

INFOPACK



EYE

Green Deal Challenges
The European Youth
Exchanges Experience

Laroin, France
23-30 July 2026

Who are we ?

Since **2002**, **Pistes Solidaires** has been a dedicated hub opening up **European opportunities** for **young people** through **international mobility** and **active citizenship**. The organisation is deeply committed to **empowering** youth to champion **diversity**, engage in **sustainable development**, and shape a **more inclusive future**. Click the **picture** below to learn more and discover the full presentation.



This is not an exchange
This is the...



Co-funded by
the European Union

EYE MEGA-GAME

Get ready!
You're about to step into
something bigger than a
typical youth exchange.



EYE is a shared European adventure
where you won't just learn about
sustainability...
you will **play it, test it, and shape it**
together with other young people
across countries.

You will

Face
environmental
challenges



Turn ideas into
real impact



Build alliances and
compete
across Europe



Travel with
purpose



Why You Should Join A Green & Inspiring Experience

This youth exchange is more than a project — it is an opportunity to:



Experience sustainable living in practice

Learn how everyday choices can reduce your environmental impact while living together in an international group.



Connect with people from different cultures

Share perspectives, challenge your assumptions, and build genuine international friendships.



Build practical skills through non-formal education

Strengthen your communication, teamwork, and problem-solving through hands-on and game-based activities.



Take action for a more sustainable future

Move from ideas to action and discover how you can contribute to real change.



You will be part of a unique journey combining:

Learning

Learn through interactive challenges, simulations, and game-based experiences..

Intercultural Exchange

Experience diversity firsthand and learn to value different cultures and perspectives.

Collaboration

Work together with others, co-create ideas, and learn how to build something meaningful as a team.

Unforgettable experiences

Create lasting memories, step out of your comfort zone, and live an experience you will carry with you long after the project ends.

Summary of the youth exchange program



Thursday 23 July 2026

Friday 24 July 2026

Saturday 25 July 2026

Sunday 26 July 2026

Monday 27 July 2026

Tuesdays 28 July 2026

Wednesday 29 July 2026

Thursday 30 July 2026

- *Travel day (arrival)*
- *Activity day*
- *Activity day*
- *Activity day*
- *Activity day*
- *Activity day*
- *Activity day*
- *Travel day (departure)*



Work site: Fishing camp IKTUS – Laroin (Natura 2000 protected area, near Pau)



Hosting Venue and Environment

The activities will take place at:



Name of the venue: Fishing Camp of Laroin



Location: Laroin, France.



Accommodation and activity spaces in the same location



Access to natural areas / community spaces



Why This Location?

It reflects the project's focus on **environmental awareness** and **sustainability**

It allows participants to **experience** a protected natural ecosystem (wetlands, river, wildlife)

It Provides practical context to explore **climate change** challenges through immersive nature-based living



Weather and Climate Conditions

THE EXCHANGE WILL TAKE PLACE IN Laroin, WHERE THE CLIMATE DURING THE PROJECT PERIOD IS TYPICALLY:

Average temperature



25–30°C daytime
14–17°C at night

Possible weather conditions



Hot and sunny; occasional
afternoon thunderstorms;
humidity near water; cooler
evenings

Expect **warm summer** temperatures in Laroin during late July, but be prepared for the **variable climate** of South West France. We recommend bringing lightweight, breathable clothing for indoor sessions and daytime heat, alongside a warmer layer for **cooler evenings** spent by the water. To stay **protected** against sudden weather changes or summer storms, please include a waterproof jacket or raincoat in your luggage. Durable, comfortable **footwear** is also essential for moving **safely** between the **indoor spaces** and the **natural terrain** of our protected site.



What to bring

Please make sure to bring all the items you would normally need for your daily travel and stay, including clothing, personal hygiene products, and any essential personal belongings.

In addition, we recommend bringing:



Reusable water bottle



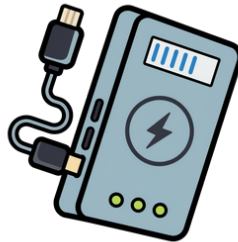
Any medication you may need



Comfortable clothes for outdoors



Sunblock (ocean-friendly preferred)



Powerbank



Old sneakers for rafting (closed shoes mandatory)



Mosquito repellent



Swimsuit & shorts for rafting

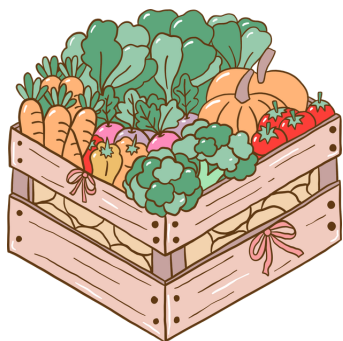
Represent your country the green way: Skip the brochures and bring a piece of your country's sustainable history, such as a traditional eco-practice or a forgotten ancestral method.





Sustainable Living: Our Food Ethos

We believe that sustainable living starts on our plates. To align with our **Green Deal** goals and reduce our **environmental footprint**, the exchange will feature a flexitarian food approach — one that welcomes every diet, from omnivore to fully plant-based.



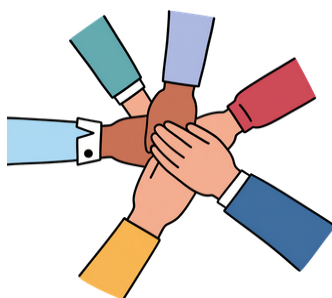
Mostly vegetarian:

Our daily meals will be **primarily** plant-based, with vegan options available at every single meal — so that everyone, whatever their diet, always has a full plate.



The vegan challenge:

We are all about moving from ideas to action. During the week, we might even **challenge** ourselves with a "full vegan day" to experience the **maximum positive** impact of our **lifestyle**.



Open & flexible:

This is a shared adventure where we test and shape new habits together — at your own pace. Whether you are already fully plant-based or just beginning to explore, we invite you to come with an open mind, ready to discover new flavors and co-create a greener future through every meal!

How to reach the area we have prepared for your accommodation

If you arrive early or late, and there is no transport, a staff member can come to pick you up

FROM THE TRAIN STATION?

From **Pau train station**, walk about 2 minutes (89 m) to the stop "**PAU Gare de Pau Quai A**", then take **bus T1** towards "**PAU Cité Multimédia**" for 4 stops and get off at "**Les Halles - Despourrins**". From there, walk about 2 minutes to the "**Les Halles Médiathèque**" stop and board **bus 7** towards "**LESCAR Soleil**" for 19 stops until "**Montgolfier**", then walk approximately 13 minutes (1 km) to reach **Iktus**, Chemin Passerelle, 64110 Laroin. The total journey takes around 43 minutes and costs 1.20 € (Idelis network).

[Link to see the itinerary](#)



FROM THE BUS STATION?

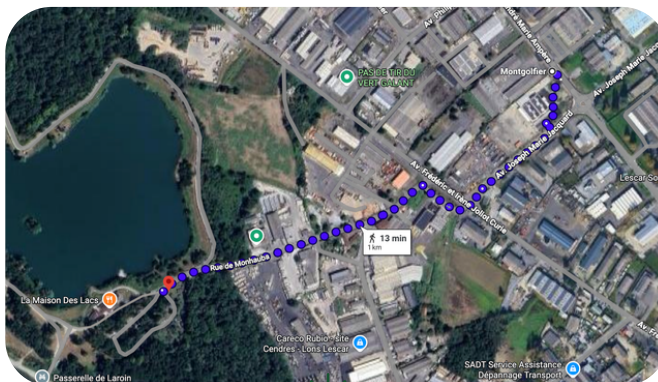
From **Quick Pau Faculté** (129 Bd Lucien Favre, 64000 Pau), walk approximately 5 minutes (300 m) to the "**Lycée St John Perse**" stop. Then take **bus 13** (direction **LESCAR Soleil**) for 14 stops and get off at "**LESCAR Soleil**". From there, board **bus 7** (direction ARTIGUELOUTAN Salle des Fêtes) for 4 stops and get off at "**Montgolfier**". Finally, walk approximately 13 minutes (1 km) to reach **Iktus**, Chemin Passerelle, 64110 Laroin. The total journey takes around 47 minutes and costs 1.20 € (Idelis network).

[Link to see the itinerary](#)

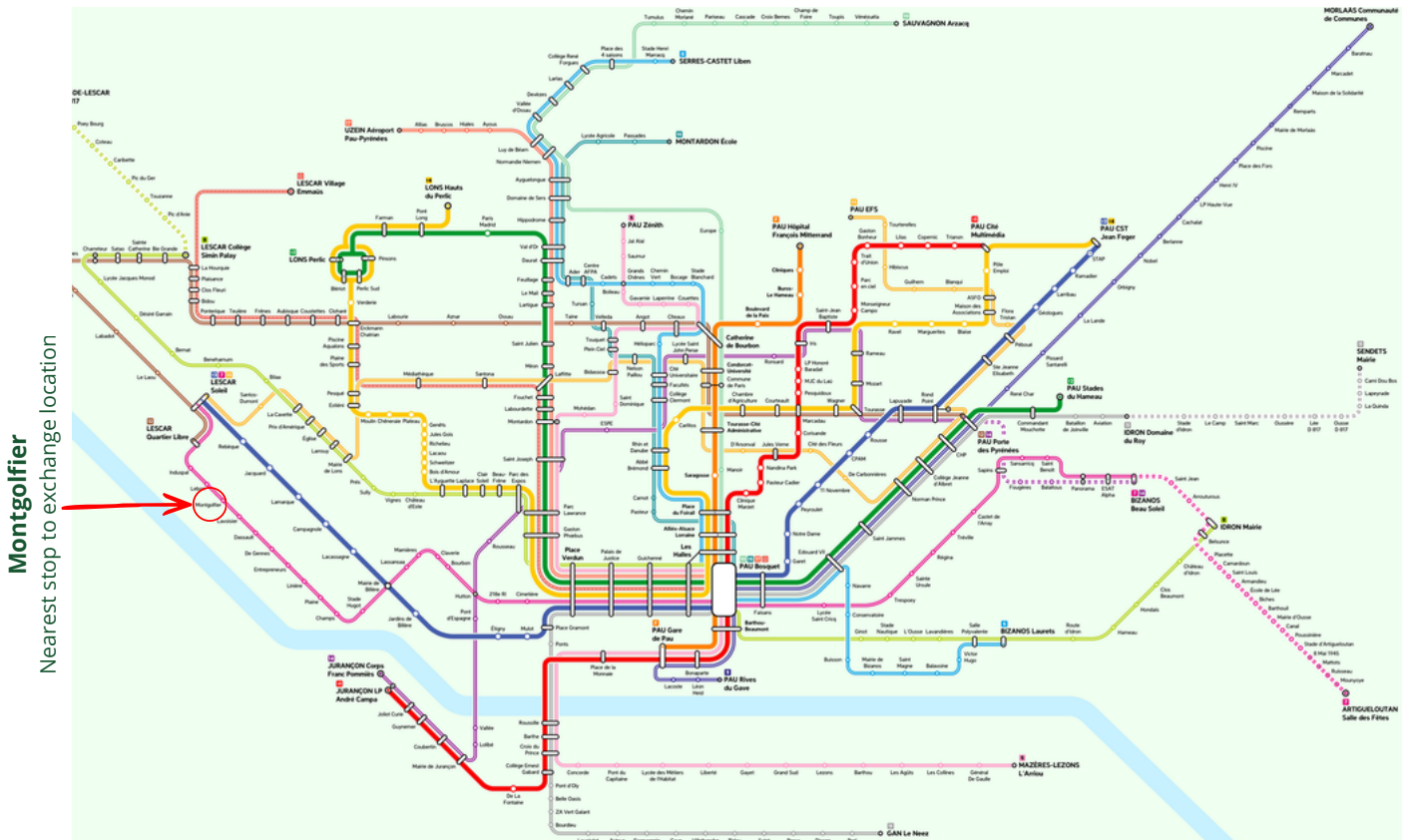


Your Final Stop: Montgolfier

This is the closest bus stop to the exchange venue. If the two suggested itineraries above do not fit your arrival time, click the link below to view the **Montgolfier** stop location on Google Maps. You can then plan your own route using the transport options that suit you best.



CITY PUBLIC TRANSPORT SYSTEM



The Best Way to Get Around

For the duration of the EYE Youth Exchange, the bus is your primary mode of transport.

- **From the Station to the Center:** Take the Funicular (free) or the Fébus line for a quick climb into the heart of Pau.
- **Reaching Laroin:** You will primarily use the inter-urban bus lines. These buses run frequently during the day, though service is reduced in the late evening and on Sundays.
- **Walking:** The center of Pau is very pedestrian-friendly. Once you are in the city, most cultural sites and viewpoints are best explored on foot.

Important Note on Sustainability.

To stay true to our "Green Travel" challenge and maximize your reimbursement limits, we strictly recommend avoiding less sustainable options like taxis or Uber. Stick to the buses and the "Green Explorer" spirit!.

Safe and Inclusive Environment

We are committed to providing a safe, respectful and inclusive environment for all participants.

During the **exchange**:

- **Discrimination, harassment** or any form of exclusion will **not** be tolerated
- Diversity will be **respected** and valued
- Participants will be **encouraged** to express themselves **freely**

Specific **measures** include:

- Designated contact persons for **support**
- Clear **group agreements** established at the beginning
- Continuous attention to participants' **well-being**

TIPS ON WHAT TO VISIT

Château de Pau

2 Rue du Château, 64000 Pau.

The birthplace of King Henry IV, this historic castle is a symbol of the city. It features beautifully preserved tapestries and expansive gardens perfect for a cultural afternoon walk.



Boulevard des Pyrénées

Boulevard des Pyrénées, 64000 Pau.

This 1.8km promenade offers a breathtaking panoramic view of the Pyrenees mountains. It is the heart of Pau's social life and is easily accessible via the free funicular from the train station.



Parc Beaumont

1 Boulevard de Beaumont, 64000 Pau.

A beautiful English-style park located at the end of the Boulevard des Pyrénées. It features a large lake, rare tree species, and quiet paths for a peaceful retreat in the city center.



Stade d'Eaux Vives Pau-Pyrénées

3 Avenue de l'Yser, 64000 Buzanès

An Olympic-level white-water stadium where you can witness or participate in the "wild white-water rafting sessions" mentioned in the program. It perfectly captures the active energy of the South West.





Be Part of the Experience

THIS INFO PACK IS JUST THE BEGINNING.

We invite you to:

Come with an open mind

Be ready to actively participate and play with us

Share your ideas and experiences

Embrace both challenges and opportunities

**This exchange is not something you attend
it is something you co-create.**



CONTACTS



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