

## "Old City Climbs" Project

The project "**Old City Climbs**" is to be inaugurated to create opportunities for integration and expression, using activities designed to contribute mainly to changing some behavior patterns of children and adolescents with low income who live in The Old City.

Our proposal includes the design of the already implemented program, "**I'd Rather Be Climbing**" which will be to provide classes and run exhibitions of Sport Climbing & High Altitude Rescue, directing our attention to the most vulnerable, such as children and adolescents on the street. Our work will be coordinated and implemented in close collaboration with the **Institute of Child and Adolescent of Uruguay, INAU**, which will be in charge of transporting the children to where we are performing activities, evaluating progress and making necessary adjustments required by the Program.

Today **La Muralla** conducts five Social Inclusion Programs similar to the Project "**Old City Climbs**." These programs have allowed us access to vital information and experience, enabling our institution to meet the needs of a significant number of children and adolescents from low-income and troubled realities. We thus have the tools to motivate the children to participate voluntarily in the program and receive the benefits therein.

Sport Climbing is an activity that is stimulating and entertaining and provides continual challenges. Sport Climbing combines gymnastic movements and mental control to create a spectacular and fulfilling activity. Most importantly, this activity demonstrates the hidden potential in every individual, always in the pursuit of values such as **work, freedom, solidarity, respect, honesty, determination and social participation, pride, responsibility for ones actions, integrity, perseverance, trust, comradeship, physical health, self discipline, focus, loyalty and self determination.**

One of the main purposes of the program is to convey to children their incredible value and importance to their country and to all the people in their lives. We wish to convey to them what it means to be a good citizen. This concept is not simply to meet family obligations, to pay taxes and to obey the law. We believe that a good citizen is a person who also engages in community activities with the intention of improving it; one who attempts to protect the underdog; it is a person who has an active attitude toward combating injustice. **A great citizen understands that a Uruguay that is unfair to some, is a Uruguay that is unfair to everyone because they are aware that they are part of a social reality that exceeds their individuality.**

This Program's goal will be to use the art of Sport Climbing as a tool of social inclusion for children and adolescents from The Old City who live or spend hours on the street. It is our goal to build a new plan for community life, demonstrating that there is present there a community that is to be valued and appreciated as individuals. They are to be respected because they deserve to be respected.

Children and adolescents benefiting from the program, "**Ciudad Vieja**," will take classes twice a week, where the objective is technical instruction and learning the language of our sport. In this way they can interact and communicate well with the climbing community of our country and abroad. These climbers are mostly regular members of the YMCA, who are in different socio-cultural, socio-economic and socio-educational situations.

The purpose of the program will be to get kids actively involved in all areas and levels of the activities of the Project. Our aim is to look at and include the opinions, ideas and work of the children, in order to refine, design and build the necessary infrastructure.

A weekend climbing exhibition will be held with community integration organizations and climbers of the various programs developed by **La Muralla** in Uruguay, which

involves, among others, children, youth and adults with disabilities (Down Syndrome, Psychosis, Autism, People with impaired mobility, etc.).

It will include exhibitions of Sport Climbing & High Altitude Rescue by climbers of all programs (see attached virtual representation of these days), including the public concerned (neighbors, relatives, bystanders, tourists, etc.) Information will be made available on activities, places and times, with outreach to those living in Montevideo, the Interior and to tourists who are invited to actively participate in the activities. It should be noted that the climbers themselves, including children and adolescents who have been participating in the project "**Old City Climbs**" will be in charge of receiving the public, instruction and providing of security for all those who are climbing.

Through these large exhibitions and our many other activities, the kids lose their invisibility, as they are the protagonists of the exhibition. The invisibility caused by poverty, physical impairments and all other social impediments are eliminated. The negative attention created through violent behavior, self-destructive expression and acting out also becomes a thing of the past. The dynamics of our operation allows the kids to stop being rejected by their community and to begin to be recognized by it, which we believe is one of the cornerstones of a life of happiness and peace.

Thus, the practice of Sport Climbing functions as an essential tool for the social inclusion of these children in need, generating a sense of belonging and respect for the institution and the neighborhood where they live and the feeling that they are part of the great project of community life . This leads the child to look upon his neighbor, to care for the common good and to work in the community, building a better future where we all have something unique to contribute. Where we once saw a child who felt free to assault and take from his community and who had become a potential threat, unable to care for themselves or the common good, we now see a child who knows they are an integral and vital and productive part of their community. They obtain the desire to take on the care and improvement of their environment.

Sport climbing techniques are a tremendous help in the physical development of the kids. Sport Climbing activities, by their very nature, increase adrenalin and demand constant physical and mental challenge. They create a dynamic that causes the children and young person to want to continually participate voluntarily and to remain in the program without losing their motivation and the high degree of concentration needed to participate.

For the teenager who is in a constant state of physical and psychological changes, this field gives them the opportunity to make a strong commitment to themselves and to others, to focus their energy on finding their unique identity and to acquire the ability to find effective solutions to all obstacles presented. All these factors effectively train the teen to be able to plan and execute a lifetime of success and happiness in family and community life, in relationships and also in career and vocational choices.

### **The Program is Divided Into Two Areas:**

- Sport Climbing Gym

We will build a Training Center (**Centro de Escalada Deportiva**), with the capacity to serve fifty students at the same time. The location must be in a club or institution of The Old City, with easy access for the children.

The Center is an excellent tool for the children who attend the program to learn the skills necessary for this sport. The aim of this gym is, first, to provide the kids a reference to a controlled, secure environment which can be used all year round. And the second would be to ensure that the kids are off the streets an average of four hours daily to attend classes (we recommend a minimum frequency of twice per week).

The Center will have all the necessary infrastructure (climbing walls that mimic climbing areas in the wild with 3,500 handholds and corresponding security systems such as, ropes, harnesses, carabiners, etc.) The students will receive classes in Sport Climbing & Altitude Rescue, to be given from Monday to Friday for a period lasting one hour and

thirty minutes. They will be under the instruction and care of specialist teachers and coaches with experience in Social Inclusion Programs.

We will also supplement this program with other activities designed to help get children off the streets and with a goal of social inclusion.

The purpose of these classes will be to give young people a solid education, which will allow them to work as assistant teachers in classes of younger students and to assist at integration days on weekends. These young people may participate actively in all decisions and activities that help develop and promote **La Muralla** and its many programs in our country or abroad.

It is our goal, through the program dynamics, that the children come out of that passive state where they seek to receive assistance from institutions and begin to have self respect where they value honest work, dedication and commitment to achieve success in every level of their lives.

As to the location, we have selected one of the gyms of the Hebraica Maccabi Association. We believe that their facilities are suitable for installing the infrastructure and to meet the needs of the children. Importantly, we have the willingness of the authorities of the Club to do this project. As a way of giving back to the Club for their support, we will suggest that their members may make use of the facilities of the **La Muralla** Sport Climbing Center.

- Exhibition of Sport Climbing and High Altitude Rescue Techniques

In addition to the Sport Climbing Center to be created with the collaboration of the institutions involved in the project, we will select five areas in The Old City that will allow us to make exhibitions of Sport Climbing

Some of the proposed sites will be remodeled, transforming an abandoned space into an inviting and beautiful place for the community and for tourism, for recreational space and sports. They will become an area which the community can be proud to display and to share. Our aim would be to establish ten stations of different activities which will be handled by experienced and responsible climbers with the help of the children served by the program "**I'd Rather Be Climbing**"

The goal of these exhibitions is to establish a link between the street children of The Old City and our Community Program, creating a moment of inter-cultural, intergenerational and inter-financial interaction, thus showcasing the great diversity that makes up our society. These exhibitions will be held on weekends, free of charge and open to the general public, designed so that even tourists can actively participate, even if they have no previous experience.

We highly value these demonstrations because they are an excellent opportunity for the kids on the street to lose their social invisibility while they play a leading role and become respected and admired by the community.

Also included are pictures and videos of the different exhibits of High Altitude Rescue that **La Muralla** has done in the last 12 years at various buildings in the city. Importantly, these activities are designed so that people with disabilities can participate in them without any problem.

#### Project Financing

The overall project budget is divided into two parts: The first part corresponds to the contributions made by **La Muralla** and the second corresponds to the contributions made **INAU**.

**Note:** The cost of construction materials are current prices in Uruguay and the cost of climbing

equipment are priced from abroad, in each case they are specified. All prices were obtained from companies that are the top leaders in their field, in Uruguay, in Argentina and the United States.

Where appropriate, **INAU** may purchase or obtain through donations the materials and or equipment that correspond to the contributions that we are requesting for the proper performance of this project. The many needed materials and equipment have continued wear and tear and should be replaced annually.

Due to the specifics of the climbing equipment, attached is the data sheet of each, where you can also see photos as well as the prices and descriptions.

The cost of the assembly of the climbing walls in the targeted areas for display outside the gym is not presented in this proposal because we must first be able to have access and to do exploratory drilling at the proposed sites to determine structural integrity. We will then be able to select the most suitable materials for the construction. It should be noted that safety equipment (harnesses, ropes, ATC, etc.) to be used at these walls are the same as purchased for the Sport Climbing Center. Therefore expenses will not be incurred again, the cost of these walls is directly related to escalating costs with building materials and labor required.

For the purpose of generating a sense of ownership and belonging, every child should have a shirt that identifies them as part of the organization **La Muralla** . The cost of these shirts does not appear in the budget because we do not know the final number of children who will participate.

Other costs not included in the budget are the ones incurred in the feeding of the children and teens of the Program who work voluntarily on the construction of the Exhibition Areas and the Climbing Center and those assisting during the Exhibitions throughout the weekend. This contribution will be specified when specific data is obtained on the number of children participating in the project.

• Funding Needed for the Project conducted by La Muralla

The funding needed for the Project is broken down in detail below and comes to a total of \$ 930,000 Uruguayan pesos (not including the cost of the vehicle):

- Three thousand five hundred handholds of polyester resin (artificial stones which are used as support holds and climbing on artificial

- 1,000 security locks (Carbiners, Greegrees, Atcs) of 20 KN (\$ 70 each) ..... \$ 70,000

- Training materials (HD projector, computer, video camera, etc..) and the tools necessary for installation of the walls of the gymnasium and facilities for exhibitions ..... \$ 150,000

- **La Muralla** will be available to the project to move the different materials and equipment needed for classes and exhibits.

- **La Muralla** will not charge for the integrated management of the construction of climbing walls to be installed on the grounds selected for the exhibitions of the weekend.

- Contributions to the Project Undertaken by INAU

The contributions of **INAU** cover three different areas:

- Cost of materials and labor necessary to construct the Climbing Center, an investment that will be made once.

- Cost for climbing equipment. Because these are essential materials which wear out due to continued use, there must be annual contributions for replacement.

- Fees for **La Muralla** .

- Construction materials and labor (input only once)

- Cost of labor to build the Climbing Center (estimate 30 days of work with a staff of 10 employees), also includes the refurbishment and installation of fixed anchors in different areas of The Old City, which are necessary for high altitude rescue displays. .... \$ 350,000

- 200 15 mm phenolic 122 x 244 (c / u \$ 500) ..... \$ 100,000

• 1000 wood 2 x 3 inch x 244 feet long (each \$ 72) .....	\$ 72,000
• 2,000 concrete anchors 14 cm long and 3 / 8 (c / u \$ 25) .....	\$ 50,000
• 010,000 T-nuts (\$ 5 each) .....	\$ 50,000
• 40,000 2.5-inch black screws (\$ 250 per 500 units) .....	\$ 28,000
• 35 gallons of paint Cuadracril Renner (in gallons \$ 613) .....	\$ 22,000
• 3,500 Allen Bolts 3 / 8 and 2.5 inches (\$ 8 each) .....	\$ 21,000
• 4,000 4-inch lag screws and 3 / 8 (\$ 5 each) .....	\$ 20,000
• 800 washers 5 cm in diameter (\$ 20 each) .....	\$ 16,000
• 4,000 10-mm Fischer tacos (\$ 1 each) .....	\$ 4,000
Total .....	\$ 733,000
• Climbing Equipment (paid annually)	
• 100 pairs of shoes to climb. (\$ 1,800 each) .....	\$ 180,000
• 1,500 meters of climbing rope (cost per \$ 120) .....	\$ 180,000
• 100 Harness, ALPINE BOD, Brand of Black Diamond (c / u \$ 1400) .....	\$ 140,000
• 200 Black Diamond Carabiners mark (each \$ 500) .....	\$ 100,000
• 100 quickdraws, Black Diamond of different lengths (each \$ 600) .....	\$ 60,000
• 10 GRI GRI, brand Petzel (c / u \$ 3480) .....	\$ 34,800
• 20 Black Diamond ATC mark (each \$ 500) .....	\$ 10,000
• 4 lifts brand Black Diamond (c / u \$ 2,000) .....	\$ 8,000
• tandem pulley mark 4 Petzel (\$ 2,000 each) .....	\$ 8,000
• 3 Shunt, Petzel mark (\$ 2,460 each) .....	\$ 7,380
• 1 STOP (\$ 4,000 each) .....	\$ 4,000
Total .....	\$ 732,180

• Fees for La Muralla (monthly contributions)

Fees for **La Muralla** come to **\$ 295,000** (Uruguayan pesos) per month and include performing

the following tasks:

- Design and Build the Sport Climbing Center at facilities **INAU** considers appropriate. **La Muralla** is responsible for providing the architect who will be in charge of the work.
- It is the responsibility of **La Muralla** to pay the fees and social security contributions of workers who build the Sport Climbing Center, as well as the corresponding salaries for the teachers, coaches and other employees needed for the programs (staffed by 15 employees).
- Teach four weekly classes at the Sport Climbing Center, lasting one hour and thirty minutes per lesson, in which will attend to 25 students per class.
- Maintaining the Climbing Center and any necessary restorations.
- Condition and install and maintain permanent anchors in selected areas for high altitude rescue displays .
- Organize and build the infrastructure needed each weekend for displays of Sport Climbing and High Altitude Rescue, serving the public interested in participating in the activities and supervising the volunteers involved. This activity will last three hours and includes attention to 300.
- Vehicle maintenance will be available to the program.

**This proposal and the budget involved, is subject to change depending on the**

**expectations and needs of the institutions involved in the project.**