



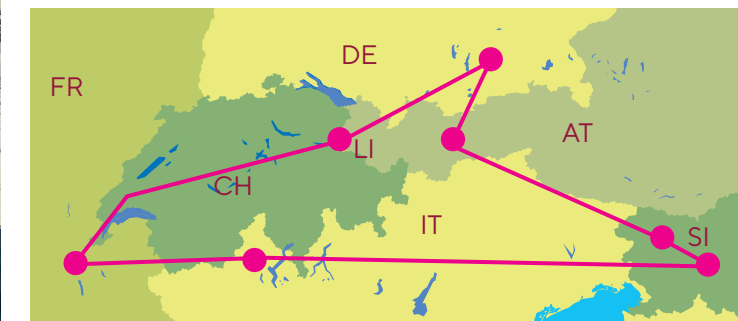
**“For me, living and experiencing the mountains means preserving not only a beautiful environment, but also having strong values and aiming at important things, like genuineness or the deep connection with other living beings and nature, which is impossible to obtain in big cities, where people are all disconnected from one another. Alpine people fight in order to preserve those traditions from the homogenizing forces of globalization.”** — *Benedetta Valmadre*



## RÉMI'S JOURNEY

“Being a hobbyist mountain hiker, I would like to tour the Alps, going first North and then continue my way to the Southern regions. I want to start with Liechtenstein, because it is a small country still little known. I want to discover this country, because I know it holds beautiful landscapes and great hiking paths. On my way there, I want to stop in Switzerland, a neighbour to my home country, France, which I have however hardly visited. After Liechtenstein, I will continue towards Munich, famous city close to the Alps, where I have yet never been. From there, I can visit Bavaria, a “Land” rich in wonderful landscapes. Then, I will cross Austria and particularly the region of Tyrol on my way to Slovenia. Having never been in Slovenia, I would like to visit the region around the capital, Ljubljana, and the national park of Triglav, where I am sure to find lots of walks to be done. The end of my trip is not yet defined, but I would like to discover the great lakes of Northern Italy, which I saw in several movies and documentaries, and which I want now to discover with my own eyes. I believe this trip will be a wonderful experience, even though I cannot see everything in seven days of travel. I am very much looking forward to it!”

— Rémi Guella, France



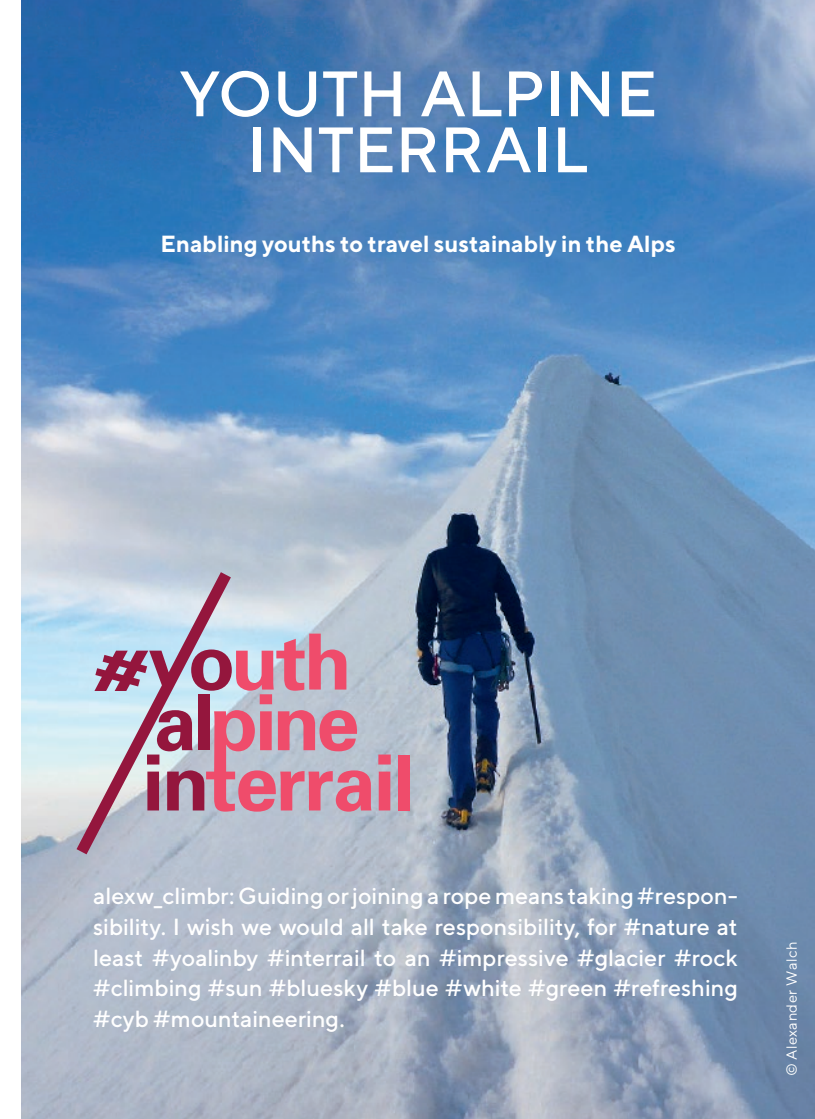
**“Why wander around in the distance, when good things lie nearby? By travelling through the Alps, I want to get to know better our neighbouring mountain areas and want to feel the myth of the Alps.”** — *Sara Schneider*

# YOUTH ALPINE INTERRAIL

Enabling youths to travel sustainably in the Alps

**#youth  
alpine  
interrail**

alexw\_climbr: Guiding or joining a rope means taking #responsibility. I wish we would all take responsibility, for #nature at least #yoaliby #interrail to an #impressive #glacier #rock #climbing #sun #bluesky #blue #white #green #refreshing #cyb #mountaineering.





## DISCOVER THE ALPS SUSTAINABLY

Nowadays, many young people from the Alps know often better far off regions than the countries surrounding them. One simple reason: taking the plane is often easier and cheaper. The CIPRA Youth Council (CYC) is involved in the promotion of means of transport in the Alps, which are more climate-friendly and financially affordable. Indeed, traveling does not always have to be synonym to environmental damages.

Over 400 youths from the seven Alpine countries and beyond have showed their interest in sustainable travels and applied for the project. Selected for their strong motivation for the *Youth Alpine Interrail* project, also called Yoalin, 100 candidates, aged 16–27 years old, from the Alpine regions and beyond can discover the Alps and its rich landscapes and culture for only 50 Euros: a local and affordable tourism respectful of the climate. Forests, hiking, glaciers, culinary heritage, architecture and climbing are amongst the favourite centers of interest quoted by the candidates.

The 100 travellers have posted about their best experiences during their trips throughout the months of July and August 2018 on Facebook and Instagram. Pictures, articles, videos, blogs, and poems are the means with which the Yoalin travellers will share their discoveries, their social encounters, and pass on their message: the Alps are a wonderful travel destination, and sustainable transport should become the main means of mobility in the years to come in order to protect our planet and our landscapes.

*Youth Alpine Interrail* is a project by the CIPRA Youth Council and CIPRA international, in cooperation with Eurail, and promoted by the signatory States of the Alpine Convention. *Youth Alpine Interrail* is supported by the Swiss Federal Office for Spatial Development, the German Ministry for Environment, Nature Conservation and Nuclear Safety, the Austrian Ministry for Tourism and Sustainability, the Liechtenstein Office for Environment and the Slovene Ministry of Infrastructure.

[www.yoalin.org](http://www.yoalin.org)



Facebook page: Youth Alpine Interrail  
Instagram: Youth Alpine Interrail, #Youthalpineinterrail, #yoalin, #createyourownstory



## COME AND JOIN THE EXPERIENCE!

The final event allows the travellers to pass on their experiences and the lessons learned from their sustainable holidays in the Alps, not only to other Yoalin travellers, but also to the wider public, the future young travellers, and anyone working in the field. of transport, spatial development and sustainability. A change of focus in our society is needed: a change in touristic destinations and in means of transport. The Alpine Youth lived this change for over a week this summer, and now the Yoalin community have over 100-experienced voices. The floor is their.

[alpinesmuseum.ch/en](http://alpinesmuseum.ch/en)

**Closing ceremony:**  
**Exchange and awards presentation**

**20th September**  
**Alpine Museum, Bern, Switzerland**

**Awards**  
Five best pictures,  
five best texts

**Youth Guests**  
Yoalin travellers,  
CIPRA Youth Council

**Special guest**  
BR Doris Leuthard,  
Swiss Federal Councillor

**Language**  
Alpine languages  
(FR/DE/SI/IT)



**“If we want a good future in the Alps, we need to change our habits, and mobility is one of the biggest to tackle. What I love about the idea of the Youth Alpine Interrail, is that by making trains and busses economically attractive for young people it gives us the possibility to make positive experiences travelling by public transport in the Alps.” – Luisa Deubzer**

## THE ALPS MEAN

- 1,200 km long and more than 200 km wide between Garmisch-Partenkirchen (DE) and Verona (IT).
- 8 countries: Austria, France, Germany, Liechtenstein, Monaco, Italy, Slovenia and Switzerland.
- 30'000 species of wildlife. 15'000 types of plants, with 501 endemic.
- 50'000 to 60'000 years of history of human settlements.
- A 5000 years old mummified man called Ötzi the Iceman.
- More than 5000 years old rock drawings in Valcamonica.
- Europe's highest vineyards at 1500 meters height.
- A highest peak at 4'809 m. with Mont Blanc, and another 81 “four-thousanders”.
- 66'200 km of marked Swiss hiking trails and 24'000 km in Tyrol, Austria.
- More than 160 transport companies for public services.
- 190 million of tonnes of freight crossing the Alps per year – 65 % by road.
- Almost 2° C of average warming since the late 19th century.