



MAEWAN AN INNOVATIVE RESEARCH-ACTION PARTNERSHIP





AN EXTREM JOURNEY BETWEEN MOUNTAINS AND OCEANS

7 YEARS OF EXPLORATION, 66 000 KM TRAVELLED, MORE THAN 100 WORLD CLASS ATHLETES

Relying on the values and dream carried in our **DNA, outdoor sports**, for the **preparation** of our **future**, Maewan is reaching out for the impossible.

The Maewan sailboat left Brittany in 2015 to discover **unexplored regions**. First and foremost, Maewan is an **international network** of athletes, filmmakers, socio-educational and environmental actors who rely on an **exceptional sports adventure** and the **mix** of a crew and their exceptional experiences **to act** around one issue: **How to live better together with limited resources?**

Nowadays, we are no longer allowed to only dream. We are the **solution** to a necessary **change**. We need to **unite** in our commitment, using our professional skills and our **innovative and rare structure** to **contribute to scientific progress**. **global awareness** is the leading **tool** contributing to the assurance of wellbeing of our future generation and our planet.

OUR PROGRAM

OVER 35 OUTDOOR SPORTS EXPEDITIONS, A SOUND SOCIAL-EDUCATION PROGRAM, AND A POWERFUL ENVIRONMENTAL



SPORTS EXPEDITION

World-class athletes and adventurers explore the **wildest, most remote** areas of the planet to achieve their goals in a dozen outdoor sports: rock climbing, ice climbing, mountaineering, extreme skiing, BASE jump, highline, paragliding, kite-surfing, surfing, free diving...



EDUCATION

With a full crew of **world-class athletes as guides**, we channel everyone's skills towards a common goal, analyze the risks, **breakdown the impossible to make it accessible**, and offer to more than 3,500 **young people living in socially-isolated situations**, the opportunity to **create their own professional project**.



ENVIRONNEMENT

Through the eyes of talented athletes aware of the current rapid changes to their natural playground, we rally together for **3 major actions with key stakeholders** (environmental, educational, public, and private) to affect **sustainable change** in an effort to reduce the impact of our lifestyle on the planet.

In the face of current challenges, individual or collective commitment can not be an end in of itself. It must be meaningful to become responsible drivers of actions and grasp new opportunities without fears. For Maewan team (more than a dozen people) fully involved in administration, communications, logistics, and operations, it is about living our adult roles to guide, protect and transmit. Thus, like a family, we are deeply engaged to accompany everyone on their path with continuous improvement as a goal.

AT THE HELM



Marion Courtois

A Naturopath, with a psychology degree and, a **master's in public health and development**, Marion has worked on relief programs in **Central America**, the **Sahara**, and in the **Middle East**. For 12 years, she progressively enriched her competencies in the **management of situations of crisis, geopolitics and advocacy strategy**. She goes on board Maewan with one main ambition: To **contribute** in the creation of a **respective future for people and the planet**. She takes on responsibilities as the **association's president** after having developed Maewan's engagement strategy of solidarity. This new challenge is worthy of her incredible talent and **impeccable ethics**.



Erwan Le Lann

High-mountain guide and skipper, Erwan has travelled the world wearing crampons on his feet and holding ice axes in his hands, counting over **20 expeditions** under his belt. For 12 years he **carried out** the Petzl RocTrip, an **international rock-climbing event** held all over the world, including **Europe, the USA, Mexico, China, and Argentina**.

In 2015, He decided to set off on this 7-year adventure, **taking the lead of the expedition** with a crew of world-class athletes. Erwan is succinct to the point, and he always does what he says. Erwan has a vision, a long-term vision.

Erwan was named **activist of the year in 2017** by Communication Without Borders.



Daphné Iatropoulos

Taking advantage of her academic background to explore Geography in her own way, Daphné graduated in 2017, after having studied in France, **North America, the Caribbean, and South Africa**, and obtaining a **research master's degree in Geography and development**. For her, Maewan represents the chance to focus on environmental and educational values, to put her skills in **project management, action research and environmental awareness** into action. Curious and dynamic, she sees in **Maewan** a rare opportunity for a **research laboratory**, staying consistent with her own **values** as well as her **environmental and humanitarian ambitions**.



MAEWAN, IT ALL STARTS WITH A SAILBOAT

A NOMADIC RESEARCH LABORATORY TO BETTER LIVE TOGETHER

Maewan IV is a sturdy aluminium sailboat built to withstand the most extreme weather conditions, and fully re-equipped to venture to the most remote corners of the planet. This small **37-foot** boat (10,87m x 3,82m) comfortably accommodates **6 people** aboard, stores enough gear and food for all our adventures for up to 5 months. It serves as our protection from the elements, our shelter, our Means of transport, our safety net, and our base camp for adventure.

Aboard the sailboat, a **mini earth**, with limited resources to share among the crew, Maewan is a **genuine medical, social and environmental laboratory**.



HOW WE CAN BUILD OUR FUTURE?

MAEWAN, COMMITTING TO INNOVATIVE MEDICAL RESEARCH

-> One ambition:

Using an innovative “mini earth” to investigate today’s medical mysteries and to contribute towards building the knowledge to help guide the future towards a better world.

-> The Maewan research potential:

- 7 years of extreme expedition (six months per year for the two co-leaders: Marion Courtois and Erwan Le Lann).
- Over 100 world-class athletes, staying on board for an average period of six weeks.
- A unique laboratory to collect humans clinical data in the most extreme climatic conditions and unexplored areas on our planet: Hot / Cold / Humid / Dry.
- A closed environment established by the boat in which all the environmental parameters can be overcome and analysed: water, nutrition, temperature, atmosphere...
- Over 3 500 young people receiving the Maewan educational and environmental program.

HOW WE CAN BUILD OUR FUTURE?

RESEARCH NEEDS ACTIONS AND THE ACTIONS NEED TO BE THOUGHT THROUGH

-> 3 mains fields of application:

CLINICAL RESEARCH



(Neurology, Immunology, Haematology, Infectious and chronic diseases ...)

Through the research project “**Improve your way**”, **Vincy Mobility** investigated the evolution of the sleep-wake rhythm and core body temperature (Tc) in a sailor, during a **155d polar sailing** trip between Greenland and Russia.

The results were that many circadian disruptions appeared as free-running rhythms or dissociation between sleep and Tc rhythm! Being **the first to investigate** circadian desynchronizations in a sailor in this kind of environment, we need to go further! Future studies will evaluate effects of these disruptions and **their probable association with accident risks**. **These results could also be applicable in all professionals environments where psychosocial risks are increasing.**

HEALTH & ENVIRONNEMENT RESEARCH



(Eco-toxicology, eco-epidemiology, socio-psychology, environmental medicine...)

Maewan IV, trisalu, **11,3 m long**, nothing can be ingested, felt, used without controlled! Everyone in the **exactly same life conditions**. This confined space, constantly moving, with a high concentration of human presence in a small place, is a **representation of a small earth**. All lifetime habits need to be questioned and everything needs to be thought through. That is the **dream laboratory for analysing the environmental impact on human's health and the impact of humans on environment health!** Water, temperature, air pollution, food consumption, comfort, proximity... all these physical, chemical and biological factors can be used to analyze **the causes of various pathologies in oncology, pulmonology or reproductive health...**

PUBLIC HEALTH RESEARCH



(Preventive medicine, behaviour health, community health, public health 2.0...)

Think about the impact of highly publicized athletes on the **mental and physical health of young people around the world ! The new generation** follows more and more exemples of **ambassadors**. The outdoor athletes could be a catalyst of values, fighting issues such as **obesity as well as social exclusion and personal development**. The expedition is a perfect research laboratory to use the **impact of sports for Maewan's benefitting children, the communities health, and it's followers health**



CONTACTS

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