



**NIRVANA  
VERDE**



**SIGN**  
On: Sports In Nature  
and Good Nutrition



Co-funded by  
the European Union

# **SPORT, NATURE AND INCLUSION**

***O-SIGN Events in Italy | 14-15 November 2025***

 **PADERNO DUGNANO (MI) SPORT CENTER, VIA TOTI**

**Two days of outdoor sports for everyone!**

Discover the thrill of orienteering and outdoor sports with **O-SIGN – On: Sport In Nature, Good Nutrition and Young Hearts**, a **project Co-funded by the European Union** under the **ERASMUS+ SPORT 2024** programme that promotes a healthy, inclusive, and sustainable lifestyle through outdoor sporting activities.

The event is promoted in Italy by **ASD Nirvana Verde** and across Europe by four other sports clubs in Romania (Bucharest), Latvia (Riga), Poland (Krakow), and Serbia (Belgrade).



## **Programme**

**Friday 14 November | 10:00 – 12:00**



Event focused on **Schools**

**Saturday 15 November | 10:00 – 12:00**



Event focused on **Sports Groups**

**Saturday 15 November | 15:00 – 17:00**



Event focused on **Families**



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A chance to have fun outdoors and learn about proper nutrition and physical activity

- **Workshops with information on healthy eating**
  - **Individual and small group orienteering with map and compass**
  - **Treasure hunt to discover the park's secrets**
  - **Mobile-Orienteering (guide your partner using a smartphone)**
  - **Precision orienteering, also suitable for people with reduced mobility**
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**FREE ENTRY!**

**GADGET PROVIDED FOR THE FIRST 400 PARTICIPANTS**



Stay tuned during the following months by the official websites:



<https://o-sign.eu>



<https://nirvanaverde.it>

**Join us for two days of sports, fun and inclusion!**