



# Outdoor spaces for all: Out4In supports the inclusion of refugee and migrant women through nature-based learning

Refugee and migrant women often want to take part in education, training and local activities, yet barriers such as language, limited information, economic constraints, childcare responsibilities, discrimination, transport challenges, and the lack of safe, welcoming spaces can make participation difficult. These barriers are often interconnected: being both a migrant and a woman can multiply exclusion in everyday life.

Out4In was created to respond to these realities with practical, innovative solutions. The project uses outdoor and nature-based activities as an accessible pathway to well-being, confidence, social connection and a sense of belonging, while also supporting educators and organisations to design activities that feel safe, culturally sensitive and truly inclusive.

Out4In is co-funded by the Erasmus+ Programme of the European Union and brings together seven organisations across five countries: Finland, Austria, Italy, Serbia and Spain. Throughout the project, partners tested and refined the approach in real-life settings, learning what works to lower thresholds for participation and what conditions help refugee and migrant women and girls feel comfortable and motivated to join.

## What Out4In delivered

To help practitioners and stakeholders remove barriers and create inclusive outdoor opportunities, Out4In developed three practical, transferable resources:

1. Toolkit (for educators and practitioners)

A hands-on Toolkit that supports inclusive outdoor education and empowerment-based approaches. It includes guidance on building trust, communicating across language barriers, creating safer group dynamics, addressing practical obstacles (such as childcare and costs), and designing activities that respect cultural diversity and different comfort levels.

2. Local Natural Heritage Guide (interactive map)

An interactive map that gathers routes and local natural heritage from all partner countries, with practical details such as accessibility notes and photos. The Guide makes it easier to plan welcoming outdoor experiences — especially for groups who may be unfamiliar with local outdoor culture or unsure about where it is safe and comfortable to go.



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### 3. Policy Recommendations

A set of recommendations to help organisations and decision-makers strengthen conditions for participation and support the wider uptake of the Out4In approach beyond the project period.

Out4In demonstrates that outdoor spaces can become spaces for all, when barriers are recognised, reduced, and addressed through concrete methods, supportive environments and collaboration across communities.

Explore and download the materials: [out4in.eu](https://out4in.eu)

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*Monaliiku is a non-governmental organization based in Helsinki whose vision is to be a leading force in promoting social inclusion, gender equality, and diversity, as reflected in the active participation of multicultural women in physical activity and sports. Our mission is to empower multicultural women and girls with immigrant backgrounds to actively participate in Finnish society through physical activity, while promoting their social and cultural inclusion. We achieve this by cooperating with authorities and other national and European organizations. We have developed several European projects to implement our vision across the country, including initiatives such as "Out4In" and "Mentor on the Move", which provide knowledge and tools to ensure safety and protection in inclusive sports programmes, with a particular focus on women with migrant backgrounds and other marginalized women.*



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