

NEW!



MAF

IN MAROC

MISSION:ADVENTURE





IVV-EUROPA • IVV-EUROPE

Welcome



Kontakt/Contact • B.P. 56 • L-9201 Diekirch • GSM: (+352) 691302 687 • E-Mail: info@ivv-Europa.eu

N° registre de commerce: FB455

IVV-Europe is pleased to introduce a new partner.

The association: ASSOCIATION MOMENTS DE VIE, based in Fontainebleau, France -



The association has set itself the goal of creating projects in France or abroad in the field of sporting, cultural or humanitarian non-professional activities to enable people to get to know a country, a population, a culture through an exchange based on mutual aid and solidarity.

These projects include the organisation of hiking tours in the Moroccan desert under the logo



The new partner will also be a member of the French Federation of Popular Sports FFSP.



The partner's coordinates are :

Anne-Perrine Balestier
25 rue royale
77300 Fontainebleau

demeurelesaignons@orange.fr

<https://www.associationmomentsdevie.fr>

The partner's offer are available on :

<https://www.madinmaroc.fr>





IVV-EUROPA • IVV-EUROPE

Europäischer Volkssport Verband a.s.b.l.
Fédération Européenne de Sports Populaires a.s.b.l.
European Federation of Popular Sports (EFP)



Kontakt/Contact • B.P. 56 • L-9201 Diekirch • GSM: (+352) 691 302 687 • E-Mail: info@ivv-Europa.eu

N° registre de commerce: FB455

For IVV-EUROPA, this partner, which will soon be offering its various events as IVV events, opens up new perspectives as it appeals to a very young, sporty clientele.

The partner brings in new ideas, fresh perspectives and innovative approaches. The hikes are deliberately aimed at a young clientele, combining fun and games with hikes in unusual circumstances.

The partner's sporty and dynamic orientation leads to more energetic activities.

The mix of different age groups and interests within our community creates a more diverse and inclusive environment.

Walking in the desert will be an enriching experience, as desert areas are rich in cultural diversity. One will have the opportunity to learn about the way of life of the desert people, discover their traditional art, music and crafts, and gain an insight into local history. The landscapes are unique, desert landscapes offer a breathtaking environment that is very different from European landscapes. The vast sand dunes, rock formations and silence of the desert can be a mesmerising experience for walkers.

The desert is home to unique flora and fauna that cannot be found in Europe. European hikers have the opportunity to discover exotic animals and plants that have adapted to the extreme conditions of the desert. The clear nights in the desert offer an impressive view of the starry sky, which cannot be seen in most cities due to light pollution. This can be a unique and mesmerising experience .

Ultimately, walking in the desert can be a profound experience that emphasises the spiritual side of nature and humility before the vastness and beauty of the desert.

The new partner's offering will therefore be an enriching experience for walkers, opening up new scenic, cultural and spiritual perspectives.

The walker is rewarded with both participation and kilometres

IVV-MADinMAROC stamps !



Offers and dates 2024

with a unique concept !



THE CONCEPT of MAD in MAROC : Offer a unique opportunity to live an extraordinary adventure with the whole family in complete safety, to spend an unforgettable time in contact with an enriching population, in a breathtaking environment and in a festive atmosphere!

Parents and teenagers can challenge the Moroccan desert by forming a team ready to face numerous challenges. All senses will be tested in a funny way through different and varied tasks suitable for everyone... !

You should form a solid and united team to face sporting, strategic and intellectual challenges together. Move forward together in a new environment with thoughtfulness and goodwill, putting down your smartphones to reconnect with nature and focus on essential values. Open up to the local people during a day with a Berber family.

Unforgettable moments will be made possible by connecting with other people on the basis of discovery, mutual aid and exchange. You will discover a country, a nature, a culture and a population that will delight you.

<https://www.madinmaroc.fr>

From october 27 to november 3 2024



THE CONCEPT OF VERY MAD TRIP : For the first time in 2024, two or three participants can take part in this extraordinary hike. One will experience a unique adventure by facing surprising challenges during the orienteering hikes in the fabulous Moroccan desert.

Trekking tours of 12 to 15 kilometres per day offer the opportunity to discover a country, a people and a culture while combining pleasure and well-being.

From march 3 to march 10
2024



<https://www.associationmomentsdevie.fr/very-mad-trip/#participer>

Further offers and date 2024 :

Trek and Yoga

16.3. - 23.3.2024
23.3. - 30.3.2024
13.4. - 20.4.2024
12.10. - 19.10.2024
19.10. - 26.10.2024

The "Trek et Yoga" make it possible to combine well-being and self-discovery through daily yoga practice. A 2-hour yoga practice is planned every day.

The trekking tours allow a deeper immersion into the Berber culture through cultural visits and discovery workshops.

These stays take place in small groups to ensure a convivial atmosphere and personalised attention! The trekking tours are from approx. 12 - 15 kilometres per day. They are open to all men and women of legal age.

<https://www.associationmomentsdevie.fr/trek-et-yoga/>

Immerse in the land of the Berbers

From 13th to 20th of october 2024

This hiking programme offers the opportunity to get to know the legendary Moroccan desert and Berber culture through a variety of hikes and experiences. The programme includes hikes of around 15 km per day in small groups, introduction to or improvement of navigation with map and compass, cultural visits and discovery workshops.

Overnight stays in a hiking bivouac or in a hostel: Moments de Vie's curious places to stay offer the opportunity to get to know a country, its people and its culture, combining pleasure and well-being thanks to local gastronomy and desert trekking. *enerleben.verbinden!*

<https://www.associationmomentsdevie.fr/trek-immersion-terre-berbere/#concept>

Explore unknown horizons and experience moments that will be remembered forever -
- be part of this unique adventure!



The "Mad in Maroc" packages are designed for families and teams.

The "VERY MAD TRIP" is for adults. The walks are also organised in teams of 2-3 people. If the VERY MAD TRIP suits your interests, but you are SINGLE, IVV-EUROPE could be the ideal place for you.

IVV-EUROPE's connections can be a good way to get accepted into a team. So if you are open to new contacts, this could be the key to being accepted into a team.

It would be a wonderful thing if we could set up one or more IVV-EUROPE teams and make the programme a recurring annual event.



On the other hand, if you want to take it easy, "immerse yourself in the land of the Berbers", with or without yoga, as your heart desires!



Desert hiking - a unique IVV experience!

A multi-day desert hike is very different from the everyday IVV hikes, requires special preparation and is characterised by the unique challenges and environmental conditions that occur in deserts.

While it can be very hot during the day, it can get very cold at night. Hikers must be prepared for these **extreme temperature fluctuations** and carry the right equipment such as sun protection, protective clothing and suitable sleeping pads. Deserts are also prone to sandstorms and strong winds. These can not only impair visibility, but also carry sand into your equipment. It is important to prepare for such weather conditions and take appropriate protective measures. With CIMALP (<https://www.cimalp.de>), IVV-EUROPA has a partner at its side who conveniently provides the right equipment at a favourable price.

Proper planning of the **water supply is crucial**, as the organiser ensures that the participants are not exposed to any risk at any time.

Desert landscapes can often be monotonous with few distinctive features. **Navigation** can be difficult, especially if hikers do not have clear landmarks. The use of maps, compass and navigation skills is crucial to avoid getting lost. The challenge for

participants lies in proper training and experience in the use of maps and a compass to realise the full potential of the desert experience.

In desert regions, **civilisation** can be far away and the hiker can feel isolated. It is important to know that the organiser has emergency equipment, means of communication, etc.

The **physical demands** of a multi-day desert hike with daily stages of 10 to 15 kilometres

are certainly higher than for normal hikes. The soft sand and uneven ground often require more physical effort. Good physical fitness is important to be able to cope with the challenges.

But the **social and cultural aspect** is also an important part of the events, with teams spending time together, learning about life in the desert, sometimes staying overnight with local families, making the event not only a special hiking experience but also promoting intercultural exchange and understanding.

These social and cultural experiences not only help to develop hiking skills, but also promote a broader understanding of the world and its different ways of life.

Overall, a desert hike requires extensive preparation, from having the right equipment to knowing about the specific challenges of the desert environment. It is important to realise that desert trekking can

be not only a physical challenge, but also a mental one.

We look forward to accompanying the IVV hikers on their journey into the desert.

