

**INFOPACK**  
**Training course**  
**«*B'LowSsom Your Future*»**

**In France, 28.04.20 (arrival) to 09.05.20 (departure)**



***Working language : English***

***Participating countries : Denmark, Spain, Hungary, Greece, Czech Republic, Macedonia, Italia, France.***

***Organizer NGO : Solafrika***

***Age of participants : from 18yrs to 115yrs  
(possible exemption for 17 year olds)***

***Number of participants : About 25***

***Project theme : Tomorrow's world, Blossoming, Ecological and civic transitions, Discovery of manual and human jobs***

## How to come to the Training Course:

You will have to come to **Toulouse**, which is the closest city to us. And then come to **Cazères sur Garonne** where we will pick you up with the vans to go to **Solafrika\***.

\* You will know more about the exact place on the next pages ;-)

### How to come to Toulouse:

#### ➡ **By bus or train:**

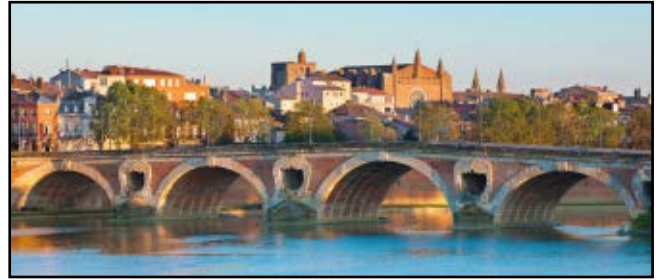
You can easily come by bus or train, which is usually not so expensive. These links can help you:

<https://www.busradar.com/>

<http://www.comparabus.com/en/>

<https://uk.voyages-sncf.com/en/#/>  
(the french national train)

<https://www.trainline.eu>



#### ➡ **By carpooling:**

You can find some cars to share here:

<https://www.blablacar.co.uk/>

#### ➡ **By plane:**

If you come by plane, the closest airport is "Toulouse-Blagnac Airport".

### Next step: Toulouse center

To catch your next train to Cazères sur Garonne, you will have to go to **the main train station of Toulouse called Toulouse-Matabiau or Marengo-SNCF**.

#### ➡ **From the airport:**

Look for the tram stop on the big parking place. Take **the tram T2 in direction of Palais de Justice. Get off at Arènes** (about 20 min journey).

Here, take the red line metro (ligne A) **in direction of Balma-Gramont**. Get off at **Marengo-SNCF** (about 15min journey).

If you want to see a map of the public transport in Toulouse you can look here:

<http://www.tisseo.fr/en/home>

There is also a bus shuttle which goes to the center of the town (but not at Toulouse-Matabiau train station), but it is expensive while the tram/metro is only 1.70euros.

## How to come to Cazères:

### ➡ **By train:**

Take a train **in direction of Montréjeau, Saint-Gaudens or Tarbes-Lourdes**. --> Check that Cazères sur Garonne is among the stops just in case...

Also be aware that :

- when you buy your ticket (at a counter or a machine) you can get a 25% discount if you are younger than 26 yrs or student.

- you have to validate your ticket in a small yellow machine before going in the train.

And don't forget to **get off at the Cazères sur Garonne !** (usually around the 9th station on the line but it depends on the train)



### **And to Bedeille-Solafrika... :**



### ➡ **By minivan:**

Once in Cazères, there will be someone waiting for you for the last step of your journey : a minivan ride to Solafrika's place ! ;-)

-> We will give you 2 different hours (according to the arrivals of the trains) at which we will come pick you up at the station and you will tell us which one you choose so that we can organise us with the minivans...

**Ask for an invoice/receipt for each of your travel tickets and keep them all carefully for us !!!**

**That's how we will be able to reimburse you !**

## What the place looks like:

This TC will take place in our farm at Bedeille. It is a place that we still renovate with Youth as part of Youth Workcamps that we organise all year long. It is rustic, but many others have discovered it, adapted well and enjoyed it.

This place allows us countless possibilities for workshops, activities, parties.



At the foot of the Pyrenees...



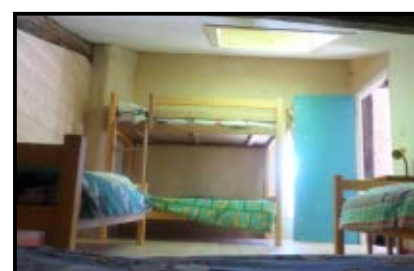
Outdoor common areas where to live, eat, work, rest, meet, sunbathe...



Indoor common areas where to live, cook, work, rest, have fun... and in case of rain !



Compost toilets



Shared bedrooms in the house and beds in two caravans

You can see more of our activities on our Facebook:  
<https://www.facebook.com/solafrika09/>



## Specificities

### ➡ The place:

Bedeille is 20 minutes away from big shops, so please prepare your cigarets and sweets before ;-)

### ➡ About our values:

Things that are important for us : Respect of Life, Equality for all, Sovereignty, Dignity, Justice, Solidarity, Everyday life cooperation, Interculturality, Sharing, Education for all and throughout life, Informal and Non-formal Education, Critical thinking, Creativity.

And more concretely, here are some things that we chose to do at Solafrika :

- All of our toilets are compost toilets. It is so cool and easy, you will see ;-)
- All our waters are treated by phyto-purification. Please, bring eco-friendly toiletries. 😊

- Food is local, seasonal and organic as long as we can!
- We favor vegetarian meals, yummy!

- The daily life will be managed by you. You will cook in teams for dinner, clean the place, the dishes, you will empty the dry toilets etc... What better dream to get to know each others and learn than doing all of this together?! =D

- There is no WIFI here, only internet on computers if you really need it.

### ➡ Intercultural Evenings:

Each country team will have the opportunity to share its culture during two intercultural evenings provided for this purpose:

- **An intercultural buffet:** Make way for food! Bring typical food from your country! The kitchen will be yours if you need/want to cook something **short and easy**. We will pay you back the cost of ingredients **to the limit of 40 euros by country**.

- **An intercultural cabaret :** You can already think to something fun and typical...! Also short cause we are 8 countries on that project... And don't worry, you will have plenty of other informal times to share things about your country!

### ➡ European Health Insurance:

It's your own duty to have a [European health insurance](#) and a [civil liability](#). Finger crossed you won't need it, but in case be sure to have it before coming here.

### **If you want to stay longer:**

If you arrive one or two days before or if you go back one or two days after, you will have to find another place to stay. Toulouse, Bordeaux, Montpellier are nice cities around here. The French Pyrenees are beautiful. You will find things to do, make sure about it ! ;D

To find a place to stay you can use the website: <https://www.couchsurfing.org/>.

People will be welcoming you at their place.

There is also a youth hostel in Toulouse:

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

The night is around 20euros: book your place before coming.

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

### **Cost of the Training:**

During the TC food, accommodation and training are paid by the Erasmus+ program.

Erasmus+ also pay a part of the travel cost from your home to the place of the TC. It works with a flat rate:

**For the participants coming from Denmark, Greece, Czech Republic, Macedonia, Spain, Italy and Hungary : it is 275€ per person.**

**For the French people it is 20€ (between 10 and 99km of journey) per person.**

If you use less than the rate, we will reimburse you the exact amount of your travel costs. If you exceed, you will have to pay the difference. We always do our best to reimburse you within 3 to 4 months after the training. 6 months after will be our very maximum.

**MAKE SURE YOU KEEP ALL THE TICKETS FROM YOUR TRAVEL.**

(if you don't we won't be able to reimburse you)

### **FACEBOOK GROUP:**

In order to communicate before and after the training course we created a facebook group, please join it to follow all the news step by step!

<https://www.facebook.com/groups/2553023751686303/>



### **YOUTHPASS:**

After the training, every participant will receive a Youthpass. It is a European recognition tool for non-formal and informal learning.

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



### **Our contact:**

We really hope we didn't forget anything important! If so we will contact you again.

Also, if you have any question or if there is anything we should know about you, you can always contact us, we are Ophélie, Laurent, Maëva and Marylou.

See you soon !

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