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# YOUTH EXCHANGE IN LARROIN, FRANCE

## European Citizenship Academy

July 13th - 20th 2026

18 - 25 years old



# Who we are

Pistes Solidaires is an association of non-formal education that promotes active methods. It was created in 2002.

Our methods and activities promote transversality in learning. We consider that the group is a richness for the individual. Everyone can learn from each other, and each learning can be transferred to another field.

We develop our work in 3 departments:

1

**Youth and European learning mobility:** we develop education to mobility and learning mobility through volunteering, youth exchanges and internships abroad. We create and gather opportunities for 300+ young people each year to have a strong learning experience. A specific focus is given to skills development, the valorisation of the experience and the transfer of knowledge to other areas once the mobility is over.

2

**Social transition and innovations:** focusing on research and innovation in the social and educational field, we create educational, social or socio-cultural resources in order to better answer needs that emerge in a society in transition.

3

**European Citizenship:** Since 2013, we have been labelled Europe Direct by the European Commission. Our missions: to inform, advise, and strengthen the knowledge about Europe, its member States, its impact on our daily life...Through non-formal education techniques and methods, we organize dozens of activities to develop the European citizenship feeling of the people.

# Theme of the exchange

# The European Union and the environment

The European Union and the Environment, these are the two themes of this youth exchange.  
During your stay in Laroin, we will explore these notions both individually and in relation with each other:

- What is the impact of the EU on our daily life ?
- What do we mean by european values and citizenship ?
- What is your relationship with the environment ?

... and much more !



## General information

- **Dates** : 13/07/2026 – 20/07/2026 (the 13th and 20th being travel days)
- **Size** of national groups : 4 participants and 1 youth leader
- Be **aged** between 18 and 25 years old
- **Language** : English
- **Travel** costs : will be reimbursed up to budget limit calculated according to Erasmus+ distance band calculator :
  - between 100km and 499km : 211€, if green travel : 285€
  - between 500km - 1999km : 309€, if green travel : 417€
  - between 2000km - 2999km : 395€, if green travel : 535€

## Travel reimbursement information

- In order to get the reimbursement of your travel expenses you will provide the following supporting documents:
- In case of bus, car sharing and train: tickets and/or invoice
  - In case of plane: e-booking and/or invoice AND boarding passes



# About the venue

Pistes-Solidaires is located in the city of Pau.

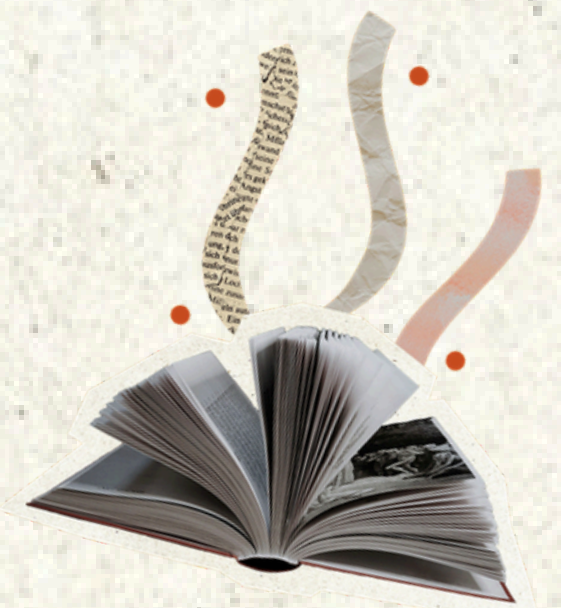
“

*Pau has the world's most beautiful view of the earth just as Naples has the most beautiful view of the sea.*

”

Alphonse de Lamartine

The city is in the heart of the former sovereign State of Béarn, of which it was the capital from 1464. Bordered by the Gave de Pau, the city is located 100 kilometres from the Atlantic Ocean and 50 kilometres from Spain. Its location gives Pau an amazing view of the Pyrenees mountains range. This view can be seen from the famous Boulevard des Pyrénées which extends for 1.8 kilometres from the Château de Pau to the Parc Beaumont.



Henri IV Castle



Pyrénées Boulevard



Beaumont Park



# Food and Accommodation

The **accommodation** has been booked in Laroin, a really small village but still in the suburbs of Pau, which gives the possibility to have an easy access to public transportation to move from a city to another.

The accommodation will be in a quite original space. Indeed, you will sleep in a fishing camp where dozens of people come each year to fish. It is actually located in a Natura 2000 area and it is the biggest one in Europe. It is no-kill fishing and there are 70 hectares of water.

You will sleep in different cottages. A cottage can host 6 people but the participants will be 3 or 4 at the maximum per cottage. There are 3 bedrooms in each cottage. The nationalities will be mixed inside the cottages.

There is free wifi next to the cottages.



**Food** : meals will be either delivered, cooked in teams by the participants or taken outside. Participants will be asked to contribute in washing dishes, common spaces, rooms supported by leaders.

The participants will also participate in cooking some meals and in cooking for the intercultural evenings.

# Leisure Time

The hosting place is a natural place, really quiet. You will have the opportunity to enjoy the environment. The place itself has a restaurant, bar and pizzeria where the participants can spend their free time.

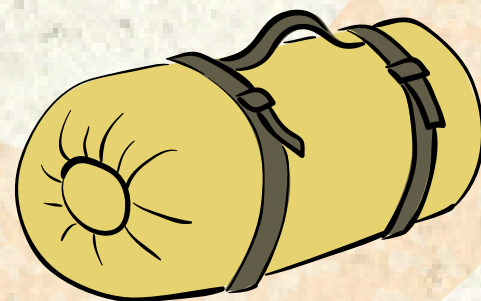
There is a shopping area at 10 minutes walking distance, which gives the possibility to enjoy the free time (bars and restaurants) and to take bus lines to explore the surroundings. The program of the youth exchange will combine excursions and pedagogy so that the participants can discover the territory.

## What to bring

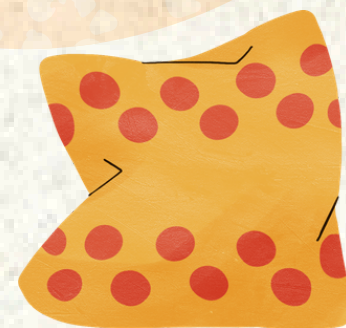


**Your own personal towels and hygiene products**

**A sleeping bag**

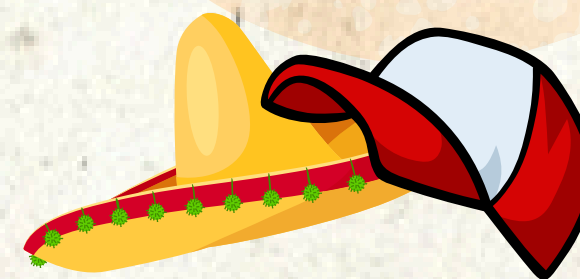


**Dry food and sweets for national evening**



**Pillowcases are disposable ones so, you can bring one if you want more comfort**

**Something to cover your head, the sun can be strong**



**A reusable bottle**



**European Health insurance card**

# Meeting point and how to reach it

The exact address of the hosting place will be : **IKTUS – Chemin Passerelle – 64110 LAROIN**

Once the travel of the groups will be bought, Pistes-Solidaires will advise all the participants how to reach the place, depending on the travel means that will be decided.

## How to reach Pau ?

### BY PLANE

- Airport of Pau (mainly national flights);
- Airport of Lourdes (national and international flights, especially low cost options, with many cities, most of them being in Italy);
- Airport of Biarritz (100km)
- Bordeaux, Toulouse and Bilbao are located 200+km from Pau

To reach Pau from one of the other cities or if you want to use **green travel**, you can choose the **train or buses**.

- On [https : //www.sncf-connect.com/](https://www.sncf-connect.com/) you can find options to your journey to Pau by train, bus and car sharing
- You also book a journey via Flixbus <https://www.flixbus.fr>



**Be careful : if you arrive in another city than Pau by plane, please contact us to check that there are travel options to reach Pau, especially, when you land in the afternoon or evening, or if you have to leave early morning!**

# Your contact



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