

## **Jaunogre Secondary School**

### **Project description**

#### The City Challenge

Regenerating Urban Space to connect People in a Healthy Environment

#### What is our question?

Grass wet from rain, wet peat, cold stones, warm gravel and moss, cones, rocks and sand. How far and long should one walk barefoot to feel that many different touches? The students of Jaunogre Secondary School, researching the natural objects of the recreation area around the city, concluded that no public or nature trails are observed in the immediate or distant surroundings, therefore the team of young researchers and explorers of Jaunogre Secondary School set a goal. With support of parents to improve the urban environment with a new object, creating a barefoot trail in Ogre, although the residents of Ogre and the city, unlike the usual forest paths, could experience a real mix of senses here, because there are many different original covers in one place.

#### What is the possible answer?

The trail of senses allows you to immediately connect to health improvement activities. How does this happen? When overcoming various obstacles, a person goes through different stages barefoot, but must be attentive. The positive is that other thoughts and problems are no longer in mind. The benefit - spending free time with positive and new emotions, deep muscle training, trying to keep your balance on the pebbles, walking on different surfaces, and, of course, point massage on the feet.

#### Our solution

Using opportunities of trail of senses for rehabilitation to promote health of the local population

#### Our path

Students, teachers, experts from local municipality worked together to realize different activities as meetings, field exploration and trail of senses organization. Some of them:

February 2021 - the first online activity of the participants of the international project “Open Platform for Participatory Science Education in the City” (PULCHRA) took place at Jaunogre Secondary School.

April 22 2021 - International Earth Day was celebrated around the world, including in Jaunogre Secondary School, which is participating in the international education project PULCHRA, to raise public awareness of how to make lifestyles greener by reducing carbon emissions and promoting sustainable living.



Where you can find the main results?

[https://platform.pulchra-schools.eu/wp-content/uploads/2021/02/PUBLIK%C4%80CIJA\\_Konference.pdf](https://platform.pulchra-schools.eu/wp-content/uploads/2021/02/PUBLIK%C4%80CIJA_Konference.pdf)

[https://platform.pulchra-schools.eu/wp-content/uploads/2021/02/Jaunie%C5%A1u-15-18-gadi-zin%C4%81%C5%A1anas\\_attieksme.pdf](https://platform.pulchra-schools.eu/wp-content/uploads/2021/02/Jaunie%C5%A1u-15-18-gadi-zin%C4%81%C5%A1anas_attieksme.pdf)

[https://platform.pulchra-schools.eu/wp-content/uploads/2021/02/Zemes\\_diena.pdf](https://platform.pulchra-schools.eu/wp-content/uploads/2021/02/Zemes_diena.pdf)

[https://mobile.facebook.com/story.php?story\\_fbid=4027098317321655&id=463748613656661&sfnsn=mo&rdc=1&rdr](https://mobile.facebook.com/story.php?story_fbid=4027098317321655&id=463748613656661&sfnsn=mo&rdc=1&rdr)