



# SEE Exchange France



**SEE** SUSTAINABILITY AND  
ENVIRONMENTAL EDUCATION  
IN OUTDOOR SPORTS



Co-funded by the  
Erasmus+ Programme  
of the European Union

## Project Partners

Leave No Trace Ireland

CREPS Rhone Alpes (Lead partner) (France)

Technical University Munich (Germany)

Sport Northern Ireland (UK)

INEFC (Catalonia, Spain)

Surf Clube de Viana (Portugal)

Europarc Federation (EU)

Folk

Tara

IMBA EU

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# SEE Project

## Report Exchange Programme France

From the 7th of March until the 10th of March, partners of the SEE project met in Vallon Pont d’Arc for an exchange focused on experiencing, testing, and assessing (existing) outdoor sport training toolkits in the field of rock climbing and caving. New methodologies related to trail-based sports (eg. mountain biking) and the experience of a bivouac in the nature reserve, including methods and discussions how to minimize the impact of such overnight stays, were at the core of this exchange program.

Besides representatives of the project partner organisations, several international and local experts contributed to the program. In total, 34 persons attended the exchange meeting for one or more days.

The goals of the programme were to share new ideas about how to integrate outdoor sports teaching practices/ trainer education systems with environmental education and to test toolkits that are already used in the Ardeche canyon natural reserve. Another goal was to create new pedagogical methods and exercises through coworking with the invited experts and finally, to meeting was also used to really immerse in nature by means of a bivouac in the Ardeche canyon with the group of experts, local stakeholders, and project partners.

### List of participants (SEE partners)

Name	Organisation	Country
Mike McClure	Sport NI	Northern Ireland
Stephen Millar	Sport NI	Northern Ireland
Barbara Eigenschenk	Technical University of Munich	Germany
Jeanette Uner	Folkungaland	Sweden
Noel Doyle	Leave No Trace Ireland	Ireland
Nenad Lecic	Tara Mountain association	Serbia
Mark Torsius	IMBA Europe	The Netherlands
Teresa Pastor	EUROPARC Federation	Spain
Alberto Robles	CREPS	France



Benjamin Billet	Pôles Ressources National Sports de Nature	France
Frederic Minier	CREPS	France
João Zamith	Surf Clube de Viana	Portugal
Estela Inés Fariás Torbidoni	National Institute of Physical Education of Catalonia	Spain

## List of international participants (Multiplier Sport Event)

Organisation	Name	Country
Jean Esselström	County Administration Board of Västernorrland	Sweden
Richard Breeden	Trash Free Trails	UK (Scotland)
Cristina Teixeira	Portuguese Institute of Sport and Youth (IPDJ)	Portugal
Axel Eriksson	Mistra Outdoors / Etour / Mid Sweden University	Sweden
Aly Coyle	Mourne Heritage Trust	Northern Ireland
Jake Francis	Trash Free Trails	UK (England)
Ciara Munnelly	Sport Ireland	Northern Ireland

## List of national participants (Multiplier Sport Event)

Organisation	Name	Country
Franck Cazin	Management authority of the <i>Ardèche</i> natural reserve	France
Baptiste Leriche	Management authority of the <i>Ardèche</i> natural reserve	France
Aziz Chlieh	Pôles Ressources National Sports de Nature	France
Sam Morris	European Organisation of Mountain Bike Instructor-Guides	France
Chloé De Montety	National biodiversity agency - Life programme coordinator	France
Olivier Peyronnel	Management authority of the <i>Ardèche</i> natural reserve	France
Shirley Senot	Management authority of the <i>Ardèche</i> natural reserve	France
François Laupin	Rock climbing, trail and hiking guide	France
Eloise Coutaz	Caving guide	France
Michel Mure	French ornithological society	France
Florian Veau	French ornithological society	France
Benoit Pascault	Natural areas conservatory	France
Cécile Verspieren	Natural areas conservatory	France
Cédric Thomine	Académie de Grenoble	France



## PROGRAMME OVERVIEW

<b>Monday</b>	Arrivals in Vallon Pont d'Arc			
<b>Monday evening</b>	Welcoming speech and dinner in CREPS	Director CREPS speech	19h	Edwige BAKKAUS Thierry Marcilly  CREPS director's and deputy director's
		aperitif + dinner		
<b>Tuesday morning</b>	Theoretical starters	Educational methodology in outdoor sport professional guide training / vertical sports example	8h30 - 10h30 presentation/discussion	CREPS : Fred Minier / professor PRNSN : Aziz Chlieh / professor
		Environmental education: sports constraints and values		
		Tools conception methodology		SGGA : Baptiste Leriche / guard
<b>Tuesday afternoon</b>	Toolkits in practice with guide: climbing and caving	Workshop 1: environmental education in rock climbing	11h start to activities with picnic Back in CREPS at 16h45	Rock climbing guide: François LAUPIN CREPS professor's: Fred MINIER Natural reserve guard: Nicolas BAZIN informal meeting of rock climbing students
		Workshop 2: environmental education in caving		
<b>Tuesday evening</b>	Feedback of workshops	testimony: caving in school	17h15 - 17h45	Cedric THOMINE / teacher
		experience sharing	17h45 - 19h15	All participants, guides, and experts
	Dinner		19h - 20h15	
	Experts' presentations and informal time	recreational trail infrastructure & sustainability principles	20h15 - 21h15...	Mark Torsius - presentation & dialogue
<b>Wednesday morning</b>	Environmental diagnostic and educational	briefing before mountain biking	8h30 - 9h30 presentation/discussion	IMBA / Mark Torsius EBG - Sam Morris TFT - Richard Breeden and Jake F



<b>Wednesday morning &amp; afternoon</b>	situations conception	workshop: mountain bike practice / environmental education in mountain bike 2 groups of level	10h - 15h30	Rainford CREPS - Julien Weill and Nicolas Berland
<b>Wednesday evening</b>	Bivouac and dinner in the natural reserve	feedback of each team	16h - 17h	IMBA + MB experts Julien Weill + profs CREPS
		The natural reserve / objectives and actions for preservation and education. Meeting with the natural reserve conservator and guards	17h - 18h	President / director / SGGA
		The good bivouac: leave no trace ! Reflexion about bivouac impacts	18h - 18h40	Stevie and Noel
		BBQ dinner night animations: astronomy, songs, listen the bats, good sleeping...		participants
<b>Thursday morning</b>	Back to the CREPS with mountain bike	2 different routes for the 2 groups / switch of experts	9h - 13h	Mark - IMBA experts Julien Weill + profs CREPS
<b>Thursday afternoon</b>	Time for experts' presentation and other subjects (feedback about exchange)	Feed back. Toolkit discussion.	14h30 - 15h30	Barbara Eigenschenk TUM
		free for experts and partners	16h - 17h00	
		sensitizing and training of bird protection by French ornithological society	17h00 - 17h30	Michel Mure and Florian Veau
		sensitizing and training about biodiversity knowledge by natural areas conservatory		Cécile Verspieren
<b>Thursday evening</b>	BBQ with CREPS professors and national experts	informal discussions and party		SEE partners - SGGA contributors - CREPS professors - environmental experts



## REPORT

The aim of [the Sustainability and Environmental Education in Outdoor Sports \(SEE\) project](#) is to develop, through the constitution of a solid European network and an increased sharing of competences, concrete instruments for environmental education through outdoor sports. To achieve this, the partners involved in the programme are seeking to meet on a regular basis throughout the project period. Two exchange meetings already took place, one in Serbia and one in Portugal. The 3<sup>rd</sup> exchange was organised from 7 to 11 March at [the CREPS in Vallon-Pont-d’Arc](#).

Committed to environmental protection for several years – through its actions, its training offers or its partnership with [the Management Syndicate of Ardèche canyon \(SGGA\)](#) – and hosting [the European Nature Sports Centre \(CESN\)](#) – an active member of the SEE project -, the CREPS Vallon Pont d’ Arc was the ideal location to host this exchange.

## REFLECTIONS DURING THEORETICAL WORKSHOPS

To move forward with the construction of this toolkit, the members of the CESN invited a number of national experts to speak about the environment and outdoor issues. Whether it be trainers from the CREPS, [the teacher in charge of the caving sports section at the Vallon-Pont-d’Arc secondary school](#), the project manager at [the National Resource Pole for Nature Sports \(PRNSN\)](#), the educational leader, the director and the elected representative of [the SGGA](#), the member of [the Conservatory of Natural Spaces](#) or the people in charge of [the Bird Protection League](#), they all contributed their know-how and their knowledge in terms of environmental and sports education.

In addition to these local players, **the floor was also given to international specialists:** the members of [Trash Free Trails](#), for example, made their contribution by presenting their programme to reduce single-use pollution on trails by encouraging citizen participation in “outdoor adventures”. The partners of Sport NI and Leave no Trace was able to share techniques for organising environmentally friendly bivouacs. Complemented by workshops and working sessions between SEE project members – and other experts from international organisations such as [Mourne Heritage Trust](#), [French Biodiversity Agency](#), [Mistra Outdoors](#), [Sport Ireland](#), [EOMTB](#), [Västernorrland Board](#) and [IPDJ](#) – these interventions were then good ways to question **how to create and implement effective common tools for sport and environmental education.**

## PUTTING THEORETICAL KNOWLEDGE INTO PRACTICES DURING SPORTING ACTIVITIES

However, these theoretical exchanges would not have been so valuable if they had not been accompanied by practical activities in the field! In this context, the invited European partners and experts directly put their discussions into practice by participating in climbing and caving initiations in



the heart of the National Nature Reserve of the Gorges de l'Ardèche. On this occasion, they discovered innovative educational tools, used daily by the local instructors accompanying them.

**Caving guide Eloïse Coutaz and climbing guide François Laupin led introductory sessions on their activities, learning technical sports skills while integrating environmental and heritage education.** As the meeting was placed under the sign of sustainable mobility, all displacements were operated with e-mountain bikes. **The mountain bike ride to the bivouac in Gaud allowed the partners to discover the Ardèche landscape, its biodiversity, its geology, and its human heritage through sport.** During these rides, various methods were tested where technical skills sessions were combined with an element of environmental education or how better riding techniques can help to mitigate the impact on the environment.

The bike rides also offered ample opportunities for nature connection exercises like a mindful minute and how to educate people about the impact of littering in nature (Trash Free Trails)

The commitment of the CREPS instructors during this exchange also enabled the members of SEE to immerse themselves in real micro-adventures combining mountain biking, caving, and a rapid crossing of the Ardèche in a kayak.





## OVERVIEW METHODS PRESENTED DURING THE EXCHANGE MEETING

Name	Presenter	Short description
2x1 minute of silence	(Trash free trails variation) 1 Min is already existing	1 minute when starting (noise of the city?) 1 minute in nature at a later stop
2 minutes of silence	(Mike/BE)	1 minute when stopping with a group on the route (noise of the group) 1 minute after some rest when birds come back.
Picture interpretation	Fred	Picture of cliff – what do you see? Possible follow up exercise (change of perspectives): what would other users see?
Go and find something beautiful, resilient etc.	Trash free trails	Search for a natural element (leave, stone, dirt etc.) that reminds you to your childhood or a special experience you've had in nature and share this with the group
Trash documentation	Trash free trails	Not only collecting the litter, before removing the trash a photo is taken, the place can be documented with Komoot
Moments of inspiration/wonder	Vulture ☺	No description needed
Goose game	Francois/Fred	dice and 4 areas (flora, animals, habitat and climbing techniques)
Habitat game (climbing)	BE	climbing partners have to put pictures in the route with animals and flowers that might be able to live there; other pictures with species that do not exist are included too
Food chain (cave)	<b>Eloïse Coutaz</b>	When having lunch in a cave, everybody sits on a blanket to prevent any leftovers to get into the food chain of the cave, potentially attracting species that don't belong in that habitat
Sitting in the dark (cave)	<b>Eloïse Coutaz</b>	Pitch black, focus on what you can hear in the cave, stimulate your senses
Braking without skidding	Mark	Testing different braking techniques and find out that the once that have the least impact (no skidding but controlled breaking) are also the safest
Memory with great emotions (in nature)	Mike	Think about a situation with great emotions (in nature) – what was it?
Space and balance	Mark	Balance game on the bike in a square that becomes smaller and smaller. Draw a parallel with spaces that can become smaller by new infrastructure and potential habitat fragmentation.
Sustainable bivouac	Mike/Stevie	Idea: treat nature like somebody else's house (see also Leave no trace materials)
Clean up row	Mike/Stevie	after bivouacking or pick nick
Your stone	BE	Find your stone with closed eyes. Connect with ground /rock (different types? Polished?... when in climbing situation)



## DIFFERENT CULTURES, DIFFERENT APPROACHES TOWARDS A COMMON UNDERSTANDING

By alternating theory and practice, these three days of exchanges enabled us **to compare different visions to educate as many people as possible to respect biodiversity**. Each participant was able to propose, experiment or develop concrete situations to reduce the impact of our practices, make technical progress in the activity and “reconnect” with nature.

Finally, the various evenings organised – such as the welcome drink, the bivouac in the Gaud natural area or the end-of-week meal held at the CREPS – encouraged the members of the programme to relive and reflect upon the activities practised during the day and to continue their exchanges in a more informal manner. **Also, these times of sharing were seen as good ways to strengthen, once again, the links between all the European partners: a considerable strength for the continuation of the project!**

## CONCLUSION

The exchange meeting in France brought us a step closer to the idea of the toolkit that needs to be created as part of the SEE-project. Having a few existing examples of toolkits (climbing / caving) that were developed through a partnership of the CREPs and the Ardeche natural reserve and implemented locally by professional guides and instructors is helpful for the next stages of the project. The fact that the main project partners have been able to take on the role of participants has been valuable for determining what works well and which aspects require further elaboration. Engagement between those who manage natural and protected areas and those who are making use of it was another important conclusion. The Mourne Heritage Trust showed how they have been more successful in protection natural areas when engaging with the public instead of enforcing rules. Enforcement leads to short term results; engagement has proven to be a better concept for the long term and is also a better way to gain or preserve support for nature conservation. A focus for the toolkit remains to develop more ideas how it should look like in terms of structure and content.



## SUSTAINABILITY OF THE EVENT

ENOS has recently joined the [Sports for Climate Action Framework](#) and commit to supporting its overarching mission to help drive the sports sector to net-zero emissions by mid-century, in line with a 1.5°C pathway. The SEE partnership also commit to the Framework's various principles and values related to collaboration, education, and advocacy for climate action. The team of organisers of the exchange therefore strongly advised the participants to prefer sustainable travel options to the venue of the exchange if possible, and to promote shared transfer alternatives where possible. To help participants find a shared ride, TUM has provided an online platform using the app [conceptboard](#)

1. As several participants are also involved in the ENOS board a board meeting was aligned to the exchange on the Friday after the exchange finished so that further travelling was not required. The board members not involved dialled in via online mechanisms.
2. Some participants choose to stay longer to get to know the area better.
3. Some delegates chose to take a very long journey to get to Vallon Pont d'Arc travelling overland / sea by public transport instead of booking flights.
4. Some participants that couldn't avoid airtravelling, decided to shorten their flights and got a lift for the remaining part of their journey.
5. Some participants shared car ride to Vallon Pont d'Arc with help of the tool that TUM shared.
6. Participants used e-MTB's during the event to travel around instead of shuttles.
7. Participants camped outside for one night instead of sleeping in an accommodation
8. While meals out in the evening were arranged lunches and breakfasts were modest and based at the centre.



## CO2 EMISSIONS OF TRAVEL

9. All participants were involved in calculating their carbon impact of travel and then asked to feedback on how they will provide compensation of their emissions.
10. A standard excel template has been created to measure and compare the impact of all exchanges.
11. Air distances are calculated from airport to airport using <https://www.airportdistancecalculator.com/>
12. Air transport costs are based on international travel economy class and surface mile calculations are based on average costs of a medium sized car from <https://www.gov.uk/government/publications/greenhouse-gas-reporting-conversion-factors-2017>
13. Accommodation costs are calculated based on [Carbon and Usage Calculation Methods - Carbonfund.org](https://www.carbonfund.org/)
14. The challenge for us all is to try to lower our emissions at each exchange. We're on the right track!

	<b>Total CO2 (kg)</b>	<b>Cost</b>	<b>Air travel CO2 (kg)</b>
Serbia	13802,13	€ 318,70	10890,54
Portugal	13195,72	€ 303,40	9889,67
<b>France</b>	8079,34	€ 187,99	5370,81





