

Youth Tracks

Youth Tracks is a brand-new 2-day training course designed to give youth workers and youth leaders the skills to plan and deliver fun activities that will get young people exploring, mapping, promoting and improving the paths and greenspaces in their community.

Background

Increasingly we are being told that walking and spending time outdoors in nature is good for our health and wellbeing.

Sadly, there are barriers that prevent young people from accessing nature. For some, the perceived cost of getting to open spaces can be a major problem.

Many young people don't realise that they can access nature close to where they live, and they can walk to it.

A recent survey carried out by [Reroutes](#) found that:

- 74% of young people enjoy spending time in nature
- 76% consider nature to be important to them
- 50% want to take action to help protect the environment

If young people have more knowledge about the nature on their doorstep they may be more likely to actively seek the benefits that it provides and take better care of it.

Youth Tracks is part of our [Path Skillz](#) programme



Youth Tracks will provide you with the opportunity to:

- Learn how to survey, grade and promote paths
- Gain the practical skills you need to organise and run fun practical outdoor work sessions and activities with young people
- Share your knowledge and experience, network and learn from others

Cost: Youth Tracks is free to young workers and youth leaders

Dates & Location: 19th & 20th February 2019 at Scottish Waterway Centre beside the Falkirk Wheel.

What to bring and wear: This course involves outdoor work. You will need to wear appropriate clothing and sturdy footwear.

For more information contact:
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01259 218 888.