



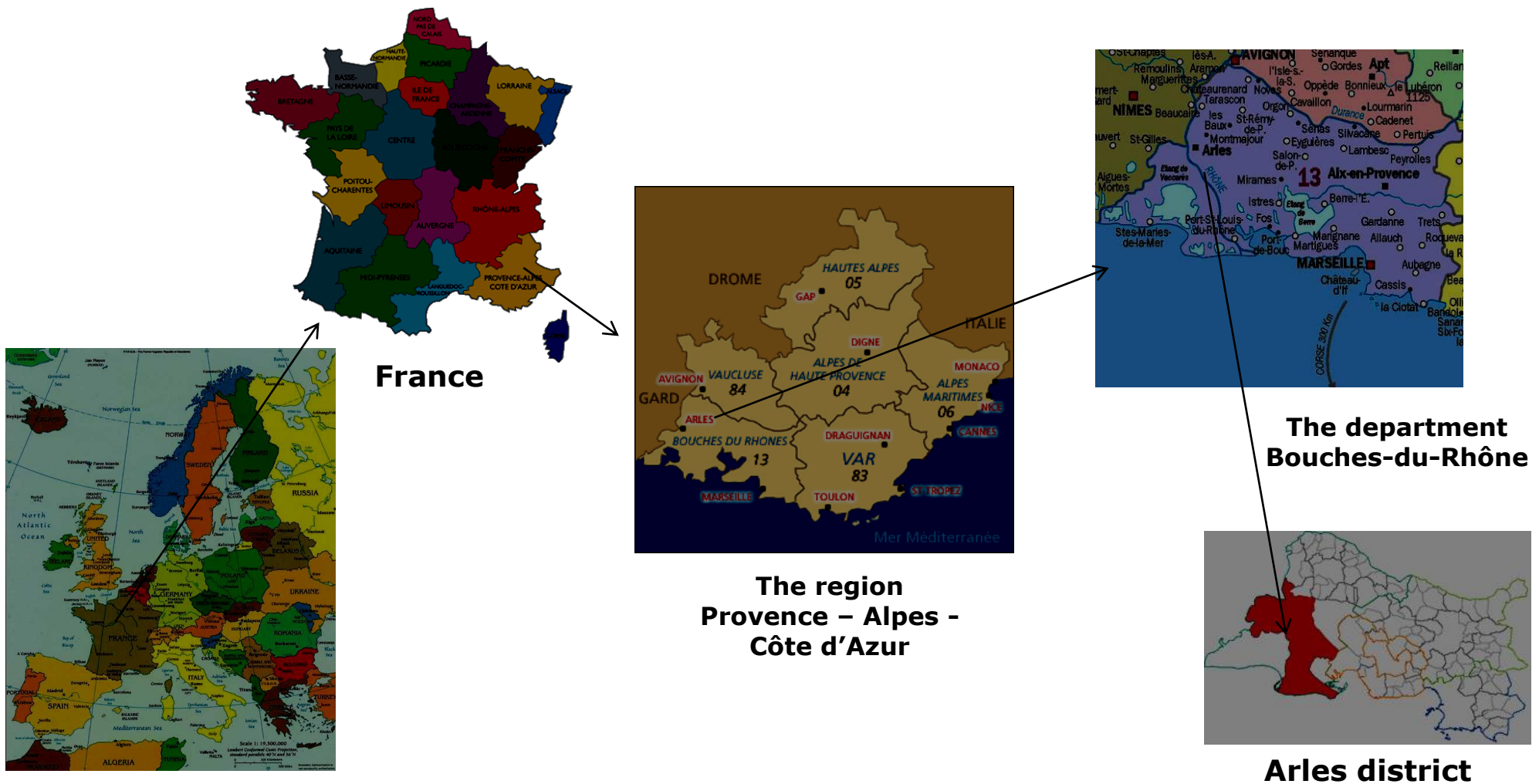
Ageing well: be active!

A Grundtvig project – 2012-2014

CCI PA's contribution:
Presentation of our
organisation beneficiaries' hobbies



Reminder: geographical situation



Sources of the maps :

Europe: http://www.europa-planet.com/carte_europe.htm

France: <http://www.cartesfrance.fr/carte-france-departement/carte-france-departements.html>

PACA: http://www.littoral-varois.com/carte_var.htm

Bouches-du-Rhône: http://www.voyagesphotosmanu.com/carte_bouches_rhone.html

Arles: <http://fr.wikipedia.org/wiki/Arles#Localisation>

We are interested in Environment issues,
we like very much trekking
and
we particularly enjoy doing it in the Apilles.

Part of our ENVIRONMENT: the Alpilles

Let us introduce the Alpilles, an area we like very much.

Alpilles means « small Alpes » from the name of the mountains which make the boarder between France and Italy or Switzerland. They are located in the North-East of Arles.

Its warm and dry climate, its special wildlife and flora (pine forest and scrubland) make this area very sensitive, so we must protect it. With this purpose, it has been classified as a « Regional Natural Park ». In summer, a local rule forbids access to a « red zone » and firemen stay vigilant to protect it from fire.



Photo GM

The Apilles fauna

Some animals are actually in danger :
Bonelli's eagle, the owl big duke,
the noctulebats, the cricket, etc.



Eagle owls
adult and
baby



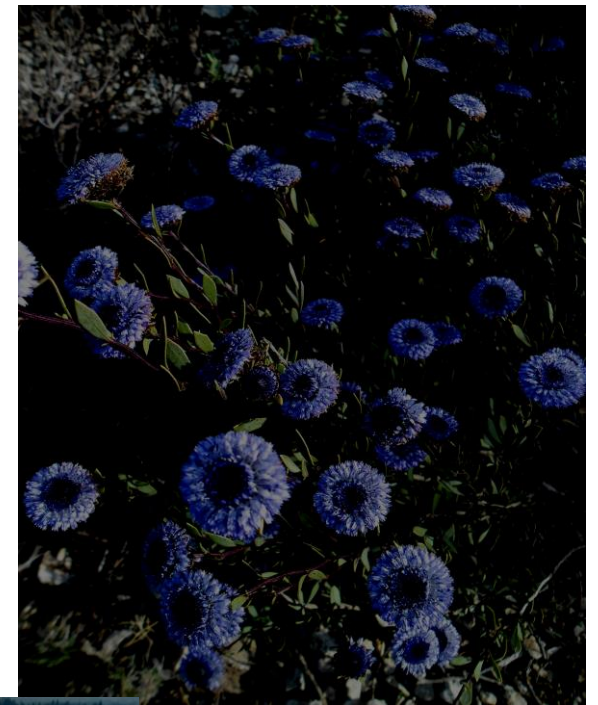
Bat

FLORA

The flora must be preserved too



Gorse



Rosette



Robert's' orchid

Rosemary

Trekking

We love nature sports such as :

Biking

Riding horse

Trekking

Climbing

Hunting is an Autumn activity in the Alpilles.



Walkers and their duties:

Stay on the signposted tracks
and listen to the nature without disturbing it.

Don't pick up protected flowers.

Bring your garbage back after a picnic (don't take the nature for a
dustbin).

Don't through away your waste.

Be respectful.

We also like

RACES of the CAMARGUE

The races are organised in villages or cities festival parties into a specific area of about 200 km around Arles city. The animals (bulls of the Camargue) come from herds called “manades” in which they have always lived outside.

The main actors are the powerful bulls and the men in white, who are called “razeteurs”. The razeteurs are very supple, sportive, serious. They have to remove “the cockade” (in the XIXth century it was a real flower) with a hook.

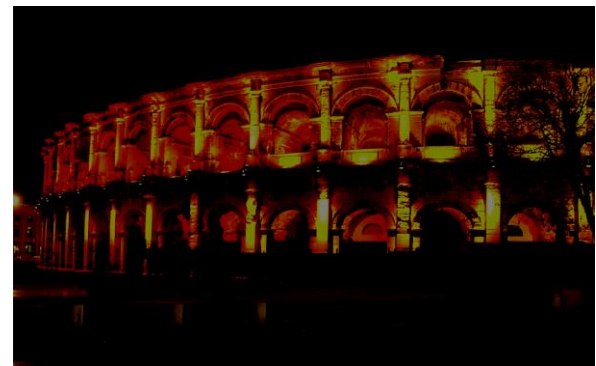


The race is really fun and the public is fond of it. The “razeteurs” are motivated by the stakes and they go to risk to be wounded. The best one wins the money prime and all people applaud and music of Carmen is played.

The show lasts 15 min. per bull and there are 6 bulls. That means around 2 hours and it attracts a lot of people from everywhere.

In the past, this bull game was security rules free. Now, time has changed and since the XXth century, the game is codified because it's dangerous.

Championships are organised in a nationwide level.



And we all enjoy
Music

Earth, water, fire, wind are original elements of music, just listening nature : everything is music. The instruments can be improvised and home-made.



It's the most natural way of communication. We share, we create. It's the magic of the music.

« My joyful parents offered me my first accordion and I used to make people dance with it », said us Evelyne.

Some of us make

Handicraft with floated wood

The Rhone River carries several pieces of wood and throw them into the Mediterranean sea near our town. Having stayed several days in the water, the wood is pushed back on our beaches by the sea, then we can pick it up.



Handicraft and creative arts



This washed, scratched and dried wood is then used in order to make various objects : lamp base, photo frame, lampshades...

We are proud of this handicraft which goes towards cleaning our beaches.





Thank you for your attention !

