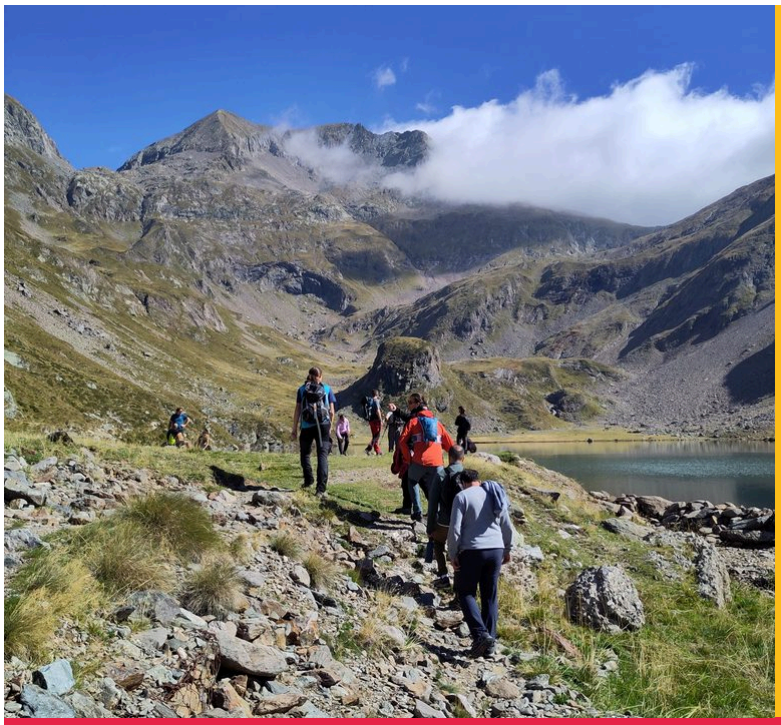
MOUNTAIN

Co-funded by the European Union



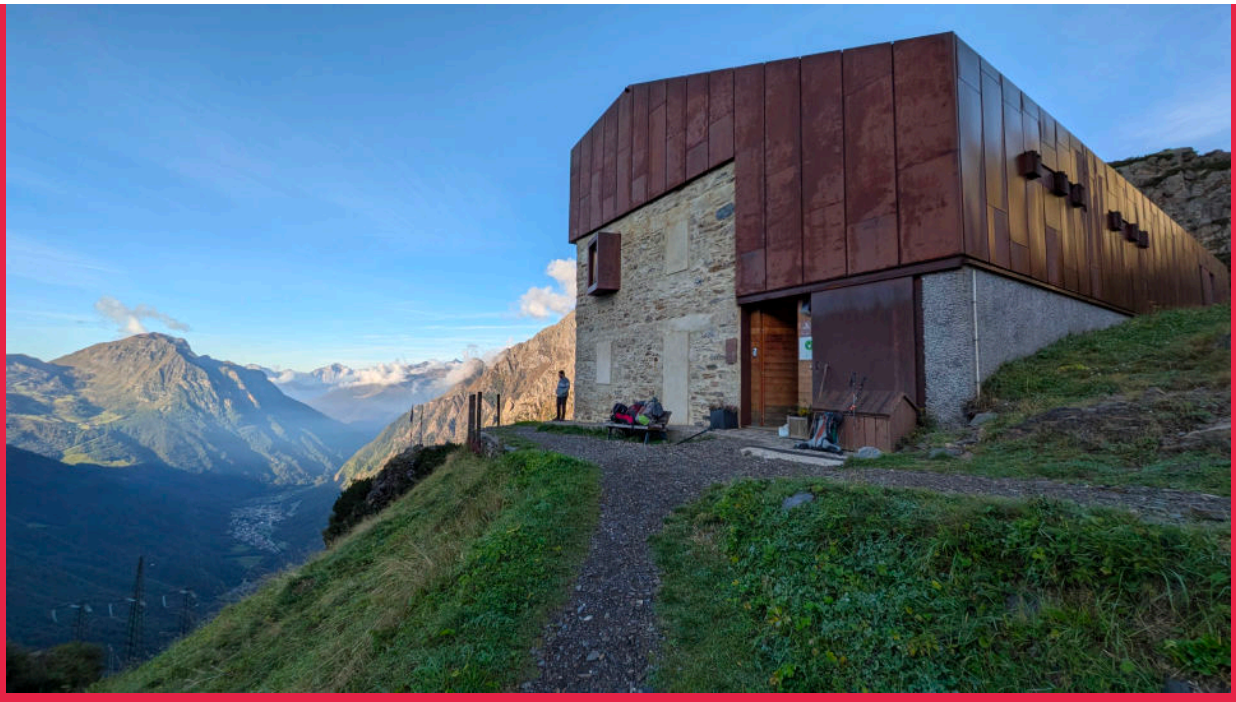
Training of Trainers 2026

A BLENDED TRAINING FOR MOUNTAIN YOUTH WORKERS

In September 2026, the MOUNTAIN partnership held its **Training of Trainers**, a key step in building a new approach to **outdoor and non-formal education for young people at risk**. Youth workers and educators from **Consorzio Comunità Brianza**, **Club Alpino Italiano**, **Deses 3**, **FEDME** and **Welcome Home International** took part.

The training was designed as a blended programme. Online modules in early September prepared the ground, a **five-day residential training followed in Bergamo and at Rifugio Curò**, and two online sessions closed the programme at the end of the month.

"Mountain hike can really affect at a young person's personality by building his trust and taking responsibility "



READ MORE

PREPARING ONLINE

Between 3 and 11 September, participants **met online for five evening sessions**. After an introduction to the programme and the partners, the modules covered the roles and responsibilities of the **mountain youth worker, the sociology of deviance**, juvenile justice and reception systems, and working with youth groups in the mountains.

Two of the sessions were held country by country in **Italian, Spanish and French**. This let participants explore the national context of their own work, while the joint sessions in English built a shared basis for the week in the mountains.

"Learning is related to connections"



FIVE DAYS AT RIFUGIO CURÒ

After arriving in Bergamo and a welcome dinner at Palamonti, the headquarters of CAI Bergamo, the group travelled to Valbondione on 15 September and **hiked CAI trail 305 up to Rifugio Curò**.
The refuge, with its fully equipped **training room, became home and classroom** for the rest of the week.

Each day combined theory and practice. Mornings alternated between **trekking sessions**, where participants experienced first-hand how to lead groups of young people in the mountains, and modules on structuring **non-formal, informal and restorative activities and on stigma, trauma and intercultural competence**. Afternoons focused on soft skills, work with young people at risk of deviance and in conflict with the law, and putting the theory into practice. All outdoor activities were planned and led **by the guides of Club Alpino Italiano**. The week ended on 19 September with the descent to Valbondione.





“Everything is possible when you have a good team”



WHAT COMES NEXT

For many participants, the mountain itself was the strongest teacher. "*I felt so safe, thanks to the group, that I won my fear of heights*," wrote Roberto Saja from CCB in his reflection diary. For Cezara from WHI, the biggest surprise was to "*feel responsible for someone*."

The programme closes with two online sessions on 24 and 25 September, on the validation of competences and on preparing the local pilot actions. Next, partners will bring the MOUNTAIN approach home and run pilot activities with young people in Italy, Spain and Belgium.



Keep following MOUNTAIN

Funded by the European Union.

Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or Agenzia Italiana per la Gioventù. Neither the European Union nor the granting authority can be held responsible for them.

Consorzio COMUNITÀ BRIANZA Imprese Sociali

fedme Federación Española de Deportes de Montaña y Escalada

WELCOME HOME INTERNATIONAL One World One People

deses3

INTUIT mailchimp