

Stage reconnection with nature & survival techniques

Level 1

The course scenario is Andorra, on the border between Andorra, Spain and France.

You will have to reach the base camp in Pas de la Casa (train to Hospitalet-près-l'Andorre, bus, etc.), where you will be greeted by the staff and accommodated in a tourist apartment.

After the presentations and once installed, you will have free time until the evening, when we generally all meet together for the first meal. The next day, after checking your equipment, the trek begins!

On your return to the base camp at the end of the course, there will be several options after the end-of-course meal to spend the afternoon, where recovery will be privileged.

Course price: 458.00 € per person including:

- Supervision with AEM guide and trainers (between 2 and 4 monitors with the group at all times)
- Meals provided from the evening of day 1 to noon of day 4
- Two nights in tourist accommodation
- Basic equipment and material (backpack, mat, sleeping bag and material used for workshops)
- Repatriation and assistance insurance
- Two nights and three days of course with workshops
- Surprises, wonder and reconnection with nature

1. Medical certificate of no contraindication and acceptance required
2. High mountain biotope (1400-2800 altitude, mountain passes)
3. PDF of registration and payment of a deposit to validate the file