

# Tourist activities description

## **SASTDes WP3.6 Report**

SASTDes – Smart Assessment Sustainable Tourist Destinations

DISCOVER YOUR WORLD

Authors: Anna Praat, Ilay Sensagir, Martin Goossen,  
Eke Eijgelaar, Paul Peeters

Centre for Sustainability, Tourism and Transport  
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# 1 Introduction

## 1.1 Project SASTDes

Project SASTDes aims to resolve key issues in the sustainability assessment process of tourism destinations, with the objective to reduce the costs of assessments both in time and money, and to use the results of assessments for destination branding and marketing. The project's core research question is: *'How can sustainability assessments effectively and efficiently contribute to the sustainable development of tourism destinations and tourism products?'*



The large growth in tourism not only brings economic progress, but also causes negative effects on destinations and beyond, environmentally, socio-culturally, and economically. The tourism industry has responded with a number of sustainable tourism initiatives. A much-used method is to subject tourism products to a sustainability assessment, frequently leading to a label. The goal here is to motivate destinations to perform more sustainably and to stimulate consumers to make more sustainable touristic choices. Until now, participation in sustainability assessments in tourism is limited. Hence the effect on consumer choices is also small.



Most assessments suffer from limited participation and interest from tourism businesses. Conducting assessments is too costly for them, costing too much time, and the added value is unclear to them. Moreover, the assessments hardly lead to behaviour changes among the relatively small group of end users interested in sustainability. Finally, there is a problem with the content of the assessments: the impacts from transport to destinations is not accounted for, whereas these are often of great importance when determining the environmental impact of tourism trips.



## 1.2 Objective of this report



The objective of Work Package (WP) 3.6 is to provide automatically generated databases for all destinations – at the municipality level – of Europe. Tourism activities play a pivotal role in then SASTDES tool as per tourism activity we developed risk (WP3.7), suitability (WP3.8), and market attraction (WP4) indexes. This report provides a description of the activities as they were used for the assessment of the risks. Also, these descriptions will be used later in the tool as a default description of each tourism activity. SASTDES tool users may modify this for their specific case and that will mean a change of the risk indexes.



## 2 SASTDes – Tourist activities descriptions

<b>Activity code</b>	<b>Activity name &amp; description</b>
AB01	<p><b>Horseback riding</b></p> <p>Short description: Riding on a horse outdoors in nature or city, outdoors in a riding arena or in an indoor arena.</p> <p>Size: 1-2 persons</p> <p>Timing: approx. 30 minutes – 2 hours (depending on the type of horse riding), usually during the day</p> <p>Other information: An arena is needed. A place to take care of the horses is needed. Horseback riding equipment is needed. To go horseback riding alone a licence is needed in most countries. Horse riding can be done in a group.</p>  <p>Source: <a href="https://www.equestrian-escapes.com">https://www.equestrian-escapes.com</a></p>
AS01	<p><b>Flight small motorised</b></p> <p>Short description: Flying in a small airplane that has only a small motor (e.g. Cessna) for sightseeing purposes.</p> <p>Size: most common 4-6 persons, depending on the size of the plane</p> <p>Timing: usually 30 – 60 minutes</p> <p>Other information: A license is needed to pilot a small motorized airplane. A runway is needed for taking off and landing.</p>  <p>Source: <a href="https://www.flyingmag.com/story/aircraft/cessna-172-still-relevant/">https://www.flyingmag.com/story/aircraft/cessna-172-still-relevant/</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
AS02	<p><b>Flight glider/sailplane</b></p> <p>Short description: Flying an unpowered plane and using natural forces for soaring (gaining altitude and traveling without power) through the air.</p> <p>Size: 1-2 persons.</p> <p>Timing: 10 minutes – 5 hours depending on the altitude, during daytime.</p> <p>Other information: Usually there is first a towing plain pulling the sailplane up. However, there are self-launching gliders, which are equipped with engines that are turned off ones at the right altitude. A license is needed to pilot a glider/sailplane. A runway is needed for taking off and landing.</p>  <p>Source: <a href="https://unsplash.com/photos/yoc5yt98osk">https://unsplash.com/photos/yoc5yt98osk</a></p>
AS03	<p><b>Flight Helicopter</b></p> <p>Short description: Flying a helicopter for sightseeing purposes.</p> <p>Size: 1 -7 depending on the size of the helicopter</p> <p>Timing: usually approx. 20 – 60 minutes (depending on tours times can be shorter or longer)</p> <p>Other information: A license is needed to pilot a helicopter alone. A helipad or other flat surface is needed for take-off and landing.</p>  <p>Source: <a href="https://www.interlakenactivities.com/en/activity/7734/20-minute-heli-flight">https://www.interlakenactivities.com/en/activity/7734/20-minute-heli-flight</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
AS04	<p><b>Hot air balloon ride (non-motorised)</b></p> <p>Short description: Flying mostly with the purpose of sightseeing in a balloon that is powered by hot air and not by an engine.</p> <p>Size: max 24 persons</p> <p>Timing: approx. 1 hour during daytime</p> <p>Other information: Fields needed to depart from. A licence is needed to be able to pilot a hot air balloon. The balloon mostly does not land where it departed from so there is a car needed to pick up the balloon and the passengers afterwards.</p>  <p>Source: <a href="https://www.dvhn.nl/groningen/Vee-en-vogels-Zuidlaardermeergebied-panisch-door-luchtballon-22251954.html?harvest_referrer=https%3A%2F%2Fwww.google.com%2F">https://www.dvhn.nl/groningen/Vee-en-vogels-Zuidlaardermeergebied-panisch-door-luchtballon-22251954.html?harvest_referrer=https%3A%2F%2Fwww.google.com%2F</a></p>
AS05	<p><b>Jumping with a parachute</b></p> <p>Short description: Jumping out of an airplane at a height of minimum 3 kilometres. The first few meters doing a free fall, after which the parachute is opened.</p> <p>Size: 1-2 persons</p> <p>Timing: approx. 20 minutes (including the plane ride to get to 3 kilometres), during daytime</p> <p>Other information: A licence is needed to do a solo jump, otherwise a tandem jump is done. A runway is needed for the plane to take off and land. A field is needed for the parachutist to land.</p>  <p>Source: <a href="https://www.rtvoost.nl/nieuws/198748/Recordpoging-Parachutespringen-Teuge-uitgesteld-door-regen-en-onweer">https://www.rtvoost.nl/nieuws/198748/Recordpoging-Parachutespringen-Teuge-uitgesteld-door-regen-en-onweer</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
AS06	<p><b>Paragliding unmotorised</b></p> <p>Short description: Gliding seated in a harness attached to a paraglider wing through the air, natural forces are used to control the movement and height.</p> <p>Size: 1-2 persons</p> <p>Timing: approx. 15 minutes in the air, during daytime</p> <p>Other information: Take off is done on foot therefore a slope on a hill or mountain is preferred for the take off. It can be done on flatland by using a car of which for towing. Depending on the country a licence is needed to paraglide without supervision.</p>  <p>Source: <a href="https://www.kitzbueheler-alpen.com/nl/hohe-salve/winter/hohe-salve-winter-paragliden.html">https://www.kitzbueheler-alpen.com/nl/hohe-salve/winter/hohe-salve-winter-paragliden.html</a></p>
AS07	<p><b>Paragliding motorised (Paramotor)</b></p> <p>Short description: Gliding seated in a harness attached to a paraglider wing through the air. Whilst having a propeller that is powered by a small petrol engine strapped to your back.</p> <p>Size: 1-2 persons</p> <p>Timing: approx. 2-3 hours, during daytime</p> <p>Other information: A field or other larger open space is needed to take off. Depending on the country a licence is needed to paramotor without supervision.</p>  <p>Source: <a href="https://www.dfordelhi.in/april-events-planner/image-7-air-safari/">https://www.dfordelhi.in/april-events-planner/image-7-air-safari/</a></p>

<b>Activity code</b>	<b>Activity name &amp; description</b>
CAI01	<p><b>Cinema or film house (indoor)</b></p> <p>Short description: Watching a movie or other screening of e.g. a series or documentary in a movie theatre indoors. An example is going to see the movie parasite in the cinema Pathé Arena in Amsterdam.</p> <p>Size: 60 – 500 guests (film houses usually have fewer places than cinemas)</p> <p>Timing: approx. 120 minutes, usually in the evening.</p> <p>Other information: Equipment and the right to show the movie are needed. As well as comfortable seating and heating is needed.</p>  <p>Source: <a href="https://www.locaties.nl/pathe-arena/zaal-14-imax.157278.lynkx">https://www.locaties.nl/pathe-arena/zaal-14-imax.157278.lynkx</a></p>
CAI02	<p><b>Classical concert / opera / operetta (indoor)</b></p> <p>Short description: Going to an indoor theatre to watch a classical concert / opera / operetta. An example is going to the performance of Bach's Matthäus passion by the Bach Choir and Orchestra of the Netherlands in the Concertgebouw in Amsterdam.</p> <p>Size: approx. 500 – 2000 guests.</p> <p>Timing: 2 – 3 hours, usually in the evening.</p> <p>Other information: Mostly without a lot of artificial amplifying. Comfortable seating and heating is needed.</p>  <p>Source: <a href="https://www.concertgebouw.nl/uw-bezoek/gebouw-geschiedenis/beroemde-akoestiek/nrc-handelsblad-akoestiek-van-de-schoenendoos">https://www.concertgebouw.nl/uw-bezoek/gebouw-geschiedenis/beroemde-akoestiek/nrc-handelsblad-akoestiek-van-de-schoenendoos</a></p>





<b>Activity code</b>	<b>Activity name &amp; description</b>
CAI03	<p><b>Concert (pop / jazz / blues / rock) (indoor)</b></p> <p>Short description: Going to see an artist perform in a concert hall or theatre. An example is going to the concert of Mumford &amp; Sons in the Ziggo Dome, Amsterdam, The Netherlands.</p> <p>Size: Mostly 500 – 20.000 guests.</p> <p>Time: 2-3 hours, in the evening</p> <p>Other information: Performances are usually highly artificial amplified.</p>  <p>Source: <a href="https://www.hotelbreukelen.nl/ziggo-dome">https://www.hotelbreukelen.nl/ziggo-dome</a></p>
CAI04	<p><b>Cultural event / festival (indoor)</b></p> <p>Short description: Indoor cultural events and festivals is one event that can be about for example music, food, theatre or everything combined. An example of an indoor cultural event / festival indoor is the Dutch theatre festival, where the audience can see different selected plays in different theatres in the city and prizes are awarded.</p> <p>Size: Approx. 40.000 - 300.000 visitors</p> <p>Time: Varies from a couple of hours till 3-4 days</p> <p>Other information: Kind of cultural event / festival have a big influence on the size and timing. Involves a lot of strategical planning and has mostly quite an impact on the city where it is held.</p>  <p>Source: <a href="https://www.theateramsterdam.nl/foyer">https://www.theateramsterdam.nl/foyer</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
CAI05	<p><b>Gallery or studio (indoor)</b></p> <p>Short description: Visiting a place where art is displayed, created and art can be bought. Galleries or studios can be amongst others painted art or photography. An example is the Art Gallery in the World Trade Centre in Rotterdam, the Netherlands, where new modern art is displayed.</p> <p>Size: Varies</p> <p>Timing: 30 – 60 minutes, during the day</p> <p>Other information: Galleries and studios often display the work of one artist and do often not have different exhibitions. Galleries are often free of entry.</p>  <p>Source: <a href="https://www.wtcrotterdam.com/faciliteiten/art-gallery">https://www.wtcrotterdam.com/faciliteiten/art-gallery</a></p>
CAI06	<p><b>Museum / art hall / exhibition (indoor)</b></p> <p>Short description: Visiting place where for example art, the history of a country, fashion etc. is displayed. Examples of museum or exhibitions in the Netherlands are: The Rijksmuseum, Anne Frank huis, NEMO Science museum, Maritime Museum and so on.</p> <p>Size: Varies, big museums can get around 6000 visitors a day.</p> <p>Timing: approx. 2-3 hours, during the day.</p> <p>Other information: Museums make mostly a differentiation between their permanent collection and their changing exhibitions. Museums do not sell their exhibitions. Visitors mostly need to pay an entrance fee.</p>  <p>Source: <a href="https://www.volkskrant.nl/nieuws-achtergrond/ondergedompeld-in-de-natuur-het-nieuwe-naturalis-vermaakt-verbluft-en-ontroert~b243edc7/#&amp;gid=1&amp;pid=1">https://www.volkskrant.nl/nieuws-achtergrond/ondergedompeld-in-de-natuur-het-nieuwe-naturalis-vermaakt-verbluft-en-ontroert~b243edc7/#&amp;gid=1&amp;pid=1</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
CAI07	<p><b>Musical (indoor)</b></p> <p>Short description: Watching a show where theatre, dancing and singing is combined indoor. An example is going to the musical the Wicked in the Circus theatre in Scheveningen, the Netherlands or at the Apollo Victoria theatre in London, United Kingdom.</p> <p>Size: approx. 500 – 2000 guests</p> <p>Time: 2-3 hours, usually in the evening.</p> <p>Other information: Music is usually highly artificial amplified. Comfortable chairs and heating is required. Musicals are mostly big productions, therefore they require bigger stages than a theatre piece.</p>  <p>Source: <a href="https://www.newyork.nl/wicked-op-broadway-tickets">https://www.newyork.nl/wicked-op-broadway-tickets</a></p>
CAI08	<p><b>Theatre / ballet / dance performance (indoor)</b></p> <p>Short description: Examples of theatre performances are watching a play in a theatre, that solemnly involves acting, no dancing and singing. Ballet and dance performances usually take place in a theatre as well, examples are going to see the ballet The Swan Lake with music from Tchaikovsky by the Dutch National Ballet or a modern dance piece by the Nederlands Dans Theater.</p> <p>Size: approx. 50 – 2000 guests</p> <p>Time: 2-3 hours, usually in the evening.</p> <p>Other information: Comfortable seats and heating are needed. Theatre plays can be performed on smaller stages. Ballet performances often require bigger stages.</p>  <p>Source: <a href="https://marrinergroup.com.au/venues/regent-theatre">https://marrinergroup.com.au/venues/regent-theatre</a></p>




<b>Activity code</b>	<b>Activity name &amp; description</b>
CAO01	<p><b>Archaeological / archaeological objects (excavations, burial mounds, dolmens) (outdoor)</b></p> <p>Short description: Examples of archaeological activities that are built around archaeology / archaeological objects are: visiting the dolmens in Drenthe, The Netherlands; visiting the Acropolis in Athens, Greece; and visiting Stonehenge, United Kingdom.</p> <p>Size: approx. 80 – several thousand people</p> <p>Time: 2- 3 hours, during the day</p> <p>Other information: Mostly people cannot actually though the archaeological sites, therefore a clear path to stay on is needed. Most archaeological sites have as well a (small) museum next to it.</p>  <p>Source: <a href="https://culturetourist.com/traveling-tips/20-archaeological-sites-you-have-to-visit-in-europe/">https://culturetourist.com/traveling-tips/20-archaeological-sites-you-have-to-visit-in-europe/</a></p>
CAO02	<p><b>Classical concert / opera / operetta (outdoor)</b></p> <p>Short description: an outdoor classical concert, opera or operetta is for example the Laudate concert with music composed by Vivaldi with an ensemble of eight musicians in Caprera, an open-air theatre in Bloemendaal, The Netherlands.</p> <p>Size: typically, 500-2500 guests (Caprera has 1100 places).</p> <p>Timing: normally 2-3 hours in the evening.</p> <p>Other information: general performance with some without artificial amplifying but not extremely loud (as pop-concerts).</p>  <p>Source: <a href="https://blog.ticketmaster.nl/festival/20x-festivals-en-concerten-buitenlucht-2342">https://blog.ticketmaster.nl/festival/20x-festivals-en-concerten-buitenlucht-2342</a></p>

<b>Activity code</b>	<b>Activity name &amp; description</b>
CAO03	<p><b>Concert (pop / jazz / blues / rock) (outdoor)</b></p> <p>Short description: An example of an outdoor concert is seeing Paul McCartney's concert in the Goffertpark, an open air podium in Nijmegen, The Netherlands. Another example can be going to Wembley Stadium, United Kingdom, for a concert of Ed Sheeran.</p> <p>Size: 500 – 90.000 (the Goffertpark has a capacity of 50.000 people)</p> <p>Timing: normally 2-3 hours in the evening.</p> <p>Other information: Performances are usually highly artificial amplified.</p>  <p>Source: <a href="http://www.thefa.com/%7E/media/images/thefaportal/news%20articles/2013/killers-wembley-2.ashx?w=620&amp;h=349&amp;c=facupgallery&amp;as=1">http://www.thefa.com/%7E/media/images/thefaportal/news%20articles/2013/killers-wembley-2.ashx?w=620&amp;h=349&amp;c=facupgallery&amp;as=1</a></p>
CAO04	<p><b>Cultural event / festival (outdoor)</b></p> <p>Short description: Outdoor cultural events and festivals is one event that can be about for example music, food, theatre or everything combined. An example of a festival is Lowlands in the Netherlands. The festival is mostly known for the music artists that perform, but there are also stages for among others theatre, literature and science.</p> <p>Size: Approx. 50.000 - 600.000 visitors</p> <p>Time: Varies from a couple of hours till 3-4 days</p> <p>Other information: Kind of cultural event / festival have a big influence on the size and timing. Involves a lot of strategical planning and has mostly quite an impact on the city where it is held. Music is usually highly artificial amplified.</p>  <p>Source: <a href="https://www.volkskrant.nl/nieuws-achtergrond/lowlands-wordt-25-we-blikken-terug-in-25-hoogtepunten~b3fb0f95/">https://www.volkskrant.nl/nieuws-achtergrond/lowlands-wordt-25-we-blikken-terug-in-25-hoogtepunten~b3fb0f95/</a></p>









<b>Activity code</b>	<b>Activity name &amp; description</b>
CAO05	<p><b>Monument / place of interest (such as castles, churches villages or boroughs) (outdoor)</b></p> <p>Short description: Viewing a monument or place from the exterior. An example of a monument and place of interest that can be looking at the Westminster Abbey in London, United Kingdom. Another example could be going to a specific neighbourhood such as Notting Hill in London, United Kingdom.</p> <p>Size: varies, activities can be done alone or with a group of for example 20 tourists.</p> <p>Timing: approx. 30 minutes – 2 hours, can be done during the day or in the evening.</p> <p>Other information: During this activity people often do go inside shops when looking around a neighbourhood or go into the monumental building they are looking at e.g. a church.</p>  <p>Source: <a href="https://www.wanderlist.be/bestemming/notting-hill">https://www.wanderlist.be/bestemming/notting-hill</a></p>
CAO06	<p><b>Museum / art hall / exhibition (outdoor)</b></p> <p>Short description: Visiting place where for example art, the history of a country, fashion etc. is displayed. Examples of an outdoor museum is the Dutch Open Air museum, which is an history museum in the in Arnhem, the Netherlands.</p> <p>Size: Mostly done by families, ranging from 3 – 5 persons.</p> <p>Timing: approx. 3 – 4 hours, during the day</p> <p>Other information: Painted art is mostly not displayed in outdoor museums.</p>  <p>Source: <a href="https://www.diskoffer.nl/news/bezoek-het-openluchtmuseum-arnhem/">https://www.diskoffer.nl/news/bezoek-het-openluchtmuseum-arnhem/</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
CAO07	<p><b>Musical (outdoor)</b></p> <p>Short descriptions: Watching a show where theatre, dancing, and singing are combined outdoor. An example of an outdoor musical is watching Aida in concert at the open-air concert at Paleis Soestdijk, in Soest, The Netherlands.</p> <p>Sizing: usually 500 – 2000 guests</p> <p>Timing: approx. 2 – 3 hours in the evening.</p> <p>Other information: Performances are usually highly artificial amplified.</p>  <p>Source: <a href="https://www.musicalweb.nl/voorinschrijving-openluchtconcert-2020-van-stage-entertainment-geopend-15862">https://www.musicalweb.nl/voorinschrijving-openluchtconcert-2020-van-stage-entertainment-geopend-15862</a></p>
CAO08	<p><b>Open-air cinema (outdoor)</b></p> <p>Short description: Watching a movie on a big screen outside organised by a cinema or in an outside cinema.</p> <p>Size: approximately 500 – 1500</p> <p>Timing: approx. 120 minutes in the evening.</p> <p>Other information: Sounds is highly artificial amplified. Equipment and the right to show the movie are needed. Big open spaces like for example a park or a beach is needed so there is enough space for people to sit.</p>  <p>Source: <a href="https://www.uitinapeldoorn.nl/openlucht-filmfestival">https://www.uitinapeldoorn.nl/openlucht-filmfestival</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
CAO09	<p><b>Theatre / ballet / dance performance (outdoor)</b></p> <p>Short description: Examples of watching a theatre performance outdoor is going to Vondelpark open-air theatre in Amsterdam, The Netherlands, to watch a dance performance by the Junior Company of the Dutch National Ballet.</p> <p>Size: approx. 50 – 3000 guests (Vondelpark open-air theatre has a capacity of max 3500 people)</p> <p>Timing: 2 - 3 hours, during the day or in the evening</p> <p>Other information: A stage is needed with a floor for dancers to be able to dance on. Mostly a wider open space is needed.</p>  <p>Source: <a href="https://www.pepijnschoneveld.nl/vondelpark-openluchttheater/">https://www.pepijnschoneveld.nl/vondelpark-openluchttheater/</a></p>
FW01	<p><b>Canoeing (Fresh-water-based recreation)</b></p> <p>Short description: Peddling on a river or lake in Canoe.</p> <p>Size: Usually 1-4 persons</p> <p>Timing: approx. 30 minutes – 3 hours, during the day</p> <p>Other information: Water pollution</p>  <p>Source: <a href="https://www.rei.com/learn/expert-advice/canoe-day-touring-checklist.html">https://www.rei.com/learn/expert-advice/canoe-day-touring-checklist.html</a></p>
FW02	<p><b>Fishing (Fresh-water-based recreation)</b></p> <p>Short description: Fishing by a lake, river, glaciers, etc.</p> <p>Size: usually 1-2 persons</p> <p>Timing: can vary from 2 – 10 hours during the day.</p> <p>Other information: A fishing pole and bait is needed. In some countries, to fish, you need to have a license. A lake or river with a small current is needed. Fishing can be done during the night. Fishing can be done competitively.</p>  <p>Source: <a href="https://www.nwaonline.com/news/2019/oct/08/nwa-fishing-report-20191008/">https://www.nwaonline.com/news/2019/oct/08/nwa-fishing-report-20191008/</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
FW03	<p><b>Snorkeling (Fresh-water-based recreation)</b></p> <p>Short description: Swimming or floating in a river, lake, etc. wearing goggles and a snorkel to breathe.</p> <p>Size: Varies, from 1 person to a bigger group</p> <p>Timing: Varies from 10 minutes – a couple of hours, during the day</p> <p>Other information: People sometimes use a boat to get out further on the lake/river before they start snorkeling.</p>  <p>Source: <a href="https://www.mcoconnor.com/2016/06/14/the-pleasures%E2%80%8A-%E2%80%8Aand-ecological-benefits%E2%80%8A-%E2%80%8Aof-river-snorkeling/">https://www.mcoconnor.com/2016/06/14/the-pleasures%E2%80%8A-%E2%80%8Aand-ecological-benefits%E2%80%8A-%E2%80%8Aof-river-snorkeling/</a></p>
FW04	<p><b>Jet skiing (Fresh-water-based recreation)</b></p> <p>Short description: Using a personal watercraft to drive on a river, lake, etc.</p> <p>Size: 1 – 2 persons</p> <p>Timing: approx. 30 – 60 minutes, during the day.</p> <p>Other information: A gasoline engine is needed to drive the jet ski. In larger jet skis the engine can be the size of a motorbike.</p>  <p>Source: <a href="http://jetskivaren.nl/">http://jetskivaren.nl/</a></p>
FW05	<p><b>Kite surfing (Fresh-water-based recreation)</b></p> <p>Other description: Surfing on a lake, river, etc. using a kite to gain speed and perform jumps.</p> <p>Size: 1 person</p> <p>Timing: 1 – 4 hours during the day</p> <p>Other information: Timing depends on how capable a person is in kitesurfing and the weather. Is done as well competitively.</p>  <p>Source: <a href="https://www.makulo.com/session/craig-cunningham-kitesurfing-the-spit-hood-river-usa-03-jul-14/1412">https://www.makulo.com/session/craig-cunningham-kitesurfing-the-spit-hood-river-usa-03-jul-14/1412</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
FW06	<p><b>Rafting (Fresh-water-based recreation)</b></p> <p>Short description: Boating down usually a river with high current in an inflatable rubber boat.</p> <p>Size: 2 – 10 persons</p> <p>Timing: usually 1,5 – 2 hours during the day</p> <p>Other information: Every rafting excursion includes an instructor that will steer the boat. Rafting is done on rivers with a strong current.</p>  <p>Source: <a href="http://www.labaume-lapalmeraie.com/nl/raften-a19.php">http://www.labaume-lapalmeraie.com/nl/raften-a19.php</a></p>
FW07	<p><b>Rowing (Fresh-water-based recreation)</b></p> <p>Short description: Rowing in a rowing boat over a lake, river, etc.</p> <p>Size: 1 – 8 persons</p> <p>Timing: typically, around 1 hour during daytime.</p> <p>Other information: -</p>  <p>Source: <a href="https://nl.wikipedia.org/wiki/Roeiboot">https://nl.wikipedia.org/wiki/Roeiboot</a></p>
FW08	<p><b>Scuba diving (Fresh-water-based recreation)</b></p> <p>Short description: Diving with gear that helps to breathe underwater in glaciers, rivers, lakes, etc.</p> <p>Size: 1 – 2 persons</p> <p>Timing: 40 – 45 minutes, mostly during the day</p> <p>Other information: Scuba gear is needed. Mostly a boat is needed to drive out further on a for example a lake or river. Scuba certification is needed to dive alone.</p>  <p>Source: <a href="https://www.scubadiving.com/photos/25-best-freshwater-dive-sites?image=11#page-13">https://www.scubadiving.com/photos/25-best-freshwater-dive-sites?image=11#page-13</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
FW09	<p><b>Water ball (Fresh-water-based recreation)</b></p> <p>Short description: Any of various games played with a ball by swimmers in water; specifically a team game resembling water polo.</p> <p>Size: Played in teams</p> <p>Timing: Summer (or winter-indoor)</p> <p>Other relevant information:</p>  <p>Source: <a href="https://depositphotos.com/125218988/stock-photo-boy-catching-a-ball-in.html">https://depositphotos.com/125218988/stock-photo-boy-catching-a-ball-in.html</a></p>
FW10	<p><b>Water skiing (Fresh-water-based recreation)</b></p> <p>Short description: Surfing on a lake, river, etc., wearing a ski like board whilst being pulled by a speedboat.</p> <p>Size: 1 – 2 persons</p> <p>Timing: usually 1-2 hours during the day, summertime</p> <p>Other information: Water skiing can be done by a mechanical system where the line a person holds to move is connected to one main line that moves around. Water skiing can be done without a board and barefoot.</p>  <p>Source: <a href="http://nautifungale.com/2019/05/30/water-ski/">http://nautifungale.com/2019/05/30/water-ski/</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
FW11	<p><b>Windsurfing (Fresh-water-based recreation)</b></p> <p>Short description: Surfing on a lake, river, etc. using a surfboard on which a sail is attached which is used to steer and gain speed.</p> <p>Size: 1 person</p> <p>Timing: 1 – 4 hours during the day</p> <p>Other information: Timing depends on how capable a person is in windsurfing and the weather. Windsurfing is done as well competitively.</p>  <p>Source: <a href="https://www.wind.com/en/learn-windsurfing-on-lake-garda-in-malcesine">https://www.wind.com/en/learn-windsurfing-on-lake-garda-in-malcesine</a></p>
FW12	<p><b>Swimming (Fresh-water-based recreation)</b></p> <p>Short description: Moving through a river, lake, etc. by using arm and leg movements.</p> <p>Size: Varies, 1 person – a group of people</p> <p>Timing: 10 minutes – 1 hour</p> <p>Other information: -</p>  <p>Source: <a href="https://www.thelocal.de/20180601/a-guide-to-berlins-lake-where-to-go-even-in-the-winter-and-how-it-may-help-you-cope">https://www.thelocal.de/20180601/a-guide-to-berlins-lake-where-to-go-even-in-the-winter-and-how-it-may-help-you-cope</a></p>

<b>Activity code</b>	<b>Activity name &amp; description</b>
GO01	<p><b>Bar / café visit</b></p> <p>Short description: Going for a drink or bite to eat in a bar/café.</p> <p>Size: Usually 2-4 persons (often people go with their partner or friends).</p> <p>Timing: Can vary from 30 minutes to 3 hours, usually in the evening/night.</p> <p>Other information: Some bars/café's turn into in the night into a dancing place. In summer a lot of café's and bars have an outside terrace.</p>  <p>Source: <a href="https://www.barbotanique.nl/nl/index.html">https://www.barbotanique.nl/nl/index.html</a></p>
GO02	<p><b>Casino, gaming hall and similar</b></p> <p>Short description: In gaming halls, etc. games such as air hockey and pinball can be played. In Casinos, there are mostly slot machines and dealers at tables e.g. blackjack.</p> <p>Size: 1 – 4 persons (usually people go with friends).</p> <p>Timing: approx. 2 – 3 hours. Usually in the evening.</p> <p>Other information: Casinos are completely based on gambling, gaming halls are not completely based on gambling.</p>  <p>Source: <a href="https://facts.be/nl/activiteiten/de-facts-gaming-hall/">https://facts.be/nl/activiteiten/de-facts-gaming-hall/</a></p>
GO03	<p><b>Dance club</b></p> <p>Short description: Going out to a party in a night club or a party organized in someone their house.</p> <p>Size: 200 - 10.000 people.</p> <p>Timing: Typically, 2 - 4 hours in the evening/night.</p> <p>Other information: Performances are usually highly artificial amplified. Usually larger amounts of alcohol are consumed. House parties often end with people going to a nightclub.</p>  <p>Source: <a href="https://api-and-you.com/by-pass-geneve/">https://api-and-you.com/by-pass-geneve/</a></p>







<b>Activity code</b>	<b>Activity name &amp; description</b>
G004	<p><b>Dining out</b></p> <p>Short description: Eating out at a restaurant, diner, etc.</p> <p>Size: Usually, 1-4 persons</p> <p>Timing: 1-3 hours</p> <p>Other information: Restaurant usually use a lot of water. Heating and comfortable seating is needed.</p>  <p>Source: <a href="http://www.flaglercountyedc.com/living-here/arts-and-culture/four-friends-eating-dinner-at-rooftop-restaurant/">http://www.flaglercountyedc.com/living-here/arts-and-culture/four-friends-eating-dinner-at-rooftop-restaurant/</a></p>
HA01	<p><b>Sunbathing (land-based)</b></p> <p>Short description: Passive recreational activity of laying in the sun, mostly done land-based (park, garden,...).</p> <p>Size: Mostly done with a group of people or alone.</p> <p>Timing: Morning-late afternoon. Approximately 1 -4 hours</p> <p>Other relevant information: Big crowds harm the environment, changes in the landscape, air pollution, waste, disturbance of fauna, and damage of vegetation. When facilities are given then there is also delivery and use of energy involved.</p>  <p>Source: <a href="https://www.123rf.com/photo_9855528_beautiful-young-women-sunbathing-in-park.html">https://www.123rf.com/photo_9855528_beautiful-young-women-sunbathing-in-park.html</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
HA02	<p><b>Sunbathing (seaside)</b></p> <p>Short description: Passive recreational activity of laying in the sun, mostly done at the beach.</p> <p>Size: Mostly done with a group of people or alone.</p> <p>Timing: Morning-late afternoon. Approximately 1 -4 hours</p> <p>Other relevant information: Big crowds have a negative impact on the coastal environment, changes in the landscape, air pollution, waste, disturbance of fauna and damage of vegetation. When facilities are given then there is also delivery and use of energy involved.</p>  <p>shutterstock.com • 1438779047</p> <p>Source: <a href="https://www.shutterstock.com/search/sunbathing">https://www.shutterstock.com/search/sunbathing</a></p>
HA03	<p><b>Sunbathing (lake-river)</b></p> <p>Short description: Passive recreational activity of laying in the sun, mostly done at a lake or river.</p> <p>Size: Mostly done with a group of people or alone.</p> <p>Timing: Morning-late afternoon. Approximately 1 -4 hours</p> <p>Other relevant information: Big crowds have a negative impact on the environment, changes in the landscape, air pollution, waste, disturbance of fauna and damage of vegetation. When facilities are given then there is also delivery and use of energy involved.</p>  <p>alamy stock photo</p> <p>Source: <a href="https://www.alamy.com/stock-photo/sunbathing-swimming-bathing-lake-summer.html">https://www.alamy.com/stock-photo/sunbathing-swimming-bathing-lake-summer.html</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
MA01	<p><b>Classes for developing skills and academically (i.e. cooking, design, psychology, philosophy) (indoor)</b></p> <p>Short description: A group of people gathering together to get educated in a specific subject.            Size: Varies (differs between smaller groups and larger groups).            Timing: Morning-late afternoon. The whole day or a couple of days.            Other relevant information: Delivery and use of energy involved.</p>  <p>Source: <a href="http://talkingfinances.co.uk/financial-education-seminars/">http://talkingfinances.co.uk/financial-education-seminars/</a></p>
MA02	<p><b>Classes for developing skills and academically (i.e. cooking, design, psychology, philosophy) (outdoor)</b></p> <p>Short description: A group of people gathering together to get educated in a specific subject.            Size: Varies (differs between smaller groups and larger groups)            Timing: Morning-late afternoon. The whole day or a couple of days.            Other relevant information: Delivery and use of energy involved.</p>  <p>Source: <a href="https://www.hillsdale.edu/event/last-day-classes-fall-semester/">https://www.hillsdale.edu/event/last-day-classes-fall-semester/</a></p>





<b>Activity code</b>	<b>Activity name &amp; description</b>
NA01	<p><b>Activities with campfire</b></p> <p>Short description: Outdoor activity of making a fire that provides light, warmth or heat for cooking.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer or winter activity, mostly in the evenings. Approximately 1-3 hours</p> <p>Other relevant information: The size of the fire can vary, hence also the impact on air quality since wood fire releases carbon dioxide.</p>  <p>Source: <a href="https://www.shutterstock.com/de/video/clip-30254095-young-people-sitting-fire-camp-looking-sky">https://www.shutterstock.com/de/video/clip-30254095-young-people-sitting-fire-camp-looking-sky</a></p>
NA02	<p><b>Bird-spotting</b></p> <p>Short description: Bird-spotting is a form of wildlife observation in which the observation of birds is the recreational activity. It can be done with the naked eye, binoculars or telescopes, by listening for bird sounds, or by watching public webcams.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer or winter activity. Approx. 1-3 hours.</p> <p>Other relevant information: Can cause disturbance to both plants and animals.</p>  <p>Source: <a href="https://www.shutterstock.com/de/video/clip-30254095-young-people-sitting-fire-camp-looking-sky">https://www.shutterstock.com/de/video/clip-30254095-young-people-sitting-fire-camp-looking-sky</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
NA03	<p><b>Cave visit</b></p> <p>Short description: Exploring caves is an outdoor activity for enjoyment or physical exercise. Caving, in certain areas, has also been utilized as a form of eco and adventure tourism with leading and guiding tours into and through caves.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer or winter activity. Approx. 1-2 hours.</p> <p>Other relevant information: Deterioration with footprint and soiled formation.</p>  <p>Source: <a href="https://www.getyourguide.com/blue-mountains-l1122/jenolan-caves-and-blue-mountains-day-trip-from-sydney-t67741/">https://www.getyourguide.com/blue-mountains-l1122/jenolan-caves-and-blue-mountains-day-trip-from-sydney-t67741/</a></p>
NA04	<p><b>Collecting wild fruits, vegetables, mushrooms, plants, etc.</b></p> <p>Short description: Picking wild fruits, vegetables, mushrooms and plants.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer or winter activity. Approx. 1 hour.</p> <p>Other relevant information: Deterioration with footprint and soiled formation.</p>  <p>Source: <a href="https://lovelygreens.com/foraging-easy-identify-wild-foods-autumn/">https://lovelygreens.com/foraging-easy-identify-wild-foods-autumn/</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
NA05	<p><b>Discovering the wildlife</b></p> <p>Short description: Wildlife observation in which the observation is the recreational activity. It can be done with the naked eye, binoculars or telescopes.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer or winter activity. Approx. 1-3 hours.</p> <p>Other relevant information: Can cause disturbance to both plants and animals.</p>  <p>Source: <a href="https://rootsrated.com/stories/the-best-wildlife-spotting-is-a-little-off-the-shore-ohio-river-islands-national-wildlife-refuge">https://rootsrated.com/stories/the-best-wildlife-spotting-is-a-little-off-the-shore-ohio-river-islands-national-wildlife-refuge</a></p>
NA06	<p><b>Hiking off-tracks</b></p> <p>Short description: Hiking on undesignated/unofficial tracks.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer or winter activity. Approx. 2-4 hours or longer.</p> <p>Other relevant information: Negative ecological impacts to ecosystems, plants and wildlife including trampling, soil compaction, erosion, disturbance (due to noise &amp; motion), pollution, nutrient loading, and introduction of non-native invasive plant species.</p>  <p>Source: <a href="https://www.telegraph.co.uk/film/wild/world-famous-hiking-routes/">https://www.telegraph.co.uk/film/wild/world-famous-hiking-routes/</a></p>
NA07	<p><b>Hiking on-tracks</b></p> <p>Short description: Hiking on designated/official tracks.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer or winter activity. Approx. 2-4 hours or longer.</p> <p>Other relevant information: Impact on vegetation</p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
	 <p>Source: <a href="https://www.newzealand.com/nouvelle-z%C3%A9lande/multi-day-hikes/">https://www.newzealand.com/nouvelle-z%C3%A9lande/multi-day-hikes/</a></p>
NA08	<p><b>Hunting</b></p> <p>Short description: "Hunting is the practice of seeking, pursuing and capturing or killing wild animals. Hunting wildlife or feral animals is most commonly done by humans for food, recreation, to remove predators that can be dangerous to humans or domestic animals, to remove pests that destroy crops or kill livestock, or for trade."</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Depends on regulations (season, area restrictions). Approx. 1-3 hours.</p> <p>Other relevant information: Threat to wildlife and ecosystem</p>  <p>Source: <a href="https://www.post-gazette.com/life/outdoors/2019/09/05/Sunday-hunting-Pennsylvania-Game-Commission-National-Shooting-Sports/stories/201909050079">https://www.post-gazette.com/life/outdoors/2019/09/05/Sunday-hunting-Pennsylvania-Game-Commission-National-Shooting-Sports/stories/201909050079</a></p>
NA09	<p><b>Ice climbing</b></p> <p>Short description: "Ice climbing is the activity of ascending inclined ice formations. Usually, ice climbing refers to roped and protected climbing of features such as icefalls, frozen waterfalls, and cliffs and rock slabs covered with ice refrozen from flows of water."</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Winter. Approx. 2-4 hours or longer.</p> <p>Other relevant information: Gears can cause damage.</p>

Activity code	Activity name & description
	 <p data-bbox="201 651 1225 719">Source: <a href="https://www.post-gazette.com/life/outdoors/2019/09/05/Sunday-hunting-Pennsylvania-Game-Commission-National-Shooting-Sports/stories/201909050079">https://www.post-gazette.com/life/outdoors/2019/09/05/Sunday-hunting-Pennsylvania-Game-Commission-National-Shooting-Sports/stories/201909050079</a></p>
NA10	<p data-bbox="201 730 533 757"><b>Photography, film, video</b></p> <p data-bbox="201 763 1278 831">Short description: "Photography is the art, application and practice of creating durable images."</p> <p data-bbox="201 837 778 864">Size: Varies (1 person up to a group of people)</p> <p data-bbox="201 871 930 898">Timing: Winter and summer (any time). Approx. 2-3 hours.</p> <p data-bbox="201 904 922 931">Other relevant information: Can disturb wildlife in nature.</p>  <p data-bbox="201 1364 1374 1426">Source: <a href="https://ecourses4youdirect.com/product/photography-photoshop-all-course-training-online-bundle/">https://ecourses4youdirect.com/product/photography-photoshop-all-course-training-online-bundle/</a></p>







<b>Activity code</b>	<b>Activity name &amp; description</b>
NA11	<p><b>Rock climbing/mountaineering</b></p> <p>Short description: "Rock climbing is a sport in which participants climb up, down or across natural rock formations. The goal is to reach the summit of a formation or the endpoint of a usually pre-defined route without falling.</p> <p>Size: Varies (1 person up to a group of people). Approx. 2-4 hours or longer.</p> <p>Timing: Summer but also seasonal depending on when birds are nesting (restricted)</p> <p>Other relevant information: Gears can cause damage and disturb wildlife.</p>  <p>Source: <a href="https://www.thailandclimbing.com/courses/lampang-rock-trip">https://www.thailandclimbing.com/courses/lampang-rock-trip</a></p>
NA12	<p><b>Walking for pleasure</b></p> <p>Short description: Regular walking for pleasure or exercise.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer and winter (any time). Approx. 1-2 hours or longer.</p> <p>Other relevant information:</p>  <p>Source: <a href="https://medatrio.com/walking-movements-of-the-foot">https://medatrio.com/walking-movements-of-the-foot</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
NA13	<p><b>Wild camping</b></p> <p>Short description: An outdoor activity involving overnight stays away from home in outdoor accommodation, such as a tent.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer and winter (any time)</p> <p>Other relevant information: Disturbance of wildlife, noise pollution, ...</p>  <p>Source: <a href="https://mpora.com/camping/wild-camping-uk-guide/">https://mpora.com/camping/wild-camping-uk-guide/</a></p>
NA14	<p><b>Picnic</b></p> <p>Short description: an occasion when you have an informal meal of sandwiches, etc. outside.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer. Approx. 2-4 hours or longer.</p> <p>Other relevant information: Air pollution, waste, disturbance of fauna and damage of vegetation</p>  <p>Source: <a href="https://picnic.barcelona/en/producto/set-up/">https://picnic.barcelona/en/producto/set-up/</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
PVO01	<p><b>Active games (outdoor/GPS-Enabled Smartphones)</b></p> <p>Short description: A type of pervasive game in which the gameplay evolves and progresses via a player's location.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Any time. Approx. 1-3 hours or longer.</p> <p>Other relevant information:</p>  <p>Source: <a href="https://www.nytimes.com/2020/01/01/world/canada/pokemon-go-canada-military.html">https://www.nytimes.com/2020/01/01/world/canada/pokemon-go-canada-military.html</a></p>
SI01	<p><b>Artificial rock climbing (indoor)</b></p> <p>Short description: "Rock climbing is a sport in which participants climb up, down or across natural rock formations. The goal is to reach the summit of a formation or the endpoint of a usually pre-defined route without falling."</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer and winter. Approx. 1-2 hours or longer.</p> <p>Other relevant information: When facilities are given then there is also delivery and use of energy involved.</p>  <p>Source: <a href="https://www.phillymag.com/be-well-philly/2018/06/28/indoor-rock-climbing-philadelphia/">https://www.phillymag.com/be-well-philly/2018/06/28/indoor-rock-climbing-philadelphia/</a></p>





<b>Activity code</b>	<b>Activity name &amp; description</b>
SO14	<p><b>Climbing park (outdoor)</b></p> <p>Short description: Climbing / ziplining through a parcours from one tree to another.</p> <p>Size: Varies, 1 person till a group of people</p> <p>Timing: Usually, 1 – 4 hours</p> <p>Other information: Platforms and robes are made in the trees to create the parcours. Usually there is also created a lunching, instruction and entrance area on the ground.</p>  <p>Source: <a href="https://www.deloittereachingpeaks.nl/teamtraining-klimbos-garderen/">https://www.deloittereachingpeaks.nl/teamtraining-klimbos-garderen/</a></p>
SI03	<p><b>Ball sports (indoor)</b></p> <p>Short description: Ball games (or ballgames), also ball sports, are any form of game or sport which feature a ball as part of play. These include games such as football, cricket, baseball, basketball,...</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer and winter. Approx. 1-2 hours or longer.</p> <p>Other relevant information: When facilities are given then there is also delivery and use of energy involved.</p>  <p>Source: <a href="https://www.parkfun.com/facilities/schaumburg-tennis-plus-racquetball">https://www.parkfun.com/facilities/schaumburg-tennis-plus-racquetball</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
SI04	<p><b>Bowling (indoor)</b></p> <p>Short description: Bowling is a target sport and recreational activity in which a player rolls or throws a bowling ball toward pins (in pin bowling).</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer and winter. Approx. 1-2 hours or longer.</p> <p>Other relevant information: When facilities are given then there is also delivery and use of energy involved.</p>  <p>Source: <a href="https://www.allinecht.nl/nl/bowlen">https://www.allinecht.nl/nl/bowlen</a></p>
SI05	<p><b>Gym (indoor)</b></p> <p>Short description: A place that offers exercise equipment for the purpose of physical exercise.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer and winter. Approx. 1-2 hours or longer.</p> <p>Other relevant information: When facilities are given then there is also delivery and use of energy involved.</p>  <p>Source: <a href="https://www.davidlloyd.nl/fr-fr/fitness">https://www.davidlloyd.nl/fr-fr/fitness</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
SI06	<p><b>Rollerblading and Skateboarding (indoor)</b></p> <p>Short description: indoor sports activities with obstacles and ramps for skateboards and rollerblades.</p> <p>Size: variable</p> <p>Timing: afternoons and evenings.</p> <p>Other relevant information: different to outdoor skateboarding and rollerblading which can cause nuisance among the local population (noise, structural damage to infrastructure), indoor activities have little potential for causing nuisance.</p>  <p>Source: <a href="https://www.pzc.nl/antwerpen/grootste-indoor-skatepark-van-ons-land-geopend-in-blikfabriek~af61d3b3/">https://www.pzc.nl/antwerpen/grootste-indoor-skatepark-van-ons-land-geopend-in-blikfabriek~af61d3b3/</a></p>
SI07	<p><b>Wintersports (indoor)</b></p> <p>Short description: Indoor ice rink/ snow hall for ice (figure) skating, (ice) hockey, curling, skiing and winter sports.</p> <p>Size: variable</p> <p>Timing: typically, in winter time from early morning to evenings.</p> <p>Other relevant information: Requires cooling.</p>  <p>Source: <a href="https://krant.zva.nu/nieuws/algemeen/15858/extra-grote-schaatsbaan-in-sluis-">https://krant.zva.nu/nieuws/algemeen/15858/extra-grote-schaatsbaan-in-sluis-</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
SI08	<p><b>Yoga / Tai Chi / Meditation and similar (indoor)</b></p> <p>Short description: Yoga, Tai Chi or meditation courses and activities indoors.</p> <p>Size: Usually up to 25 participants per class.</p> <p>Timing: Daytime, all year</p> <p>Other relevant information: Heating and cooling during specific seasons.</p>  <p>Source: <a href="https://www.uncovercolorado.com/wanderlust-festival01/">https://www.uncovercolorado.com/wanderlust-festival01/</a></p>
SO02	<p><b>Ball sports (outdoor)</b></p> <p>Short description: Any kind of team sports involving a ball.</p> <p>Size: Up to 25 people engaging in ball games with two teams.</p> <p>Timing: All day, spring/summer/autumn</p> <p>Other relevant information: Depends on the existence of facilities that might need to be constructed.</p>  <p>Source: <a href="http://clipart-library.com/sports-ball-pictures.html">http://clipart-library.com/sports-ball-pictures.html</a></p>

<b>Activity code</b>	<b>Activity name &amp; description</b>
SO03	<p><b>Beach ball sports (outdoor)</b></p> <p>Short description: Two teams of two (or more) playing ball sports either on a beach or on sand (in other locations)</p> <p>Size: Small groups</p> <p>Timing: Daytime, summer</p> <p>Other relevant information: Requires setting up fields, sometimes covering non-sandy surfaces with sand to be organized.</p>  <p>Source: <a href="https://avp.com/news/can-beach-volleyball-become-a-collegiate-sport-for-men/">https://avp.com/news/can-beach-volleyball-become-a-collegiate-sport-for-men/</a></p>
SO04	<p><b>Bungee jumping (outdoor)</b></p> <p>Short description: Jumping from a high altitude with an elastic rope attached to your ankles.</p> <p>Size: Usually few spectators, limited to participants and their peers.</p> <p>Timing: Daytime during summer</p> <p>Other relevant information: Without an available bridge, requires to setup of a crane or similar structures to reach a certain height.</p>  <p>Source: <a href="https://www.coruba.co.uk/blog/bungee-jumping-what-do-you-know/">https://www.coruba.co.uk/blog/bungee-jumping-what-do-you-know/</a></p>







<b>Activity code</b>	<b>Activity name &amp; description</b>
SO05	<p><b>Car Race (outdoor)</b>  Short description: Car race either as a rally (on and off track)( or in a specifically designed race car circuit.  Size: Small groups.  Timing: All year, but usually not in winter.  Other relevant information: Requires the existence of a track, noise can cause nuisance for inhabitants and wildlife, rallies can cause disturbance for wildlife and nature.</p>  <p>Source: <a href="https://www.skoda-storyboard.com/en/press-releases/rally-turkey-skodas-kopeccky-on-his-way-to-wrc-2-title-after-retirement-of-teammate-tidemand/">https://www.skoda-storyboard.com/en/press-releases/rally-turkey-skodas-kopeccky-on-his-way-to-wrc-2-title-after-retirement-of-teammate-tidemand/</a></p>
SO06	<p><b>Cycling (outdoor)</b>  Short description: Moving through cities and the countryside on a bicycle.  Size: Can be done individually or in small groups.  Timing: All year, but especially from spring to autumn.  Other relevant information: Requires bike paths or at least surfaces that bicycles can move through.</p>  <p>Source: <a href="https://blog.vaneycksport.com/nl/je-kind-leren-fietsen-tips-stappenplan/">https://blog.vaneycksport.com/nl/je-kind-leren-fietsen-tips-stappenplan/</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
SO07	<p><b>Golf (outdoor)</b>  Short description: Play golf and specifically designed courses.  Size: Small groups.  Timing: Daytime during the season (spring to autumn)  Other relevant information: Requires the design and construction of a landscape for the golf course. Potential impact on the environment if built-in sensitive natural areas.</p>  <p>Source: <a href="https://barbadosgolfclub.com/">https://barbadosgolfclub.com/</a></p>
SO08	<p><b>Jogging / running (outdoor)</b>  Short description: Individuals or small groups jogging in urban or natural areas.  Size: Group size varies, up to 20 people.  Timing: All year.  Other relevant information: Potential impact on disturbance of protected natural areas.</p>  <p>Source: <a href="https://www.uitinvlaanderen.be/tip/loopwedstrijden-joggings">https://www.uitinvlaanderen.be/tip/loopwedstrijden-joggings</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
SO09	<p><b>Mountain biking (outdoor)</b></p> <p>Short description: Cross-country biking (or on specifically designed bike paths).</p> <p>Size: Individual or small groups.</p> <p>Timing: Daytime, mostly from spring to autumn.</p> <p>Other relevant information: Potential impact on disturbance of protected natural areas and conflicts with other users.</p>  <p>Source: <a href="https://www.active.com/mountain-biking/articles/10-ways-to-improve-your-mountain-biking-878770">https://www.active.com/mountain-biking/articles/10-ways-to-improve-your-mountain-biking-878770</a></p>
SO10	<p><b>Rollerblading and Skateboarding (outdoor)</b></p> <p>Short description: Individuals or groups rollerblading and/or skateboarding on obstacles/ramps and concrete surfaces.</p> <p>Size: Skate parks can range from one or two obstacles to entire obstacle landscapes incl. halfpipes.</p> <p>Timing: Spring to autumn, during dry periods and daytime (unless lighting is available).</p> <p>Other relevant information: nuisance among the local population (esp. noise) when happening in non-defined areas, also infrastructural damage.</p>  <p>Source: <a href="https://www.newsgroup.ie/petition-to-have-floodlights-at-lucan-skate-park-turned-on/">https://www.newsgroup.ie/petition-to-have-floodlights-at-lucan-skate-park-turned-on/</a></p>





<b>Activity code</b>	<b>Activity name &amp; description</b>
SO12	<p><b>Yoga / Tai Chi / Meditation and similar (outdoor)</b></p> <p>Short description: Yoga, Tai Chi or meditation courses and activities outdoors.</p> <p>Size: Individually and up to 25 participants per class in groups.</p> <p>Timing: Daytime, spring to autumn.</p> <p>Other relevant information: none.</p>  <p>Source: <a href="https://coe.cornell.edu/outdoor-yoga-summer">https://coe.cornell.edu/outdoor-yoga-summer</a></p>
SP01	<p><b>Weekly market</b></p> <p>Short description: Shopping is an activity in which a customer browses the available goods or services presented by one or more retailers with the potential intent to purchase a suitable selection of them.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer and winter (depending on opening hours). Approx. 1-2 hours or longer.</p> <p>Other relevant information: When facilities are given then there is also delivery and use of energy involved.</p>  <p>Source : <a href="https://www.dreamstime.com/editorial-stock-image-people-shopping-market-bucharest-romania-august-healthy-food-fruits-vegetables-image44853214">https://www.dreamstime.com/editorial-stock-image-people-shopping-market-bucharest-romania-august-healthy-food-fruits-vegetables-image44853214</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
SP02	<p><b>Shopping</b></p> <p>Short description: Shopping is an activity in which a customer browses the available goods or services presented by one or more retailers with the potential intent to purchase a suitable selection of them.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer and winter (depending on opening hours of shops). Approx. 1-2 hours or longer.</p> <p>Other relevant information: When facilities are given then there is also delivery and use of energy involved.</p>  <p>Source: <a href="https://www.globalblue.com/business/tax-free-shopping/tax-free-shopping55">https://www.globalblue.com/business/tax-free-shopping/tax-free-shopping55</a></p>
SW01	<p><b>Canoeing (Sea-water-based recreation)</b></p> <p>Short description: An activity that involves paddling a canoe with a single-bladed paddle.</p> <p>Size: Varies (1-2 person(s) up to a group of people with more canoes)</p> <p>Timing: During the day Approx. 30 minutes – 3 hours</p> <p>Other relevant information: Water pollution</p>  <p>Source: <a href="https://www.nytimes.com/2020/01/01/world/canada/pokemon-go-canada-military.html">https://www.nytimes.com/2020/01/01/world/canada/pokemon-go-canada-military.html</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
SW02	<p><b>Discovering underwater caves</b></p> <p>Short description: Cave diving is underwater diving in water-filled caves. It may be done as an extreme sport. The equipment used varies depending on the circumstances and ranges from breath hold to surface supplied, but almost all cave diving is done using scuba equipment.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Approx. 2-3 hours or longer.</p> <p>Other relevant information: Possible damage to the reef.</p>  <p>Source: <a href="https://www.pinterest.de/pin/430023464402279819/?lp=true">https://www.pinterest.de/pin/430023464402279819/?lp=true</a></p>
SW03	<p><b>Fishing (Sea-water-based recreation)</b></p> <p>Short description: The activity of catching fish, either for food or as a sport.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: can vary from 2 – 10 hours during the day.</p> <p>Other relevant information: Over-fishing can result in the over-exploitation of the marine ecosystem.</p>  <p>Source: <a href="https://www.pinterest.de/pin/430023464402279819/?lp=true">https://www.pinterest.de/pin/430023464402279819/?lp=true</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
SW04	<p><b>Snorkelling (Sea-water-based recreation)</b></p> <p>Short description: Swimming or floating in sea wearing goggles and a snorkel to breath.</p> <p>Size: Varies, from 1 person to a bigger group</p> <p>Timing: Varies from 10 minutes – a couple of hours, during the day</p> <p>Other information: People sometimes use a boat to get out further on the sea before they start snorkeling.</p>  <p>Source: <a href="https://www.sandals.com/blog/snorkeling-tips-for-beginners/">https://www.sandals.com/blog/snorkeling-tips-for-beginners/</a></p>
SW05	<p><b>Jet Skiing (Sea-water-based recreation)</b></p> <p>Short description: To travel across the water on a motorized vehicle (jet-Ski)</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summertime, takes couple minutes or hours.</p> <p>Other relevant information: Possible damage to the marine ecosystem, water and air pollution.</p>  <p>Source: <a href="https://miamitours.com/products/jet-ski-rental.html">https://miamitours.com/products/jet-ski-rental.html</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
SW06	<p><b>Kite surfing (Sea-water-based recreation)</b></p> <p>Short description: the sport or pastime of riding on a modified surfboard while holding on to a specially designed kite, using the wind for propulsion.</p> <p>Size: Varies (1 person up to a group of people on the water)</p> <p>Timing: Summer. Approx. 1-3 hours or longer.</p> <p>Other relevant information: Possible damage to the marine ecosystem.</p>  <p>Source: <a href="https://www.booksurfcamps.com/news/kitesurfing-camps-europe">https://www.booksurfcamps.com/news/kitesurfing-camps-europe</a></p>
SW07	<p><b>Scuba diving (Sea-water-based recreation)</b></p> <p>Short description: Scuba diving is a mode of underwater diving where the diver uses a self-contained underwater breathing apparatus (scuba), which is completely independent of surface supply, to breathe underwater.</p> <p>Size: Varies (1 person up to a group of people)</p> <p>Timing: Summer. Approx. 2-3 hours or longer.</p> <p>Other relevant information: Possible damage to the reef and the marine ecosystem.</p>  <p>Source: <a href="https://plett.prodive.co.za/adventure-activities/try-scuba-diving-in-the-ocean/">https://plett.prodive.co.za/adventure-activities/try-scuba-diving-in-the-ocean/</a></p>





<b>Activity code</b>	<b>Activity name &amp; description</b>
SW08	<p><b>Surfing (Sea-water-based recreation)</b></p> <p>Short description: Surfing is a surface water sport in which the wave rider, referred to as a surfer, rides on the forward or face of a moving wave, which usually carries the surfer towards the shore.</p> <p>Size: Varies (1 person up to a group of people on the water)</p> <p>Timing: Summer. Approx. 2-3 hours or longer.</p> <p>Other relevant information: Possible damage to the marine ecosystem.</p>  <p>Source: <a href="https://www.luxuryadventures.co.nz/activities-98.html">https://www.luxuryadventures.co.nz/activities-98.html</a></p>
SW09	<p><b>Water ball (Sea-water-based recreation)</b></p> <p>Short description: Any of various games played with a ball by swimmers in water; specifically a team game resembling water polo.</p> <p>Size: Played in teams</p> <p>Timing: Summer (or winter-indoor). Approx. 1-2 hours or longer.</p> <p>Other relevant information: Possible damage to the marine ecosystem.</p>  <p>Source: <a href="http://biglocker.co.nz/waterpolo-goal-senior-kap7/">http://biglocker.co.nz/waterpolo-goal-senior-kap7/</a></p>




<b>Activity code</b>	<b>Activity name &amp; description</b>
SW10	<p><b>Water skiing (Sea-water-based recreation)</b></p> <p>Short description: Water skiing (also waterskiing or water-skiing) is a surface water sport in which an individual is pulled behind a boat or a cable ski installation over a body of water, skimming the surface on two skis or one ski.</p> <p>Size: Varies (1 person up to a group of people on the water)</p> <p>Timing: Summer. Approx. 30min - 1 hour or longer.</p> <p>Other relevant information: Possible damage to the marine ecosystem, CO2 emission from a motorized boat, air pollution, water pollution, ...</p>  <p>Source: <a href="https://www.123rf.com/photo_52170012_martinique-water-skiing-in-the-village-of-sainte-anne-in-west-indies.html">https://www.123rf.com/photo_52170012_martinique-water-skiing-in-the-village-of-sainte-anne-in-west-indies.html</a></p>
SW11	<p><b>Windsurfing (Sea-water-based recreation)</b></p> <p>Short description: Surfing on the sea using a surfboard on which a sail is attached which is used to steer and gain speed.</p> <p>Size: 1 person</p> <p>Timing: 1- 4 hours during the day</p> <p>Other information: -</p>  <p>Source: <a href="https://www.gettyimages.nl/fotos/windsurfing?sort=mostpopular&amp;mediatype=photography&amp;phrase=windsurfing">https://www.gettyimages.nl/fotos/windsurfing?sort=mostpopular&amp;mediatype=photography&amp;phrase=windsurfing</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
SW12	<p><b>Swimming (Sea-water-based recreation)</b></p> <p>Short description: Moving through the sea by using arm and leg movements.</p> <p>Size: Varies, 1 person – a group of people</p> <p>Timing: 10 minutes – 1 hour</p> <p>Other information: -</p>  <p>Source: <a href="https://www.voya.ie/en/Discover-the-Benefits-of-Sea-Swimming/cc-201.aspx">https://www.voya.ie/en/Discover-the-Benefits-of-Sea-Swimming/cc-201.aspx</a></p>
TA01	<p><b>4wd tour</b></p> <p>Short description: Driving cross-country in four-wheel drive vehicles.</p> <p>Size: Individually or in groups.</p> <p>Timing: All year.</p> <p>Other relevant information: Can disturb sensitive natural areas when outside designated areas.</p>  <p>Source: <a href="https://www.buyacar.co.uk/cars/small-cars/941/small-four-wheel-drive-cars">https://www.buyacar.co.uk/cars/small-cars/941/small-four-wheel-drive-cars</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
TA02	<p><b>Cross motor driving (motorised)</b></p> <p>Short description: Riding off-track on special circuits or other designated areas on cross-motorbikes.</p> <p>Size: Individually or in groups.</p> <p>Timing: Usually during spring, summer and autumn.</p> <p>Other relevant information: As long as activity is carried out in designated areas, limited to noise pollution and emissions.</p>  <p>Source: <a href="https://pxhere.com/en/photo/627766">https://pxhere.com/en/photo/627766</a></p>
TA03	<p><b>Electric bicycle tour (motorised)</b></p> <p>Short description: Bike tours in urban and rural areas with e-bikes.</p> <p>Size: Individually or in small groups.</p> <p>Timing: Usually in spring, summer and autumn.</p> <p>Other relevant information: May requires a system of bike paths and charging points.</p>  <p>Source: <a href="https://www.getyourguide.com/lyon-l295/lyon-4-hour-electric-bike-tour-with-tasting-break-t47939/">https://www.getyourguide.com/lyon-l295/lyon-4-hour-electric-bike-tour-with-tasting-break-t47939/</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
TA04	<p><b>Motorcycle driving (motorised)</b></p> <p>Short description: Riding on motorbikes individually or in small groups.</p> <p>Size: Individually or in small groups</p> <p>Timing: Spring, summer and autumn.</p> <p>Other relevant information: Noise pollution and emissions.</p>  <p>Source: <a href="https://www.thunderbike.com/motorcycle-driving-licence/">https://www.thunderbike.com/motorcycle-driving-licence/</a></p>
TA05	<p><b>Quad driving (motorised)</b></p> <p>Short description: Riding on quads off-track on special circuits or other designated areas.</p> <p>Size: Individually or in small groups.</p> <p>Timing: Spring, summer and autumn.</p> <p>Other relevant information: As long as activity is carried out in designated areas, limited to noise pollution and emissions.</p>  <p>Source: <a href="https://redfoxtours.eu/riga-quad-bike-riding-experience.html">https://redfoxtours.eu/riga-quad-bike-riding-experience.html</a></p>
TA06	<p><b>Renting boat (rowing boat, canoe, etc.)</b></p> <p>Short description: Embarking on a non-motorised boat on a body of water (lake, river or sea).</p> <p>Size: Can vary from one person to approx. 6 people</p> <p>Timing: Sailing season is usually from spring to late autumn.</p> <p>Other relevant information: Unless these boats anchor in and disturb environmentally sensitive areas, impact on the environment is limited. No CO<sub>2</sub> emissions.</p>





Activity code	Activity name & description
	 <p>Source: <a href="https://happyseaworld.blogspot.com/2018/03/rent-boat-windermere.html">https://happyseaworld.blogspot.com/2018/03/rent-boat-windermere.html</a></p>
TA07	<p><b>Renting a boat (motorised)</b>  Short description: Embarking on a motorised boat on a body of water (lake, river or sea) individually or in small groups.  Size: max 10 persons  Timing: Spring to late autumn .  Other relevant information: People can anchor in and disturb environmentally sensitive areas.</p>  <p>Source: <a href="https://www.jachthavenkuikhorne.nl/sloep-huren/">https://www.jachthavenkuikhorne.nl/sloep-huren/</a></p>
TA08	<p><b>Sailing (with sailing-boat with or without auxiliary engine)</b>  Short description: Embarking on a sailing boat/yacht to tour a body of water (lake or sea) individually or in small groups.  Size: Yachts carry up to eight people, larger sailing boats can carry groups of around 20 people.  Timing: The sailing season is usually from spring to late autumn.  Other relevant information: Unless these boats anchor in and disturb environmentally sensitive areas, impact on the environment is limited.</p>  <p>Source: <a href="https://www.marinafrapa.hr/de/rogoznica-blog/post/sailing-life-why-is-sailing-good-for-your-health">https://www.marinafrapa.hr/de/rogoznica-blog/post/sailing-life-why-is-sailing-good-for-your-health</a></p>

<b>Activity code</b>	<b>Activity name &amp; description</b>
VA01	<p><b>Amusement park / Theme park</b></p> <p>Short description: A defined area with numerous attractions and rides.</p> <p>Size: Some amusement parks such as the Efteling can receive millions of guests per year.</p> <p>Timing: Usually spring to autumn, some amusement parks open in winter as well.</p> <p>Other relevant information: Amusement parks use large amounts of resources (energy, material, waste) and require large areas for car parks (and produce traffic).</p>  <p>Source: <a href="https://dutchreview.com/cities/daytrips/guide-great-theme-parks-in-the-netherlands/">https://dutchreview.com/cities/daytrips/guide-great-theme-parks-in-the-netherlands/</a></p>
VA02	<p><b>Ornamental, botanical garden</b></p> <p>Short description: An enclosed area with a collection of ornamental flora (or in other ways interesting to the public and/or Botanics), open to visitors.</p> <p>Size: Some botanical gardens have park-like settings of considerable size, and attract several thousand visitors per day.</p> <p>Timing: Usually between spring and autumn, some are open during winter months as well.</p> <p>Other relevant information: None.</p>  <p>Source: <a href="https://indebuurt.nl/utrecht/doen/op-ontdekkingstocht-door-de-botanische-tuinen-utrecht-64992/">https://indebuurt.nl/utrecht/doen/op-ontdekkingstocht-door-de-botanische-tuinen-utrecht-64992/</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
VA03	<p><b>Zoo / bird park / sea aquarium / etc.</b></p> <p>Short description: An enclosed area with a collection of ornamental and native and/or other kind of fauna (or in other ways interesting to the public), open to visitors.</p> <p>Size: Zoos attracts several thousand visitors per day.</p> <p>Timing: All year round.</p> <p>Other relevant information: Some facilities have triggered discussions about the sustainability of keeping animals in captivity.</p>  <p>Source: <a href="https://www.aquazoo.nl/">https://www.aquazoo.nl/</a></p>
VE01	<p><b>Visit Conference</b></p> <p>Short description: A business or research event in a location, usually designated buildings and facilities.</p> <p>Size: Large conferences can attract several thousand attendants.</p> <p>Timing: All year round.</p> <p>Other relevant information: Requires the presence of hospitality services and venues to organize the event.</p>  <p>Source: <a href="https://monbien-events.com/">https://monbien-events.com/</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
VE02	<p><b>Fair / exhibition / show</b></p> <p>Short description: A business or trade event in a location, usually designated buildings and facilities.</p> <p>Size: Large fairs can attract several thousand visitors per day.</p> <p>Timing: All year round.</p> <p>Other relevant information: Requires the presence of hospitality services and venues to organize the event.</p>  <p>Source: <a href="https://www.nstands.com/exhibit-next-get-nord-trade-fair-hamburg/">https://www.nstands.com/exhibit-next-get-nord-trade-fair-hamburg/</a></p>
VS10	<p><b>Cycling (spectator)</b></p> <p>Short description: Sports events involving bicycles.</p> <p>Size: Some events can include more than a hundred participants and thousands of spectators.</p> <p>Timing: Spring to autumn, daytime.</p> <p>Other relevant information: Bicycle races require thorough planning and closing of roads. Suppliers and facilities, as well as spectators, can produce a substantial amount of traffic.</p>  <p>Source : <a href="https://janeskitchenmiracles.com/online-cooking-courses/">https://janeskitchenmiracles.com/online-cooking-courses/</a></p>








<b>Activity code</b>	<b>Activity name &amp; description</b>
HA04	<p><b>Wellness centre \ sauna \ thermae \ mud bath \ steam bath</b></p> <p>Short description: Indoor facilities for wellness treatments of all sorts</p> <p>Size: Individual to small groups.</p> <p>Timing: All year round.</p> <p>Other relevant information: Requires heating and water usage.</p>  <p>Source: <a href="https://www.tripadvisor.nl/LocationPhotoDirectLink-g661434-d1014872-i29685192-Fletcher_Wellness_Hotel_De_Hunzebergen-Exloo_Drenthe_Province.html">https://www.tripadvisor.nl/LocationPhotoDirectLink-g661434-d1014872-i29685192-Fletcher_Wellness_Hotel_De_Hunzebergen-Exloo_Drenthe_Province.html</a></p>
WS01	<p><b>Cross-country skiing (Langlauf)</b></p> <p>Short description: Cross country skiing on prepared tracks individually or in small groups</p> <p>Size: Up to small groups.</p> <p>Timing: Winter</p> <p>Other relevant information: Track preparation can impact the environment (more preparation required for skating than for traditional loupes).</p>  <p>Source: <a href="https://www.sport2000rent.com/nl/skiverhuur/blog/leren-langlaufen">https://www.sport2000rent.com/nl/skiverhuur/blog/leren-langlaufen</a></p>




<b>Activity code</b>	<b>Activity name &amp; description</b>
WS02	<p><b>Heli-Skiing</b></p> <p>Short description: Drop-off from a helicopter in order to ski off-track in remote mountainous areas.</p> <p>Size: In small groups.</p> <p>Timing: Winter</p> <p>Other relevant information: Can impact environmentally sensitive areas.</p>  <p>Source: <a href="https://moneyinc.com/how-to-plan-the-perfect-heli-skiing-adventure/">https://moneyinc.com/how-to-plan-the-perfect-heli-skiing-adventure/</a></p>
WS03	<p><b>Off-piste skiing/snowboarding</b></p> <p>Short description: Skiing off-piste in mountainous areas.</p> <p>Size: In small groups.</p> <p>Timing: Winter.</p> <p>Other relevant information: Can be in the proximity of prepared tracks, but also within ski-touring trips that access very remote areas.</p>  <p>Source: <a href="https://www.telegraph.co.uk/travel/snowandski/4697642/Off-piste-skiing-the-best-places-to-learn.html">https://www.telegraph.co.uk/travel/snowandski/4697642/Off-piste-skiing-the-best-places-to-learn.html</a></p>
WS04	<p><b>On-piste skiing/snowboarding</b></p> <p>Short description: Skiing in and around skiing resorts in mountainous areas.</p> <p>Size: Major ski resorts attract thousands of visitors during high season.</p> <p>Timing: Usually winter (glacier skiing all year).</p> <p>Other relevant information: Skiing activities require extensive construction and water usage for artificial snow to prepare tracks. Traffic congestion in remote mountain areas.</p>

Activity code	Activity name & description
	 <p data-bbox="204 580 1246 611">Source: <a href="https://www.nytimes.com/2020/01/29/travel/cheaper-skiing-in-europe.html">https://www.nytimes.com/2020/01/29/travel/cheaper-skiing-in-europe.html</a></p>
SI09	<p data-bbox="204 629 459 660"><b>Swimming (indoor)</b></p> <p data-bbox="204 665 1034 696">Short description: Swimming in an indoor artificial swimming pool.</p> <p data-bbox="204 701 655 732">Size: Varies from 1 person to groups</p> <p data-bbox="204 736 1230 768">Timing: Usually done as a day time activity and is done throughout the entire year.</p> <p data-bbox="204 772 1369 875">Other relevant information: Indoor swimming pools use a lot of energy to among others heat the water, heat the building, keep on the lights. Indoor swimming pools use a lot of water. Chemicals are used to keep the water clean.</p>  <p data-bbox="212 1240 927 1272">Source: <a href="https://www.subtropischzwembad.nl/de-eemhof/">https://www.subtropischzwembad.nl/de-eemhof/</a></p>
SO01	<p data-bbox="204 1279 459 1310"><b>Athletics (outdoor)</b></p> <p data-bbox="204 1314 1318 1384">Short description: Participating in track and field sports outdoors. Includes sports such as running, spear throwing and hurdle running.</p> <p data-bbox="204 1388 847 1420">Size: Can be done individually or with a small group</p> <p data-bbox="204 1424 1369 1494">Timing: Usually during the daytime or early evening. Can be done during spring, summer and autumn.</p> <p data-bbox="204 1498 1318 1568">Other relevant information: Requires good maintenance of amongst others gravel tracks, fields and equipment.</p>


<b>Activity code</b>	<b>Activity name &amp; description</b>
	 <p data-bbox="204 620 1305 685">Source: <a href="https://centraldigest.com/news/2019/09/18/centrals-newly-built-track-promises-years-of-continued-success/#modal-photo">https://centraldigest.com/news/2019/09/18/centrals-newly-built-track-promises-years-of-continued-success/#modal-photo</a></p>
SO11	<p data-bbox="204 696 663 723"><b>Swimming (outdoor artificial pool)</b></p> <p data-bbox="204 730 1050 757">Short description: Swimming in an outdoor artificial swimming pool.</p> <p data-bbox="204 763 788 790">Size: Varies from 1 person to groups of people.</p> <p data-bbox="204 797 1347 869">Timing: Usually during the daytime. Swimming in an outdoor pool is mostly done during the late spring summer.</p> <p data-bbox="204 875 1366 1014">Other relevant information: Outdoor artificial pools use a lot of energy for the heating of the pool, also do they use a lot of water. Chemicals are used to keep the water clean, which could potentially harm animals if they drink from the pool. Trash could be left around the swimming pool and be blown into nature.</p>  <p data-bbox="204 1413 1369 1476">Source: <a href="https://www.heraldscotland.com/news/17589803.scotlands-outdoor-pools-can-enjoy-summer/">https://www.heraldscotland.com/news/17589803.scotlands-outdoor-pools-can-enjoy-summer/</a></p>
SO13	<p data-bbox="204 1487 357 1514"><b>Flying kites</b></p> <p data-bbox="204 1520 1366 1592">Short description: Letting up a kite in the air, usually performed in an open space e.g. a beach or park.</p> <p data-bbox="204 1599 608 1626">Size: Varies, 1-2 persons usually.</p> <p data-bbox="204 1632 1158 1659">Timing: Mornings and afternoons, when there is a sufficient amount of wind.</p> <p data-bbox="204 1666 1334 1765">Other relevant information: There are kite flying festivals, where can be over 100th participants. Kite flying can be done competitively, by trying cutting another person his/her thread.</p>


Activity code	Activity name & description
	 <p>Source: <a href="http://www.southernmuseumofflight.org/thursday-march-30th-go-fly-kite/">http://www.southernmuseumofflight.org/thursday-march-30th-go-fly-kite/</a></p>
SO14	<p><b>Climbing park (outdoor)</b></p> <p>Short description: Robe course where the participant will face different climbing challenges or zipline, usually in a nature area in the three tops or over canyons.</p> <p>Size: Can be done alone or in small groups</p> <p>Timing: During daytime, usually in spring, summer, autumn.</p> <p>Other relevant information: Requires constructions of robes, platforms, etc. in a nature area. Can cause for garbage and noise pollution in nature areas.</p>  <p>Source: <a href="https://craft.hoytlavt.no/oslo/opplevelser/bilder-video">https://craft.hoytlavt.no/oslo/opplevelser/bilder-video</a></p>
TA09	<p><b>Taking boat tour (motorised)</b></p> <p><u>Short description:</u> Sightseeing in urban, rural or nature areas by motorised boat.</p> <p><u>Size:</u> Can vary from small groups of 4 people to groups with more than 30 people.</p> <p><u>Timing:</u> Usually during daytime/early evening. Depending on the destination can be done year round.</p> <p><u>Other relevant information:</u> Can cause for garbage and noise pollution. Can cause for damage in sensitive areas.</p> 






<b>Activity code</b>	<b>Activity name &amp; description</b>
	Source: <a href="https://www.lovers.nl/nl/rondvaart-met-korting/1-uur-rondvaart-amsterdam/">https://www.lovers.nl/nl/rondvaart-met-korting/1-uur-rondvaart-amsterdam/</a>
VS01	<p><b>Football/soccer (spectator)</b></p> <p>Short description: Watching a soccer match between two teams.</p> <p>Size: Varies from a few dozen up to almost 100.000 people</p> <p>Timing: approx. 90 minutes during the day/evening. Multiple football/soccer games take place during the spring and autumn</p> <p>Other relevant information: A lot of people travel towards the stadiums, therefore an impact on the sustainability categories can be expected. Stadiums also use a lot of energy, for lights and speakers.</p>  <p>Source: <a href="https://sites.google.com/site/barcelona0000674949/camp-nou">https://sites.google.com/site/barcelona0000674949/camp-nou</a></p>
VS02	<p><b>Tennis/cricket/baseball (spectator)</b></p> <p>Short description: Watching a tennis/cricket/baseball match between two players/teams.</p> <p>Size: Varies from a few dozen up to 50.000 people.</p> <p>Timing: Varies from approx. 90 minutes till 3 hours (depending on the sport) during the day/evening. Takes place various times during the year, most games are played in spring/summer/autumn</p> <p>Other relevant information: A lot of people travel towards the stadiums, therefore an impact on the sustainability categories can be expected. Stadiums also use a lot of energy, for lights and speakers.</p>





<b>Activity code</b>	<b>Activity name &amp; description</b>
	 <p data-bbox="204 701 1358 768">Source: <a href="https://www.sponser.com/cms/en/about-sponser-com/news/entry/article/game-set-match/">https://www.sponser.com/cms/en/about-sponser-com/news/entry/article/game-set-match/</a></p>
VS03	<p data-bbox="204 777 480 808"><b>Athletics (spectator)</b></p> <p data-bbox="204 813 1358 880">Short description: Watching track and field sport matches (including running, hurdle running and spear throwing).</p> <p data-bbox="204 884 927 916">Size: Varies from a few dozen up to approx. 70.000 people</p> <p data-bbox="204 920 1278 1025">Timing: Varies based on the sport and how many sports you watch. Usually during the daytime. Takes place various times during the year, most games are played in spring/summer/autumn.</p> <p data-bbox="204 1030 1358 1135">Other relevant information: A lot of people travel towards the stadiums, therefore an impact on the sustainability categories can be expected. Stadiums also use a lot of energy, for lights and speakers.</p>  <p data-bbox="204 1440 967 1471">Source: <a href="https://www.visitberlin.de/en/olympic-stadium-berlin">https://www.visitberlin.de/en/olympic-stadium-berlin</a></p>
VS04	<p data-bbox="204 1478 612 1509"><b>Field hockey/rugby (spectator)</b></p> <p data-bbox="204 1514 1155 1545">Short description: Watching a field hockey/rugby match between two teams.</p> <p data-bbox="204 1550 940 1581">Size: Varies from a few dozen people up till approx. 80.000.</p> <p data-bbox="204 1585 1310 1653">Timing: approx. 90 minutes during the day/evening. Takes place various times during the year, most games are played in spring/summer/autumn.</p> <p data-bbox="204 1657 1358 1762">Other relevant information: A lot of people travel towards the stadiums, therefore an impact on the sustainability categories can be expected. Stadiums also use a lot of energy, for lights and speakers.</p>

Activity code	Activity name & description
	 <p>Source: <a href="https://experiences.lastminute.com/twickenham-stadium-tour-for-two-adults">https://experiences.lastminute.com/twickenham-stadium-tour-for-two-adults</a></p>
VS05	<p><b>Car/motorcycle racing (circuit) (spectator)</b></p> <p>Short description: Motorcycle and car racing is a motorsport involving the racing of automobiles and motorcycles for competition. The motorcycle racing categories vary from traditional road racing, motorcycle Grand Prix, superbike racing, supersport racing, endurance racing, or sidecar racing. The automobile racing categories vary from, open-wheel racing, touring car racing, sportscar racing, rallying, kart racing, and furthermore.</p> <p>Size: Varies from a few thousand up to approx. 100.000 visitors.</p> <p>Timing: approx. 90 minutes. Various times, mostly during summertime in Europe.</p> <p>Other relevant information: Considering the number of visitors and their transport mode to reach the event, an impact on sustainability categories can be expected. Also depending on the duration and size of the event, high energy use can be expected as well as possible littering.</p>  <p>Source: <a href="https://www.pinterest.de/pin/431501208017830498/">https://www.pinterest.de/pin/431501208017830498/</a>  <a href="https://www.gptoday.net/en/news/f1/255570/monaco-to-stage-three-2021-race-events-including-f1-within-one-month">https://www.gptoday.net/en/news/f1/255570/monaco-to-stage-three-2021-race-events-including-f1-within-one-month</a>  <a href="https://www.extremetech.com/extreme/294804-brooklyn-electric-car-races-add-showroom-stock-cars">https://www.extremetech.com/extreme/294804-brooklyn-electric-car-races-add-showroom-stock-cars</a></p>
VS06	<p><b>Boxing/wrestling/fight sports (spectator)</b></p> <p>Short description: Fighting sport, is a competitive contact sport that usually involves one-on-one combat. In many combat sports, a contestant wins by scoring more points than the opponent or by disabling the opponent.</p> <p>Size: &gt;700-2000 (depending on the size of the event location).</p> <p>Timing: approx. 75 minutes. Various times throughout the year.</p> <p>Other relevant information: Considering the number of visitors and their transport mode to reach the event, an impact on sustainability categories can be expected. Also depending on the duration and size of the event, high energy use can be expected as well as possible littering.</p>



Activity code	Activity name & description
	 <p>Source: <a href="https://www.insider.com/conor-mcgregor-fighting-manny-pacquiao-in-boxing-is-still-possible-2020-5">https://www.insider.com/conor-mcgregor-fighting-manny-pacquiao-in-boxing-is-still-possible-2020-5</a></p>
VS07	<p><b>Ice hockey/skating (spectator)</b></p> <p>Short description: Competitive sports or non-competitive recreational activities that are played on snow or ice. Artificial ice can be used to provide ice rinks for ice skating, ice hockey, and bandy in a milder climate.</p> <p>Size: Varies from a few thousand up to approx. 10.000 visitors.</p> <p>Timing: approx. 3 periods of 20 minutes. Various times throughout the year.</p> <p>Other relevant information: Considering the number of visitors and their transport mode to reach the event, an impact on sustainability categories can be expected. Also depending on the duration and size of the event, high energy use can be expected as well as possible littering.</p>  <p>Source: <a href="https://www.bbc.com/sport/ice-hockey/51438195">https://www.bbc.com/sport/ice-hockey/51438195</a></p>
VS08	<p><b>Volleyball/handball/basketball (spectator)</b></p> <p>Short description: Team sport in which two teams opposing one another on a rectangular court, rules depend on the ball sport.</p> <p>Size: Varies from a few thousand approx. 10.000 visitors.</p> <p>Timing: approx. 60-90 minutes. Various times throughout the year.</p> <p>Other relevant information: Considering the number of visitors and their transport mode to reach the event, an impact on sustainability categories can be expected. Also depending on the duration and size of the event, high energy use can be expected as well as possible littering.</p> 

<b>Activity code</b>	<b>Activity name &amp; description</b>
	<p>Source: <a href="https://en.wikipedia.org/wiki/Basketball#/media/File:LeBron_James_Layup_(Cleveland_vs_Brooklyn_2018).jpg">https://en.wikipedia.org/wiki/Basketball#/media/File:LeBron_James_Layup_(Cleveland_vs_Brooklyn_2018).jpg</a>  <a href="https://www.youtube.com/watch?v=FGnMrRkCuZ8">https://www.youtube.com/watch?v=FGnMrRkCuZ8</a></p>
VS09	<p><b>Badminton/table tennis (spectator)</b>  Short description: Team sport in which two teams opposing one another on a rectangular court, rules depend on the ball sport.  Size: &gt;500 up to approx. 50.000 (depended on the length of a tournament)  Timing: approx. 60-120 minutes. Various times throughout the year.  Other relevant information: Considering the number of visitors and their transport mode to reach the event, an impact on sustainability categories can be expected. Also depending on the duration and size of the event, high energy use can be expected as well as possible littering.</p> <div data-bbox="202 703 1153 1014" data-label="Image"> </div> <p>Source: <a href="https://cornellsun.com/2019/09/23/mens-tennis-hopes-tough-opening-tournament-springboards-spring-success/">https://cornellsun.com/2019/09/23/mens-tennis-hopes-tough-opening-tournament-springboards-spring-success/</a>  <a href="https://en.wikipedia.org/wiki/Table_tennis#/media/File:Mondial_Ping_-_Men's_Singles_-_Round_4_-_Kenta_Matsudaira-Vladimir_Samsonov_-_57.jpg">https://en.wikipedia.org/wiki/Table_tennis#/media/File:Mondial_Ping_-_Men's_Singles_-_Round_4_-_Kenta_Matsudaira-Vladimir_Samsonov_-_57.jpg</a></p>
VS11	<p><b>Swimming (spectator)</b>  Short description: Swimming is an individual or team racing sport that requires the use of one's entire body to move through the water. The sport takes place in pools or open water (e.g., in a sea or lake). Competitive swimming is one of the most popular Olympic sports, with varied distance events in butterfly, backstroke, breaststroke, freestyle, and individual medley.  Size: more than 100 up to approx. few thousand visitors.  Timing: Duration of the event depends on if it's a short-course or long-course competition. The events take place at various times throughout the year.  Other relevant information: Considering the number of visitors and their transport mode to reach the event, an impact on sustainability categories can be expected. Also depending on the duration and size of the event, high energy use can be expected as well as possible littering.</p> <div data-bbox="202 1592 716 1935" data-label="Image"> </div> <p>Source: <a href="https://en.wikipedia.org/wiki/Swimming_(sport)">https://en.wikipedia.org/wiki/Swimming_(sport)</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
VS12	<p><b>Skiing (spectator)</b></p> <p>Short description: Alpine skiing, or downhill skiing, is the pastime of sliding down snow-covered slopes on skis with fixed-heel bindings, unlike other types of skiing (cross-country, Telemark, or ski jumping), which use skis with free-heel bindings. Whether for recreation or for sport, it is typically practiced at ski resorts, which provide such services as ski lifts, artificial snowmaking, snow grooming, restaurants, and ski patrol.</p> <p>Size: Varies from a few thousand up to approx. 10.000 visitors.</p> <p>Timing: Takes place for a couple of hours. During winter times.</p> <p>Other relevant information: Considering the number of visitors and their transport mode to reach the event, an impact on sustainability categories can be expected. Also depending on the duration and size of the event, high energy use can be expected as well as possible littering.</p>  <p>Source: <a href="https://www.snow-online.com/skimag/alpine-skiing-world-cup-dates-calendar-schedule-venues.htm">https://www.snow-online.com/skimag/alpine-skiing-world-cup-dates-calendar-schedule-venues.htm</a></p>
VS13	<p><b>Horse Racing (spectator)</b></p> <p>Short description: Horse racing is an equestrian performance sport, typically involving two or more horses ridden by jockeys (or sometimes driven without riders) over a set distance, for competition.</p> <p>Size: Varies from a few dozen up to approx. 10.000 visitors.</p> <p>Timing: Takes place for a couple of hours. Various times throughout the year.</p> <p>Other relevant information: Considering the number of visitors and their transport mode to reach the event, an impact on sustainability categories can be expected. Also depending on the duration and size of the event, high energy use can be expected as well as possible littering.</p>  <p>Source: <a href="https://en.wikipedia.org/wiki/Horse_racing">https://en.wikipedia.org/wiki/Horse_racing</a></p>



<b>Activity code</b>	<b>Activity name &amp; description</b>
VS14	<p><b>Other sports (spectator, outdoor)</b></p> <p>Short description: Viewing an outdoor sports game (not including any of the earlier mentioned sports).</p> <p>Size: Varies on the size of the sports event.</p> <p>Timing: Varies on sports.</p> <p>Other relevant information: If it takes place multiple times a year and if there are more spectators also the higher possible impact. (Considering the number of visitors and their transport mode to reach the event, an impact on sustainability categories can be expected. Also depending on the duration and size of the event, high energy use can be expected as well as possible littering).</p>  <p>Source: <a href="https://www.alamy.com/stock-photo-sport-outdoor-athletics-olympic-competition-race-track-adult-athlete-34854001.html">https://www.alamy.com/stock-photo-sport-outdoor-athletics-olympic-competition-race-track-adult-athlete-34854001.html</a></p>
VS15	<p><b>Other sports (spectator, indoor)</b></p> <p>Short description: Viewing an indoor sports game (not including any of the earlier mentioned sports).</p> <p>Size: Varies on the size of the sports event.</p> <p>Timing: Varies on sports.</p> <p>Other relevant information: If it takes place multiple times a year and if there are more spectators also the higher possible impact. (Considering the number of visitors and their transport mode to reach the event, an impact on sustainability categories can be expected. Also depending on the duration and size of the event, high energy use can be expected as well as possible littering).</p>  <p>Source: <a href="https://www.romania-insider.com/bucharest-bowling-competition">https://www.romania-insider.com/bucharest-bowling-competition</a></p>



Games



Media



Hotel



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Mgr. Hopmansstraat 2  
4817 JS Breda

P.O. Box 3917  
4800 DX Breda  
The Netherlands

**PHONE**

+31 76 533 22 03

**WEBSITE**

[www.buas.nl](http://www.buas.nl)

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