

**Camp Mont Blanc ..... 9**

**Saturday, 3 July..... 9**

Welcome to Vallorcine! ..... 9  
Our group ..... 10  
Aims of the first day..... 10  
How we did it..... 10  
Evaluation ..... 11

**Sunday, 4 July..... 11**

Aims of the day's program..... 11  
Hiking and climbing ..... 11  
Orienteering and ecology..... 12  
Workshops ..... 12  
Evaluation ..... 12

**Monday, 5 July ..... 14**

Aims of the day's program..... 14  
Glacier-initiation..... 14  
Workshops..... 15  
Evaluation ..... 15

**Tuesday, 6 July ..... 16**

Aims to the day's program ..... 16  
Getting to know life in a mountain-hut..... 16  
Initiation and training in walking and safety-techniques on steep snowfields..... 16  
Learning to prepare a mountain-tour ..... 17  
Evaluation ..... 17

**Wednesday, 7 July ..... 19**

Aims of the day's program..... 19  
Glacier-tour in little groups ..... 19  
Training mountain-rescue procedures ..... 19  
Evaluation ..... 19

**Thursday, 8 July ..... 21**

Aims of the day's program..... 21  
Recovering... ..... 21  
Meteo ..... 21  
Preparing for the next days ..... 22  
Evaluation ..... 22

<b>Friday, 9 July</b> .....	<b>23</b>
Aims of this days' programme .....	23
Evaluation .....	23
<b>Saturday, 10 July</b> .....	<b>24</b>
Aims of today's programme .....	24
Evaluation .....	25
<b>Sunday, 11 July</b> .....	<b>26</b>
Aims of the day's program.....	26
Evaluation .....	26
<b>List of participants</b> .....	<b>28</b>
<b>Camp Rocks Teplice</b> .....	<b>29</b>
<b>The venue and its context</b> .....	<b>30</b>
Climbing in Adrspach.....	32
<b>Saturday, 21/8</b> .....	<b>33</b>
<b>Sunday, 22/8</b> .....	<b>34</b>
Arrival.....	34
Trainees meeting.....	34
<b>Monday, 23/8</b> .....	<b>35</b>
Melting individuals into the group.....	35
Adventure games .....	35
Afternoon.....	39
<b>Tuesday, 24/8</b> .....	<b>40</b>
<b>Wednesday, 25/8</b> .....	<b>42</b>
Sitting on the top of the King.....	42
Orientation .....	43
Nest group .....	44
Trainee discussion.....	44
International party.....	45
<b>Thursday, 26/8</b> .....	<b>46</b>
Meeting Bohouš Sýkora.....	46
<b>Friday 27/8</b> .....	<b>47</b>
Activities .....	47
Visiting the Rock City.....	47
Film festival.....	47

<b>Saturday, 28/8</b> .....	<b>48</b>
Games .....	48
Introduction to Ironman / -woman contest .....	48
Ironman / -woman contest.....	48
Ceremony for the contest.....	49
Iron girl .....	49
Nestgroups.....	49
Evaluation .....	51
Meeting of trainees.....	52
Gargling contest.....	52
Evaluation with trainees .....	52
<b>Sunday, 29/8</b> .....	<b>54</b>
Departure.....	54
<b>Processing the experience</b> .....	<b>55</b>
Creating understanding .....	55
Nest groups .....	56
<b>A day in the IYNF summercamp</b> .....	<b>57</b>
Activities .....	58
Reflection in trainees' and participants' diaries .....	58
Sponsoring.....	58
<b>List of participants</b> .....	<b>59</b>
<b>Camp Rock and Roll</b> .....	<b>61</b>
<b>Camp Rock and Roll</b> .....	<b>62</b>
<b>List of participants</b> .....	<b>65</b>