

Infosheet

I've been to the mountain top : Leading Altitude Youth Activities

03/08 - 14/08

Eaux-bonnes, France

Training course, Key Action 1: Mobility project for young people and youth workers

BACKGROUND OF THE PROJECT

Concordia was created after the WW2 in order to rebuild what was destroyed during the war and to promote peace between people. Concordia joined the movement of non-formal education. We are promoting an education for all by all, without age, sexual, cultural, religious or economic distinction. Beyond all, on his charter, Concordia encourages the circulation of people and ideas through international exchanges.

The mountain environment offers an incredible playground and is an endless source of hints for reflection. Nature and cultural discovery activities, sports, environmental awareness animations are highly appreciated by the youngsters and demanded by youth workers.

Concordia has been organizing youth activities at medium and high altitude for almost a decade. Through youth exchanges, trainings and international youth workcamps, we managed to acquire a vast knowledge of mountain environment specificities and its added value to youth projects.

The technical objective is to acquire skills on shepherd's cabins renovation through the help of technical leaders who have been leading workcamps in high altitude for years.

Collective reflection, capitalization, ideas and know-how sharing with youth organizations that realize the same type of projects all around Europe is the logical step in order to innovate, spread these practices and mutually improve our standards.

OBJECTIVES OF THE PROJECT

This training aims to reinforce participant's capacities to develop and lead youth projects in a mountain environment with technical skills concerning the consolidation of dry stone walls and the installation of a traditional slate roof for shepherd's cabins

The main objectives are:

- Sharing and capitalizing the experience of the structures involved in the project on youth camps at middle or high altitude.
- Preparing youth leaders to organize their mountain projects both at a pedagogic and a logistic angle.
- Improving and promote innovative practices and widen the horizons of mountain youth activities
- Enhancing the partnership between the participating structures and foster the emergence of trans-boundary mountain projects.
- Reflecting on the role and position of facilitators working in this particular environment

METHODOLOGY

The methodology, based on the reinforcement of non-formal education values, training sessions, workshops, debates, mixed with activities linked to sports, mountain life and technical skills will structure this training in a way to encourage an active involvement of each participant and a deeper self and environment knowledge. This will allow participants to be able to develop competencies and new tools for the creation and management of high and medium altitude projects by their organization.

PROFILE OF PARTICIPANTS

This training targets youth workers, work camp leaders, volunteers who wish to adapt their skills to youth projects in the mountains and who would like to run activities in the medium and high altitude environment. It also welcomes mountain lovers who would like to work with youngsters. Participants need to be in good physical shape, motivated and ready to participate to the entire training.



FINANCIAL ASPECTS

Concordia would like to encourage participants to buy travel trickets ASAP to enjoy economical prices. Please do not buy travel tickets until your participation has been approved by Concordia. All the travel costs will be reimbursed the earliest 3 months after the end of the training course/youth exchange.

Please note that the process of reimbursement will be carried out directly with the applicant organizations and not with the individual participants. We kindly remind all participants to keep the original tickets.

| Association | Country | Participants | Travel costs |
|---------------------------|---------|---------------|--------------|
| Lunaria | Italie | 6 + 1 leader | Up to 275€ |
| Viaje a la Sostenibilidad | Espagne | 6 + 1 leader | Up to 180€ |
| Concordia | France | 6 + 2 leaders | Up to 180€ |

ACCOMODATION

You will be accommodated in the village's presbytery. However, the living conditions will be basics. According to the weather, you will do a 3-4 days hiking, by carrying all the needed equipment: tents, the living... You will share the various collective tasks and prepare meals together.

DON'T FORGET TO BRING WITH YOU

- very good shoes for hiking (no basket or tennis shoes) - please consider that shoes have to be water-proof
- backpack where you will put your personal staff, cloths and belonging: no trolley or suitcase are allowed because, as you might guess, it's hard to walk with them in the mountain :-)
- sleeping bag resistant to zero degrees minimum (at this altitude, the temperature can go under the zero, during the night)
- good water-proof and wind resistant jaket
- good water-proof and wind resistant trousers (not compulsory, but it can help)
- sun glasses and sun cream (the sun is quite strong at 1.500 meters and we will probably hiking more up)
- hat or scarf to protect your head
- we provide sleeping mat and tents but if you have a good light one, can be good

We will offer you a place to put your valuables, but if they are not essential, please do not bring them.

You are fully responsible for all your belongings.

MEETING POINT

**TRAIN STATION OF
BUZY EN BEARN**

ON THE 03/08/2017

AT 6 PM

Please write an email to Sophie (cd.aquitaine@concordia.fr) to inform us of your arrival time. Feel free to contact us if you encounter any problems during your journey.

HOW TO GET THERE?

FROM BORDEAUX AIRPORT

| | |
|--|---|
|  Tram et Bus de la Cub TBC BUS 1 | <p>AEROPORT TERMINUS BUS 1 EVERY 10MIN ↓ GARE ST JEAN (57MIN LATER)</p> |
|  TER 67229 | <p>GARE BORDEAUX SAINT JEAN 2:46PM ↓ PAU GARE 5:04PM</p> |
|  TER 67435 | <p>PAU GARE 5:11PM ↓ BUZY EN BEARN 5:30PM</p> |

FROM PARIS

| | |
|---|---|
|  TGV 8533 | <p>PARIS MONTPARNASSE 1 ET 2 11:52AM ↓ DAX 3:16PM</p> |
|  TER 67228 | <p>DAX GARE 4:12PM ↓ PAUGARE 5:04PM</p> |
|  TER 67435 | <p>PAU GARE 5:11PM ↓ BUZY EN BEARN 5:30PM</p> |



CONCORDIA

We are looking forward to seeing you!!