



The Alps are among Europe's most iconic and stunning natural landscapes, known for their rich biodiversity, breathtaking scenery, and deep cultural and historical heritage. However, this unique ecological balance is increasingly threatened by human activities. From hiking trails and ski resorts to roads, tourism, and the effects of climate change, many actions, both big and small, leave lasting footprints on Alpine ecosystems. By learning to observe, reflect, and take meaningful action, youth play an essential role for the protection and preservation of the Alps.

Video Contest

To celebrate the 30th anniversary of ALPARC, all participating organizations are invited to create a short film highlighting the importance of working together for the Alps and to celebrate our shared commitment with protected areas. To enter the Youth at the Top video contest, participants are invited to share the film with ALPARC. A jury will select the three best videos, which will each receive a prize.

To enter the Video Contest EACH ORGANIZER should provide the video produced AFTER THE EVENT and BEFORE August 8th.

Format of the Video

Format	.mp4 landscape format
Size	Maximum 1GB
Duration	Short video max length of 120 sec, longer lengths will be disqualified from the contest
Quality	High definition (HD)
Editing	Check the guide "Filming like professionals – Some filming basics" pg7-8
Theme of the video	"Our footprints in the Alps" and the importance of working together for the Alps celebrating the 30 th anniversary of ALPARC. The video can explore the theme from any perspective. It can have audio or be silent.
Evaluation criteria	The jury will evaluate the following aspects <ul style="list-style-type: none"> - Consistency of the video with the chosen theme - Artistic value - Originality - Creativity - Additional technical features <p>Avoidance of disrupting habitats</p>
Jury	The jury is composed of ALPARC staff and members of the CA

It always helps to get some inspiration 😊

In the end ALPARC will bring together the achievements of the different groups and put together a best of video. The video will be available on the YouTube channel of ALPARC and it will of course be shared with all participants after its finalization.

Possible procedure of the activity

Please note that the format may also be adapted depending on the age of the kids.

● Step 1 0-10 minutes

The organizer explains to the youngsters the suggested theme for the filming: "Imagine you are a ranger / manager / forester responsible for a protected area or park and have the task to produce a short video that aims to raise awareness about our footprints in natural areas and to celebrate the 30th years of the Alpine Network of Protected Areas - ALPARC"

● Step 2 10-20 minutes

The organizer explains to the kids some basic advice about filming and video (see Annex Filming like professionals). If possible, you may also think about showing to the kids some video tutorials

● Step 3 20-50 Minutes

The participants try to shoot "Five Shots" in small groups (We would recommend a maximum of 20 seconds per sequence). The video should include at least:

- Sequence related with the YAT2025 theme
- Sequence featuring a 30 years sign, using environmental friendly, natural elements, such as:
 - Leaf, pebbles, mud
 - Natural light or shadow
 - Human banner
- Sequence with participants chanting the ALPARC motto in local languages:
 - Ensemble pour les Alpes
 - Gemeinsam für die Alpen
 - Insieme per le Alpi
 - Skupaj za Alpe

Also, they can think about filming their video in the "one-shot" method. **Please don't exceed the maximum of 120 seconds for the final video. If it's longer it will be excluded from the contest.**

● Step 5 50-60 Minutes

If you have time, you can now edit directly on your smartphone the video and/or show to the participants the different videos produced.

RECAP

Requirements:

- of max. 120 sec
- HD quality, landscape format
- Video named
- "YAT2025_NamePark_Contest.mp4."
- Make sure you include a title slide at the beginning with the organization name /country,
- Make sure to include the three sequences
- title of video (optional)
- Provide (per each video) excel list with the names of the young people

Icebreaker Activity

To introduce the theme and help young people get to know each other, each participant introduces himself/herself (first and last name, age ...). To guide the exchanges about human impact and the importance of protecting natural environments, you can ask questions like: What do you know about the human footprint? How do people leave footprints in nature? Why is our footprint important for Alpine ecosystems?

Footprints Hunt

The Alps have unique landscapes that attract a variety of human activities, which create different impacts on nature. This activity aims to raise awareness about the visible effects of our footprint on the environment. Participants are given a checklist with items such as trash, cut trees, animal habitats, flowers, and more. They are asked to mark any signs of human impact, whether positive or negative, that they observe. At the end of the activity, the group discusses what they saw, how many signs they found, and how these elements affect nature.



Topics covered: Habitat disturbances, anthropogenic pressure

Check p.5-6 for additional material!

Nature Sound Mapping

Impacts on nature and wildlife are not always visible, but there are other types of disturbances that also form part of our footprint. In a quiet natural spot, the participants gather in small groups and draw a “sound map”. The participants sit for 5 minutes and draw the direction and type of sounds they hear (birdsong, watercourses, wind, traffic, voices). Discuss how even distant roads or loud hikers can scare wildlife and change animal behavior, even though we don't always notice it.



Topics covered: Habitat and wildlife disturbances, noise pollution

Wildlife Disturbance Game

Participants are divided into groups and assigned different roles, simulating wildlife behavior and human presence in a natural area through a simple tag or stealth game. In this activity, some play wild animals while others represent hikers, dogs, or vehicles. The goal is for the animals to avoid human elements, helping participants understand how even quiet human activities can disturb wildlife.

Topics covered: Habitat disturbances, noise pollution, wildlife adaptation, conservation awareness

💡 "What Would You Do?" Roleplay Activity

This interactive roleplay activity invites (older) participants to step into the shoes of various stakeholders involved in mountain regions and Alpine environments. Each group member assumes a specific role - such as a mountain farmer, tourist, ranger, or ski resort manager - and is presented with a fictional but realistic dilemma that requires thoughtful consideration of environmental, economic, and social factors. The goal of the roleplay is to foster an understanding of different perspectives, highlight the complexity of decision-making in environmental contexts, and encourage collaborative problem-solving to find sustainable, balanced solutions.

Topics covered: Sustainable tourism and regional development, Biodiversity and habitat protection, Land use conflicts

💡 Degradation Timeline

Our presence leaves lasting traces in nature; the goal of the degradation timeline activity is to encourage reflection on how long these impacts persist over time. Participants are divided into groups, they observe and document waste in the natural area using photos or sketches, noting the types and locations of the items found. The facilitator(s) of the activity selects five examples identified by the participants and invites them to estimate how long each item takes to decompose. After a group discussion, the facilitator provides accurate information on decomposition times. This leads into small group reflections on the long-term effects of waste on ecosystems, including issues like pollution and harm to wildlife.

Topics covered: Habitat and wildlife disturbances, waste management, pollution



Fruit Waste in Forests:

Leaving fruit waste like apple cores or banana peels in the forest might feel natural, but it can harm the ecosystem:

Banana peel: Takes up to 2 years to decompose in the wild. 

Orange peel: Can take over 6 months to break down, especially in dry or cold climates. 

Why it matters:

- Attracts wildlife to human trails, creating dependency and risk.
- Seeds can introduce invasive species, altering local plant life.
- Not natural to local diets, can cause digestive issues for wildlife.

Best practice: Pack it out. Nature doesn't need our

SUPPLY MATERIAL

Footprints hunt - form

Protected area: _____

Date: _____

Group Members:

1. _____
2. _____
3. _____
4. _____
5. _____

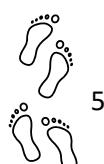
Objective:

Observe and reflect on the visible and invisible “footprints” in natural environments.

Instructions:

As you explore the area, look for different types of “footprints”. Use the following observation table and tick the items you find, if possible, indicate the location, and any impact it produces on nature.

	Type	Location / Impact
<input type="checkbox"/>	Litter (plastic, cans, paper...)	
<input type="checkbox"/>	Fruit peels or food waste	
<input type="checkbox"/>	Trampled plants or grass	
<input type="checkbox"/>	Shortcut or widened trail	
<input type="checkbox"/>	Graffiti or carvings on trees	
<input type="checkbox"/>	Campfire remains or ashes	



Type	Location / Impact
<input type="checkbox"/> Noise (loud voices, music, traffic)	
<input type="checkbox"/> Broken branches / damaged plants	
<input type="checkbox"/> Fallen leaves or natural decay	
<input type="checkbox"/> Animal tracks (paw prints)	
<input type="checkbox"/> Feathers or fur	
<input type="checkbox"/> Nests or burrows	
<input type="checkbox"/> Scat/droppings	
<input type="checkbox"/> Gnawed nuts, seeds, or pinecones	
<input type="checkbox"/> Birdsong or animal sounds	
<input type="checkbox"/> Wind-shaped trees or bent branches	
<input type="checkbox"/> Signs of climate change	
<input type="checkbox"/> Others:	

Filming like professionals – Some filming basics

If I Produce a video:

- I favour the video format 1920 x 1080 (or similar), Full HD or the best quality possible according to the equipment I have.
- With my smartphone, I film in landscape mode and use the highest video quality you can. I double-check my video to make sure that everyone speaking can be easily understood.
- I don't change the orientation from landscape to portrait mode while filming

If I interview someone, I remember to:

- Not to move
- Well protect me from external factors (for instance: wind, rain, torrent noise...) to get the best sound possible
- Put the microphone close to the interviewed person
- Ask the persons not to speak at the same time
- Speak slowly and clearly so that viewers can understand what you're saying, and be sure to enunciate your words
- Be very careful with the background

Tips to make a good video

Stability

- Both hands on the phone, this provides image stability
- Always have your arms close to your body
- And if possible lean somewhere for stability
- Use a tripod

Further

- Always film in landscape format
- Limit the use of the zoom as the quality gets worse
- To film undisturbed, set the phone to flight mode

Tricks for exciting pictures

- Most phones come equipped with the option to enable gridlines on the camera, which help you to frame the shot. The
- most popular framing tool is the “rule of thirds”, so if you enable a 3x3 grid on your camera app, you can line up the subject
- with one of the vertical lines or use the horizontal lines to align the horizon in the desired position.

The rule of thumb five shots

- If you want to tell a story, your images should be shot in such a way that they create a context and clarify the story. With
- the help of the Five-Shots, that is five shots, any scene can be shot in a comprehensible way and then edited well and then
- cut together coherently in almost any order.
- You can memorize them with the five W-questions, that's all it takes. These are questions that cameramen ask themselves
- when they see a situation:
 - WHO? WHO plays the leading role here?
 - WHAT? WHAT is being done here?
 - WHERE? Where are we?
 - HOW? and So HOW is there the relationship between WHO and WHAT?

Perspective

At eye level, Bird's eye view(from above), Frog perspective (from below)

Sound

- If speaking, then close to the cell phone / microphone
- If it's going to be windy, we can recommend you use a microphone
- Avoid sources of noise - Think about the place, try to stay away from noisy places.