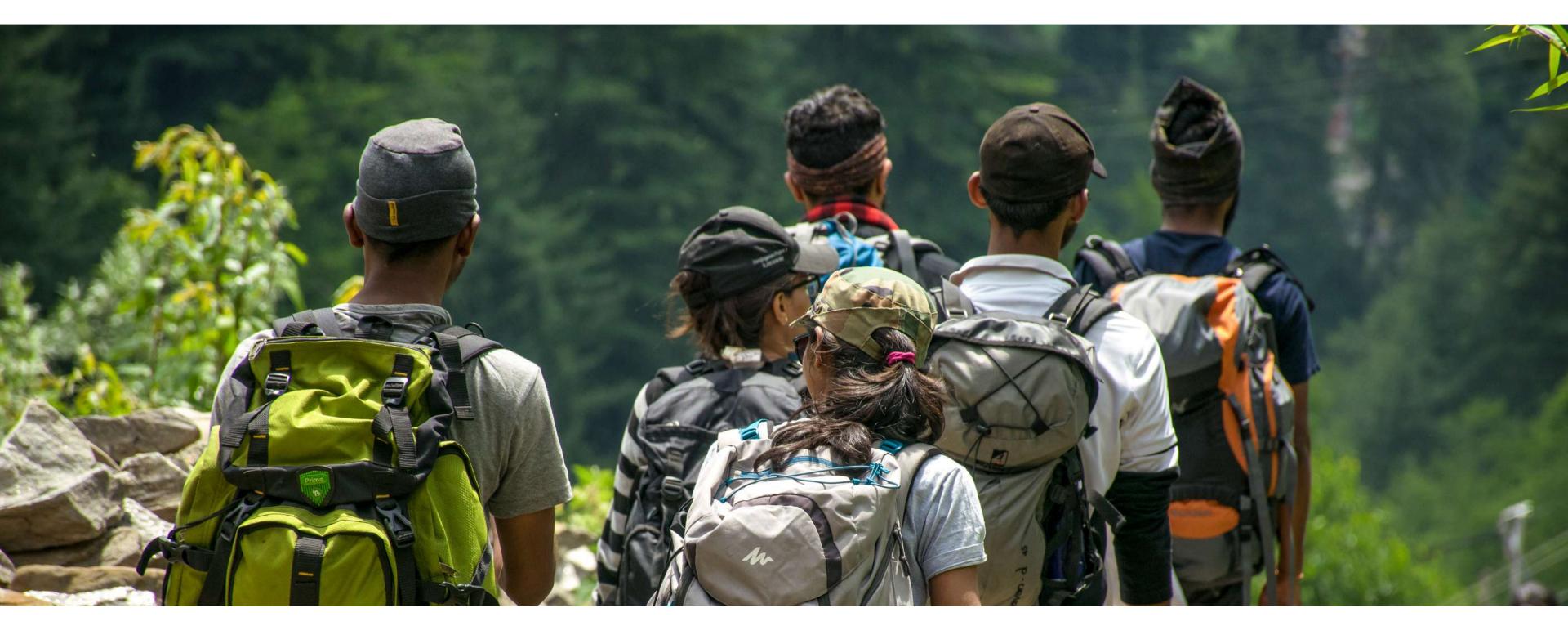


# **TOUR DU MONT-BLANC ERASMUS+ STUDENT TRAIL**



























Windesheim



# 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.

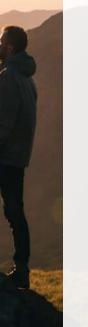
Working in multicultural teams, students will be challenged physically as well as intellectually, setting up projects on their dream European University of the future. There will be prizes to be won!





# "SOFT TRAIL"

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



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







# BRAINSTORMING

# 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**

#### **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

# SPAIN

#### **UNIVERSIDAD DE ZARAGOZA**

Universidad 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** 

## **PORTUGAL**

#### **UNIVERSIDADE DA BEIRA INTERIOR**

UNIVERSIDADE BEIRA INTERIOR

Project leader: Mr. Sérgio FIGUEIREDO, Sports Science Department

### **IRELAND**

#### **INSTITUTE OF TECHNOLOGY CARLOW**



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

## FRANCE

### **AUSTRIA**

#### **FH TECHNIKUM WIEN**



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

### **GERMANY**

#### **FACHHOCHSCHULE KIEL**



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

### **FINLAND**

**HAAGA-HELIA UNIV. OF APPLIED SCIENCES** 



Project leader: Tiina LAIHO, Senior lecturer

# THE USMB PROJECT TEAM

# **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





# **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

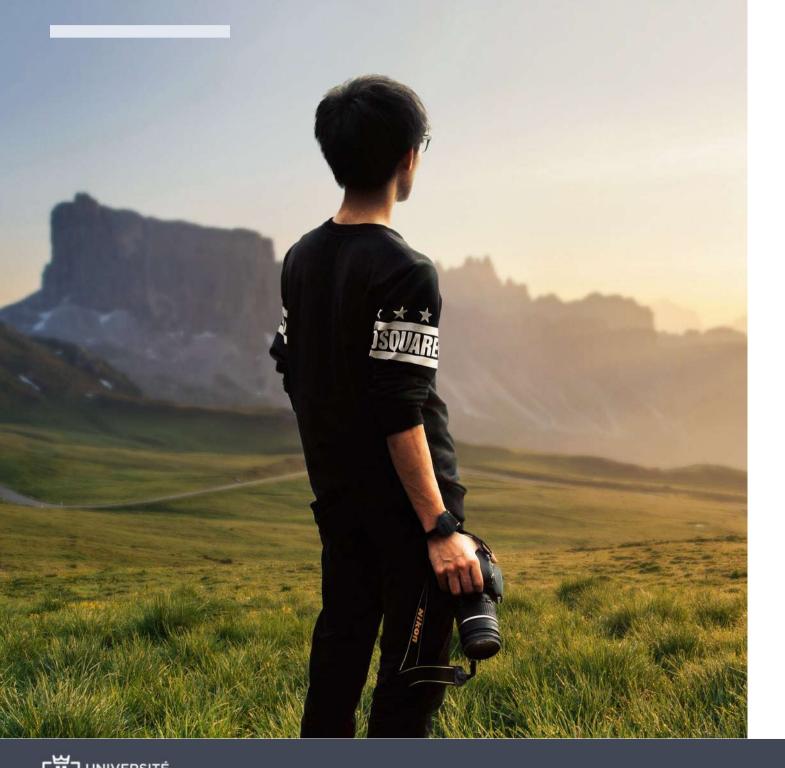


# **SPORTS STUDENTS**

• 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.

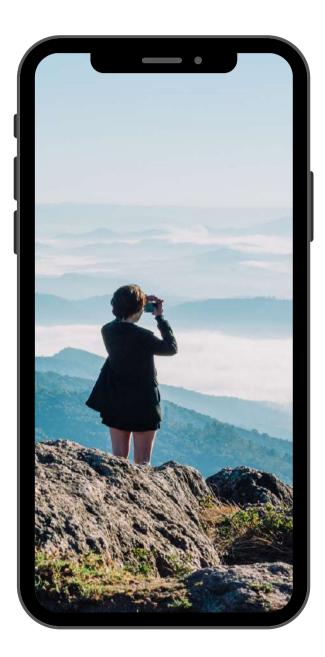
**OTHER** 





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...
- Recommandation 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**



# PREPARATION

Dates: November 2020 - June 2021 Venue: Chambéry Target group: USMB project team



### **CHAMBERY PROJECT LEADERS** MEETING

Dates: January 2021 Venue: Chambéry Target group: USMB project team & project leaders in partner univ.



# **PHYSICAL TRAINING & COACHING OF PARTICIPANTS**

Dates: March - June2021 Venue: Chambéry & partner universities Target group: Project leaders & students in partner univ.

- efficient for the event (April-May 2021);
- coordination with external partners, communication;
- in other countries, repartition of tasks during the trail;
- format to be identified;
- universities;



# - Organise the 2-days project leaders meeting in Chambéry (January 2021); - Test the trail and, if necessary, adjust the itinerary to make it more

- Organise the main event ("Tour du Mont-Blanc Erasmus+ Student trail") in terms of logistic, financial & administrative management, contact and

- 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

- Set up of a physical training programme for the participants either in video format which will then be broadcast online, or in another digital

- Composition of trail groups at the USMB and, if possible, in the other

# **OVERVIEW OF ACTIVITIES**



### **TOUR DU MONT-BLANC ERASMUS+ STUDENT TRAIL**

Dates: 5-12 June2021 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;



### **EVALUATION & DISSEMINATION**

Dates: June-October 2021 Venue: Chambéry & partner universities Target group: USMB project team & project leaders in partner univ.

- Dissemination of results, especially through the videos produced by the students;





- Evaluation of the impacts of the project by the participants;

DEGREE OF DIFFICULTY: A A A

PROGRAN NE



SATURDAY

05/06/2021

SUNDAY

06/06/2021

MONDAY

07/06/2021

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

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

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



*Programme subject to changes* 

WEDNESDAY 09/06/2021

> THURSDAY 10/06/2021

> > FRIDAY 11/06/2021



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

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.

**Restitution & final day in Chamonix (FR)** 8:00am - 12:00pm: Editing of the videos in a dedicated room 12:00pm: Lunch in town 6:00pm: End of activities 7:00pm: Dinner and night at the Chamonix Youth Hostel.

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

- 3:00pm: Expected arrival at the Refuge de Moëde-Anterne dinner and overnight stay on site
- 2:00pm 6:00pm: Presentation of the students' productions, debriefing and farewell drink

*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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