SCRIPT — SAY THIS

“The balls in your hands are your team's most valuable cargo. Your goal is to cross the finish line together without dropping them. If someone drops a ball, only that person goes back to the beginning. You cannot physically help each other, but you can adjust your speed by talking. It's not enough to be fast individually — you must finish together. If you're ready, go!”

03

INCLUSIVE · OBSTACLE 3 OF 5

One Shot Target Challenge

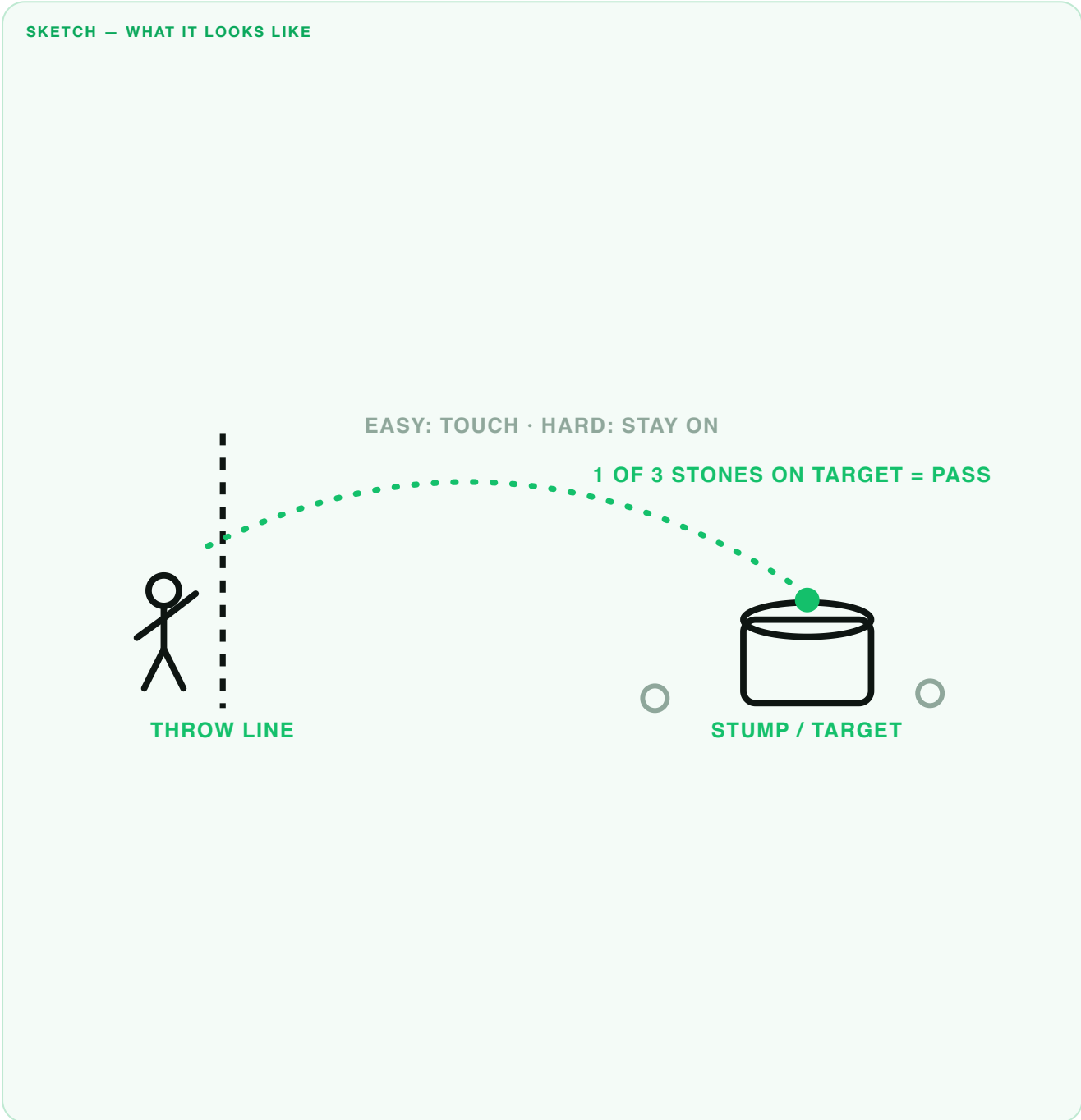
LENS **TOGETHER** **MIND** TIME **3-5 min** DIFFICULTY ●●●●●

HOW IT WORKS

Teams arrive at a throwing station with a target — a tree stump, bucket or marked platform. Each team receives **3 stones**. To continue the course, at least one stone must land on the target. The team decides together who throws and in which order; if they fail, they take a time penalty and try again.

LAYER 1 – WHAT THEY SEE
A target-throwing challenge using stones and teamwork.

LAYER 2 – WHAT THEY LIVE
Concentration, decision-making, patience and emotional support — how teams react under pressure, and how encouragement builds confidence.



03

INCLUSIVE · OBSTACLE 3 – PRACTICAL

One Shot Target Challenge

LENS **TOGETHER** **MIND** TIME **3–5 min** DIFFICULTY ●●●●●

BUILD IT – STEP BY STEP

- 1 Prepare a safe throwing area.
- 2 Place a stump, platform or marked target at a chosen distance.
- 3 Mark a throwing line.
- 4 Give each team 3 stones or soft throwing objects.
- 5 Explain the difficulty levels and rules.
- 6 Teams take turns throwing.
- 7 If successful, they continue to the next obstacle.

MATERIALS

- 1 stump, bucket or marked target
- 3 stones or soft beanbags per team
- Marker tape or rope for the throwing line
- Open, safe space

DEBRIEF QUESTIONS

- How did your team decide who would throw?
- What emotions did you feel before and after throwing?
- How did your teammates support each other?

ADAPTATIONS

- Move the target closer for younger participants.
- Use larger or softer objects for easier throwing.
- Allow seated throwing positions for wheelchair users.
- Use larger targets for beginner groups.

FACILITATOR SCRIPT – SAY THIS

“Your team has 3 stones. Your goal is to land at least one stone on the target. Work together and decide who will throw. Easy level: the stone only needs to touch the stump. Hard level: the stone must stay on the stump. If you succeed, you continue. If not, you take a penalty and try again.”

04

INCLUSIVE · OBSTACLE 4 OF 5

Creative Pose Challenge

LENS **TOGETHER** **EMOTION** **BALANCE** TIME ≈5 min DIFFICULTY ●●●●●

HOW IT WORKS

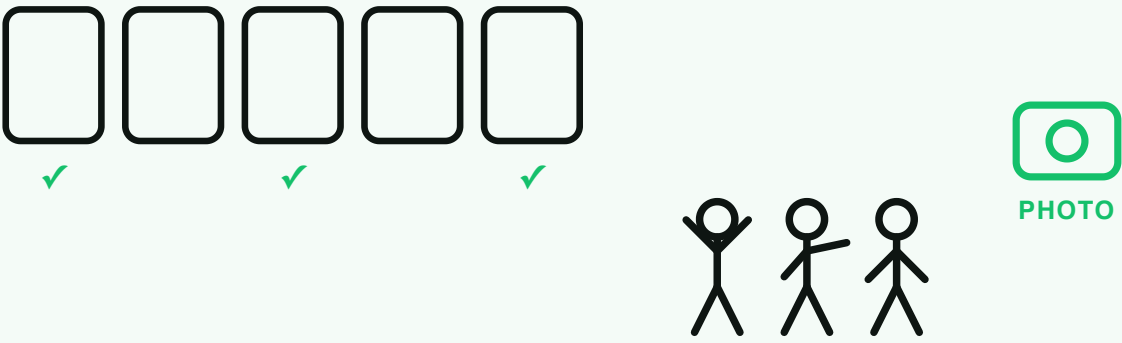
The team receives **5 creative pose cards** and must choose 3 to recreate together using teamwork, communication and creativity. Some poses require balance, coordination or trust between teammates. A facilitator photographs each completed pose; after 3 successful poses the team continues.

LAYER 1 – WHAT THEY SEE
A fun photo challenge where teams recreate funny or unusual poses together.

LAYER 2 – WHAT THEY LIVE
Cooperation, non-verbal communication, creativity, inclusion and trust — listening to each other's ideas and working together under time pressure.

SKETCH – WHAT IT LOOKS LIKE

5 POSE CARDS – CHOOSE 3



TEAM RECREATES THE POSE

04

INCLUSIVE · OBSTACLE 4 – PRACTICAL Creative Pose Challenge

LENS **TOGETHER** **EMOTION** **BALANCE** TIME ≈5 min DIFFICULTY ●●●●●

BUILD IT – STEP BY STEP

- 1 Prepare 5 printed pose cards or example pictures.
- 2 Create a safe, open space for posing.
- 3 Divide participants into teams.
- 4 Give each team the pose cards.
- 5 Teams choose 3 poses to recreate.
- 6 A facilitator checks and photographs each pose.
- 7 After completing all 3 poses, teams move on.

MATERIALS

- 5 pose cards or example pictures
- 1 phone or camera
- Open space for movement
- Optional props — chairs, cones, hats, scarves

DEBRIEF QUESTIONS

- Which pose was the most difficult, and why?
- How did your team make decisions together?
- What helped everyone feel included in the activity?

ADAPTATIONS

- Allow seated or wheelchair-friendly poses.
- Use simpler poses for younger participants.
- Give anxious participants extra preparation time.
- Use non-verbal poses for participants who do not speak.

FACILITATOR SCRIPT – SAY THIS

“Your team will receive 5 creative pose challenges. Choose 3 and recreate them together. Be creative, communicate, and work as a team. When your pose is ready, we will take a photo. After all 3 poses are completed, you may continue to the next obstacle.”

05

INCLUSIVE · OBSTACLE 5 OF 5

Blind Trust Balloon

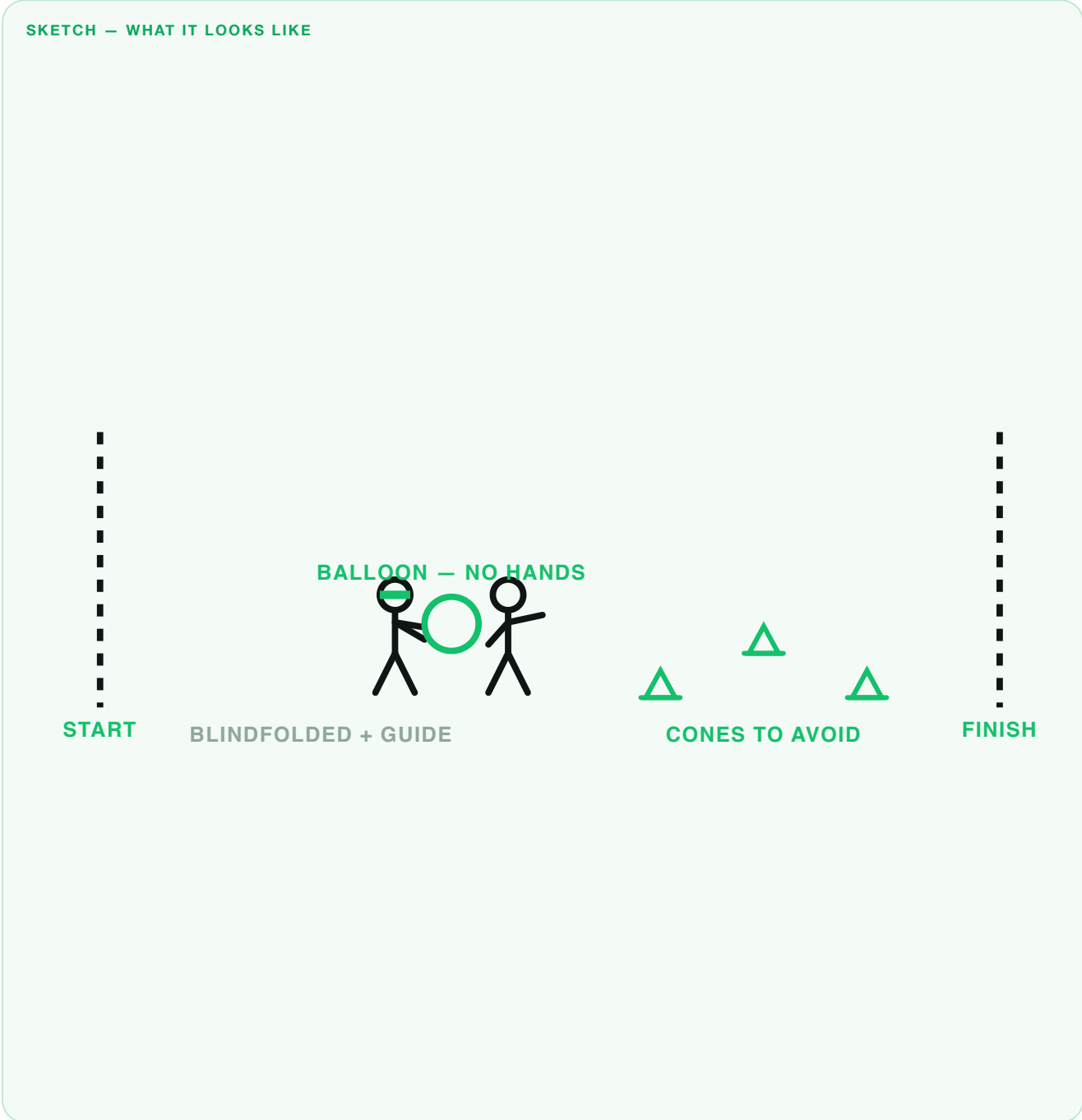
LENS **TRUST** **COMMUNICATION** TIME 2-4 min DIFFICULTY ●●●●●

HOW IT WORKS

Pairs again: one person blindfolded, one guiding. The team inflates their own balloon, then moves it from start to finish **without using their hands** — backs, shoulders, heads or legs only — while navigating around cones and floor obstacles. If the balloon falls, bursts or is touched by hand, the pair restarts.

LAYER 1 – WHAT THEY SEE
A physical teamwork challenge: guide each other through a small obstacle course while carrying a balloon with no hands.

LAYER 2 – WHAT THEY LIVE
Trust, vulnerability, communication and cooperation — how much guidance, patience and accessibility matter when someone cannot rely on one of their senses.



05

INCLUSIVE · OBSTACLE 5 – PRACTICAL

Blind Trust Balloon

LENS **TRUST** **COMMUNICATION** TIME 2–4 min DIFFICULTY ●●●●●

BUILD IT – STEP BY STEP

- 1 Mark a start and finish line.
- 2 Place cones, ropes or floor markers to create turns along the route.
- 3 Prepare balloons and blindfolds.
- 4 One participant puts on the blindfold.
- 5 The pair inflates their balloon together.
- 6 Place the balloon between their bodies – no hands.
- 7 Move through the course while avoiding the obstacles.
- 8 If the balloon falls, bursts or is touched by hand – restart.

MATERIALS

- Balloons + 2–3 spares per team
- 1 blindfold per team
- Cones, ropes or floor markers
- Tape for start / finish lines

DEBRIEF QUESTIONS

- How did it feel to trust someone else during the activity?
- What challenges did you face while communicating?
- What does this activity teach us about support and inclusion?

ADAPTATIONS

- Make the route wider and fully accessible for wheelchair users.
- Replace the balloon with a soft ball for participants uncomfortable with popping sounds.
- Allow extra time and encouragement for anxious participants.

FACILITATOR SCRIPT – SAY THIS

“You will work in pairs. One person wears the blindfold; the other guides the team through the course. First, inflate your balloon together. Carry it from start to finish without touching it with your hands – use shoulders, backs, heads or legs. Along the route you must move around the obstacles on the floor. Communication and trust are the most important parts of this challenge.”

How to run The Inclusive Obstacle Race

Opening ritual – the threshold

Welcome participants in a relaxed, informal circle. Introduce the race as a **teamwork journey, not a competition**. Start with a short energizer where each participant says their name and makes one movement the whole group repeats. Explain that every participant matters and everyone supports each other during the race.

Warm-up suggestions

- Name & movement game
- Short team-based mini game
- Team clap rhythm challenge
- Short stretching & movement warm-up

These help participants relax, connect and prepare for cooperation.

During the race

- Encourage teamwork rather than speed.
- Observe group dynamics and support quieter participants.
- Intervene when necessary.
- Use positive reinforcement and encouragement.
- Adapt challenges if participants struggle physically or emotionally.

Closing & debrief – the return

- Which obstacle challenged your team the most, and why?
- When did you feel most supported by your team?
- What helped your group communicate successfully?
- How did inclusion appear during the activities?



Ecology Adventure Racetrack

A nature-themed track about recycling, food chains and caring for the planet — energetic participants who learn best through games become “Earth helpers” for 45 minutes. Built for mixed-ability groups aged 13+, and easy to scale down for younger ones.

13+
AGES

35–45 min
DURATION

5–8
PER GROUP

5
OBSTACLES

3–4
FACILITATORS

The participant's journey

1
ORDINARY WORLD

Participants arrive with only basic ideas about waste and nature — it has never felt like their problem.

2
CALL

They are invited to become “Earth helpers” and complete a series of eco-challenges.

3
THRESHOLD

They step onto the track: guessing materials, sorting waste, building a food chain, throwing bottles to safety.

4
TRIALS

Obstacle by obstacle they sort, balance, build and cooperate — and feel the weight of waste first-hand.

5
RETURN

They finish the race and explain, in their own words, what they learned about nature and each other.

What they take home

They learn that waste must be sorted correctly — and that every living thing has a role: remove one part of nature, and the whole chain feels it.

The course — 5 obstacles, one finish line

1	Food Chain	MIND	TOGETHER
2	Waste Hunter Sacks	BALANCE	TOGETHER
3	Recycling Target	TOGETHER	BALANCE
4	Mystery Touch Box	SENSES	MIND
5	Recycled Snowman	TOGETHER	EMOTION

01

ECOLOGY · OBSTACLE 1 OF 5

Food Chain

LENS **MIND** **TOGETHER** TIME 2-3 min DIFFICULTY ●●●●●

HOW IT WORKS

Participants find role cards for a food chain: Sun, Plant, Insect, Frog, Fox. Each person takes one role, and together the group must stand in the correct order: **Sun** → **Plant** → **Insect** → **Frog** → **Fox** — then hold hands to show that every living thing is connected. The facilitator removes one link (the insect, the frog...) and asks: what happens to the chain now?

LAYER 1 – WHAT THEY SEE
Role cards with pictures or names of the Sun, Plant, Insect, Frog and Fox — and a living chain of people holding hands in the correct order.

LAYER 2 – WHAT THEY LIVE
Teamwork, communication and problem-solving — and the real lesson: if one living thing disappears, the whole food chain is disturbed.

SKETCH – WHAT IT LOOKS LIKE

WHO EATS WHO? – CORRECT ORDER

REMOVE ONE...

A LIVING CHAIN – HOLDING HANDS

01

ECOLOGY · OBSTACLE 1 — PRACTICAL

Food Chain

LENS **MIND** **TOGETHER** TIME **2–3 min** DIFFICULTY ●●●●●

BUILD IT — STEP BY STEP

- 1 Prepare five role cards: Sun, Plant, Insect, Frog, Fox.
- 2 Give one role card to each participant.
- 3 Ask the group to discuss and arrange themselves in the correct order.
- 4 The correct order: Sun → Plant → Insect → Frog → Fox.
- 5 Ask them to hold hands to form a living chain.
- 6 Remove one person from the chain — for example the insect.
- 7 Ask: “What happens if this role disappears?”
- 8 Let the group explain the effect on the other roles.
- 9 Repeat with another missing role if there is time.
- 10 Give points for correct order, teamwork and explanation.

MATERIALS

- 5 role cards (paper) — Sun, Plant, Insect, Frog, Fox

DEBRIEF QUESTIONS

- Can you explain how this part of nature works?
- What do other living things need from each other to stay alive?

ADAPTATIONS

- Younger participants: simplify the chain to three roles.
- Anxious or shy participants: smaller groups, and plenty of cheering on.

FACILITATOR SCRIPT — SAY THIS

“Today we’re playing Food Chain! Each person will be an animal or a plant, and your job is to figure out who eats who. Listen carefully, work together, and have fun acting it out. The goal is to build the food chain in the correct order before time runs out!”

02

ECOLOGY · OBSTACLE 2 OF 5

Waste Hunter Sacks

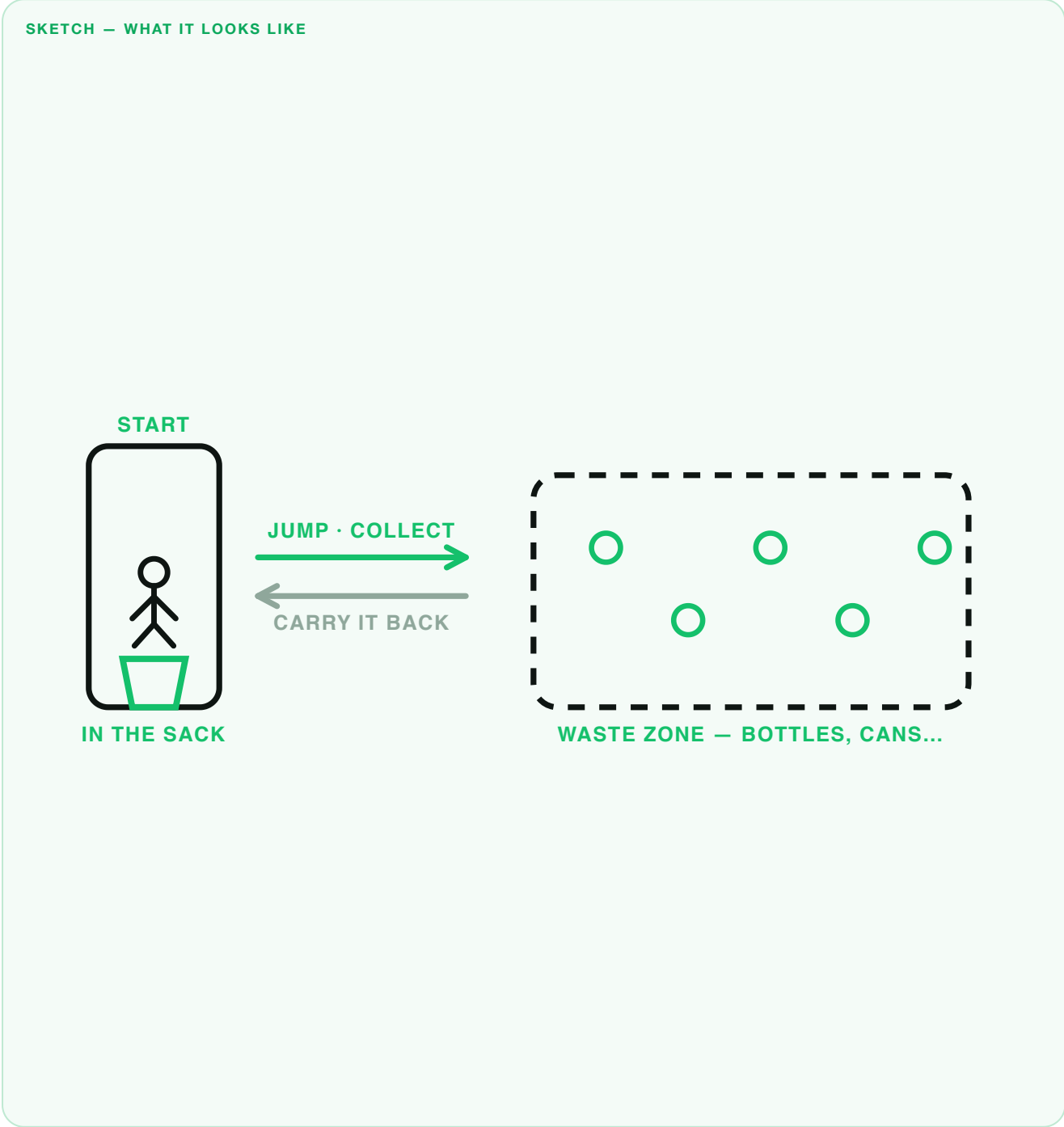
LENS **BALANCE** **TOGETHER** TIME ≈1 min / person DIFFICULTY ●●●●●

HOW IT WORKS

The participant steps into a sack at the starting line and jumps toward the finish line, where waste items are scattered. They collect the items one by one into the very sack they are jumping in — then jump all the way back, **carrying the burden of the waste** with them.

LAYER 1 – WHAT THEY SEE
The physical challenge of jumping while keeping balance, and bending down to pick up objects.

LAYER 2 – WHAT THEY LIVE
The realisation that the waste we leave in nature becomes a burden — one that somebody always has to carry.



02

ECOLOGY · OBSTACLE 2 – PRACTICAL

Waste Hunter Sacks

LENS **BALANCE** **TOGETHER** TIME ≈1 min / person DIFFICULTY ●●●●●

BUILD IT – STEP BY STEP

- 1 Set up a 10-metre track with clear start and finish lines.
- 2 Scatter various clean waste items at the finish line.
- 3 Provide large, sturdy sacks for the participants.

MATERIALS

- Durable fabric sacks — one per participant
- Clean waste items (empty bottles, cans...)
- Cones to mark the track boundaries

DEBRIEF QUESTIONS

- Was it harder to jump back with the waste? Why?
- How does this waste impact animals?
- Is it better to clean up — or to prevent pollution from the start?

ADAPTATIONS

- Wheelchair users: a basket on the lap instead of a sack.
- Younger participants: shorter distance and larger, easy-to-grab items.



The realisation that the waste we leave in nature becomes a burden — one that somebody always has to carry.

LAYER 2 – WHAT THEY LIVE

FACILITATOR SCRIPT – SAY THIS

“Nature is delicate — our waste disrupts it. Step into your sacks, jump to collect the trash, and carry that burden back to the start. Let's clean!”

03

ECOLOGY · OBSTACLE 3 OF 5 Recycling Target

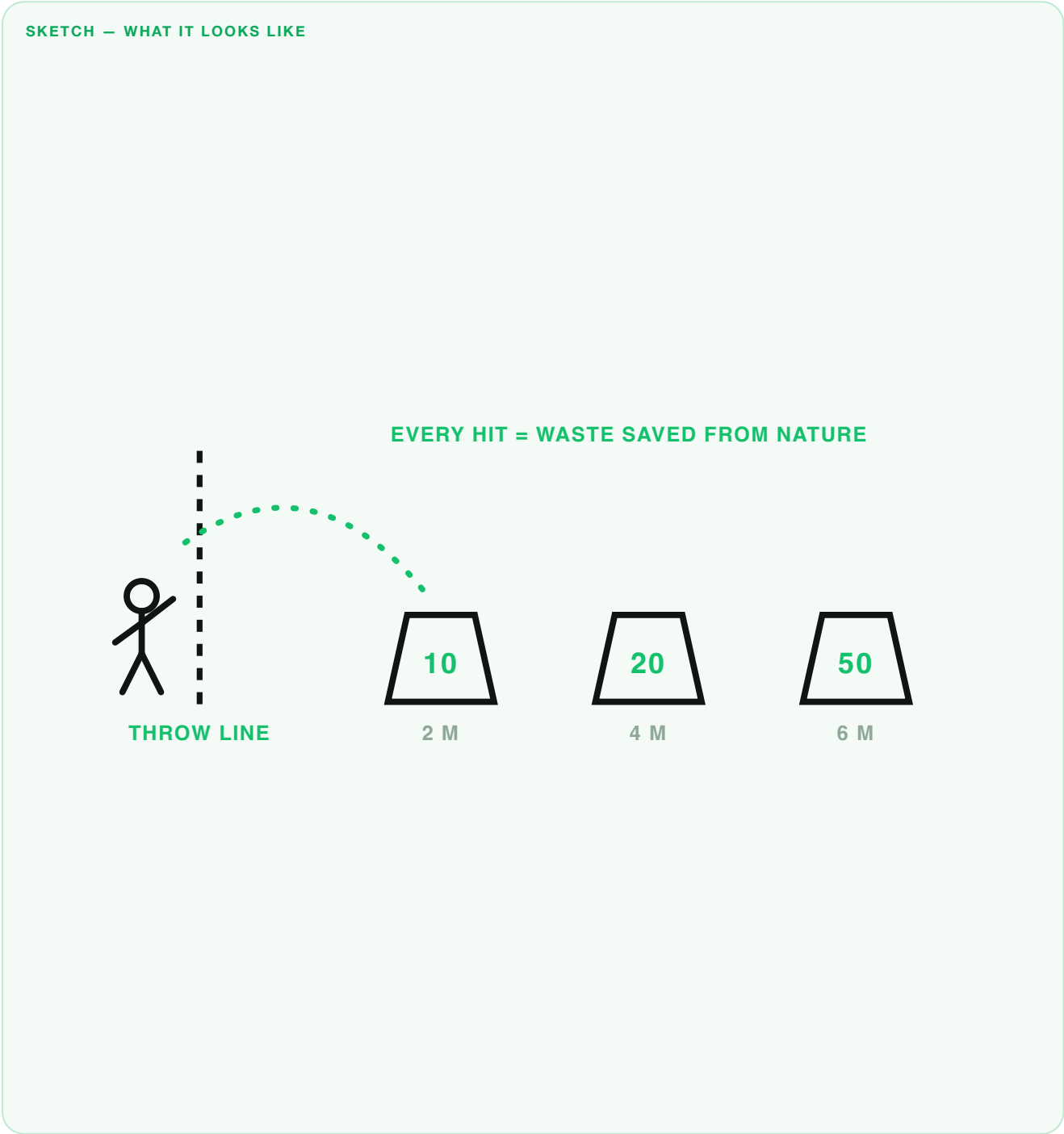
LENS TOGETHER BALANCE TIME ≈2 min DIFFICULTY ●●●●●

HOW IT WORKS

Participants throw plastic bottles into sacks placed at increasing distances. Each successful hit scores points — every bottle in a sack is **waste saved from nature** and sent to recycling.

LAYER 1 — WHAT THEY SEE
Aiming and throwing — hand-eye coordination at three distances.

LAYER 2 — WHAT THEY LIVE
Recycling requires focus and intent. Every missed throw shows how easily waste ends up polluting the environment instead.



03

ECOLOGY · OBSTACLE 3 — PRACTICAL

Recycling Target

LENS **TOGETHER** **BALANCE** TIME ≈2 min DIFFICULTY ●●●●●

BUILD IT — STEP BY STEP

- 1 Mark a throw line.
- 2 Place 3 sacks at 2 m, 4 m and 6 m distance.
- 3 Assign points: 10, 20 and 50 per sack.

MATERIALS

- 10 plastic bottles
- 3 sacks
- Tape

DEBRIEF QUESTIONS

- Why is it hard to hit the target from far away?
- Where does the missed trash go?
- How could we make recycling easier?

ADAPTATIONS

- Reduced mobility: bring the throw line closer.
- Younger participants: shorter distances.
- Big groups: work in pairs — one throws, one fetches.



Recycling requires focus and intent. Every missed throw shows how easily waste ends up polluting the environment instead.

LAYER 2 — WHAT THEY LIVE

FACILITATOR SCRIPT — SAY THIS

“Aim for the sacks! Every hit saves the planet. Let's recycle!”

04

ECOLOGY · OBSTACLE 4 OF 5

Mystery Touch Box

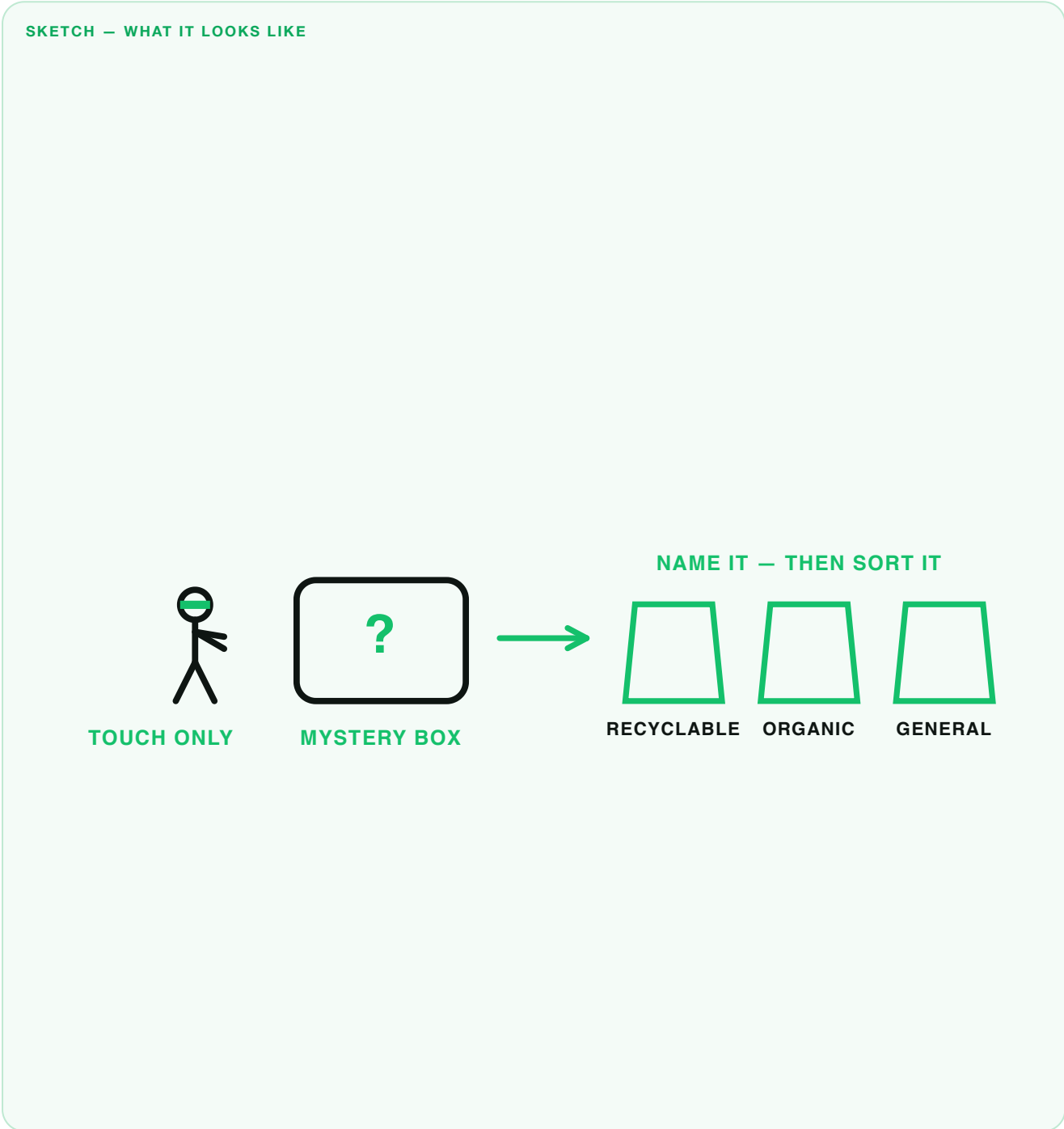
LENS **SENSES** MIND TIME 1-2 min DIFFICULTY ●●●●●

HOW IT WORKS

A box holds safe objects: plastic, paper, cardboard, wood, fruit and vegetables. Blindfolded (or with eyes closed), the participant is asked to find one material **by touch alone** — plastic, say, or wood. They choose an object, name it, and then place it in the correct category: recyclable, organic or general waste.

LAYER 1 – WHAT THEY SEE
A closed box, a blindfold, hidden objects — and labelled waste bags waiting to be filled correctly.

LAYER 2 – WHAT THEY LIVE
Using touch instead of sight: curiosity, focus, and learning to recognise materials and sort waste correctly.



04

ECOLOGY · OBSTACLE 4 — PRACTICAL

Mystery Touch Box

LENS **SENSES** **MIND** TIME 1–2 min DIFFICULTY ●●●●●

BUILD IT — STEP BY STEP

- 1 Prepare a box or bag.
- 2 Put safe objects inside: plastic bottle, paper, cardboard, wood, fruit, vegetables.
- 3 Prepare a blindfold.
- 4 Place labelled cards or bags: recyclable, organic, general waste.
- 5 One participant wears the blindfold or closes their eyes.
- 6 The facilitator names one material to find.
- 7 The participant touches the objects and chooses one.
- 8 They say the object's name and sort it into the right bag.
- 9 One point for a correct guess, one point for correct sorting.

MATERIALS

- 1 cardboard box or cloth bag
- 1 blindfold
- 6–8 safe objects: plastic bottle, paper, cardboard, wood, fruit, vegetable, cloth
- 3 labelled bags: recyclable, organic, general waste
- 1 small table or floor mat
- 1 score sheet and pen

DEBRIEF QUESTIONS

- How did it feel to guess without looking?
- Which material was easiest — or hardest — to recognise?
- Why is it important to sort waste correctly?

ADAPTATIONS

- Younger participants: bigger, easier objects — and show examples before starting.
- Anxious participants: closed eyes instead of a blindfold.
- Larger groups: two boxes, two teams in parallel.
- Limited hand movement: describe the objects with help, or choose from picture cards.

FACILITATOR SCRIPT — SAY THIS

“Welcome to the Mystery Touch Box. In this game you will use your hands, not your eyes. I will name one material, and you will try to find it by touching the objects inside the box. After you choose, tell us what it is and place it in the correct group.”

05

ECOLOGY · OBSTACLE 5 OF 5

Recycled Snowman

LENS **TOGETHER** **EMOTION** TIME 10–15 min DIFFICULTY ●●●●●

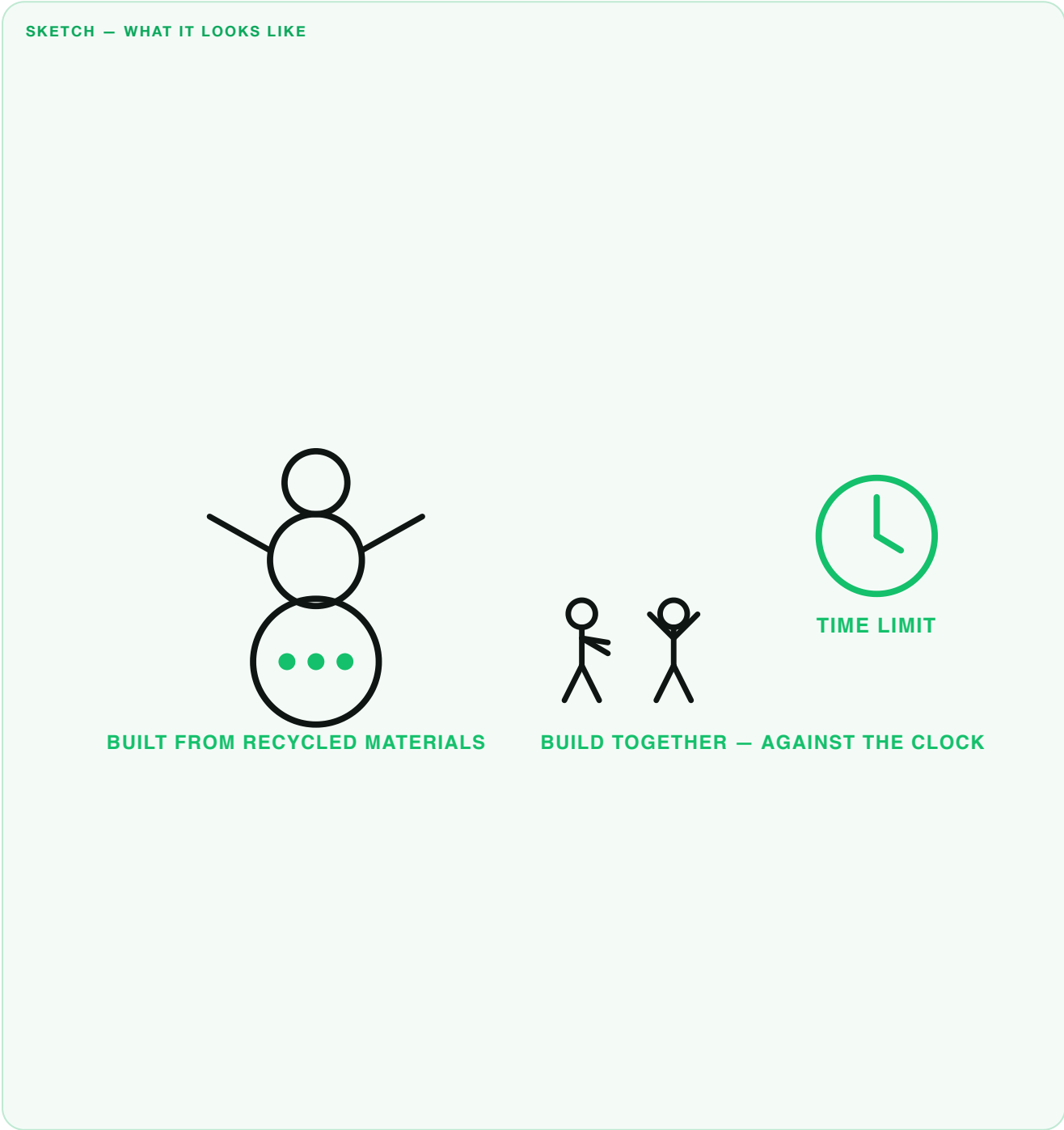
HOW IT WORKS

Teams build a snowman out of clean recycled materials — cardboard, bottles, caps, fabric. The time limit forces them to share ideas, divide tasks and cooperate. The aim: be creative, work as a team, and prove that **waste materials can have a second life**. Each team presents their snowman at the end.

LAYER 1 — WHAT THEY SEE
A pile of recycled materials — and a challenge to build a snowman before time ends.

LAYER 2 — WHAT THEY LIVE
Teamwork, communication, inclusion — and learning about recycling by literally building something out of it.

SKETCH — WHAT IT LOOKS LIKE



The sketch area contains three main icons: a snowman made of three circles with stick arms and three dots for buttons; two stick figures standing side-by-side; and a clock face with hands. Below each icon is a descriptive label.

BUILT FROM RECYCLED MATERIALS

BUILD TOGETHER — AGAINST THE CLOCK

05

ECOLOGY · OBSTACLE 5 — PRACTICAL

Recycled Snowman

LENS **TOGETHER** **EMOTION** TIME 10–15 min DIFFICULTY ●●●●●

BUILD IT — STEP BY STEP

- 1 Prepare the recycling materials — bottles, cardboard, caps, fabric.
- 2 Divide participants into teams.
- 3 Give them a time limit.
- 4 Teams build and decorate their snowman together.
- 5 Each team presents their snowman.

MATERIALS

- Cardboard & paper
- Plastic bottles & bottle caps
- Fabric pieces
- Tape / glue
- Markers & scissors
- Timer

DEBRIEF QUESTIONS

- How did you work together?
- What was difficult?
- What did you learn about recycling?

ADAPTATIONS

- Bigger materials for younger participants.
- Clear roles for shy participants.
- An accessible table for wheelchair users.
- Divide big groups into competing teams.



Teamwork, communication, inclusion — and learning about recycling by literally building something out of it.

LAYER 2 — WHAT THEY LIVE

FACILITATOR SCRIPT — SAY THIS

“Your challenge is to build a snowman using recycled materials. Work together, include everyone, and be creative. You have limited time. Ready? Start!”

How to run Ecology Adventure Racetrack

Opening ritual — the threshold

Welcome everyone in a circle: *“Welcome to the Ecology Racetrack! Today we will play, move, think and work together. Each game will teach us something about nature, recycling and how living things are connected. The goal is not only to win, but to help each other, learn — and have fun.”*

Warm-up (5 minutes)

- Shake your hands for 10 seconds.
- Jump like a frog — 5 jumps.
- Stretch like a tree, buzz like an insect.
- High-five your teammate.

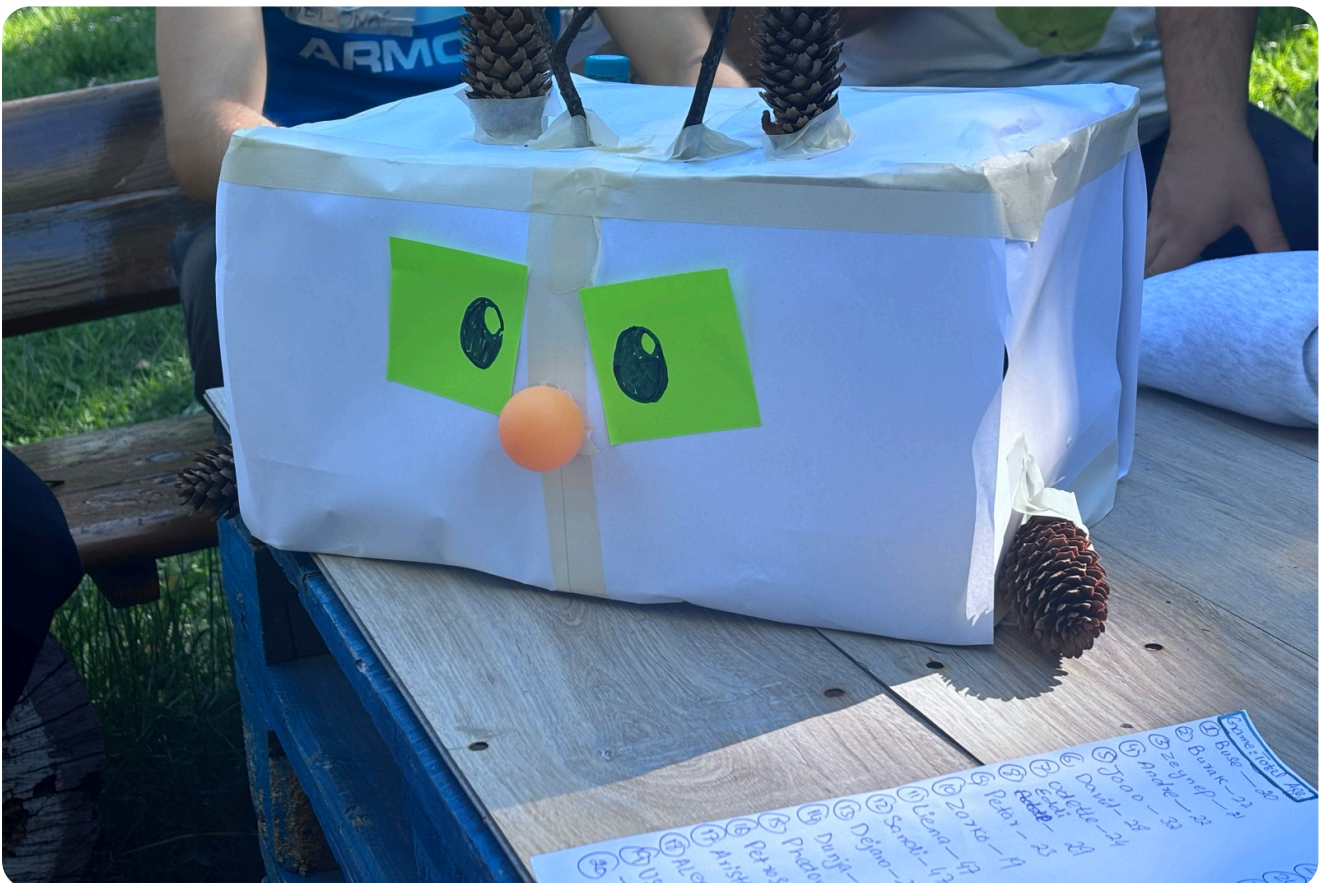
During the race

Watch carefully and make sure everyone is safe. Encourage constantly — a loud **“good try!”** counts as much as a point. Keep one facilitator beside the group at all times to prevent injuries.

Closing & debrief — the return

After the last obstacle, bring everyone back into the circle and ask:

- Which game was fun — and why?
- What did you learn?
- Why is it important to put plastic, paper, glass and organic waste in the correct place?
- How did your team help you?
- What can we do at home and at school to protect nature?
- What is the one thing you will remember?



Community Track

A fast, funny, station-based competition where teams of three communicate and think under pressure. Nine quick games — from a Squid-Game bridge to a counting game that explodes — each one pushing teamwork, trust and problem-solving.

13+
AGES

±30 min
DURATION

3
PER TEAM

9
OBSTACLES

3-4
FACILITATORS

The participant's journey

1
ORDINARY WORLD
They arrive on the track living their normal lives — curious, but not yet confident together.

2
CALL
A challenge forces them to step up and work together for success.

3
THRESHOLD
The point where mistakes cost time — suddenly, teamwork becomes essential.

4
TRIALS
Station after station: trust, order, precision and group problem-solving.

5
RETURN
They finish stronger, more confident, and ready to face the next challenge as a team.

What they take home

They leave feeling like a “we” instead of separate individuals — braver to speak up, calmer under pressure, more willing to trust others even when the challenge is confusing. Confidence, patience, and responsibility toward the group.

The course — 9 obstacles, one finish line

1	Spelling Game	BALANCE	TOGETHER
2	Glass Bridge	MIND	TOGETHER
3	Flip Game	MIND	TOGETHER
4	Lava Game	BALANCE	TOGETHER
5	Shooting Glasses	BALANCE	MIND
6	Paper Bridge	BALANCE	TOGETHER
7	Find the Key	SENSES	EMOTION TOGETHER
8	BOOM!		MIND
9	Paper Drawing	TOGETHER	SENSES

01

COMMUNITY · OBSTACLE 1 OF 9

Spelling Game

LENS **BALANCE** **TOGETHER** TIME ≈3 min DIFFICULTY ●●●●●

HOW IT WORKS

In an open space, the team receives a word — and must spell it **using their bodies**, letter by letter. After each letter, a facilitator takes a photo; at the finish line of the whole track, the team gets to see their word spelled out in pictures.

LAYER 1 — WHAT THEY SEE
An open space where the team has to cooperate and coordinate, inventing creative ways to shape letters.

LAYER 2 — WHAT THEY LIVE
Working as an organised team and thinking under pressure — with your own body as the only tool.

SKETCH — WHAT IT LOOKS LIKE

THE WORD CARD

PHOTO AFTER EACH LETTER

SPELL IT LETTER BY LETTER — WITH YOUR BODIES

01

COMMUNITY · OBSTACLE 1 — PRACTICAL

Spelling Game

LENS **BALANCE** **TOGETHER** TIME ≈3 min DIFFICULTY ●●●●●

BUILD IT — STEP BY STEP

- 1 Write words on pieces of paper.
- 2 Show a word to the team.
- 3 The team shapes the letters one by one; photograph each letter.
- 4 One facilitator collects all the photos and shows the full word at the end of the racetrack.

MATERIALS

- Open space
- Papers with words
- Camera or phone

DEBRIEF QUESTIONS

- What mattered most while building the letters?
- What did you learn about working together?

ADAPTATIONS

- Easier words.
- Different shapes instead of letters.
- More time.



*Working as an organised team and thinking under pressure —
with your own body as the only tool.*

LAYER 2 — WHAT THEY LIVE

FACILITATOR SCRIPT — SAY THIS

“For this activity you will play a spelling game. We will show you a word, and using your bodies you have to spell it letter by letter. After each letter we take a picture — and we’ll show you the result at the end of the racetrack.”

02

COMMUNITY · OBSTACLE 2 OF 9

Glass Bridge

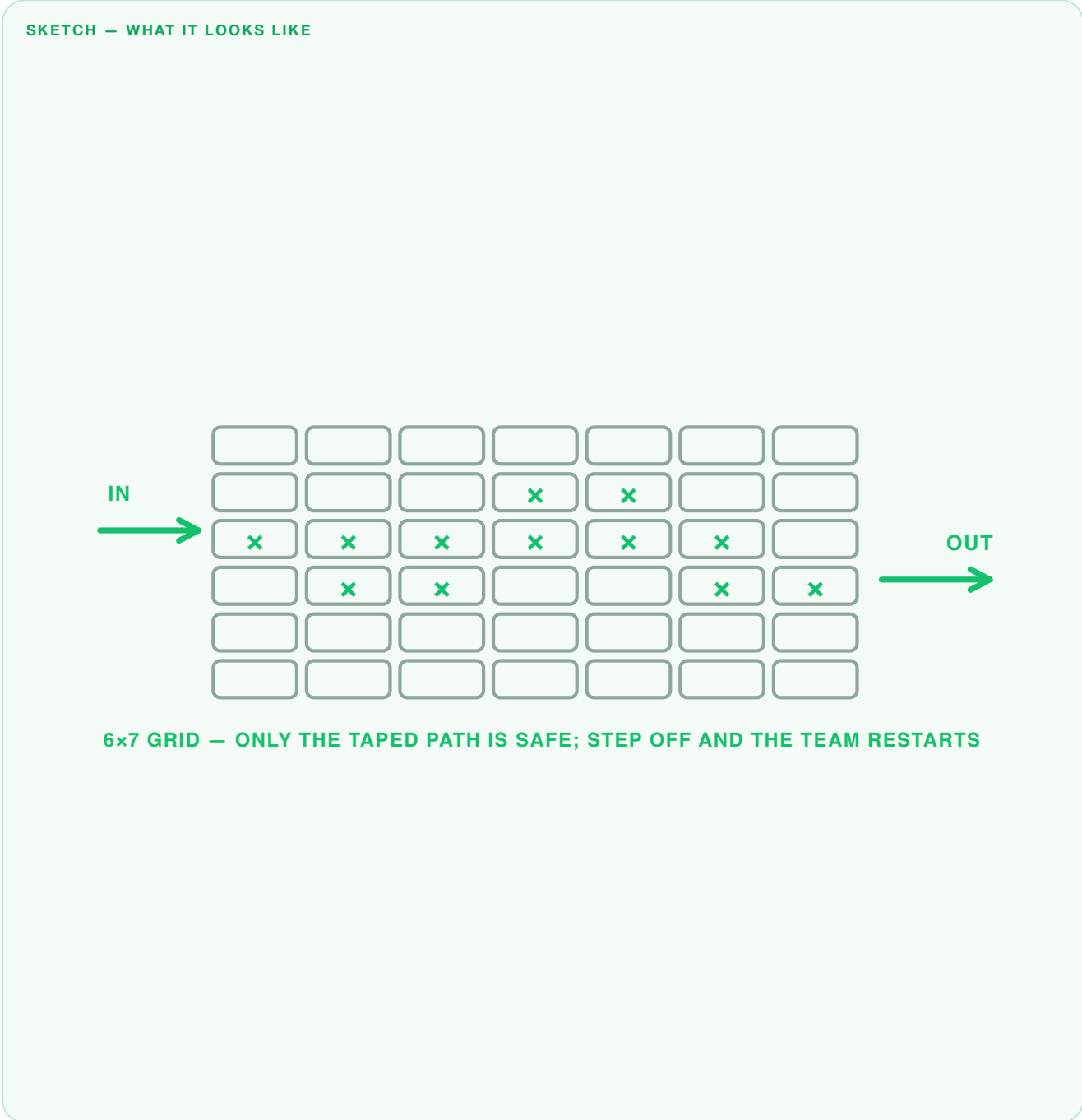
LENS **MIND** **TOGETHER** TIME 5-6 min DIFFICULTY ●●●●●

HOW IT WORKS

A 6x7 grid taped on the ground hides one safe path from start to finish — only the facilitator knows it. The team advances cell by cell; every wrong step sends the whole team back to the start. Straight from Squid Game — minus the consequences.

LAYER 1 — WHAT THEY SEE
A taped grid on the field with a start line and a finish line — and no clue which cells are safe.

LAYER 2 — WHAT THEY LIVE
Shared memory under pressure: the team only wins if everyone remembers the path together — and has fun failing forward.



6x7 GRID — ONLY THE TAPED PATH IS SAFE; STEP OFF AND THE TEAM RESTARTS

02

COMMUNITY · OBSTACLE 2 — PRACTICAL

Glass Bridge

LENS **MIND** **TOGETHER** TIME 5–6 min DIFFICULTY ●●●●●

BUILD IT — STEP BY STEP

- 1 Draw the secret path on a piece of paper.

- 2 Tape the grid on the ground.

- 3 Have fun.

MATERIALS

- Paper (the secret path)
- Duct tape

DEBRIEF QUESTIONS

- How did you choose the path?
- Was it easy to work as a team to finish the maze?

ADAPTATIONS

- Fewer cells to cross.
- An easier path — no backwards moves.



Shared memory under pressure: the team only wins if everyone remembers the path together — and has fun failing forward.

LAYER 2 — WHAT THEY LIVE

FACILITATOR SCRIPT — SAY THIS
“Step on the grid and move forward — you don’t know which cells are safe. If you fail, go back to the beginning and try again, until you make it. You can move forward and diagonally. The whole team needs to make it across.”

03

COMMUNITY · OBSTACLE 3 OF 9

Flip Game

LENS **MIND** **TOGETHER** TIME 3-5 min DIFFICULTY ●●●●●

HOW IT WORKS

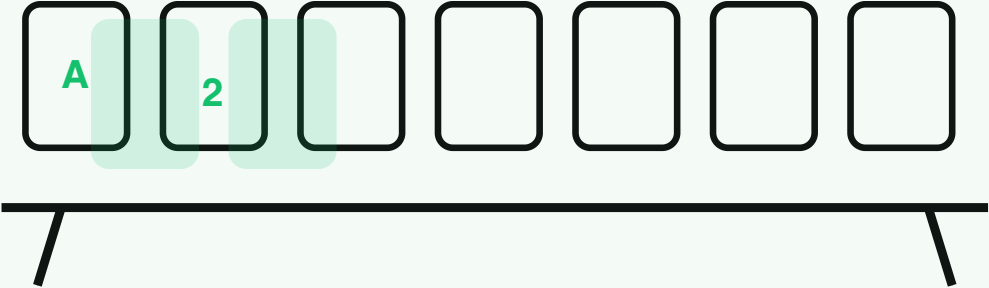
Thirteen cards lie face down on a table. The team must reveal them **one by one in growing order** — A(1), 2, 3... up to K(13). One wrong card, and everything turns face down again. Only shared memory gets you out.

LAYER 1 — WHAT THEY SEE
A table with 13 mystery cards facing down.

LAYER 2 — WHAT THEY LIVE
Without real teamwork it is nearly impossible to memorise the sequence — the group learns to share and trust each other's memory.

SKETCH — WHAT IT LOOKS LIKE

13 CARDS FACE DOWN — REVEAL IN ORDER A(1) → K(13)
ONE MISTAKE = ALL FACE DOWN AGAIN



03

COMMUNITY · OBSTACLE 3 – PRACTICAL

Flip Game

LENS **MIND** **TOGETHER** TIME 3–5 min DIFFICULTY ●●●●●

BUILD IT – STEP BY STEP

- 1 Take a pack of cards and pull out 13 unique cards, Ace to King.
- 2 Shuffle them and lay them face down on a table.

MATERIALS

- Table
- Pack of cards

DEBRIEF QUESTIONS

- Did you work as a team?
- What made it challenging?

ADAPTATIONS

- Works for everyone as it is.
- Larger groups: split into teams and make them compete.



Without real teamwork it is nearly impossible to memorise the sequence – the group learns to share and trust each other's memory.

LAYER 2 – WHAT THEY LIVE

FACILITATOR SCRIPT – SAY THIS

“There are 13 cards. You must reveal them one by one, in growing order – Ace is 1, King is 13. If you open the wrong card, all cards go face down again and you start over.”

04

COMMUNITY · OBSTACLE 4 OF 9

Lava Game

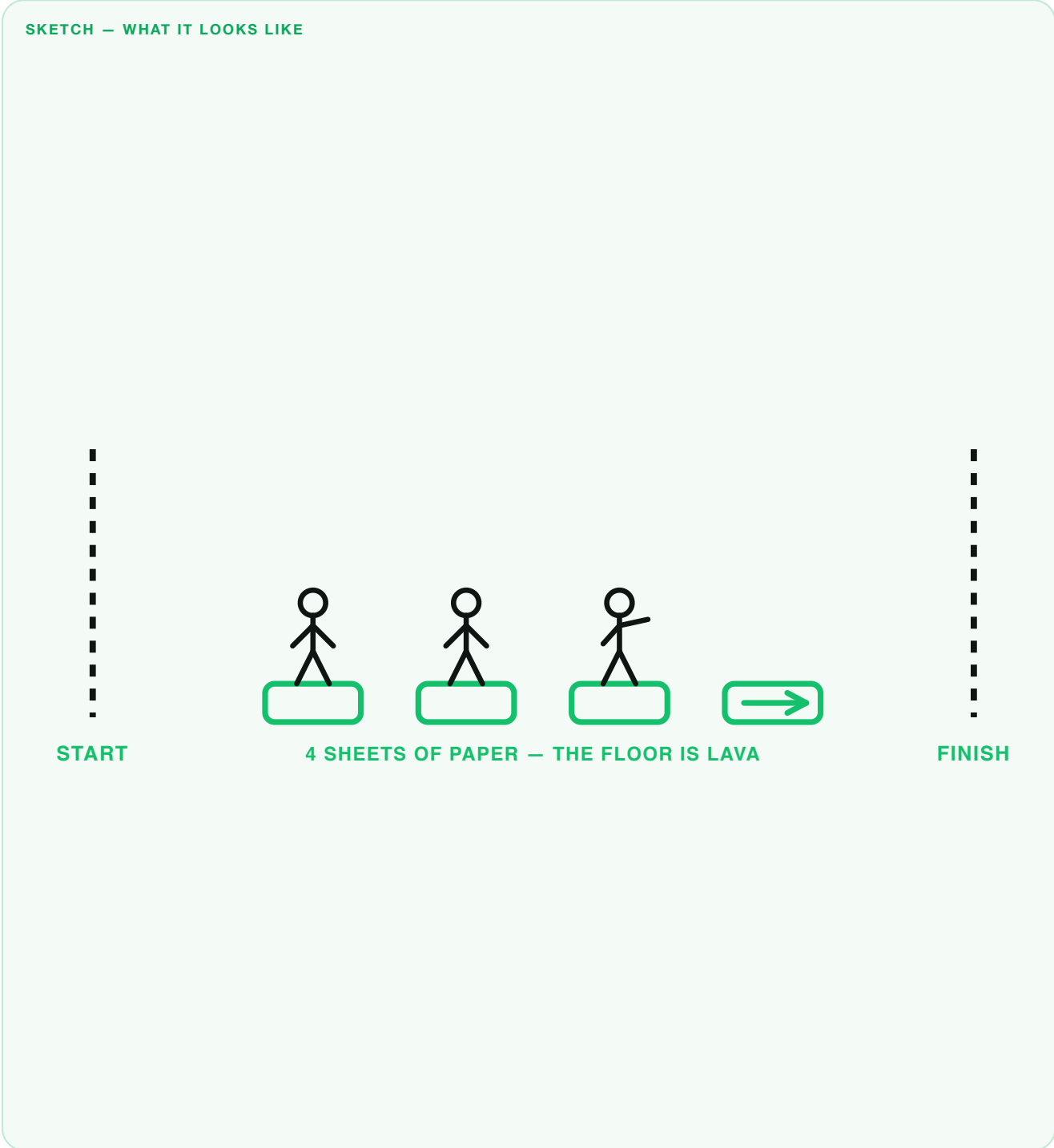
LENS **BALANCE** **TOGETHER** TIME ≈2 min DIFFICULTY ●●●●●

HOW IT WORKS

Teams of three receive **4 sheets of paper** — their only islands in a floor of lava. Stepping only on the paper, all three must cross from start to finish at the same time, passing the back sheet forward as they go.

LAYER 1 — WHAT THEY SEE
Four sheets of paper, a start line and a finish line.

LAYER 2 — WHAT THEY LIVE
Balance, cooperation and planning — you literally cannot move unless the whole team moves together.



04

COMMUNITY · OBSTACLE 4 – PRACTICAL

Lava Game

LENS **BALANCE** **TOGETHER** TIME ≈2 min DIFFICULTY ●●●●●

BUILD IT – STEP BY STEP

- 1 Mark the start and finish lines with duct tape.
- 2 Give each team 4 sheets of paper.

MATERIALS

- 4 sheets of paper per team
- Duct tape

DEBRIEF QUESTIONS

- Did you have fun?
- Was it easy?
- What would you improve?

ADAPTATIONS

- Scaling up: however many people there are, use one extra sheet of paper.



Balance, cooperation and planning — you literally cannot move unless the whole team moves together.

LAYER 2 – WHAT THEY LIVE

FACILITATOR SCRIPT – SAY THIS

“Here are the start and the finish lines. In your team of three you get 4 sheets of paper — step only on the paper, never on the floor, and get your whole team across.”

05

COMMUNITY · OBSTACLE 5 OF 9

Shooting Glasses

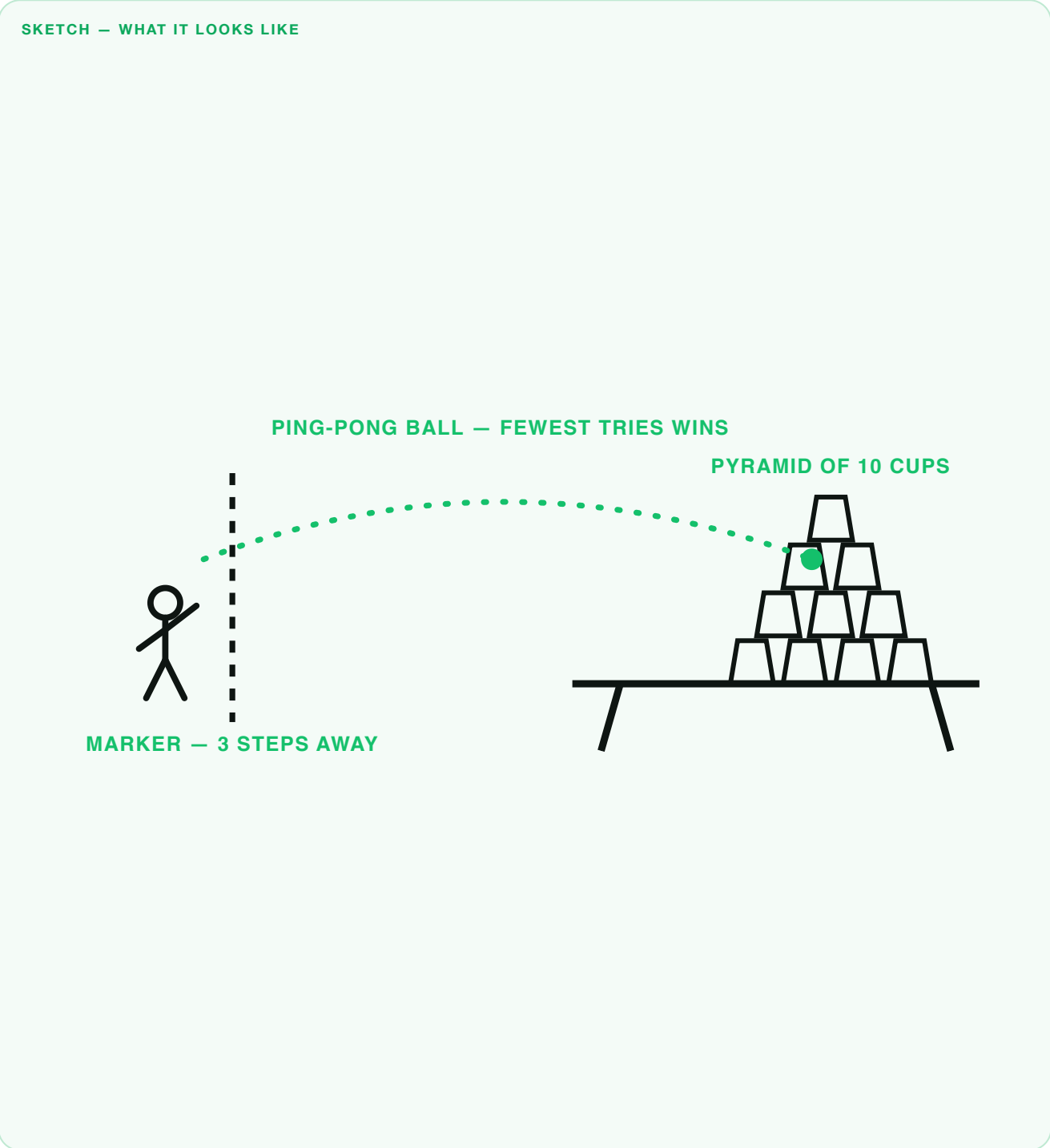
LENS **BALANCE** **MIND** TIME ≈2 min DIFFICULTY ●●●●●

HOW IT WORKS

A pyramid of **10 cups** stands on a table. From a marker three steps away, participants throw ping-pong balls at the pyramid — the goal is to bring every cup down in the fewest tries possible.

LAYER 1 — WHAT THEY SEE
A table with a cup pyramid and a ping-pong ball to shoot at it.

LAYER 2 — WHAT THEY LIVE
Accuracy under the team's eyes — and cheering each other into the last standing cup.



05

COMMUNITY · OBSTACLE 5 — PRACTICAL

Shooting Glasses

LENS **BALANCE** **MIND** TIME ≈2 min DIFFICULTY ●●●●●

BUILD IT — STEP BY STEP

- 1 Build a pyramid of about 10 cups on a table.
- 2 Count 3 steps from the table and tape a throwing line on the floor.

MATERIALS

- 10 cups
- Table
- Ping-pong balls
- Tape

DEBRIEF QUESTIONS

- What was the hardest part for you?
- Did you change your strategy as a team along the way?

ADAPTATIONS

- Add objects as catapults.
- Adjust the distance.
- Build different shapes with the cups.



Accuracy under the team's eyes — and cheering each other into the last standing cup.

LAYER 2 — WHAT THEY LIVE

FACILITATOR SCRIPT — SAY THIS

“Here is a pyramid of cups. Stay on the marker and shoot the pyramid with these ping-pong balls — make all the cups fall in the fewest tries possible.”

06

COMMUNITY · OBSTACLE 6 OF 9

Paper Bridge

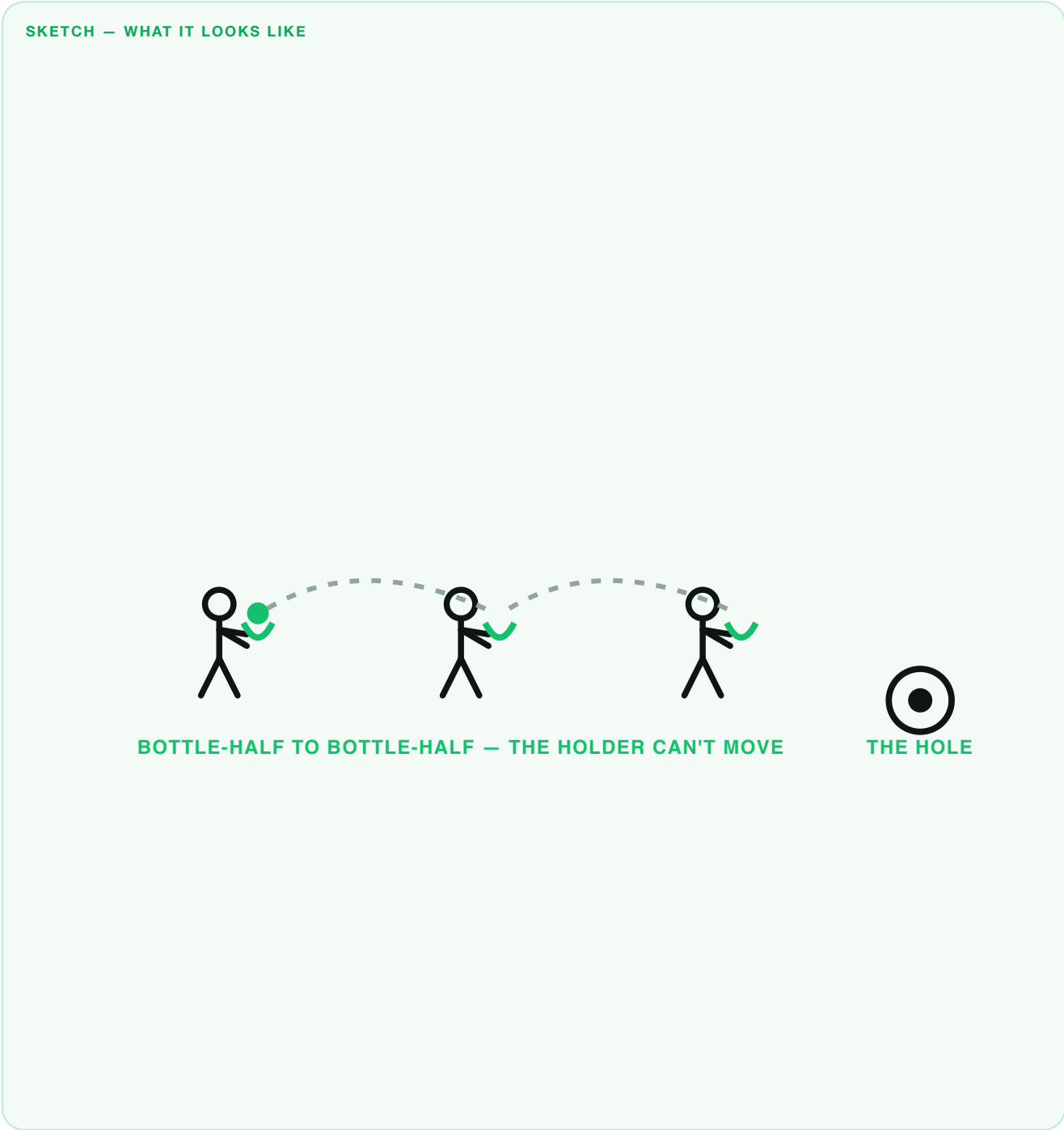
LENS **BALANCE** **TOGETHER** TIME ≈2 min DIFFICULTY ●●●●●

HOW IT WORKS

Three players, each holding **half a plastic bottle**. One ping-pong ball must travel bottle-to-bottle down the line and drop into a hole at the end — but whoever currently holds the ball **cannot move their feet**. The other two must reposition to keep the bridge alive.

LAYER 1 — WHAT THEY SEE
A short course with a hole at the end, three bottle halves and one precious ball.

LAYER 2 — WHAT THEY LIVE
Concentration, precision and true cooperation — the ball only advances if the whole bridge thinks together.



06

COMMUNITY · OBSTACLE 6 — PRACTICAL

Paper Bridge

LENS **BALANCE** **TOGETHER** TIME ≈2 min DIFFICULTY ●●●●●

BUILD IT — STEP BY STEP

- 1 Cut two plastic bottles in half to get three usable halves.
- 2 Mark a short course ending at a hole or container.
- 3 Give each of the three players one bottle half.

MATERIALS

- 2 plastic bottles
- A knife (facilitator only)
- Ping-pong ball

DEBRIEF QUESTIONS

- How was the task?
- What did you learn from it?

ADAPTATIONS

- Use different materials for different groups.



Concentration, precision and true cooperation — the ball only advances if the whole bridge thinks together.

LAYER 2 — WHAT THEY LIVE

FACILITATOR SCRIPT — SAY THIS

“Three people, each holding half a plastic bottle. You have one ping-pong ball that must reach the hole — passed only from bottle to bottle. Whoever holds the ball cannot move. Good luck!”

07

COMMUNITY · OBSTACLE 7 OF 9

Find the Key

LENS **SENSES** **EMOTION** **TOGETHER** TIME ≈2 min DIFFICULTY ●●●●●

HOW IT WORKS

A two-person team: one is blindfolded, the other is handcuffed. The facilitator hides a key and reveals its location **only to the handcuffed person** — who cannot reach it, and must verbally guide the blindfolded teammate to find it. The key unlocks the cuffs: they literally free each other.

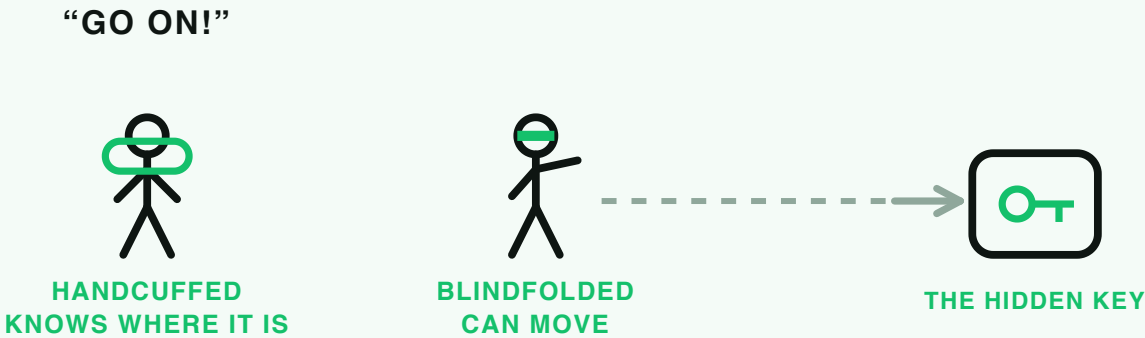
LAYER 1 — WHAT THEY SEE

A blindfold, a pair of handcuffs, and a key hidden somewhere in the space.

LAYER 2 — WHAT THEY LIVE

Total interdependence: listening, precise communication and trust — neither can succeed without the other.

SKETCH — WHAT IT LOOKS LIKE



07

COMMUNITY · OBSTACLE 7 — PRACTICAL

Find the Key

LENS **SENSES** **EMOTION** **TOGETHER** TIME ≈2 min DIFFICULTY ●●●●●

BUILD IT — STEP BY STEP

- 1 Choose a safe space.
- 2 Blindfold one participant; handcuff the other.
- 3 Hide the key.
- 4 Reveal the key's location to the handcuffed participant only.

MATERIALS

- Key
- Handcuffs (toy)
- Blindfold

DEBRIEF QUESTIONS

- How did you communicate?
- Did you feel trusted — and trusting?

ADAPTATIONS

- Harder: don't reveal the exact location, only hints.
- Make the key's position wheelchair-accessible.



Total interdependence: listening, precise communication and trust — neither can succeed without the other.

LAYER 2 — WHAT THEY LIVE

FACILITATOR SCRIPT — SAY THIS

“The goal of this game is simple: trust your teammate. One of you knows where the key is but cannot move to get it. The other can move — but cannot see. Guide each other, find the key, and set yourselves free.”

08

COMMUNITY · OBSTACLE 8 OF 9

BOOM!

LENS **MIND** TIME ≈5 min DIFFICULTY ●●●●●

HOW IT WORKS

Standing in a circle, the team counts to 50 — one number per person. The catch: every number that **contains a 3 or is divisible by 3** must be replaced by shouting **BOOM!** One mistake, and the count restarts from the next person.

LAYER 1 — WHAT THEY SEE
Just a circle of people, counting out loud.

LAYER 2 — WHAT THEY LIVE
Full concentration while tracking two rules at once — and staying calm when the group implodes at 33 (BOOM!).

SKETCH — WHAT IT LOOKS LIKE

COUNT TO 50 — SAY BOOM! ON EVERY 3, 13, 23... AND MULTIPLES OF 3

08

COMMUNITY · OBSTACLE 8 — PRACTICAL BOOM!

LENS **MIND** TIME ≈5 min DIFFICULTY ●●●●●

BUILD IT — STEP BY STEP

- 1 Players stand in a circle — a talking game, no setup needed.

MATERIALS

- Nothing at all

DEBRIEF QUESTIONS

- Was it challenging?
- Did you enjoy it?

ADAPTATIONS

- Younger participants: count to a smaller number.
- Anxious participants: help them count.



Full concentration while tracking two rules at once — and staying calm when the group implodes at 33 (BOOM!).

LAYER 2 — WHAT THEY LIVE

FACILITATOR SCRIPT — SAY THIS

“One by one, count to 50 as a group. If the number contains a 3 or can be divided by 3 — say BOOM! instead. If someone slips, you start again from the next person.”

09

COMMUNITY · OBSTACLE 9 OF 9

Paper Drawing

LENS **TOGETHER** **SENSES** TIME 3-5 min DIFFICULTY ●●●●●

HOW IT WORKS

The team stands in a line, each person holding a sheet of paper against the back of the person in front. The facilitator draws a shape on the **last person's back**; each player redraws what they feel onto the next back down the line. Does the drawing survive the journey?

LAYER 1 – WHAT THEY SEE
Pens, papers, and a line of concentrated backs.

LAYER 2 – WHAT THEY LIVE
Feeling and trusting the person behind you – communication with no words and no eyes, passed hand to hand.

SKETCH – WHAT IT LOOKS LIKE

THE DRAWING... ...SURVIVES?

DRAW ON THE BACK IN FRONT OF YOU – PASS IT DOWN THE LINE

09

COMMUNITY · OBSTACLE 9 — PRACTICAL

Paper Drawing

LENS **TOGETHER** **SENSES** TIME **3-5 min** DIFFICULTY ●●●●●

BUILD IT — STEP BY STEP

- 1 Give each participant a pen and a sheet of paper.
- 2 Stand in a line, one behind another, paper placed on the back of the person in front.

MATERIALS

- Pens
- Papers

DEBRIEF QUESTIONS

- Was it fun?
- Did the drawing survive?

ADAPTATIONS

- Wheelchair users: everyone sits down.
- Larger groups: divide into competing lines.



Feeling and trusting the person behind you — communication with no words and no eyes, passed hand to hand.

LAYER 2 — WHAT THEY LIVE

FACILITATOR SCRIPT — SAY THIS

“Take a pen and a paper, stand in a line, place the paper on the back of the person in front of you — and prepare to repeat whatever is drawn on your own back.”

How to run Community Track

Opening ritual — the threshold

A welcome circle: introduce the track layout and explain the rules upfront, so there is less explaining later. Close the circle with a quick energizer game.

Warm-up (5–10 minutes)

Pass the ball around the circle. First round: say your name. Second round: your favourite food. Then — throw the ball to anyone, but you must remember and call their name first.

During the race

It depends on the game — mostly watch that each game is played right. Cheer. Encourage. The stations run in parallel: three station leaders move with the teams while one main coordinator manages the overall flow.

Closing & debrief — the return

- What did you learn today?
- What did you find challenging?
- Which game did you like the most — and why?
- What was the most common emotion during the track?



Common pitfalls — and how to handle them

Collected from all three teams' facilitation guides — what can go wrong on any track, and what to do about it.

IF...

Someone refuses to participate

THEN →

Allow observation first, then offer a smaller or adapted role — scorekeeper, photographer, helper. Participation grows back from the edges.

IF...

Someone dominates the group

THEN →

Encourage equal participation and ask quieter participants for their ideas directly. Remind the group: everyone gets a turn.

IF...

Someone becomes anxious or freezes

THEN →

Offer encouragement and extra explanation, or let them complete an easier version. Never force the full challenge.

IF...

Someone doesn't want to be a leader

THEN →

Make them all leaders — rotate who explains, who decides, who goes first.

IF...

A minor physical or accessibility issue

THEN →

Adapt distances, materials or movement requirements immediately — the golden rule exists exactly for this moment.

IF...

Risk of injury

THEN →

Keep one facilitator physically beside the group at all times; check the ground and materials before every run.

The golden rule, one more time

Adapt the challenge to the person — never the person to the challenge.



Build your own racetrack

These three tracks were designed in a single afternoon, by teams using one shared template. Here is that template, compressed — everything you need to design a fourth track with your own group.

1 · The big picture

Name & theme. Who is this race for? Be specific — not “young people”, but the real person you imagine. Then write their journey in five stages (ordinary world → call → threshold → trials → return) and, most importantly, the **lessons learned**: not skills — the transformation. What is different in them after the race?

2 · One sheet per obstacle

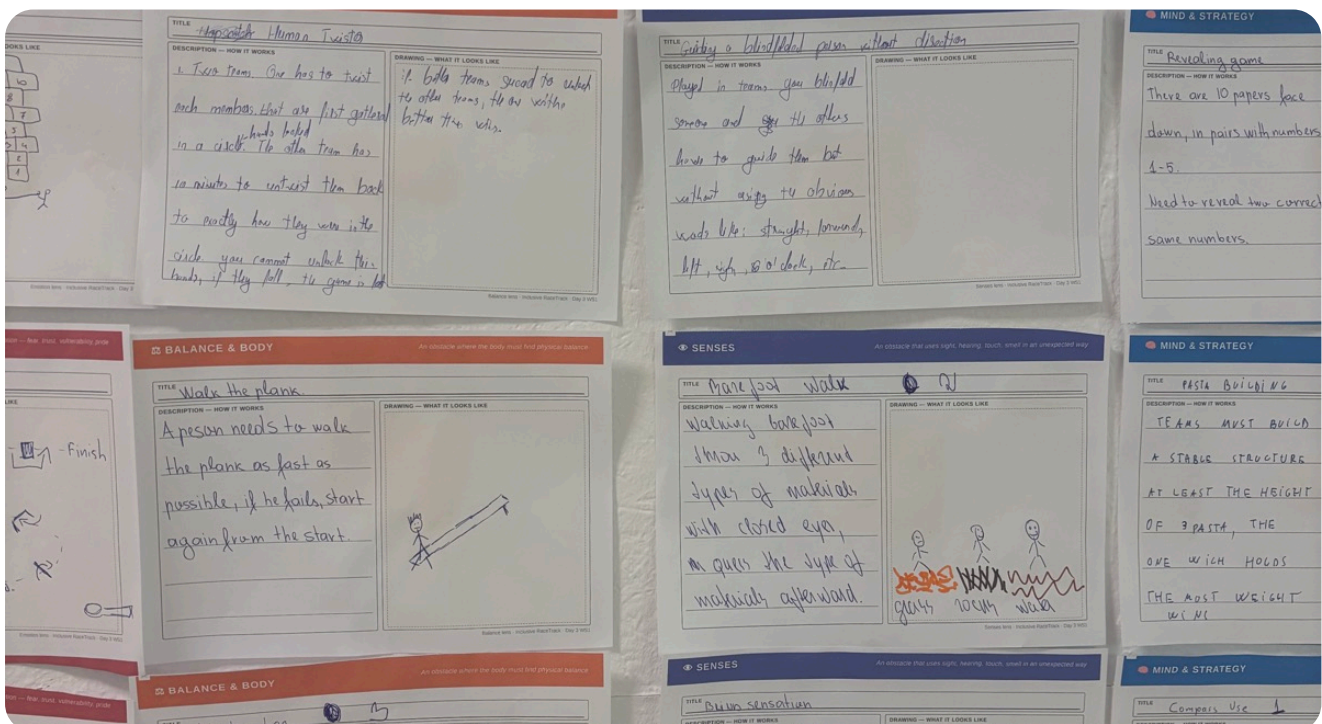
Concept: title, lens (senses / balance / together / mind / emotion), how it works step by step, and the two layers — what they see (the physical wrapper) vs what they *live* (the real lesson). **Practical:** a sketch, materials *with quantities*, build steps, a 30-second facilitator script, 2–3 open debrief questions, and adaptations for at least two different profiles.

3 · The facilitation guide

Opening ritual (the first 60 seconds set the tone: journey, not competition) · warm-up · during-race role (watch? cheer? intervene?) · closing debrief — the most important 15 minutes — · and 2–3 likely pitfalls with your answers ready.

Design checklist

- Does every obstacle work for a mixed-ability group — or have a written adaptation?
- Do the lenses vary, so every participant finds an obstacle where they shine?
- Can the whole track be built from one bag of cheap materials?
- Does the debrief reveal Layer 2 — with open questions, not yes/no?
- Does everyone finish together?





Three racetracks, nineteen obstacles, one idea: inclusion is something young people can **build, run and feel** — with rope, tape, paper and each other. Created by the participants of the “Inclusive RaceTracks” training course, Mogoșești-Siret, Romania, 5–11 May 2026.

PARTNERS

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