



Erasmus+



## **INFOPACK FOR PARTICIPANTS**

**International Training Course  
«Let's Play for Social Inclusion!»**

**5<sup>th</sup> - 16<sup>th</sup> September 2017  
Luc en Diois, France**



**“Create inclusion - with simple mindfulness that others might  
have a different reality from your own.”  
Patti Digh**

## Dear future participants!

We are looking forward to meet you at «**Let's Play for Social Inclusion!**» training course, organized by Détours d'Ailleurs and funded by the Erasmus+ program.

It will take place from 5<sup>th</sup> to 16<sup>th</sup> of September 2017 in Luc en Diois, gathering 21 participants coming from France, Spain, Italy, Poland, Czech Republic, Cyprus and Estonia.

Don't forget to fill in the [application form](#) before 30<sup>th</sup> of June.

## Description of the project

The main objectives of this training are:

- Improve the competences of the participants and exchange good practices in animation and in management of audiences with special needs or fewer opportunities.
- Discover and promote playful and participative animation practices.
- Practice “living together”.
- Raise awareness among the participants about Erasmus+ program and the ways they can use it to implement their own projects.

The program includes: theoretical and practical workshops about managing audiences with special needs; workshops about clowning and Theatre of the Oppressed; creation of activities for raising awareness about disability, exchange of experiences, etc.

Regarding the food, we have chosen to buy as much as possible from the local producers (dairy products, meat, vegetables and fruits, eggs, cheese, bread, etc.), and to consume as much as possible organic and seasonal products.

## Accommodation

We will stay in the “Pavillon Jeune”, in Luc en Diois. You can check its exact location [here](#).

There is a small shop 500m away from the venue. There is NO WIFI available.

The venue is suitable for wheelchairs.



**SERVICE&CARE:** 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.

**WEATHER:** The weather is gonna be nice, but it will get COLD in the evenings, and expect some rain, so pack accordingly!! You can check the forecast [here](#).

## Travel reimbursement

The costs related to the training course are covered by the Erasmus + program (food, accommodation, activities, training, etc.). Nevertheless, you will need to cover your personal expenses.

## MAXIMUM REIMBURSEMENT PER COUNTRY

Estonia: **360€**. Spain, Italy, Poland, Czech Republic, Cyprus: **275€**

**If your tickets are cheaper than the maximum stated above, you will ONLY be reimbursed the exact amount of your travel cost.**

You need to have the money to buy your tickets and then, a month or two after the end of the training course, we will send you the reimbursement via bank transfer.

You can write Drôme where you will be asked to while filling the application.

**Only public transport and second class tickets will be reimbursed, taxis will **not** be reimbursed.**

In order to be reimbursed you need to be able to attend the entire training course, from 5<sup>th</sup> afternoon till 16<sup>th</sup> morning.

**To make sure your trip will be reimbursed, send us the itinerary before booking it!!**

You will need to buy your tickets and send them to us before the 30<sup>th</sup> July.

We need your travel documents (boarding passes, tickets, invoices) to be able to reimburse you, so **MAKE SURE YOU KEEP ALL YOUR TICKET RECEIPTS** and you bring them printed with you!

## How to get to the venue

We encourage you to use the most eco-friendly means of transport possible!

If you are not that far, and you want to reduce the impact of your trip, you can always find a solution without using the plane. If you need to take the plane, you can offset the CO<sup>2</sup> emissions (for example through <https://www.atmosfair.de/en/home>).

Deadline to book your tickets (after we approve the itinerary): **Sunday 30<sup>th</sup> July.**

## Coming to FRANCE

By train: <https://www.raileurope.com/en/index.html>

By bus: <https://www.busradar.com/>, <https://www.flixbus.com/>, <http://www.ouigo.com/>

By plane: <https://www.kiwi.com/>, <https://www.skyscanner.com/>

The nearest big airports are Lyon and Marseille, there is also Nîmes airport, with international connections.

Book your tickets for the morning/early afternoon of the 5<sup>th</sup> and for the late morning/afternoon of the 16<sup>th</sup>, to be on time on the venue (it takes several hours to get there from the airport), because you need to be present in the entire program, you can't arrive later or leave earlier! On the 16<sup>th</sup>, you can leave from Luc en Diois early in the morning.

## Moving in FRANCE

You will have to get to the city of **VALENCE** by train or bus. The train station is called VALENCE VILLE. To book a train ticket, you can use this [website](#). For bus, you can check [here](#).

**If you are under 26, don't forget to check the discounts you have both in trains and buses.**

From Valence Ville, you will need to take a train to Luc en Diois. The journey lasts about 1h30 and there are around 4 trains a day. The price of the ticket is around 15-20€. The venue is less than 15 minutes walk from the train station.

## What to prepare

You will need to buy your tickets and send them to us before Sunday 30<sup>th</sup> July.

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

- 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 **before 15<sup>th</sup> August** a well detailed **list of ingredients with quantities** (for 21 people), so we can buy them in advance. If you need any special ingredient that we can't find in France, you can bring it with you and we can reimburse you up to 40€ per team (if you bring the ticket/invoice with you, no alcohol will be reimbursed).
- **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! Bring everything you need in an usb stick since **there won't be wifi available in the venue.**

## What to bring

- **comfortable** clothes and shoes (bring something that can get **dirty**).
- waterproof clothes and jacket or clothes for **cold**, in the evenings it can easily get to 1-3°C
- walking shoes
- a personal water **bottle** for hydration during workshops
- a **notebook** (or something to write in) and a **pen** (by using the supplies you have at home, we will avoid producing more waste than needed)
- hygienic kit and **towel** set
- travel and health insurance (we suggest European Health Insurance Card)
- **invoices** and travel tickets
- **bank information** (bank account, BIC/SWIFT code, IBAN, address of the bank, etc.)
- **blindfold** or something to cover your eyes (scarf for example)
- **flashlight**
- medicines that you usually take
- swimming suit (optional)
- for the cultural evenings: traditional food/any special ingredient we won't be able to find (and the tickets/invoices for the food that you bought for the cultural evening, up to 40€ reimbursed per team, excluding alcohol), drinks, music, costumes, posters... or anything about your country you think that could be interesting to present to the whole group (remember to bring things you need in an usb since there is no wifi in the venue)
- games, music instruments, or books you want to share with the other participants
- anything else you can't do without
- good mood, positive energy and motivation!!

## IF YOU WANT TO STAY LONGER

Early arrivals or late departures will be the own responsibility of the participants (you need to pay the accommodation, food, transport, etc.

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 there is no chance of reimbursement.