

COME TO LONDON BY BIKE WITH YMCA FRANCE

FOR YMCA175

29/07 - 03/08 2019





PARIS-LONDON BY BIKE

- ❖ 1855 : signature of the Paris Basis, the founding text of the YMCAs, by 99 delegates
- ❖ 2019 : young people bring the Paris Basis to London and deliver a message to the youth

6 days of living together, surpassing oneself, solidarity and meetings between young people of different nationalities.



To reach London, we will use the **Greenway**: opened in 2012, it consists of 406 km of cycling between Paris and London.

It's a great opportunity to discover the French and British landscape with many stops, to arrive just in time for the beginning of YMCA175.

Before our arrival in London, many cultural activities will be organised: meetings with young people from English YMCAs, exchange time ...

But above all, **the construction of the message that the young participants will deliver to the assembly on their arrival in London for YMCA175.**



PARIS-LONDON BY BIKE

29/07 to 03/07

Daily distance : from 40 to 70 km

Provisional steps

- ✦ Paris to Auvers-sur-Oise: 43 km
- ✦ Auvers-sur-Oise to Gisors: 43 km
- ✦ Gisors to Orival: 77 km
- ✦ Dieppe to Lullington: 47 km
- ✦ Lullington to Redhill: 75 km
- ✦ Redhill to London: 33 km

At your expenses

- ✦ 175 € (camping and meals)
- ✦ Round trip by ferry
- ✦ Paid visits
- ✦ Equipment
- ✦ Registration for YMCA175

Attention: bicycles will be provided,
depending on the number of participants!

YMCA175 

 / empowering
young people

A global youth event

YMCA 175

4 - 8 AUG '19 • EXCEL LONDON













AN EVENT LIKE NO OTHER...

In 2019, the YMCA's anniversary year, will be held in London, the founding city.

YMCA175 will connect young leaders from around the world, celebrate the movement's creative vision and solution-orientated approach, and create new ideas.

Thousands of young leaders are expected, and the event's visibility will be global, relayed by international media.

The programme

-  conferences
-  interactive workshops
-  innovative collaborative sessions
-  sporting challenges
-  training courses
-  exhibitions
-  theatre, music and concerts
-  seminars
-  high-level key note speakers
-  artistic experiences
-  a space for reflection and relaxation
-  and much more...

YMCA
175 



YMCA : EMPOWERING YOUNG PEOPLE

There is no other organisation quite like the **YMCA**. Founded 175 years ago in London, England by young men who wanted to help struggling youth find their purpose and connect to the community, the YMCA has grown into a global ecumenical movement with a presence in 120 countries serving all youth and working together to build more just and inclusive world.

Global strategy for youth

The global strategy for youth empowerment is underpinned by four key pillars, connected to the United Nation's Sustainable Development Goals.

Environment

Civic Engagement

Health

Economic Empowerment & Employment

YMCA France

23 associations

More than 110 000 people a year welcomed

1.000 employees

More than 300 volunteers involved

3 areas :

Youth : civic service missions, international exchanges...

Social tourism : 13 centers accross France

Insertion : for young people, people with disabilities, migrants

For more information :

www.ymca.fr

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*Alliance nationale des YMCA France
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