

**INFOPACK**  
**Training course**  
**«*Dance Your Ability*»**

**In France, 12.11.19 (arrival) to 22.11.19 (departure)**



***Working language : English***

***Participating countries : Czech Republic, Greece, Romania, Slovenia, Macedonia, Estonia, Poland and France.***

***Organizer NGO : Solafrika***

***Age of participants : from 18yrs to 115yrs***

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

**Project theme :** Dance movement therapy as an inclusive and practical tool. How to express ourselves to share, increase our self confidence, discover and know each other to feel being a part of the social society.

## How to come to the place of the TC:

You will need to come to **TOULOUSE**, which is the closest city to us.  
Then come to **Pamiers**:

### 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 the Toulouse Airport-Blagnac. When you arrive at the airport, you have to look for the tram stop on the big parking place, where you can take the T2 in direction of Palais de Justice (about 20 minutes journey).

You have to get off at Arènes where you will find a subway station of the same name.

There is also a bus shuttle, which goes to the center of the town, but it is expensive while the tram is only 1.70euros, and you can take the subway with the same ticket afterwards.

### The place of the TC:

This TC will take place in an old farm rent by our organization in the south-west of France, near Toulouse.  
The exact adress is:

Barane,  
09290 Gabre FRANCE

You can see on this link where it is:  
[http://osm.org/go/xVGwah\\_Bg--](http://osm.org/go/xVGwah_Bg--)

## How to come to Pamiers:

You have to take a train from Toulouse "Matabiau" to Pamiers.

To go to the train station in Toulouse there is a subway that stops at the train station (line A: the red line). The station is called *Marengo-sncf* (SNCF is the acronym for our national train firm).

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

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

There you'll have to take a train, in direction of "Foix", "La Tour de Carol" in order to reach the station of **Pamiers**.(about 40 minutes journey).

When you buy your ticket (at a counter or a machine) be aware that you can get a 25% discount if you're younger than 26 yrs or student.

In France you always have to validate your train tickets in the small yellow machines before going on the train.

Don't forget to get off at Pamiers' station (usually around the tenth station). 😊

There is a train leaving Toulouse at:

- **16:19** and arrive at 17:18 in Pamiers

- **17:48** and arrive at 18:49 in Pamiers

- **20:49 (the last train!)** and arrive at 21:47 in Pamiers

**Once in Pamiers, there will be someone waiting for you to take you to the place where we'll be staying!**

When you know what time you'll arrive at the station, please inform us so that we can organise ourselves 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 don't hesitate to send us an email: [solafrika@yahoo.fr](mailto:solafrika@yahoo.fr)



## What the place looks like:



You can see more details of the place on:  
<http://www.barane.fr/gite-de-groupe/>

## The training course:

This training course aims to gather two types of participants: Youth workers, and youth with disabilities. As we will use dance movement therapy during ten days as a tool to include everyone in the society, we will start building our own inclusive society during this stay.

For the organization accompanying youth with disabilities know that it is planned in the project's budget some money for special cares or special accompanying person. If you need it please contact us as soon as possible to organize it well.

We want every participant to be well prepared for this experience. The "dance movement therapy" method can be emotionally really strong. Living ten days with 25 people as well. We will ask the organization who comes with disabled participants to take it into account.

To have a good quality project let's communicate as much as we can. In order to prepare a good quality training as well.

### The project's schedule will go as the following:

Tuesday 12th of November: Arrival of the participants, welcoming at the place.

Wednesday 13th: Presentation of the people, the place, the project, the topic.

Thursday 14th: Starting dancing. Meeting with our bodies.

Afternoon: rest for the youth and youth workers work on inclusion topic

Friday 15th: Dancing workshop, working on a groupal choreography.

Saturday 16th: Dancing workshop working of empathy kineasthetic.

Afternoon: rest for the youth and youth workers work on empathy theory.

Sunday 17th: Free day, proposal of a local market and a walk in the nature

Monday 18th: Dancing workshop with Laban practice.

Afternoon rest for the youth and the youth workers work on Laban theory.

Tuesday 19th: Creation of a collective performance, and rehearsing.

Evening: presentation to the local people.

Wednesday 20th: Ending the dancing workshop.

Thursday 21st: Evaluation of the all training course with non formal tools.

Friday 22nd: Leaving day.

# Specificities

## ➔ The place:

The TC will take place in holiday cottage that rent the organization. It is in the middle of the country side, surrounded by a farm of cow and veggie growers. With a beautiful view on beautiful landscape. It is a really relaxing place where there is a pretty and good dancing room. A working room, a dining room, a big kitchen to prepare the cultural meals. There is a beautiful garden and a big terrasse where we can also spend good time together.

For ecological and ethic reasons, we promote vegetarian meals and use less meat than usual. We are also used to adapt our meal to every specific diets.

You have to be aware that we are 20 minutes away from big shops, so please prepare your cigarettes and sweets before. And also that there is no WIFI (but internet on computers).



## ➔ The organization

The **daily life** is a tool to meet each other by doing together. It will be managed by the all group. The participants will be in charge of cooking (sometimes), cleaning, tidying, emptying the dry toilets, cleaning the dishes etc.

The **cultural evening**: each country will have the opportunity to show their culture in a cultural evening. We will take three evenings during the training to share some aspect of our culture. Before your arrival please prepare some small typical food from your country to share with the others (we will be about 25 people), something that doesn't need to be cooked.

Also prepare a small presentation of your country, a dance, the history through a theater play, a quiz... Just think that we are 2 to 3 countries per evening to show our cultures so no more than an hour presentation. And please no powerpoint or Youtube video.



## ➔ What to bring / prepare:

In order to prepare your cultural meal, you should bring whatever special ingredients we cannot find here. We'll pay you back the cost of ingredients to the limit of 40 euros by country.

You should bring your own towel and toilet bag. Please bring organic soap, as we want to save the nature around.

Don't forget your sun glasses but also warm clothes cause even if it's usually sunny it's quite cold at this moment of the year. Don't forget your comfortable clothes to dance!

Last thing but not least, you should know that 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 (that's the maximum allowed by our national agency), you will have to find another 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 at 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 this.

### ➡ **Cost of the Training course:**

All your main costs during the TC are taken in charge by the Erasmus + program (food, accommodation, workshops, etc.). Erasmus+ program also takes in charge a part of the travel cost from your home to our place. It works with a flat rate:

For the participants coming from Greece, Czech Republic, Macedonia, Slovenia and Poland: it's 275€ per person.

For the Romanian, and the Estonians : it's 360€ per person.

For French people it is 180€ per person.

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

You have to pay for your transport tickets in advance because the reimbursement will be done more or less six months after the end of the activity.

**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.

[Facebook group](#)



### ➡ **YOUTHPASS:**

After the exchange, every participant will receive a youthpass, It's 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'll contact you again. If you have questions or if there is anything we should know about you, you can always contact us (we are Ophélie, Laurent and Maëva)

See you soon



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