



## **INFOPACK FOR PARTICIPANTS**

**International Training Course  
« Everyday Ecology : Small Steps to Create Change »**

**28<sup>th</sup> September - 9<sup>th</sup> October 2016  
Aurel, France**



*« Be the change you wish to see in the world. »*

**– Gandhi -**

**Dear Participants !**

We are looking forward to meet you at our « Everyday Ecology » training course, organized by Détours d'Ailleurs and powered by the Erasmus + program.

It will take place from the 28<sup>th</sup> of september to the 9<sup>th</sup> of october 2016.

The training will gather 24 participants coming from France, Spain, Lettonia, Czech Republic, Italia, Greece and Romania.

To give you an idea of the whole process of the project, we have prepared this Infopack for you.

In this pack, you will find the informations you need about the project, especially logistic issues, to help you to prepare the training course and your arrival in France. Please read it carefully. If you still have some questions, don't hesitate to contact us.

## **Summary of the project**

The theme of this training course is willingly vast, as we will discuss various aspects of everyday life through an ecological point of view (food, waste treatment, energy, technologies, transports, citizens' projects around environmental issues, etc.), trying to understand which alternative solutions we can develop in our daily life and at our own level to reduce our ecological footprint.

Our main objective will be to raise participants' awareness about the necessity to turn to a healthier and more respectful lifestyle towards our environment and ourselves.

We also want to share theoretical and technical knowleges and competences with the participants in order to enable them to also create workshops, animations, training courses in their own professional or personal networks, as a part of Erasmus+ or other european programs for example.

Moreover, we would like to create situations which encourage debate about the vast theme of ecology : through these moments of discussion and exchange, we want to make the participants realise that living in an ecological way doesn't necessarily mean giving up our « confort ».

As part the program of this training course, practical and theoretical workshops about several different thematics are planned : waste, « Do It Yourself », food and agriculture, energies... The theoretical workshops will help the participants to understand the environmental issues underlying each of these big themes ; the practical workshops (upcycle and re-purpose reclaimed materials, make homemade and natural cosmetic and household products, simulation exercise at the supermarket, a day « Challenge The Nature ! », picking and cooking wild edible plants...) will emphasise the theoretical part with real hand-on tools which can be used easily to reduce our everyday ecological footprint.

To complete the training course, we will visit a collective of artists/organic vegetable producers who are engaged in the protection of environment, who have opened an alternative and solidary space which includes a small grocery, a performance hall, an educational garden, etc.

Moreover, the participants will be asked to create, throughout the training course and in small groups, an awareness-raising short movie about a topic previously chosen and deepened by the theoretical contributions we will discuss during the training course. After that, this movie will help us to promote the actions of our organization, of the Erasmus+ program and of our european partner organizations. The participants may also share it in their professional and personal networks.

We will try to reach our main objectives :

- To acquire real hand-on tools which can be used everyday and by everyone
- Think about the sense of ecology and our rôle as european citizens
- Get the participants to know more about the Erasmus + program and how they can use it to create other projects
- Think these objectives at the european scale, to raise awareness about global environmental problematics

## Activity Schedule

28/09/16	
All day long	Official Welcoming
Evening	Dinner altogether
29/09/16	
AM	« Let's Meet ! »
PM	« Team-Building Time ! » and project introduction
Evening	Cultural Evening : A taste of France !
30/09/16	
AM	Explanation of our transversal activity : Make an awareness-raising short movie in groups
PM	Creative Workshops : Upcycle and re-purpose reclaimed materials.
Evening	Cultural Evening : A taste of Spain !
01/10/16	
AM	Introduction to biodiversity issues, workshop presented by Antonio Bellomo from our partner organization GreenRope
PM	Walk in the Nature : picking and cooking wild edible plants
Evening	Wild Plant Evening : A taste of Nature !

<b>02/10/16</b>	
<b>AM</b>	Introduction and workshops about « food » issues, presented by Antonio Bellomo (GreenRope)
<b>PM</b>	Choice of Activities : to go hiking, swimming in the river, visiting a historical site...
<b>Evening</b>	Cultural Evening : A taste of Czech Republic !
<b>03/10/16</b>	
<b>AM</b>	Visit an ecosite near-by : a local concrete initiative !
<b>PM</b>	Debate and workshops about autonomy, self-sufficiency, responsible farming
<b>Evening</b>	Cultural Evening : A taste of Italy !
<b>04/10/16</b>	
<b>All day long</b>	« Challenge the Nature ! » : Spend a whole day without electricity and modern technologies including building, cooking, workshops and meals !
<b>05/10/16</b>	
<b>AM</b>	Time to work on the short movies
<b>PM</b>	Practical workshop : make homemade and natural cosmetic and household products
<b>Evening</b>	Cultural Evening : A taste of Latvia !
<b>06/10/16</b>	
<b>AM</b>	Theoretical basis about waste issues : workshops and debate
<b>PM</b>	Workshops about waste reduction
<b>Evening</b>	Cultural Evening : A taste of Greece !
<b>07/10/16</b>	
<b>AM</b>	Time to continue and finish the short movies
<b>PM</b>	Presentation of the short movies at Barsac's Elementary School and debate
<b>Evening</b>	Cultural Evening : A taste of Romania !
<b>08/10/16</b>	
<b>AM</b>	Youthpass Time
<b>PM</b>	Final Evaluation
<b>Evening</b>	Farewell Party
<b>09/10/16</b>	
<b>All day long</b>	Departures

## Accommodation

We will stay in the eco-cottage "Colombia" in the charming village of Aurel (26340) in the department Drôme, near Crest.

The lodge has got 12 beds organized in 4 person rooms (bunk beds with bathroom including shower, toilets and sink). 6 persons will sleep in a dome, ecological construction with a glass roof, to spend the night the head in the stars !

We will also have a professional fully equipped kitchen, a 60m<sup>2</sup> working room including a stage, and a kiosk where we will have our meals and where we can also chill-out and relax !

The location is surrounded by nature, a river where we can swim runs along the property where, all year long, several associations are working on cultural projects open to all.

However, the location is in the middle of the countryside, around 20 minutes away from the next supermarket ! Consequently, you will not be able to go there everyday, keep it in mind while you pack your luggage !

The daily tasks will be carried out by the participants : cleaning, tidying up, washing-up and cooking, every task will be done by groups of 4 or 5 people, changing every day.

## How to come ?

Whichever airport you arrive (Paris, Lyon, or maybe Marseille), you will have to get to the city of **VALENCE** by train. The train station is called VALENCE GARE TGV. To book a ticket or have a look on the schedules, you can go on the website <http://www.voyages-sncf.com/>

Then, you have two solutions :

- You take another train to **CREST** train station where we will come and pick you up.
- You move from VALENCE GARE TGV to the main bus station (VALENCE GARE ROUTIERE). To do this, there is a bus called **Intercitea (Romans/Valence)** which goes every hour. The journey lasts around 20 or 30 minutes and costs 1,20 euro.
- From there you can catch a bus to **VERCHENY (line 28)** where we will pick you up. The schedules can be seen on this link : <http://www.keolis-drome-ardeche.fr/drome/ligne-28>

If you need more informations, you can contact the tourism office of Valence : +334 [75 44 90 40](tel:+33475449040).

## What to prepare ?

Each country group will have to organize a **cultural evening**, where you will have to :

- **present some elements of your culture**, in any way you want (sketch, songs, presentation, game...), and somehow linked with the topic of this Training Course. You can use

powerpoint or any other visual medium for your presentation, you are totally free ! You may also read some documents and take interest in issues about ecology in your country and in Europe.

- Action / organization really active on this question. You're not compelled to do that but it would surely enrich the exchanges!
- **cook a full traditional meal for the evening including starter, main course, dessert.** The meal has to be a **simple** one because you will have around **2 hours to cook it**. Please send us a well detailed list of ingredients (for 22 people), so we can buy them in advance. If you need any special ingredient, you can bring it with you and we can reimburse you up to 40euros.

## What to bring ?

- comfortable clothes and shoes
- walking shoes
- a personal water bottle for hydration during workshops
- medicine that you usually take
- hygienic kit and towel set
- travel and health insurance (we suggest European Health Insurance Card)
- **invoices and travel tickets**
- **for the cultural evenings** : traditional food/any special ingredient we won't be able to find, drinks, music, costumes, posters... or anything about your country you think that could be interesting to present to the whole group.

## Reimbursement

All your principal costs during the training are taken in charge by the Erasmus + program (food, accommodation, activities, training, etc.). About the travel cost from your home to our place, Erasmus+ program is taking a part of the cost. It works with a flat rate. You can do a simulation on this website: [http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm)

Here below the table will help you to see the maximum amounts you will be reimbursed.

**If you use less than the rate, we will reimburse the exact amount of your travel cost.**

You have to find the fond to buy your plane tickets because the reimbursement will be done a month or two after the end of the activities.

***Taxis will not be reimbursed.***

Country	Number of Participants	Distance Band	Maximum Reimbursement
Greece	3	2000 - 2999 km	275.00 €
Czech Republic	3	500-1999 km	275.00 €
Latvia	3	500-1999 km	275.00 €
Romania	3	500-1999 km	275.00 €
Italy	3	500-1999 km	275.00 €
France	2	0-99 km	0.00 €
France	1	500-1999 km	275.00 €
France	2	100 – 499 km	180.00 €
Spain	3	500-1999 km	275.00 €

**We need your travel documents (boarding pass, tickets, invoices) to be able to reimburse you, so MAKE SURE YOU KEEP ALL YOUR TICKET RECEIPTS !**

### **IF YOU WANT TO STAY LONGER**

Early arrivals or late departures will be the own responsibility of the participants.

According to French NA the arrival and travel back must be realized by participants within maximum of 2 days. In case of longer stays or indirect travel (holiday travel, etc) there is no chance of reimbursement.

Also, if you want to stay one or two days longer, before or after the training course, we will not be able to host you at the training courses' location. So, you will have to find a place to stay at your own.

If you have difficulties with it, contact us, we will help you.

Also, all your cost during these two days will be yours to pay.

### **Contact information**

Détours d'Ailleurs

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<https://www.facebook.com/detoursdailleurs/?fref=ts>

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