

There you'll have to take a train, in direction of *Montréjeau* ; *Saint-Gaudens* or *Tarbes-Lourdes*, in order to reach the station of **Cazères-sur-Garonne**.(around 40 minutes journey).

When you will buy your ticket (at a counter or a machine) be aware that you can have 25% discount if you're less than 26.

In France you always have to validate your train tickets in the (usually) small yellow machines before going up the train.

Don't forget to get down at the Cazères station ☺ (usually around the fifth station on the line but it depends on the train of course).

There is train living Toulouse at:

- 14:41

- 17:38

- 20:40 (the last train!)

At those time, there will be someone waiting for you to bring you in the right place!

When you know at what time you'll arrive at the station, please inform us that we can organized ourself to pick you up.

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.

If you have any questions on your travel don't hesitate to send me an email on this address: solafrika@yahoo.fr

PLANNING OF ACTIVITIES:

| | 28/09 | 29/09 | 30/09 | 01/10 | 02/10 | 03/10 | 04/10 | 05/10 | 06/10 | 07/10 | 08/10 | 09/10 |
|------------------|---|---|---|---|--|---|---|--|---|--|---|---|
| Morning | Arrival | Presentatio n game / organizatio n of the TC | Introductio n and game around clown activism | Following of the activity of clown activism | Role game about intercultur alism | Free day: possibility to go to the local market | Introductio n and game of the theatre of the oppressed | Following of the activity of theatre of the oppressed | Introductio n on the subject of advertising in our societies | Starting the creation of a campaign against adds | Presentatio n of the different activities of the TC in front of youth | Last evaluation and shared words |
| Noon | | Lunch (introductio n of the tasks groups) | Lunch | Lunch | Lunch | picnic | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| Afternoon | Discovery of the place and the other participant s | Introductio n on the subject of the TC | Understan d the interest of the clown activism | Presentatio n in front of the other of small exercises of clowns. | Discussion and debate on the notion of “Culture” | Following of the free day | Constructi on of scene for the forum theatre | Presentatio n in front of the other of the scene | How to use art to change the meaning of an image | Following of the campaign against adds | Evaluation game and session | departure |
| Evening | Dinner all together and ice breaking games | French evening | Romanian evening | Cypriot evening | Bulgarian evening | Evening in a restaurant | Free evening | Czech evening | Italian evening | Estonian evening | Last evening party ! | |

What does the place look like:



You can see more of it on our website: http://www.solafrika.com/echangeur_ve.html or facebook: <https://www.facebook.com/sol.afrika.96> or on this document about the place : <https://www.dropbox.com/home/B%C3%A9deille?preview=General+infos-partners.pdf>

The place where the TC will take place is an old farm that our organization rents and works on to improve it. There is a large, pretty and functional outside kitchen, protected from the rain.

There are dormitories rooms in the old house and dormitories in the big Mongolian tent in the garden. There is a bathroom in the house and shower cabins with hot water in the big tents area. All of our toilets are dry toilets, which we promote for ecological reasons. It's rustic, but very nice and functional, and many others have discovered it, adapted well and enjoyed it 😊 This place allows us countless possibilities for workshops, parties...

The everyday life will be managed by the all group. You will be in small group of tasks and will have everyday a task to do (cooking, cleaning, washing up, etc.) for the all group.

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 by country. 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. You should also bring your own towel.

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:

- Alternative way of thinking, acting and communicating in your country,
- School system and educational politics in Europe.

- What are the main problems in our society today (according to you).

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 or if you go back one or two day after, 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€. Be aware that you should make a reservation before.

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 taking 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, Italy and Bulgaria: it's 275€**

For the participants coming from **Estonia, Romania and Cyprus it's 360€.**

If you use less than the rate, I will reimbursed 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.

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, Joe and Nora):

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

See you soon ;-)