

2.018

# Knitting Mountains

*From the heart of the Mountain, for the  
integration*



## Knitting Mountains

This is a rural development Project related to specialized training, where we hope to start a process of valuing the territory of High Atlas, in Morocco, for traditional activities and adapted mountain, with consequences in a local and a general context.

## Antecedents



The High Atlas is a sub-mountain range that forms part of the Moroccan Atlas. It has the highest altitudes in all of North Africa, with the highest altitude in Mount Toubkal (4,167 m). It is close to the Atlantic Ocean in the Agadir area. It is a tourist destination highly requested by a very special tourist: tourist activities and outdoor sports and mountain tourist. Although the offer of local guides that accompany the traveler is great

and they have a deep knowledge of the mountain; The training of these in mountain techniques is scarce, as well as in the prevention of risks in mountain areas.

The commercial use of mountain activities is far from being as massive as in other places of more conventional tourism, but we understand that this activity is a valuable item, because of its cultural importance as a heritage; this fact implies a certain commitment and a responsible and conscious attitude on the part of the stakeholders involved in it.

**MOUNTAINS WITHOUT BARRIERS - GUADARRAMA MOUNTAIN SCHOOL** is a club, declared of public interest, founded 10 years ago by the disabled climber Miguel Á. Gavilán López, who develop a social inclusion sport project through the Municipal School of Mountain Adapted Guadarrama, developing activities in the mountain world and the natural environment of any athlete with "different" sensorial, intellectual or physical abilities, as well as the technical training of professionals, sportsmen and volunteers specializing in these groups.

This sports-scientific project has a multidisciplinary scope, this is inclusive and comprises from simple activities as: trekking; visits to environmental centers; children's climbing workshops; nature workshops; training courses, etc., and also international climbing with its corresponding scientific purpose.



For the development of a program of activities, the Club is organized into a Social Action group, a High Mountain Group and a Municipal School Management Team (1st and unique Adapted Mountain School at a national level).

These activities and training courses annually are addressed to more than 300 children, 120 adults and 140 sports coaches, as well as sportsmen and women who progressively join the high mountain team



It is important to highlight the successes achieved reaching mythical peaks with athletes who presented physical, psychic or sensorial disabilities, such as those of the Aconcagua - the 6,962 m. Ceiling of America, Elbrus, the highest Summit in Europe of 5672 m. McKinley, 6,198m, North American roof (1st National), Island Peak, 6,189m, Mera Peak, 6,476m. In Nepal, Kilimanjaro, 5895m. Roof of Africa. Lomas Amarillas, 5,102m. By the diamond channel in the Andes. Cho Oyu, 8,201m. Tibet, the first national attempt of disabled athletes to a mountain of more than 8,000m. (Filmed by 2 programs of Al Filo of the Impossible), Via Rebuffat to the south wall of the Aiguille du Midi, Naranjo de Bulnes, mythical climbing to their faces East and South. Montblanc, 4,810m., Toubkal, in the Atlas with its 4,167m, etc., practically activities in all the continents.



IAIA Association is a non-profit organization whose main objective is to improve the personal well-being, integral health and quality of life of vulnerable groups in a creative way: knitting solidarity. To get this objective, they created a "knitting therapy" where garments are knitted by collectives needed to fulfill a double objective, (1) occupying the time and mind

of the knitters and (2) helping people in need.

Within their program "Knitting solidarity for the integration of groups at risk of social exclusion", have developed a catalog of mountain clothing, in collaboration with the Association MOUNTAINEERS WITHOUT BARRIERS. Knitting is used as an instrument of social change, being an opportunity to learn and help.

## Our projects in the media



MOUNTAINEERS WITHOUT BARRIERS has collaborated with institutions such as the Fundación Deporte Joven del Consejo Superior de Deportes, las Fundaciones Repsol, Axa del Todo Corazón, Escuela Militar de Montaña, Universidad Politécnica de Madrid, TVE, etc..

They have always had a great reception in the Media, an unmistakable sign that the sport of alpinism practiced by people with disabilities is of interest to the public. Obviously we will not be able to compete with the stars of football, basketball, Fernando Alonso, Rafael Nadal and Jorge Lorenzo. However, journalists in charge of the Information Services have given room to our projects because they are convinced that behind each of them there is the effort, the courage, the sacrifice of these climbers who demonstrate that

the binomial mountaineering and disability is possible.

This is good for audience. A proof of this is their presence in National and international media as: TVE, 2, for example in "Al filo de lo Imposible" CNN+, Antena 3 Televisión, Canal Sur TV, Castilla – La Mancha TV, TV3, Telemadrid, Radio Intereconomía & Radio Inter Cadena SER, RNE, Onda Madrid, Cadena COPE, Onda Cero, La Vanguardia, El Periódico & Marca, Desnivel Magazine.

IAIA Association also has the backing of institutions that support their social projects, from Obra Social LA CAIXA, to Fundación Biodiversidad (Spanish Ministry of Environment). The Association has been finalist of the prizes CLECE in 2015, and award-winning in the prizes TELVA SOLIDARIDAD 2016, with the second prize National Category; It has been also in RTVE, in programs as "La Aventura del Saber" de La 2, emissions in the news in Telemadrid, Telediario de la 1, interviews in radio Cadena SER, Cadena COPE, Onda Cero. Its activity has been the subject of several exhibitions in the Museo del Traje, in the Museo de Ciencias Naturales, El Real Jardín Botánico, El Ministerio de Agricultura y pesca, Alimentación y medio Ambiente, and also in the Ciudad de las Artes del Oceanographic of Valencia, valuing its social activity to the world of the culture and, even, the protection of the environment.





### Project scope

More than 10 years traveling to the High Atlas area gives us the idea that there are several shortcomings that motivate us to develop a joint project between the MOUNTAINEERS WITHOUT BARRIERS and IAIA Association, of knitters, in relation to the rural development of a Mountain Area.

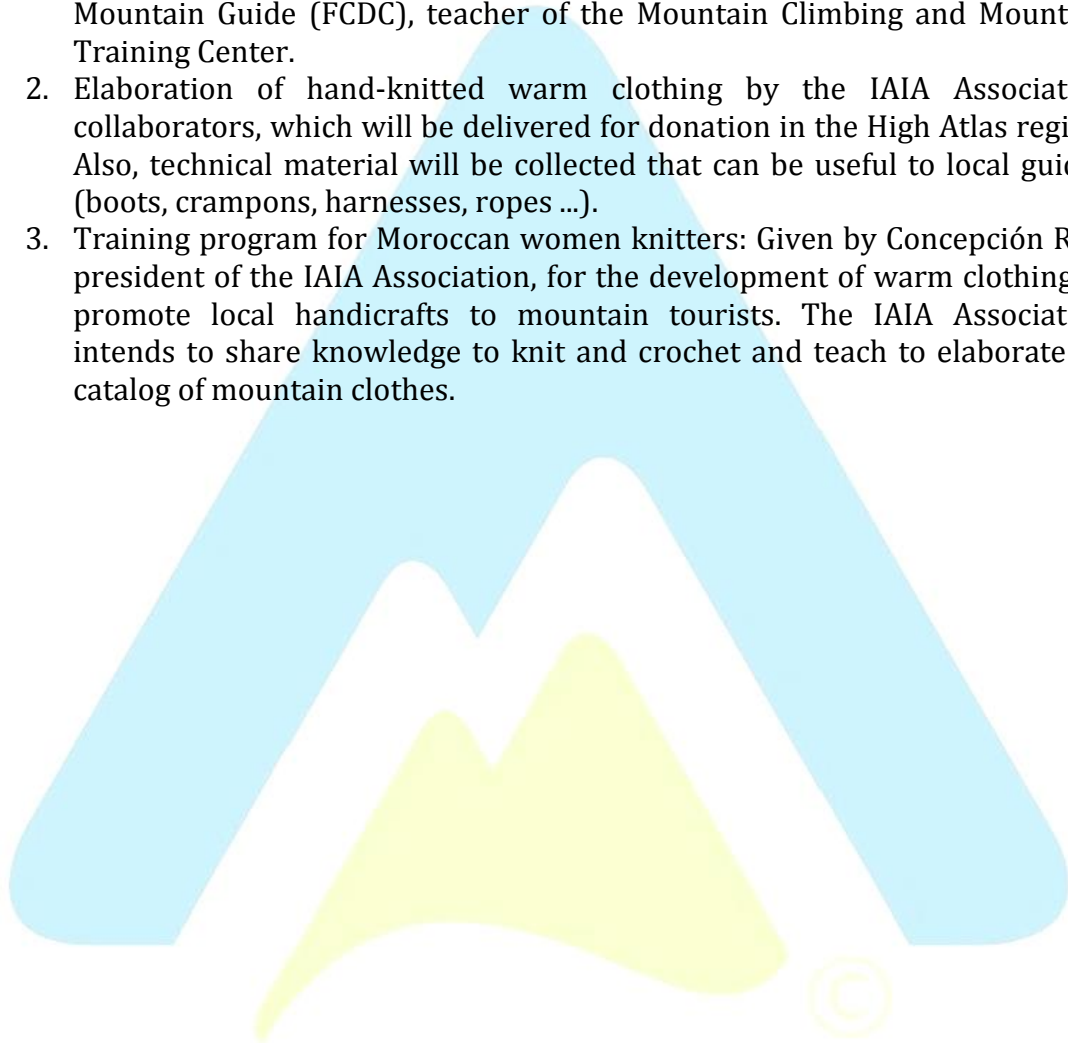
- Mountain tourism is an already established activity, although it has many shortcomings that could be improved: monitoring by local guides of good practices and better training in their activity
- There is not enough warm clothing and mountain equipment, particularly for mountain guides (they do their work with inappropriate clothing) and children in the region (they are barefoot in winter and their clothes are old and deteriorated).
- There is an offer of limited products and souvenirs in street vendors. Finding an emerging opportunity in the development of local crafts, differentiated from other regions.

**Main objective**

To promote the rural development of a Mountain Area (High Atlas, in Morocco) through adapted specialized mountain training and crafts.

**Secondary objectives**

1. Training program for local mountain guides: Given by Miguel Á. Gavilán, Director of the Guadarrama Mountain Municipal School, EMMAG High Mountain Guide (FCDC), teacher of the Mountain Climbing and Mountain Training Center.
2. Elaboration of hand-knitted warm clothing by the IAIA Association collaborators, which will be delivered for donation in the High Atlas region. Also, technical material will be collected that can be useful to local guides (boots, crampons, harnesses, ropes ...).
3. Training program for Moroccan women knitters: Given by Concepción Rey, president of the IAIA Association, for the development of warm clothing to promote local handicrafts to mountain tourists. The IAIA Association intends to share knowledge to knit and crochet and teach to elaborate its catalog of mountain clothes.



## **Actions for each specific objective**

The actions outlined for each specific objective are listed below.

### **1 Training to LOCAL ACCOMPANYING adapted mountain guides, i.e. knowledge of the techniques and protocols of action to guide people with different physical, intellectual or sensory abilities**

1. Edition of training material: TECHNICAL MANUAL
2. Theoretical training sessions (10 sessions)
  - Knowledge of the environment. Summer and winter mountain
  - Clothing, equipment
  - Food and hydration
  - Progression and descent in all types of summer and winter lands. Techniques Rythm and respiratory rate on the rise
  - Security. Accidents. P. Basic Aids. Protocols
  - Basic orientation.
  - Weather forecast
  - Activity programming
  - Handling of ropes, making anchorage, joining and securing knots
  - Progression in chordata
  - Meeting and abseiling assembly
3. Practical training sessions (10 sessions)
  - Noun Interpretation
  - Knowledge and use of summer and winter equipment and equipment
  - Meeting assembly and triangulation
  - Ascent and descent techniques with ice ax and crampons
  - Self-detention
  - Chord progression and assurance
  - Abseiling technique

### **2 Elaboration of hand-knitted warm clothing**

1. Elaboration of knitted mountain clothes in residences and nursery centers
2. Collection of technical mountain material
3. Delivery of knitted garments and collected material

### **3 Training program for Moroccan women knitters**

1. Edition of training material
  - Basic knitting kit
  - Patterns of mountain clothes
  - Suppliers catalog of autochtone wool
2. Practical training sessions (10 sessions)
  - Reading and interpretation of patterns
  - Crocheting thecnique for mountaing clothes
  - Decalogue of the knitters (risk prevention)

## Indicators for monitoring the degree of compliance with each of the objectives

A series of monitoring indicators are proposed to assess the degree of compliance with the objectives proposed in the project.

### 1 Training to LOCAL ACCOMPANYING adapted mountain guides

1. Edited documents (no. Edited documents and units edited)
2. Theoretical training sessions (no. sessions, hours and pupils)
3. Practical training sessions (no. Sessions, hours and pupils)

### 2 Elaboration of hand-knitted warm clothing

1. Kg of wool & no. knitters
2. Material collected & units
3. No. People and families in need that will receive the garments

### 3 Training program for Moroccan women knitters

1. Edited documents (no. Edited documents and units edited)
2. Practical training sessions (no. Sessions, hours and pupils)





## Results

It is expected to start a process of valuing the High Atlas in Morocco, for mountain sports and traditional activities, with important economic consequences, both at local level and general level. The High Atlas is seen as a symbol, its "trademark" produces a decisive role in the dynamics of development of the area, in the construction of their identity and with a huge local projection outward. "The guarantee of tourism of quality about mountain activities" is an expected result of this project.

### 1 Training to LOCAL ACCOMPANYING adapted mountain guides

1. To have Training material. (Source of verification: edited material).
2. Guarantee basic knowledge on security, progression and prevention of risks. (Source of verification: Certificate use).
3. EVALUATION of THEORETICAL-PRACTICAL knowledge (Source of verification: Diploma).

### 2 Elaboration of hand-knitted warm clothing

1. Have knitters and enough wool to elaborate the garments. (Source of verification: Accounting of garments and knitters who join the initiative).
2. Give technical material to guides. (Source of verification: Inventory of mountain material collected).
3. Give mountain handmade garments to people in need (Source of verification: Certificate of donations)

### 3 Training program for Moroccan women knitters

1. To have training material (Source of verification: edited material).
2. EVALUATION of PRACTICAL knowledge (Source of verification: Diploma).



### Schedule

	2017												2018											
	J	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D
Training																								
Training Material				X	X	X	X	X	X	X														
Theoretical Sessions										X											X			
Practical Sessions										X											X			
Warm garment																								
Knitting garments					X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		
Material collection							X	X	X	X	X	X	X	X	X	X	X	X	X	X	X			
Delivery				X						X												X		
Training																								
Training material				X	X	X	X	X	X	X												X		
Training sessions										X												X		

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