

Press Release

« IGOT Outdoor with Ternua by CREPS », second edition

Vallon-Pont-d'Arc, the 08/11/2020

A youth project for the members of the « Mission Locale Ardeche Méridionale »

The IGOT group works in partnership with the CREPS Auvergne-Rhone-Alps (at Vallon Pont d'Arc, Voiron, and Lyon) on several projects to promote outdoor sports among youth who have little contact with physical activities. The goal is to include youth from the « [Garantie Jeunes](#) » program to want to participate more in outdoor sports by exposing and immersing them in an [unforgettable experience in the heart of nature](#).

The second edition held during three days (July 1st – 3rd, 2020) included 5 young people between 15 to 25 years old from the “Mission Locale Ardeche Meridionale”. They went to the “Gorges du Verdon”, a canyon and climbing spot internationally renowned for its technical and long routes, as well as for its beautiful landscapes.

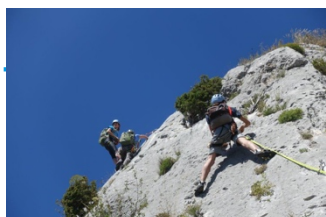
This choice consolidates multiple goals. Outdoor physical activities help to acquire the [competences that can also be used in the work field](#): overcoming one's limits, working hard, and commitment. Climbing teaches teamwork, group support, commitment, and measuring risks subjective to fears of heights.

The youth were [guided by trainees from the outdoor climbing certification program \(DEJEPS\)](#) held by the CREPS and supervised by the professional instructors. They were capable of offering a unique route full of sensations under safe conditions..

It was also an opportunity to [pass on values](#) such as mutual help, solidarity, environmental protection, and respecting differences,

There was therefore a maximum of commitment for these [young adults who want to change their lives](#).

They left with unforgettable memories and the desire for more. Their smiles, positive comments and motivation, are all examples of the benefits desired from the program and to repeat.



« I wanted to go beyond my limits, and to confront my fears, go all the way, here and in my life too! »– Noé

«I learned to have confidence in the guides and the equipment. I wanted to face my fears and be with the team, and the view was breathtaking!»– Océane

« It gave me the desire to try more things. I liked working as a team»– Khaled

«Difficult...but we succeeded at doing amazing things! I'm full of energy » – Enzo

« I came to conquer my fear of heights. I had the best experience of my life. I'm proud of myself» – Clément

Acknowledgements

Thank you to [It's Great Out There](#) and to [Ternua](#) for their support in this program.

Thank you to the students of [DEJEPS Escalade en Milieu Naturel](#) climbing certification for guides and their instructors from the CREPS Auvergne Rhône Alpes for the quality of their guidance.

Thanks to Flavie GIRARDET and Frédéric MINIIER for organizing the trip.

Thanks to Sylvain LEYRONNAS for his help managing the intendancy.

Thanks to the [Mission Locale « Ardèche Méridionale »](#)for recruiting youth for this program.

Thank you to the young adult participants for their smiles and enthusiasm.

Le CREPS Auvergne-Rhône-Alpes Vallon-Pont-d'Arc · Voiron · Lyon

Le Centre de Ressources, Expertise and Performance Sportives (CREPS) Auvergne-Rhône-Alpes, Vallon-Pont-d'Arc – Voiron - Lyon is a local public establishment for educational training and certification relying upon the French Minister of Sports for the state and region Auvergne-Rhône-Alpes.

Le CREPS has three sites: Vallon-Pont-d'Arc, Voiron, Lyon.

It is member of the national network for 3 national schools (ENSM, ENVSN, ENE) and the National Institute of Sports, expertise and Performance (Insep) and 17 other Creps in France all members of the network Grand INSEP

Purposes

- Organize the initial training programs and certification to the sports and animations jobs
- Develop activities for youth, education for all, and associations
- Assist high level athletes
- Promote actions in favor of sport and health for all
- Assure the functions of the French national resource center of outdoor sports ([PRNSN](#))

Public Relations Contact : Alexia THEVEL

Tel. +33 (0)4 75 88 15 18 | mobile. + 33 (0)7 87 34 84 21

Email : alexia.thevel@creps-rhonealpes.sports.gouv.fr

www.creps-rhonealpes.sports.gouv.fr