



© Jure Levant



train2eu pilgrimage

MODULE 7

Beginner-Tool



MODULE 7 – Beginner Tool

Name of editor/writer:

Mag. Jure Levart, Dom sv. Jožef Celje

Date(s) of textwriting:

April-June_2021, last edition on 8th July 2021

Revision: June 2022, Klaudia Muthsam

Table of Content

Introduction	1
Chapter 1 Cultural heritage and identity, spirituality	2
1.1 Pilgrimage as an universal phenomenon	2
1.2 Spirituality / religiosity of pilgrimage	2
1.3 Psychology of walking.....	3
1.4 Trend pilgrimage.....	3
1.5 Pilgrimage in different religions	4
1.6 Experiences churches spiritually	5
Chapter 2 Psychological skills, pedagogics	7
2.1 Basis of group dynamics, conflict management and communication	7
2.2 The praise of slowness	8
Chapter 3 Theory and practice of pilgrimage	9
3.1 Preparation of a pilgrimage	9
3.2 Pilgrimage as an adventure (adventure pedagogy)	10
3.3 Linguistic skills	10
Chapter 4 Sustainability, Sustainable Travel	12
4.1 Pilgrimage as a form of sustainable tourism.....	12
Chapter 5 Technical practice, digital competence.....	13
5.1 Hiking and meteorology	13
5.2 Fitness and nutrition.....	14
5.3 First aid.....	15
5.4 Necessary equipment	16
5.5 Navigation apps	17
Conclusion	19
Questions & Answers	1

Introduction

Pilgrimage is much more than just walking or recreating. It is taking time for oneself, for one's friends, and not least for God. It means observing nature, being fascinated by its beauties and secrets that we only discover when we focus on them. Pilgrimage means to engage in the centuries-old tradition of pilgrimage, in the path of our ancestors who, with their devotion, faith and trust, created invaluable places of pilgrimage, shrines and pilgrimage routes that have always connected and united different nations and cultures. On these paths you can hear and smell history, legendary stories and great personalities ... May the paths also connect and unite you with yourself, your loved ones, God and new friends. Once you become a pilgrim, we are sure that you will remain a pilgrim throughout your life. In essence, your life becomes one pilgrimage. Good luck on the way!

The Module 7 - Beginner Tool will provide you with the main aims of pilgrimage in different religions and introduce you to the many psychological, cultural and spiritual benefits of pilgrimage. You will learn about the famous pilgrimage sites in Europe and around the world. Finally, we will give you some technical information and practical advice that you should usefully follow so that your pilgrimage becomes a true spiritual journey for you and your fellow pilgrims.

At the end of each chapter, we invite you to test your knowledge. Perhaps the contents will motivate you to and test yourself in the “Advanced Modules”, take the pilgrim guide exam and become a pilgrim guide...

Learn more about pilgrimage and get in depth with following topics:

- Chapter 1: Cultural heritage and identify, spirituality
- Chapter 2: Psychological skills, pedagogics
- Chapter 3: Theory and practice of pilgrimage
- Chapter 4: Sustainability, Sustainable Travel
- Chapter 5: Technical Practice, Digital Competence

Start the beginner training and check your knowledge now!

Please use following account to start your training:

Username: Beginner

Password: Train2eupilgrimage

Chapter 1 Cultural heritage and identity, spirituality

Pilgrimage is an expression of our spirituality or religiosity. It strengthens us physically, but more importantly, it touches the depths of our soul and heart. It confronts us with difficult questions and searches and helps us to become a different person - simpler and more authentic... Paradoxically, pilgrimage becomes the source of our happiness as we walk and overcome miles, as we push and sweat ... Achieving desired goals, proving to ourselves that we can. What we work hard for, we appreciate much more ...

1.1 Pilgrimage as an universal phenomenon

In all major world religions know pilgrimage as an expression of a believer's religiosity and piety. The major religions also have world-renowned pilgrimage centers. Pilgrimage is also a spiritual journey that brings us many positive psychological effects.

Pilgrimage is a common religious and cultural phenomenon in human societies and an important feature of the world's major religions. Pilgrimage as a universal phenomenon that transcends any one single religion is of far greater significance than the mere physical journey.

It is a practice inherent to human beliefs, present in any time and in any place of the world. The anthropology of religion has highlighted that the different cultures and the different religions generate different forms of pilgrimage that give the pilgrimage a great richness and variety of expressions. The routes we know today are the result of the stratification of routes that have had different functions throughout history.

The Christian pilgrimage has its history and peculiar characteristics among which we find the three great Peregrinationes maiores.

Today, the motivations of people visiting sacred places can co-exist with other motivations, and change from touristic to religious and vice versa.

Going on a pilgrimage means: * setting out * searching * being a hearing person * being a seeing person * experiencing finiteness * experiencing limits * living intensely * feeling LIFE very closely.

1.2 Spirituality / religiosity of pilgrimage

There are many stories in the Bible that describe how individuals or groups walked the path. Important things and decisions happened to them along the way. Choose a story, read it and try to compare it with your life.

The Bible, as a spiritual and religious book, can be a great tool for pilgrimages as it contains many stories and parables related to pilgrimages.

Examples:

- Abraham sets out on the way (Gen 12:1-3)
- Jacob's dream of the ladder to heaven (Gen 28:10-22)
- Mary goes to Elizabeth (Luke 1:39-45)
- Joseph and Mary on the way to Bethlehem (Luke 2:1-7)

1.3 Psychology of walking

For human beings walking is one of the most natural forms of movement and recreation. There are many psychological benefits of walking:

- Walking improves our mood: researches show that regular walking actually modifies our nervous system to such a degree that we experience a decrease in anger and hostility.
- Our goals become easier to reach.
- Walking can reduce stress: Outdoors in nature our memory, attention span and energy level are increasing and consequently also our ability to fight any stress.
- Specially walking in groups, e.g. with our friends, offers multiple benefits. It is a great opportunity to make new friends on the trail. Usually walkers have common values.

Whoever goes on a pilgrimage sets out on a path that leads away from the usual, from the own house, village or town. This can help to gain distance from everyday life thus being able to look more clearly at one's own life, to see what we are grateful for, what makes us happy, where life is successful or what oppresses us, what is our deepest longing.

To go on a pilgrimage means to be directed oneself towards a goal that is connected with grace, salvation and life. One moves from an outer reality to an inner path.

Most people go on a pilgrimage for a specific purpose: to thank or to ask for something or to let something go. This enables them to confront themselves with their own person, to open their eyes, to seek and find new ways, to seek God.

1.4 Trend pilgrimage

In the course of time the motive and meaning of the pilgrimage changed. If in the past the motives for pilgrimage were considered to be purely religious, today this is changing. So, the motives are no longer purely religious. We call this process secularization.

The boundaries between pilgrimage and tourism have become fluid. The main reasons for this are the changes in the context of pilgrimage: pilgrimage is increasingly used (especially since the 1990s) in broader and secular contexts, and the use of tourism is seen from a second perspective, which considers tourism as a spiritual journey ("value-based" walking).

The focus of pilgrimage has begun to shift to the journey itself.

In recent years there has been a transition of pilgrimage into tourism from the perspective of tourism enlargement. More recently we can observe an evolution of religious tourism and pilgrimage into considerations of secularity and even to postmodern pilgrimage as a manifestation of secular pilgrimage.

There is an increasing secularization, a sacred-secular bipolarity between pilgrimage and tourism and between pilgrims and tourists.

Current research on pilgrimage emphasises the aspect of subjectivity of each person; each person may interpret his or her own experience differently.

1.5 Pilgrimage in different religions

In the religious sense, pilgrimage is a religious act, similar to prayer ... It is thus an expression of the pilgrim's worship or thanksgiving to God. Pilgrimage is an integral part of almost all major world religions. In this chapter you will learn about some of the basic characteristics of pilgrimage in the major world religions.

As far as we know, people have always made pilgrimages to certain places – like mountains, temples or churches and monasteries – be it the Celts or Germanics or Egyptians and Greeks in ancient times. This habit has continued in the three Abrahamic religions (Judaism, Christianity and Islam), which all know places of pilgrimage. In some cases, a pilgrimage follows a tradition, in others a religious duty or an inner search for meaning and spirituality. In their religious traditions also the Far Eastern religions of Hinduism and Buddhism know pilgrimage places visited by numerous believers. Here too, we find both very different traditions and motives for a pilgrimage.

Ancient Religions

Pilgrimage has always been of great importance in all religions since the beginning of humanity.

It is believed that in the *Stone Age*, people went to caves and mountains of which they were very impressed.

It is documented that in prehistory the *Teutons* as well as the *Celts* regularly made pilgrimages to cult sites ("Hainen") to perform ritual acts there. Stonehenge in the United Kingdom is likely to be such a place.

For the *antique Greeks* the most important place of pilgrimage was the oracle of Apollo in the temple at Delphi. For the *Egyptians* an important place to go was the temple of Isis, wife of the god Osiris, on the island of Philae.

Judaism

From the X century BC, the pilgrimage for the Jews, that is the Aliyah, is a path to Jerusalem where there is the temple of Yahweh and therefore His very presence on earth. The path physically goes upwards because the holy city is 850 meters high and – wherever you come from – you have to go uphill to get there. Vegetable and animal sacrifices were made at the temple so that God would be pleased with his people.

In ancient Judaism all males from the age of 13 were obliged to make a pilgrimage three times a year (Exodus 23:17) to the temple in Jerusalem - at Passover, Shawuat and Sukkot.

It is proven that Jesus followed this tradition with his parents (Luke 2:41).

Christianity

Pilgrimage starts already from the origins of Christianity (II-III century), first of all to the tombs of the martyrs found in the catacombs. Then pilgrims would make their way to the places where Christianity spread and where some saint is present. Then the pilgrimages to the great destinations start followed by pilgrimages to the great sanctuaries that collect the testimonies of men and women who have shown a very deep faith (San Gennaro, San Francesco, Santa Caterina da Siena). Finally, particular attention will be given to Marian shrines dedicated to the mother of God.

Islam

Islam proposes the pilgrimage – which is called Hajj – as one of the 5 pillars of the Muslim faith. Three are the most important places of the pilgrimage: Mecca, Medina, Jerusalem. The pilgrimage has the symbolic meaning of going to the first two places as the most important cities where Muhammad lived and to Jerusalem because there is the gateway to heaven and also the stairway to heaven.

In Islam, the pilgrimage to Mecca (Hajj) is a duty for every Muslim once in his or her lifetime, insofar as it is health wise and financially possible. This is one of the five pillars of Islam.

Hinduism

Hindus make a great pilgrimage to the Kumb Mela (Feast of the Jug) to the Ganges River in India. With more than 30 million of pilgrims it is considered as the greatest religious festival of Hinduism and even the greatest in the world. The name has its origin in a legend in which at the beginning of time gods and demons filtered the nectar of immortality from the ocean of milk into a jug. In a dispute between gods and demons four drops of the immortality nectar fell to the earth.

Today these four places are the cities of Prayagraj, Haridwar, Ujjain and Nashik, where the Kumbh Mela takes place. Whenever the celestial bodies of Jupiter, Sun and Moon are precisely aligned in certain aspects, the nectar in the waters of the Ganges at the respective places of the river manifests itself in people's faith and the pilgrims take a bath in immortality. Bathing in these places is considered to be generally freeing from sins.

1.6 Experiences churches spiritually

The churches and shrines we encounter on a pilgrimage represent a special place - a sacred place that is different from other spaces. Believers believe that shrines are special places where God is present. Therefore, visiting a church is a special opportunity for the pilgrim to pause for a moment and feel the uniqueness of this place. Church buildings tell of the faith of the church, of the life of the community, of fears and longings that have changed only superficially over the centuries.

MODULE 7 – Beginner Tool

People who enter a church come into medias res. They come into a room filled with Christianity. You enter a room where everything addresses God, where people hope that He is close to them.

Examples of meditation:

OUTDOORS: The daily worries and problems of everyday life, in the course of the centuries. What concerns, burdens and problems have moved people over the centuries? How can I link all this to my situation today?

INSIDE: Holy place: salvation should be experienced! How have people experienced this over the centuries? Which traces of art history can be identified? What can we transfer that into our daily life.

In this context it is also important for us to face the place of prayer and faith appropriately and with respect.

Examples of basic elements of a spiritual church exploration:

- **Slowing down:** Time to walk and see, to feel and to remember. A hectic church tour fails to make sense. The deceleration allows the participants to experience a different quality of time that interrupts everyday life.
- **Sensualisation:** Church spaces are experienced physically - even without pedagogical intervention. The church interior appeals to all the senses.
- **Focusing:** less is more. Slowdown deepens perception.

Chapter 2 Psychological skills, pedagogics

2.1 Basis of group dynamics, conflict management and communication

When we go on pilgrimage in a group, it is good to familiarize ourselves with the basics of group dynamics, conflict management and communication. The relationships between people on the pilgrimage have a great impact on our well-being and can help us to achieve the goals set on the pilgrimage.

By recognizing the individual roles and behaviours of the participants during pilgrimages, it is possible to attain security in one's own function in order to counteract potential disturbances in living together and to solve possible conflicts more easily.

Each person acts differently in each group, each group addresses each member differently and provokes different actions. The group as a whole always responds as a social unit with its own laws and is more than the sum of the personalities of its members. Each group member tries to create a subjectively satisfying environment for himself. Developments within a working group – the "group dynamics"- are caused by the efforts of the individuals to balance their needs. Because of the constantly changing internal and external conditions, each group is constantly engaged in a dynamic debate about its suitable structures and the work tasks.

Group dynamics thus works with the fields of tension between the three systems of individual, group and organization.

Conflicts are normal and tension is something quite normal in itself. How it can be normal for someone to think in a different way?

If conflicts are normal in themselves, they have positive and negative components, destructive and liberating components. Some conflicts have a stimulating, deepening effect and help us on. There are, of course, others that just seem destroying.

Different people have different conflict patterns:

- The end of a tunnel - rain on dry land.
- Sailing in wind force 9 - gradual dawn.
- A shadowy cloud - birds of prey squabbling over their prey.
- Blazing fire - grain between millstones.

A dispute can break something, but a correspondingly positive attitude towards the conflict can also lead to a change and open up conversion and new beginnings.

For a dynamic communication between people, these three essential conditions are necessary:

- listening,
- understanding,
- empathy.

The ability to understand, the ability to confront, the ability to feel emotionally. Man is attuned to the other person by activating these connecting instruments.

Communication necessarily implies welcoming the other also in his or her diversity. By connecting with people, we necessarily highlight otherness and diversity. There may be different ideas, different positions, different interpretations. Nevertheless, it is a duty for every man to welcome the other. This does not mean having to accept and adopt all his opinions and positions, but taking them into account.

As the philosophers of language teach, we inhabit the language we speak, because language builds and defines the conceptual and symbolic elements of the world in which we live.

Communication expresses with words but also with gestures, signs, symbols, attitudes, ways of being, ways of doing, ways of saying.

The interpersonal relationship is made of the many elements listed above. So in getting in touch with the other we need to be able to realize and perceive these signals, because they need to be understood as a whole. Man communicates more with gestures than with words themselves.

The construction of meanings is based 75% on non-verbal communication (context, posture, tone of voice...) and only 25% on words in the strict sense. Just use the irony and we already communicate the opposite of what was said.

2.2 The praise of slowness

Technological advances and the growth of consumerism have increased the complexity and acceleration of social relations by creating a culture of immediacy or instantaneousness.

We are becoming more and more impatient, pressed by mandatory commitments and attracted by unattainable goals: we consider the roads with climbs, curves and stops and changing perspectives, useless and boring.

The recovery of a more relaxed dimension of existence, less competitive and not oriented only towards innovation, success and speed, must become a goal for everyone; otherwise, it will lead towards individual and collective self-destruction. Pilgrimage can be of great help in this process – to slow down our lives.

- It helps us to read through situations and encounters. Going slowly we look at the same things as before but in a transfigured and different way to the point that it seems almost impossible to have never seen them so far. You enjoy life, reality, the environment, relationships in a slow and meaningful way.
- The rhythm of the walk opens you to the possibility of fruitful relationships with human beings and with the Creation.
- Along the way you meet the most disparate people for age, race, language, religion, culture etc. and all this seems to create confusion in us. Instead, the opposite happens: the diversity we encounter in the others gets me to compare my existence and my history. This comparison generates in me the knowledge of elements that can be very useful to codify my personal identity.

Chapter 3 Theory and practice of pilgrimage

3.1 Preparation of a pilgrimage

Important decisions and actions in life need good preparation. If we want the pilgrimage to truly change our lives, it is right to prepare for it, both physically and spiritually. You can choose from the preparation steps below. Do not forget to reflect at the end of the pilgrimage.

Identifying the destination is the focal point of the pilgrimage because it indicates the interpretation of an interior, spiritual and religious need. It is then necessary to generally inform oneself about the destination and the respective route: to choose the way (the particular itinerary) and to consult texts/books for details.

The inner spiritual preparation is important to live this experience: the spirit of the pilgrimage is different from that of the visitor.

Spiritual preparation also includes looking back to see who has walked before me. From there I draw on past experiences but also a "spiritual style" to face the path. I experience walking in the footsteps of those who preceded me. It is therefore recommended to read some diaries, if available.

Another important action is to "essentialize" **what we carry in our backpack** (choose the bare minimum, as little as possible, because I cannot carry too much weight). Packing the backpack is also a spiritual exercise in the selection of the essential that serves for the way.

Pilgrimages as religious gatherings require, among other things, adequate spiritual preparation. Usually we begin the spiritual preparation at the appropriate time before the pilgrimage. The pilgrimage is an encounter with all those who founded the shrine, with thousands of visitors who came here seeking the certainty of faith and help in life, expressing their gratitude to God. It is also an encounter with those who stayed at home, but whom we took with us in spirit, remembering them in prayer, with a memento, with greetings, etc. Not less important is the time after the pilgrimage, which is not only a memory, but also requires actions originating from a deeper knowledge of God, of the sacred, of man, of ourselves.

The first thing to do **after the pilgrimage** is to settle all the experience you have done, and on the other hand you have to "sift it". Only when you sift the experience, you can find other elements that you have missed: "sifting the experience" means going back and seeing again the precious elements that you had missed during the way.

Then you have to re-read the experience, comparing your initial intentions and how you find yourself after the experience. The path is always educational and formative: you have to see and understand what the way has taught you and ask yourself: "What have I learned?"

3.2 Pilgrimage as an adventure (adventure pedagogy)

An adventure is an experience that differs significantly from everyday life. You are challenged to leave your comfort zone; it puts you in unfamiliar situations and environments and challenges you to test your courage.

Adventure is a physical challenge as well; facing difficult physical activities you feel successful and empowered. It is important to point out that a healthy risk taking of experiences should be embraced, one should participate in activities only after an adequate analysis of the risks involved in the experience.

In order to live an adventure, you don't need to take a high risk or be in a high physical condition.

What can you learn through adventure?

- to develop new skills,
- to understand personal limitations,
- to build independence and confidence,
- to develop physical well-being,
- to promote social skills,
- to achieve individual and group goals,
- to strengthen resilience.

Some proposals to make pilgrimage an adventure:

- Don't head for luxury hotels for overnight stays, but rather choose simple accommodations.
- With small private groups, you can consider not to plan too much to the last detail.
- No escort vehicles being at the tired pilgrims' disposal at any time, but the risk of having to take a break due to illness.
- Not always choose well-developed roads, on which the shoes do not get dirty, but also near-natural roads, on which the pilgrim might also wade in the mud.
- Do not necessarily cancel a pilgrimage due to bad weather conditions.

3.3 Linguistic skills

One of the most enriching experiences during a pilgrimage is meeting other people. Sometimes the pilgrim just needs information about the way, means of transportation, accommodation and infrastructure or wants to buy necessary things or order meals. On other occasions he/she wants to share thoughts and emotions with people he/she meets on the way, be it locals or other pilgrims. It is not possible to thoroughly learn the languages of the various countries a pilgrim might visit. However, it helps to know some basic words and phrases to get in touch with people.

You will find many suitable apps at Google Play (Android, IOS). It is advisable to have a look at the Google ratings to find you own appropriate tool.

Translators:

- Microsoft translator (rating 4,6): free, personal translator app for over 60 languages that allows you to translate written and spoken text, conversations, camera photos and screenshots, provides offline using, audio translation for spoken text
- Voice translator (rating 4,6): ideal for frequent travelers, digital application which replaces a live translator, understands human language and translates in unlimited number of languages
- SayHi Translate (rating 4,6): provides conversation in two languages and hearing your voice translated instantly
- Google translate (rating 4,5): translates texts (enter text using the keyboard and translates between 103 languages), provides offline using and an instant camera translation
- Reverso Translation Dictionary (rating 4,7): provides high quality translations and improved language skills, applies to teachers, translators, students, beginners and advanced, is based on data from millions of real, multilingual texts, which have been calculated using algorithms and machine learning techniques.
- Naver Papagao Translator (rating 4,1): provides translation in multiple languages, real-time text translation for phrases and word, real-time voice translation to text and audio, offline translation, simultaneously conversation translations
- TripLingo (rating 2,7): travel app to learn essential phrases, instantly translating your voice or connect to a live translator

Language Course:

- Duolingo (Google rating 4,7): useful app for beginners who want to learn a language quickly, downloadable from Google Play
- Dictionary Linguee (rating 4,7): new kind of dictionary app for German-English, German French and other language combinations, reliable translations, created by more than 400 lexicographers
- Hello Talk (Google rating 4,3): described as the first global community for learning languages and exchanging cultures, connects you with native speakers of other languages, downloadable from Google Play.

Chapter 4 Sustainability, Sustainable Travel

4.1 Pilgrimage as a form of sustainable tourism

More and more people are committed to the philosophy of sustainable tourism, a combination of nature, biodiversity, the rural world, agri-food, local culture and traditions as well as sustainable development. Much needed aspects to achieve a better planet. Sustainable tourism is responsible tourism and is known under several synonyms such as slow travel, soft travel or green travel.

The concept of soft tourism is in contrast to the concept of mass tourism. It expresses a way of traveling that enables mutual understanding and the coexistence of locals and tourists. Soft tourism does not harm the cultural and natural attractions of the region we travel to.

Basically, soft tourism is about more individual and more personalized tourist offers. Such a tourist or traveller is an active seeker on the journey, he is interested in the cultural heritage of the places visited, he likes to meet new people and their habits ... He is an active tourist who is close to the locals.

Pilgrimage routes represent and offer countless possibilities for a sustainable approach to travel and the discovery of new places and people. Each pilgrimage route carries a rich history of ancestors who walked these routes centuries before us. In an unobtrusive way they connect us with the local people, to whom we express our respect and affection through our visit. The exchange of experiences enriches both the pilgrim and the locals with whom the pilgrim comes together and offers them hospitality.

Regions can promote sustainability along pilgrimage routes by providing information on public transportation and environmentally friendly accommodation. Local authorities and tourist boards are invited to support touristic service providers with information on how to meet sustainable criteria and apply for possible eco labels.

Best practice example: Mostviertel region in Lower Austria – sustainability along the Via Sacra pilgrim route, see: <https://www.mostviertel.at/nachhaltigkeit>

Chapter 5 Technical practice, digital competence

5.1 Hiking and meteorology

Weather and weather conditions are an important factor in planning as well as performing hikes and trails. They have a great influence on the hiking routes, but also on the goals we set out to achieve in a given period of time. The weather – especially in our present times when experience sudden changes and weather extremes – often poses a threat to our health and can contribute significantly to injuries.

Therefore, being pilgrims and hikers, it is advantageous being also good observers of weather phenomena, knowing the basic concepts of meteorology and, above all, regularly following the official weather forecasts and taking them into account in our activities.

Hazards caused by the weather are objective hazards over which we have no direct control. We are exposed to them throughout our sojourn in nature. Weather-related hazards are (we highlight the most common):

- strong sunlight
- unexpected changes in the weather
- storms, lightning
- fog
- low or high temperatures.

These hazards primarily affect our well-being and ability to move under the given circumstances. Protection against them means: appropriate protective equipment (goggles, clothing), knowledge of the medium-term weather forecast, and proper handling of precipitation, storms, fog, heat, and cold.

The second group of hazards emanating from weather phenomena are:

- cooling due to humidity or wind,
- slippery road surfaces,
- wet leaves and roots on the roadside,
- wet grassland.

A smartphone is an ideal gadget to get real-time information about the weather conditions in a particular area. To a large extent they predict the weather accurately and warn about future dangers. Thus, we have reliable data available in our pocket. So, the weather app on the smartphone informs us about all the necessary information. Therefore, it is a good idea to download the application on the smartphone before a trip and most importantly learn how to use it. Most of the applications are user-friendly and easy to use.

Applications for Android

- Today Weather - Widget, Forecast, Radar & Alert
Developer: todayweather.co
Free download: <https://play.google.com/store/apps/details?id=mobi.lockdown.weather>
- AccuWeather
Developer: OneLouder Apps
Free download: <https://play.google.com/store/apps/details?id=com.handmark.expressweather>
- Weather Forecast & Snow Radar: The Weather Channel
Developer: The Weather Channel
Free download: <https://www.accuweather.com/>

Application for Apple I-phones

- Weather - The Weather Channel
Storm Radar, maps & widget The Weather Channel Interactive
Free download: <https://apps.apple.com/us/app/weather-the-weather-channel/id295646461>
- Storm Radar: Weather Tracker
NOAA Hurricane & Tornado Maps
Designed for iPad
Free download: <https://apps.apple.com/us/app/storm-radar-weather-tracker/id1216396545>

5.2 Fitness and nutrition

The physical preparation required for a pilgrimage is different for a person who does sport every day and goes to the gym frequently, than for someone with a more sedentary lifestyle who does not have the time to exercise regularly.

However, there is a general agreement among sport professionals that with a few exceptions, all pilgrims should have prior physical preparation. Furthermore, it is a widespread opinion among most pilgrims that some training in advance is necessary.

The fact is that walking many kilometres day after day with a rucksack is a great challenge, both physically and mentally, and must therefore be prepared thoroughly.

Example of a training plan:

- start the training some months before leaving (at least 2 months),
- adapt the training plan to the age and physical condition of each person,
- consider a visit to the doctor in order to assess the suitability of the plan and things to avoid. This is highly recommended if the person is elderly or suffers from some type of illness,
- include regular training sessions,
- train from less to more until it is time to leave,

MODULE 7 – Beginner Tool

- stretch before and especially after the training session,
- combine walks (bike rides) with complementary exercises:
 - cardio-vascular exercises: to improve lung capacity and activation of circulation.
 - exercises to strengthen and tone the muscles, in particular legs, back and legs: to prepare the muscles for the exertion of the pilgrimage. It is advisable to see a physiotherapist in order to ease the muscles,
- train the last weeks before leaving carrying the same weight you will be carrying on the route,
- take care of the feet before beginning the pilgrimage.

It is recommended that similar training plans be made for each stage of the pilgrimage, as well as for the period after the pilgrimage.

Food and liquids

The ingestion of food and liquids on the pilgrimage route is vital to avoid fatigue, fainting, dehydration and even cramps while walking.

When we go on a pilgrimage, we are making a greater effort than in our daily life and are burning more calories, so we should not at all eat less or take advantage to lose weight; we must take food seriously, as well as the ingestion of liquids.

5.3 First aid

First aid is the set of measures to be taken by anyone to save human life, to avert or alleviate threatening danger or health problems until professional help (doctor, ambulance) arrives.

Aims and tasks of first aid:

- Securing, rescuing the injured person from the accident area
- Immediate check of vital functions
- Rapid implementation of life-saving emergency measures
- Notification of doctor, rescue, helper
- Pain relief through immobilization and positioning
- Calming of the injured person through personal assistance and encouragement
- Transport for medical assistance

The first aider applies the following principles:

- Keep calm
- Record the situation
- Check urgency
- Action has to be calm, correct, fast

Call for help on the relevant emergency numbers:

International emergency call: 112

Content First Aid Package - Basic Equipment

One pair of protective gloves, scissors, tweezers, tape, sterile gauze swabs, absorbent wound compresses, triangular cloths, elastic fixing bandage, snap-on bandage, metallized wound compress, aluminium blanket, respiratory tissue, wound spray, plaster, Sam-splint.

5.4 Necessary equipment

In this chapter, you will find an example for a set of equipment for a pilgrimage.

This checklist is a suggestion. It provides an orientation on what clothes and objects to think of when going on a pilgrimage. Of course, there are a number of factors to consider when making your choice:

- Not everyone will need everything.
- Some items that protect my health will be more necessary than others.
- It is important to take with me what suits me and my personality

It should be considered WHEN, WHERE and HOW I am travelling:

- In which season?
- In which region (in the mountains, by the sea, etc.)?
- Are there shops for the purchase of necessary items?
- What are my personal needs?
- What is essential for me?
- How long will I be on the road? (day trip, several days, several weeks, etc.)

The backpack size should be chosen according to the length of the tour (guideline: a backpack of approx. 40lt).

The total weight of the backpack should not exceed 12 kilograms (point of reference: 10 % of bodyweight plus food and water).

The light things should be placed in the bottom of the backpack, the heavy things at the top.

A rucksack with a lengthwise zipper is recommended. Watertight pouches of various sizes for food/clothes/documents are useful.

If you are on the road for a long time, it is useful to divide your equipment into small plastic packs, so that it is not soaked through by rain and wetness.

If something is missing I can get it on the way / buy it.

If something is too much, I can leave it behind or send it back.

The necessary basic equipment includes:

- appropriate clothing
- shoes
- sanitary products
- weather protection
- technical aids (trekking poles, map, mobile phone)
- financial resources and personal documents
- first aid kit and personal medication

5.5 Navigation apps

Most hikers are using smartphones during travelling. It is therefore practical to you use them also for navigation. In past years, many hiking apps have been developed and are enjoying increasing popularity among hikers. The following chapter provides a comprehensive overview of the variety of apps. The learning goal is to give the user information for making his/her own decision to select a suitable app.

Furthermore, it is important that the guide will get familiar with all the functions and possibilities. Especially when he is walking in open terrain, a navigation tool may help to avoid troubles, especially in handling emergency situations. It is important to learn the usability of the most important tools and functions. It must be emphasized that apps provide a tremendous supporting aspect, but should not replace the classical paper hiking map. Please note: the pilgrim guide should avoid getting dependent on these tools in general.

Last tip: Never forget to pack an additional battery or power bank in your backpack.

Overview of apps

Find following a selection of applications for smartphones and tablets, which are often used for tracking of routes or provide practical tour recommendations. In the right row, you will find a Google ranking, which is based on feedback from Google users.

Smartphone and PC-Desktop Applications

Name	Website	Description	Google Ranking
Mapy.cz	https://de.mapy.cz	GPS Navigation	4,7
Gaia GPS	www.gaiagps.com	GPS Navigation	4,7
Komoot	www.komoot.de	Tour portal	4,6
Runtastic	www.runtastic.com	GPS Navigation	4,6
OsmAnd	www.osmand.net	Tour portal	4,6
Maps.me	www.maps.me	Tour portal	4,6
ape@map	www.apemap.com	GPS Navigation	4,5
Bergfex	www.bergfex.at	Tour portal	4,5
Wikiloc NavigationOutdoor GPS	https://wikiloc.de.aptoide.com	GPS Navigation	4,4
Alpenvereinaktiv	www.alpenvereinaktiv.com	Tour portal, GPS Nav.	4,3
Viewranger	https://www.viewranger.com/it	GPS Navigation	4,3
Phonemaps.de	https://phonemaps.de	GPS Navigation	4,2
Google maps	www.google.at/maps	GPS Navigation	4,1
My trails	www.mytrails.app	Topo map	4,1
Outdooractive	www.outdooractive.com	Tour portal	4,0
Kompass	www.kompass.de	Tour portal	2,4
Opentopmap	https://opentopomap.org	GPS Navigation	n.a.
Emergency App		Emergency calls	4,3

Conclusion

The Beginner Tool is a summary of the extensive curriculum implemented by the project partners as part of the project. Here you will find basic information and practical tips about pilgrimage. Pilgrimage is not just an ordinary journey, but an experience with a thousand years of tradition and history. It is right to prepare for the pilgrimage - both spiritually and physically, if we want our pilgrimage to truly bear fruit. Either way, the practical advice of experienced pilgrimage guides will also help you. We wish you a rich and blessed journey.

Questions & Answers

Chapter 1:

Question 1:

Pilgrimage is a widespread religious and cultural phenomenon and can transcend the boundaries of religions. There are various reasons and motives for going on pilgrimage. Which of the following might be motives for the modern pilgrim?

- exclusively religious motives and devotion

Note/hint:

The motives for pilgrimage today generally go beyond purely religious reasons. Nevertheless, the religious motive is a very important and central element

- Religious motives and devotion are key factors, although pilgrimage also includes other motives, such as the search for a deeper meaning, the message of life, the experience of finiteness and limitedness, the feeling of life up close. (X)
- Adventure and discovering new places

Note/hint:

Pilgrimage is much more than an adventure. It is the discovery of spirituality, history and tradition and a connection with many pilgrims who have already walked this path.

Question 2:

Walking is one of the most natural forms of exercise and recreation for humans. During pilgrimage, walking can also be a form of meditation. In which cases?

- When I visit churches and monasteries during the pilgrimage

Note/hint:

Simply visiting a church or monastery is not enough for my pilgrimage to be truly a spiritual journey. Spirituality must happen within ourselves, in our soul and spirit. Many examples of walking the path of various people and their spiritual growth are found in various religious books, such as the Bible.

- When I escape from my own problems and tasks

Note/hint:

A true pilgrimage is by no means an escape from problems and reality, but can be a way to face and solve problems and difficulties in life.

- When I walk with a Bible passage, walking with a story, walking towards God (x)

Question 3:

Church buildings are not ordinary buildings. They tell us about faith in the church, about the life of the community, about the fears and longings of individuals ... What are the basic elements of the spiritual exploration of the church?

- Provide a lot of information about the church building

Note/hint:

A hectic tour of the church with lots of information makes no sense. Entering the church during the pilgrimage is an opportunity to experience a different quality of time that interrupts the daily routine. Less is more.

- Slowdown (x)
- Sensualisation, focusing (x)

Chapter 2:

Question 1:

If we are going on a pilgrimage in a group, it is good to familiarise ourselves with the basics of group dynamics, conflict management and communication. Even if we make a pilgrimage alone, we usually meet many other pilgrims along the way. Which statement is most true and describes the concept of communication?

- Two or more people speak directly to each other

Note/hint:

The concept of communication is much broader than just the exchange of information

- The set of signs and symbols within a group (x)
- A relationship that involves mutual understanding (x)

Question 2:

Communication is a personal relationship between those who communicate with each other or who are on the way with each other. It is symbols, words, gestures, views. Communication is divided into verbal and nonverbal. What do you think is the relationship between them?

- 25% on non-verbal communication
- 50% on non-verbal communication

Note/hint:

People communicate with gestures and other symbols much more than with words.

- 75% on non-verbal communication (X)

Chapter 3:

Question 1:

It is necessary to prepare for any pilgrimage. Both physically and spiritually. Spiritual preparation is crucial for pilgrimage. What does spiritual preparation mean for the pilgrimage?

- To be conscious of pilgrims, and to remember those who have gone on pilgrimage before us. (x)
- Spiritual preparation for pilgrimage is not necessary, only concrete experience is important.

Note/hint:

If you really want to become a true pilgrim, spiritual preparation is inevitable. Besides the physical journey, pilgrimage is also a spiritual journey.

- to deepen your relationship with yourself and with God. (x)

Question 2:

What are the usual forms of spiritual preparation for the pilgrimage?

- Prayer, Bible reading (x)
- Personal reflection on the purpose of the pilgrimage, conversation with a friend (x)
- Preparation can be done personally or in a group (x)

Question 3:

Among other meanings, a pilgrimage can be an adventure, an experience markedly different from everyday life. You are challenged to leave your comfort zone; it puts you in unfamiliar situations and environments and challenges you to test your courage. What is characteristic adventure pedagogy?

- you learn through experience (x)
- you face situations and environments you are used to

Note/hint:

The real adventure begins when we find ourselves in a situation we don't experience every day. It is about something new.

- it is important to embrace risk-taking experiences

Note/hint:

Do not overdo it or challenge it. Act within your physical capabilities. Health first!

Chapter 4:

Question 1:

More and more people are advocating the philosophy of sustainable tourism, the combination of nature, biodiversity, the rural world, agricultural food, local culture and traditions, and sustainable development. Pilgrimages can be included in this form of tourism. Why?

- They are often taking long distance flights

Note/hint:

We do not need a high standard to experience a true pilgrimage. We can also go on pilgrimage in the local or nearby area. The pilgrim respects the past and looks to the future with respect.

- They are acting consciously and responsibly along their way. (x)
- They are using existing infrastructure. (x)

Question 2:

The concept of soft tourism is in contrast to the concept of mass tourism. It expresses a way of traveling that enables mutual understanding and the coexistence of locals and tourists. What are characteristics of responsible tourism?

- It minimizes negative social, economic and environmental impacts. (x)
- It involves local people in decisions that affect their lives and life chances. (x)
- The travel offers have a low price.

Note/hint:

There is no need for comfort and pleasure in pilgrimage. A true pilgrim avoids luxury.

Chapter 5:

Question 1:

Weather and weather conditions are an important factor in planning and executing hikes and trails. They have a big impact on the hiking routes, but also on the destinations we want to reach in a given time. What are the most common risks along the trail related to weather and weather phenomena?

- strong sunlight (x)
- unexpected weather changes (x)
- storm, lightning, fog (x)
- rainbows

Note/hint:

Suggestion: The rainbow is a gift from God and Mother Nature. Relax and enjoy!

Question 2:

Adequate nutrition and hydration on the pilgrimage route are important to successfully achieve the goals. Which statements about hydration are correct?

- In the summer, it is important to drink frequently.

Note/hint:

Not just in the summer. Constant and planned hydration is necessary at all times of the year.

- Adequate hydration prevents muscle problems such as cramps. (x)
- You only need to drink when you are thirsty

Note/hint:

Hydration needs to be taken care of systematically, both before the trip and during the trip.

Question 3:

Before we go on a trip, it is good to make a list of urgent things that need to be packed in a backpack. Which of the following things are really essential equipment?

- proper clothing, footwear, weather protection (x)
- personal medicines, personal documents (x)
- camera, newspaper, watch

Note/hint:

Do not worry about anything. You are on a pilgrimage. The news will be waiting for you. Take time for yourself.