



## PHYSICAL ACTIVITY REQUIREMENTS

This program is **Level 2** of physical activity intensity:

**Level 1** – Light intensity activity: Standing and moving around but no vigorous efforts needed. Can talk while doing these activities and buildings and excursions are accessible.

**Level 2** – Moderate intensity activity: Walking, climbing stairs, standing for more than 10 minutes. These activities require some level of physical fitness.

**Level 3** – Vigorous intensity activity: Hiking for more than an hour, heavy lifting required, running. Activities and excursions require a moderate to high level of physical fitness.

Note: Travel to the Netherlands often requires climbing stairs with little or no accessibility accommodation. Participants also will be encouraged to ride a bicycle for transportation in the city but not mandatory.