

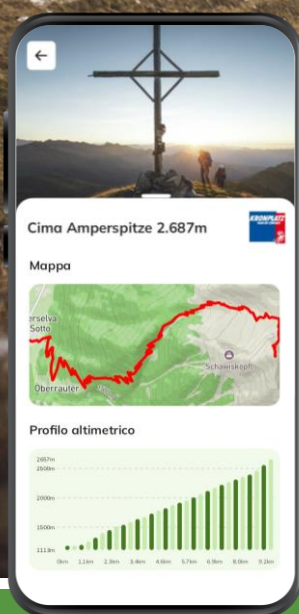


MOVE

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www.moveproject.it



MOVE - HIKE AND BIKE

DIE ERSTE OUTDOOR-APP,
DIE AUF BASIS DEINER
INDIVIDUELLEN
EIGENSCHAFTEN
EINE PERSONALISIERTE
GEH- BZW. FAHRZEIT
BERECHNET UND DIR
TIPPS FÜR EIN
SICHERES ERLEBNIS
BIETET.

LA PRIMA APP PER
L'OUTDOOR CHE, IN
BASE ALLE TUE
CARATTERISTICHE,
FORNISCE IL TEMPO DI
PERCORRENZA
PERSONALIZZATO E
CONSIGLI PER
AFFRONTARE
L'ESCURSIONE IN
SICUREZZA.

THE FIRST OUTDOOR
ACTIVITY APP THAT,
BASED ON YOUR
CHARACTERISTICS,
PROVIDES A
PERSONALIZED
EXCURSION TIME AND
TIPS TO SAFELY PLAN
YOUR OUTING.



MOVE - hike and bike ist eine innovative App, die von einem Team der **Fachbereichs Medizin der Universität Padua** entwickelt wurde, um dein Bergerlebnis sicherer zu machen. Dank eines **patentierten Algorithmus** erstellt die App einen **personalisierten Avatar (MOVEr)**, der auf deinen individuellen Eigenschaften basiert. Sie berechnet deine persönliche Geh- bzw. Fahrzeit für jede Strecke und gibt dir wertvolle Tipps, damit du deine Tour bestmöglich genießen kannst.

Durch die Zusammenarbeit mit den **Tourismusvereinen Olang** und **Antholzertal** kannst du diesen Service auf den **Wander- und Radwegen** dieser Gebiete nutzen. Am Beginn der Wege findest du **QR-Codes**, die dich direkt zur App und den verfügbaren Routen weiterleiten.

MOVE unterstützt dich bei deinen Touren, doch die Verantwortung für die Wahl der Route und deine Sicherheit liegt stets bei dir. Beurteile vor dem Start sorgfältig deine körperliche Verfassung, die Wetterbedingungen und deine Ausrüstung. **Scanne den QR-Code, lade MOVE herunter und erlebe die Berge sicher!**

MOVE - hike and bike è un'innovativa app sviluppata da un team del **Dipartimento di Medicina dell'Università di Padova** per aiutarti a vivere la montagna in sicurezza. Grazie a un **algoritmo brevettato**, l'app crea un **avatar personalizzato (MOVEr)** basato sulle tue caratteristiche, stima il **tempo di percorrenza personalizzato** per ogni percorso e ti fornisce **consigli utili** per affrontare al meglio la tua escursione.

Grazie alla collaborazione con le **associazioni turistiche di Valdaora e Anterselva**, puoi usufruire di questo servizio sugli **itinerari a piedi e in bicicletta** di queste zone. All'inizio dei sentieri troverai dei **QR code** che ti collegheranno direttamente all'app e ai percorsi disponibili.

MOVE è un supporto per le tue escursioni, ma la responsabilità della scelta del percorso e della tua sicurezza resta sempre tua. Valuta attentamente il tuo stato fisico, le condizioni meteo e l'attrezzatura prima di partire. **Scansiona il QR code, scarica MOVE e vivi la montagna in sicurezza!**

MOVE - hike and bike is an innovative app developed by a team from the **Department of Medicine at the University of Padua** to help you explore the mountains safely. Using a **patented algorithm**, the app creates a **personalized avatar (MOVEr)** based on your characteristics, estimates the **time required** for each route, and provides you with **useful tips** for your activity.

Thanks to the collaboration with the **tourism associations of Olang and Antholzertal**, you can take advantage of this service on the **hiking and biking trails** in these regions. At the start of the trails, you will find **QR codes** that connect you directly to the app and the available routes.

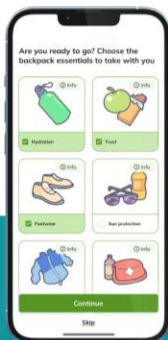
MOVE is a tool to support your excursions, but the responsibility for choosing the route and ensuring your safety remains yours. Always assess your physical condition, weather conditions, and equipment before setting off. **Scan the QR code, download MOVE, and explore the mountains safely!**



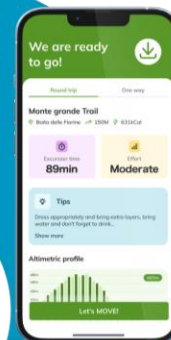
Create the MOVEr with your individual characteristics



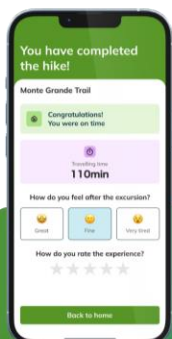
Choose the area and itinerary you want to undertake



Select the type of backpack and items to carry with you



Get the estimated travel time and physical effort for you



Download the report of your excursion



Monitor your excursion in real-time



Receive personalized advice to safely undertake your excursion