



INFOPACK

Training Course « Stand Together for Tolerance » In France, 16.06.15(arrival) to 26.06.15(departure)

The place of the TC:

This TC will take place in an holiday cottage in Montbrun-Bocage (31310 -

<https://www.google.fr/maps/place/Montbrun-Bocage/@43.1179015,1.256612,13z/data=!3m1!4b1!4m2!3m1!1s0x12af2a4ade4727a7:0x169ec8a6ce44153>) near Toulouse.

You can see here the accommodation: <http://www.moulindebouydou.org/en/>

How to come:

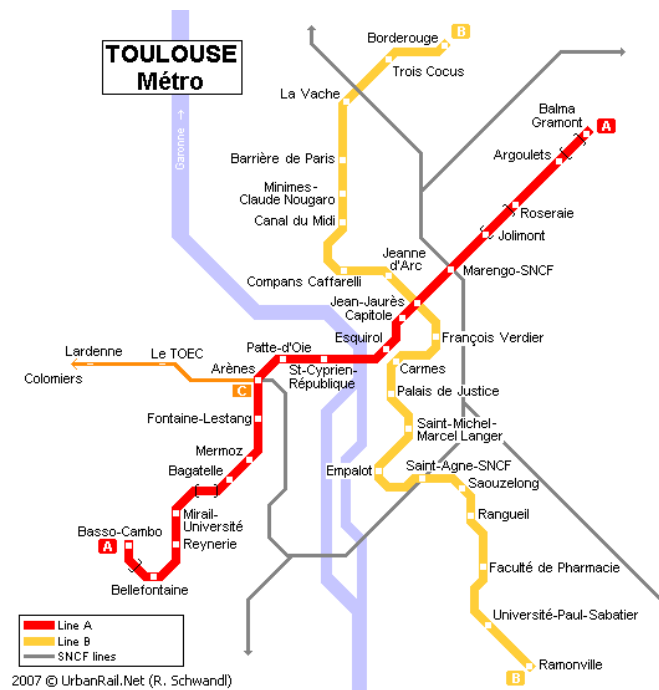
If you come by plane, the closer airport is **Toulouse Airport** (also name Blagnac).

When you arrived in the airport, you have to look for a bus stop on the big parking place, where you can take the bus **66** in direction of **Toulouse-Saint-Cyprien -République**.(around 20 minutes journey)

There is also a bus shuttle, which goes to the center of the town, but it is expensive while the bus **66** is a city bus, so the ticket costs only 1.60euro and you can take the subway with the same ticket afterwards.

You have to get down the bus at **Saint Cyprien-République** (it's the last station, easy 😊) where you will find a subway station of the same name.

You go down the subway station, and take the **métro A** (the red line) in direction of **Balma-Gramont**. (around 10 minutes journey)



You have to get down the subway at **Marengo-sncf** (*sncf* is the acronym for our national train firm).

There you'll have to take the **bus 59** (in the bus station, just near the train station), in direction of **Montesquieu-Volvestre** and get down at Montesquieu-Volvestre (*around 1h30 journey*).

Don't forget to buy your bus ticket and ask for a receive.

At Montesquieu, someone will be there waiting for you.

There is two buses in the day:

- **One leaving Toulouse at 12:50**
- **One leaving Toulouse at 17:15**

If your plane/train arrived after the last bus, you can take a train (in the same train station) to reach **Carbonne** (don't forget to get down the train at Carbonne city), someone will get you at the train station on this schedule:

- **The train leaving Toulouse at 20:40.**

Don't forget to take a receipt when you buy a transport ticket (there is no price on the subway/bus tickets) and to keep them all.

PLANNING OF ACTIVITIES:

	16/06	17/06	18/06	19/06	20/06	21/06	22/06	23/06	24/06	25/06	26/06
Morning	Arrival	Presentation game / organization of the TC	Introduction and game of the theatre of the oppressed	Following of the activity of theatre of the oppressed	Handi-sport day : discovery and practice	Free day: possibility to go to the local market	Role game about migrant journey	Working on stereotypes about prison	Day about gender discrimination : screening of a short movie	Presentation of the scene of forum theatre in front of kids	Last evaluation and shared words
Noon		Lunch (introduction of the tasks groups)	Lunch	Lunch	Lunch	picnic	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon	Discovery of the place and the other participants	Introduction on the subject of the TC	Construction of scene for the forum theatre	Presentation in front of the other of the scene	Handi-sport day : discovery and practice	Following of the free day	Discussion and debate about minorities in each countries	Meeting with an organization who fight for the right of the prisoners	Moving debate and discussion about gender issues.	Evaluation game and session	departure
Evening	Dinner all together and ice breaking games	Convivial evening with cooperative s games	French evening	Polish evening	Portuguese evening	Music festival	Estonian evening	Czech evening	Lithuanian evening	Last evening party !	

What to bring:

In order to prepare your special cultural meal, you have to bring **special ingredients** that we won't be able to find here. We'll pay you back these ingredients in the limit of 40 euros. For the other ingredients you'll need but that I can find here, you should send me a list by email as soon as you know what your group will prepare.

The place where the Training Course will take place is a beautiful one, but you have to be aware that the accommodation is rustic, that we are quite far from big shops, there is no WIFI, and also that, even if I'll pray a lot against this, it can always be rainy here so... be sure to bring **good shoes to walk in the mud, appropriate clothes to practice physical activities and manual work, clothes against the rain**, and enough clothes to change in case you're wet, but also summer clothes because when it does not rain it's usually quite hot ! We have enough sleeping bags and bedcovers here, but if you have a good sleeping bag that you like and enough place to bring it, it's fine.

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 if possible somehow linked with the topic of this TC, and **cook the meal for the evening** (every meals will be prepared by ourselves, groups of 4 or 5 people changing every day). The meal has to be a **simple** one because you will have around **2 hours to cook it**.

You may also read some documents and take interest in:

- issues about integration in your country and in Europe.
- Law to fight discrimination in your country
- Action / organization really active on this questions

You're not compelled to do that but it would surely enrich the exchanges!

IF YOU WANT TO STAY LONGER:

If you arrived one or two day before (on the 14th or the 15th) or if you go back one or two day after (on the 27th or the 28th), you will have to find a place to stay. You can go to Toulouse to visit the city or in another place. To find a place to stay you can use the website: <https://www.couchsurfing.org/>. People will be welcoming you on their place. There is also a youth hostel in Toulouse:

<http://www.lapetiteaubergedesaintsernin.com/?lang=en>

The night is around 20€.

If you have difficulties to find a place, you can contact us; we will help you with it.

COST OF THE TRAINING COURSE:

All your principal cost during the training is 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

For the participants coming from the **Czech Republic, Poland and Portugal: it's 275€**

For the participants coming from **Estonia, Lithuania it's 360€.**

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

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

MAKE SURE YOU KEEP ALL THE TICKETS FROM YOUR TRAVEL.

YOUTHPASS:

After the training, every participant will receive a youthpass, It's a European recognition tool for non-formal and informal learning in youth work.

<https://www.youthpass.eu/en/youthpass/>

I really hope I didn't forget anything important! If so I'll contact you again. If you have questions or if there is anything I should know about you, you can always contact me (we are Adèle and Nico):

solafrika@yahoo.fr or +33 6 82 91 76 55.

See you soon ;-)