



Youthreach Letterkenny (Ireland) / CREPS Auvergne-Rhône-Alpes – Vallon-Pont-d'Arc (France)

Training course from October 10 to 15, 2026 (project depending on weather conditions)

AM	Saturday 10	Sunday 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15
9 AM	International Trip Donegal >> Lyon > CREPS Accommodation at CREPS Vallon-Pont-d'Arc Keys recovery 7 PM Hélène - Mathieu CREPS	9 AM (Mas meeting room) CREPS : welcome Introduction to the CREPS 9 30 AM – Road Trip to the Gorges of Ardeche. Neolithic dolmen (4000 y BC), Cathedral points of view, secret soundscape, Pont d'Arc – Hiking around Hélène - Mathieu	9 h – Meeting with the director of the CREPS 10-12h – CREPS Thematic workshop (cooking for an outdoor day) Or thematic workshop (European citizenship) Flavie - Hélène	9 AM. Briefing, Equipment 10 AM - CANOE / KAYAK Paddling techniques training <i>Session part 1</i> Maël - Mathieu	9 AM - HIKING Meeting with Shirley VP from the Gorges de l'Ardèche nature Reserve Hélène – Shirley - Mathieu	International Trip Ardeche >> Lyon > Donegal
		Lunch at CREPS	Lunch at CREPS	Picnic on the way	Picnic on the way	
1.30 PM		1.30 PM CAVING Déroc, Louoi, technical walk through an underground environment characterised by vast spaces and the presence of bats. Helene – Mathis - Mathieu	Option1 -CREPS 2-4 PM Thematic workshop: experiential learning : a group activity to work on a specific focus/ competence/ objective using experiential learning as a tool to develop collective work Flavie - Hélène	1 PM - CANOE / KAYAK Section of river from CREPS to Chames (5 km) with MAPST trainees and colleagues from le Puy secondary School. 4 PM - Come-back by minibus <i>Session part 2</i> Hélène - Maël - Mathieu	12 h. AM PM ORGNAC CAVE Visit of one of the biggest cave and the prehistoric museum. Hélène – Shirley – Mathieu 2 30 – PM – come back to tje CREPS via natural points	
		7 PM - Dinner at CREPS	7 PM - Dinner at CREPS	7 PM – Dinner at CREPS	7 PM - Dinner at CREPS	
evening afterwork		to define	to define	<i>to define</i>	to define Visiting Vallon village	

