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Media release

International training on inclusion and sustainability in mountain regions

**Between May 27th and 31st, over 30 people from the Alpine region gathered in Wildhaus/CH to attend the training within the project »Via Alpina Youth«. The aim was to explore and discuss the potential of mountain and nature experiences within the work with young people. The workshop was organised by CIPRA Switzerland and CIPRA International.**

»How can outdoor experiences in the mountains enrich our work with young people from difficult social backgrounds?« A very diverse group of participants with different backgrounds and experiences prepared several workshops that addressed this question. Some of them explored the topic of (social) inclusion, disabilities and setting of objectives for activities, others focused on the potential of nature, experimental pedagogy and even on music created with their own bodies.

Valuable and informative were the presentations of good practices from different organisations and personal experiences. Many tools, methods and activities that support the hosting of inclusive activities in nature were presented and discussed in the group. Shared experiences emphasized what the crucial elements are to consider when planning inclusive projects and activities.

Attendees left the training with inspiration and practical strategies to implement in their home organisations. »We believe that the spark was created and that this meeting made a significant step towards building more inclusive and sustainable communities in the Alpine region«, says co-organiser Isabella Helmschrott from CIPRA Switzerland.

The Via Alpina Youth project is financially supported by Movetia and by the European Union.

This release and print-ready photographs are available for downloading from [www.cipra.org/en/press/press-releases](http://www.cipra.org/en/press/press-releases)

Further information: Maja Kogovšek, CIPRA International, ++423 237 5353, [maja.kogovsek@cipra.org](mailto:maja.kogovsek@cipra.org)

**CIPRA, for a good life in the Alps**

CIPRA, the International Commission for the Protection of the Alps, is a non-profit, non-governmental umbrella organisation with representatives in seven Alpine countries and a member network of over 100 associations. CIPRA works on a scientific basis with diverse communication, political education and in practical projects for sustainable development. It is committed to the preservation of the natural and cultural heritage, the strengthening of regional diversity and joint solutions to cross-border challenges in the Alpine region. [www.cipra.org](http://www.cipra.org)