

TOUR DU MONT-BLANC

ERASMUS+ STUDENT TRAIL



UNIVERSITÀ
DEGLI STUDI
DI TORINO



Universidad
Zaragoza



UNIVERSIDADE
BEIRA INTERIOR



West University
of Timișoara



HAAGA-HELIA
University of Applied Sciences



FH
TECHNIKUM
WIEN



Fachhochschule Kiel
University of Applied Sciences



INSTITUTE of
TECHNOLOGY
CARLOW

Institiúid Teicneolaíochta Cheatharlach



University of
Applied Sciences
Windesheim



UNIVERSITÉ
DE PAU ET DES
PAYS DE L'ADOUR

The background of the slide is a vibrant photograph of a mountainous region. In the foreground, a hiker with a large backpack and a walking stick is seen from the side, looking out over the landscape. The terrain is a mix of lush green grassy slopes and rocky outcrops. In the distance, more mountain peaks are visible under a clear blue sky with a few wispy clouds. The overall scene conveys a sense of adventure and outdoor exploration.

THE PROJECT IN BRIEF

**GATHER 50 STUDENTS FROM 10
COUNTRIES AND HAVE THEM
WORK & WALK TOGETHER
AROUND MONT-BLANC**

EXPECTED DATE: 5-12 JUNE 2021

What is it?

DEFINITION OF TERMS

The 1st "Tour du Mont-Blanc Erasmus+ student trail" is an initiative that aims at promoting both physical activity & international mobility, and developing young people's sense of belonging to Europe.

In line with the construction of European Universities, Université Savoie Mont Blanc wants to gather students from 10 different European countries who will take part in a trail around the famous Mont-Blanc which crosses 3 countries.

Working in multicultural teams, students will be challenged physically as well as intellectually, setting up projects on their dream European University of the future. There will be prizes to be won!



"SOFT TRAIL"

a 5-day-trail around Mont-Blanc to develop solidarity among European students through sports activities



BRAINSTORMING

a student-centered challenge to create a vision of tomorrow's university in Europe

PROJECT OBJECTIVES

SOLIDARITY

Starting and finishing all stages of the project as a team, leaving no-one behind

COMMUNITY

Developing the sense of belonging to Europe and acting as a European citizen

MULTI-CULTURALITY

Learning to develop projects with students from other backgrounds

HEALTH

Promoting sports and physical activities as a vehicle for good health

NATURE

Drawing students' attention to the importance of preserving their environment

PROJECT LEADERS

FRANCE

UNIVERSITE SAVOIE MONT BLANC



Project leader: **Mr. Olivier FRESCHI**,
Director of the Sports Department

ITALY

UNIVERSITA DEGLI STUDI DI TORINO



Project leader: **Mr. Corrado LUPO**,
Department of Medical Sciences

ROMANIA

WEST UNIVERSITY OF TIMISOARA



Project leader: **Mr. Adrian NAGEL**,
Dean of the Faculty of Sports

AUSTRIA

FH TECHNIKUM WIEN



Project leader: **Mr. Stefan LITZENBERGER**, Head of the
Bachelor's Human Factors and
Sports Engineering

SPAIN

UNIVERSIDAD DE ZARAGOZA



Project leader: **Mr. Alejandro GOMEZ BRUTON**, Department of
Physical Education & Sport

NETHERLANDS

WINDESHEIM UNIV. OF APPLIED SCIENCES



Project leader: **Mr. Paul TOUW**,
International coordinator
Engineering & Design

GERMANY

FACHHOCHSCHULE KIEL



Project leader: **Mrs. Anna JÄSCHE**,
Centre for languages and
intercultural competence

PORTUGAL

UNIVERSIDADE DA BEIRA INTERIOR



Project leader: **Mr. Sérgio FIGUEIREDO**, Sports Science
Department

IRELAND

INSTITUTE OF TECHNOLOGY CARLOW



Project leader: **Mrs. Paula FITZPATRICK**, Sport Science
Research Director

FINLAND

HAAGA-HELIA UNIV. OF APPLIED SCIENCES



Project leader: **Tiina LAIHO**,
Senior lecturer

THE USMB PROJECT TEAM

INTERNATIONAL RELATIONS

- Administrative management of the project
- Relations with external partners
- Logistics



FINANCE

- Purchase of participants air tickets and other expenditure



COMMUNICATION

- External communication
- Coaching of participating students on video aspects



SPORTS TEACHERS

- Physical preparation of the participants
- Testing and adjustment of the itinerary
- Supervision of sports activities during the trail



MOUNTAIN GUIDE

- Responsibility of the group during the trail



SPORTS STUDENTS

- Accompaniment and supervision of teams during the trail



PARTICIPATING STUDENTS



FIELD/LEVEL OF STUDY

We invite students from all fields of study from the second year of their Bachelor degree onwards, until the final year of their Master's degree.



PHYSICAL CONDITION

Students must be in good physical condition but do not necessarily need to be high-level athletes. Good physical preparation will be needed (a medical certificate is mandatory).



SPECIFIC SKILLS

Preference will be given to students who show an interest in European issues, but who do not necessarily have international experience.



OTHER

Participating universities are encouraged to select an equal number of male and female students.

SELECTION OF PARTICIPATING STUDENTS

NOVEMBER 2020

**Launch of a CALL FOR APPLICATIONS
among all students of the 10 partner universities**



- Short questionnaire stating student's ID, field and level of study, international experience...
- Recommendation letter from a referent lecturer in the student's home university
- One-minute-video showing the student's motivations to take part in the event

OVERVIEW OF ACTIVITIES

1

PREPARATION

Dates: November 2020 - June 2021

Venue: Chambéry

Target group: USMB project team

- Organise the 2-days project leaders meeting in Chambéry (January 2021);
- Test the trail and, if necessary, adjust the itinerary to make it more efficient for the event (April-May 2021);
- Organise the main event ("Tour du Mont-Blanc Erasmus+ Student trail") in terms of logistic, financial & administrative management, contact and coordination with external partners, communication;

2

CHAMBERY PROJECT LEADERS MEETING

Dates: January 2021

Venue: Chambéry

Target group: USMB project team & project leaders in partner univ.

- Gather all project leaders in Chambéry to work together on the preparation of the main event: selection of participating students, composition of teams, description of the sports & video challenge, evaluation grid for the challenges, communication plan in France as well as in other countries, repartition of tasks during the trail;

3

PHYSICAL TRAINING & COACHING OF PARTICIPANTS

Dates: March - June 2021

Venue: Chambéry & partner universities

Target group: Project leaders & students in partner univ.

- Set up of a physical training programme for the participants either in video format which will then be broadcast online, or in another digital format to be identified;
- Composition of trail groups at the USMB and, if possible, in the other universities;

OVERVIEW OF ACTIVITIES

4

TOUR DU MONT-BLANC ERASMUS+ STUDENT TRAIL

Dates: 5-12 June 2021

Venue: Chamonix & surroundings

Target group: USMB project team, project leaders & students in partner univ.

- DAY 1: Welcome and briefing of participants in Chamonix;
- DAYS 2 to 6: Tour du Mont-Blanc trail (5 days of walk, approx. between 6 & 8 hrs per day);
- DAY 7: Video editing, presentation of the students productions, evaluation of results and closing ceremony in Chamonix;

5

EVALUATION & DISSEMINATION

Dates: June-October 2021

Venue: Chambéry & partner universities

Target group: USMB project team & project leaders in partner univ.

- Evaluation of the impacts of the project by the participants;
- Dissemination of results, especially through the videos produced by the students;

PROGRAMME

DEGREE OF DIFFICULTY:



SATURDAY

05/06/2021

2:00pm: **Official welcome of the participants in Chamonix (FR)**

3:00pm: General briefing of participants in Chamonix

7:00pm: Dinner and overnight stay on site

SUNDAY

06/06/2021

7:30am: Transfer by bus to the **starting point of the trail (Villair supérieur - IT)**

approx. 6 hrs walk - picnic on the way

3:00pm: Expected arrival at the Bonatti refuge (IT), dinner and overnight stay there

MONDAY

07/06/2021

8:00am: **Continuation of the trail to La Fouly (CH)**

approx. 8 hrs walk - picnic on the way

4:00pm: Expected arrival at La Fouly

6:00pm: Transfer by bus to Argentière (FR)

7:00pm: Arrival at the Hotel, dinner and overnight stay on site

Day in Argentière (FR)

9:00am-12:00pm: Teamwork on the realization of the videos

12:00pm: Lunch at the hotel

2:00pm: Cooperative orienteering

7:00pm: Dinner and overnight at the Hotel

TUESDAY

08/06/2021

Programme subject to changes

WEDNESDAY

09/06/2021

8:00am: Departure from Argentière (or Vallorcine) to **continue the trail through the "Aiguilles rouges" (FR)**

approx. 7 hrs walk with considerable height difference - picnic on the way

3:00pm: Expected arrival at the Refuge de Moëde-Anterne - dinner and overnight stay on site

THURSDAY

10/06/2021

8:00am: **Continuation and end of the trail** - Walk up to the Col du Brévent (FR)

approx. 6 hrs walk - picnic on the way

4:00pm: Descent to Chamonix by cable car

7:00pm: Dinner and night at the Chamonix Youth Hostel.

FRIDAY

11/06/2021

Restitution & final day in Chamonix (FR)

8:00am - 12:00pm: Editing of the videos in a dedicated room

12:00pm: Lunch in town

2:00pm - 6:00pm: Presentation of the students' productions, debriefing and farewell drink

6:00pm: End of activities

7:00pm: Dinner and night at the Chamonix Youth Hostel.

SATURDAY

12/06/2021

9:00am: **Transfer to Geneva Airport to return home.**

Programme subject to changes

VIDEO CHALLENGE PROGRAMME

Gathered in teams throughout the week, students will be asked to make a **short video** in which they will express their answers to the following questions:

- What is the right place for sports activities in universities?
- How the practice of sport and university studies be reconciled?
- What innovative model could be imagined to link sport and studies?
- What skills and values are acquired through sport?
- How could these be valued in university curriculum?
- What have you learned from this challenge?

These questions will be refined during the preparation phase of the project in consultation with the project leaders from each partner university.



FINANCING THE INITIATIVE

 **ERASMUS+ SPORT 2020 CALL** 
Non-for-profit European sport events

150,000€ to cover the preparation, organisation and dissemination of the project

Minimum co-financing : 20 % of the eligible costs

Minimum 10 partners from Erasmus+ Programme countries

Project to take place between November 1st, 2020 and October 31st, 2021

Expected date of the Tour du Mont-Blanc Erasmus+ students trail: June 2021

ANY QUESTION?

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