

INFOPACK

Youth Exchange « Express Out Loud »

In France, 22.08.17(arrival) to 01.09.17(departure)

How to come to the place of the TC:

You need to come to **TOULOUSE**, which is the closest city around, and then to **CAZERES sur GARONNE**:

How to come to Toulouse:

➡ By bus or train:

You can easily come by bus or train, which is usually not so much expensive. Those 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.captaintrain.com/en>

➡ By carpooling:

You can find some cars to share here:

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

➡ By plane:

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 tram stop on the big parking place, where you can take the T2 in direction of Palais de Justice (around 20 minutes journey).

You have to get down 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 1.60euro and you can take the subway with the same ticket afterwards.)

The place of the TC:

This YE will take place in an old farm owned by our organization in the south-west of France, near Toulouse.

The exact address is:

Solafrika,

soumet d'en haut

09230 Bèdeille FRANCE

You can see on this link where it is:

http://osm.org/go/xVGwah_Bg--

How to come to Cazères:

You have to take a train from Toulouse to Cazères. To go to the train station in Toulouse there is a subway that stop 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 go there:

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

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).

Their is train living Toulouse at:

- 15:30

- 17:41

- 20:30 (the last train!)






At those time, their 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 peek you up.

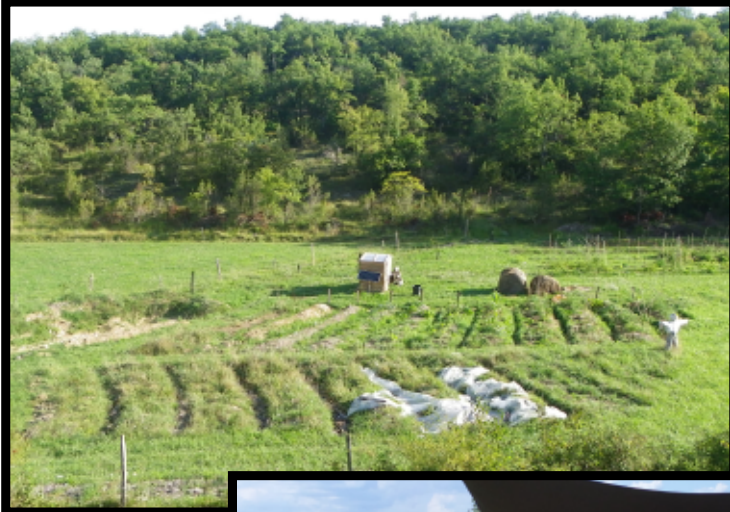
Don't forget to take a receipt when you buy a transport ticket (there is no price on the subway/bus tickets) and to keep them all.

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:

	Tuesday 22th	Wednesday 23th	Thursday 24th	Friday 25th	Saturday 26th	Sunday 27th
	Arriving day	Get to know each other, the place, People, Rules etc.	Clown activism + Discovering different ways of street activism	Get ready to act in St Girons market. Preparing the differents activities, actions and logistic.	St girons action 	Free day Hikking Yoga Cultural events Sport market
Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 31th	Friday 1rst		
Goguette Changing famous Songs + Discovering different ways of street activism	Prepar your activism for Toulouse's action. Creation of activities, scenery etc.	 Toulouse action	Personal and collective assessment of the training	Leaving day	  	

What does the place look like:



You can see more of it on our website: www.solafrika.com
or on facebook: www.facebook.com/sol.afrika.96

Specificities

➡ The place:

The place where the TC will take place is an old farm that our organization owns and works on to improve it. There is a large, pretty and functional kitchen, on the commun area.

There are dormitories rooms in the 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, activities, parties...



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, and also that there is no WIFI (but internet on computers).

➡ The organization

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

The **cultural evening**: each country group will have one evening to present some aspects of its country. Each group will **prepare the main dish of the dinner** (for 25/27 people) and the animation of the evening. The dish has to be a simple one because you will have around 2 hours to cook it. The idea is to present its country in any way you want (dance, music, presentation, etc.) and linked with the topic of the training course. It can be a really small presentation or just a discussion.



➡ What to bring / prepare:

In order to prepare your 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.

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.

➡ 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, Macedonia and Hungary: it's 170€

For the participants coming from Estonia 270€.

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/>

Our contact:

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 us (we are

Nico and Maëva)

See you soon 😊

Solafrika,
soumet d'en haut
09230 Bédeille FRANCE
solafrika@yahoo.fr
0033682917655

