



Why not become a member of a walking club in the New Year, in harmony with your own personal work-life balance?

Walking in a association - one step at a time to new friendships!

Walking undoubtedly contributes to maintaining physical health. Walking is a gentle but effective form of exercise that works the whole body and improves physical fitness. It not only strengthens muscles and the cardiovascular system, but also improves stamina and helps to reduce stress, thereby improving mental health. Walking allows you to clear your head and get away from it all. Regular physical activity releases endorphins, which can have a positive effect on your mood. Walking allows you to take a break from the hustle and bustle of everyday life. This not only promotes physical relaxation, but also mental relaxation.

Enjoying nature, being physically active and making new friends - that's what walking is all about. A walking association offers all this and much more. It brings together people who share a love of nature and walking. Together you can experience nature at its best. Walking is an activity that allows you to experience the beauty of the landscape, the diversity of plants and animals and the tranquility of nature at close quarters. Walking in a group also increases safety and mutual support.

A new year is always an opportunity to make new resolutions and take up new activities. An excellent way to do this, which is not only good for your physical health but also has social benefits, is to join a walking association.

Being a member of a group or association offers many benefits and opportunities that can enrich your life. For example, membership of a club gives you the opportunity to join a community of like-minded people and open up new social circles. You can meet people who share the same passion and expand your own network. Friendships are formed that often last a lifetime, and there are opportunities to learn from each other.

Participating in club activities in general can serve as a form of relaxation and balance, while volunteering is a satisfying way to reduce stress and promote a positive work-life balance.



Walking clubs often offer a wide range of activities that go beyond walking. These include group trips, festive occasions and events that are both entertaining and enriching. This makes club membership a diverse and varied experience and creates a positive social environment. All of this creates a connection and a sense of belonging, which in turn certainly helps to reduce loneliness. Walking clubs are often like a small community where members support and help each other. In difficult times, this support can make a big difference and help alleviate feelings of loneliness.

Membership of a walking club is not only a personal benefit, but also a **contribution to nature** conservation. Many clubs are actively involved in nature conservation. By becoming a member, you support this important

work and help to ensure that future generations will be able to enjoy the beauty of nature. As a member, you can take an active part in projects and campaigns, helping you to develop personally and professionally. By promoting social responsibility and a supportive community, you will contribute to the improvement of society



Taking part in walks and events organised by the Walking Club is an opportunity to discover new places and have a variety of experiences. This can help to make life more interesting and fulfilling, which in turn can counteract loneliness.



Why should it be a club belonging to the IVV?

The International Volkssportverband (IVV) is a worldwide organisation for the promotion of Volkssport, especially walking.

So you can be sure that IVV walks are well organised and safe. The clubs ensure that safety standards are adhered to and provide experienced walking guides. In addition, you can count on the support of other club members during the walk if you need help.

The IVV Walking Clubs regularly organise international walking events where walkers from different countries come together. As a member of an IVV walking club, you have the opportunity to take part in these events and get to know new places and cultures. It's a great way to combine walking with travelling.

Overall, being a member of an IVV walking club offers many benefits: Access to organised walks, socialising and companionship, safety and support, health benefits, participation in international events and support for the sport of walking.

The unique, voluntary IVV reward system, the International Volkssport Award, is an incentive system designed to motivate walkers to participate in organised walking events. The prospect of rewards such as awards, badges for participation and/or kilometres walked encourages people to achieve goals and develop their skills. The IVV Reward System creates a motivational structure that encourages walkers to stay active, discover new walks and participate in community events. It gives members recognition and appreciation for their achievements and can help them to develop and stay involved in the club over the long term. It promotes a healthy lifestyle and the sharing of experiences between fellow walkers.



It is also a way of recognising the achievements and commitment of its members. Awards or badges can be given to members for participating in walks, for kilometres walked or for years of membership. This builds a sense of togetherness and appreciation within the club. Achieving goals together and the rewards that accompany them create a strong sense of community. It creates a sense of togetherness and team spirit. This can strengthen the bond between members and enrich club life.



Where like-minded people come together, community is developed. The club is where ideas and friendships flourish !

The International Volkssport Award is offered by the IVV as the only association in the world. It can be achieved in a participation and/or kilometre classification. Walking days, walking weeks, walking trails, guided walks - the IVV members offer a wide range of activities that are used by millions of active walkers worldwide. There is no timekeeping, no target times, no class divisions. IVV programmes allow everyone to walk at their own comfortable pace. This means that all ages can participate together. Ambitious walkers/joggers are welcome, as are walkers with and without disabilities. The focus is on enjoying the exercise in nature and the peace and quiet.



and quite a lot more of them

In order to maintain ***your personal work-life balance***, there are a few tips you should keep in mind. For example, it is important to continue to plan enough time for personal relaxation. Club activities should not be at the expense of your personal well-being. Clarify from the outset how much time you can devote to the organisation and what activities are important to you. Open communication is important to ensure understanding of your commitments outside the club. However, you should also be flexible and open to change. Sometimes the work of the organisation needs to be adjusted. You should also accept that not everything can be planned and learn to deal with this. Family and friends should be informed about the new club's activities to ensure that they are supportive or even share in the personal experiences. It is important to have good support from those around you.



The New Year is the ideal time to embark on this exciting journey and enjoy the many benefits of being a member of a walking club: If you enjoy walking and the outdoors, becoming a member of an IVV walking club can be a rewarding decision.

The journey is the reward, especially if it leads you to the walking club. Join and find out where the journey takes you.



Walking connects, nature inspires - join the IVV community!

IVV-EUROPE: Where diversity is valued, successful community emerges.

