

INFOPACK
Training course
«_Grow Your Possibilities»

In France, 20.08.19 (arrival) to 30.08.19 (departure)



Working language : English

Participating countries : Spain, Greece, Romania, Czech Republic, Macedonia, Turkey, France.

Organizer NGO : Solafrika

Age of participants : from 18yrs to 115yrs

Number of participants : About 25

Project theme : Team work, Collaboration between youth workers and youngsters facing difficulties, Co-creation of activities to get closer to the needs and wishes of the youngsters, Reduce inequalities and Gain social cohesion !

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 **Cazères sur Garonne**:

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 owned by our organization in the south-west of France, near Toulouse.
The exact adress is:

Solafrika,
soumet d'en haut
09230 Bédeille 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 "Matabiau" to Cazères sur Garonne. 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 Montréjeau ; Saint-Gaudens or Tarbes-Lourdes, in order to reach the station of Cazères-sur-Garonne.(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 the Cazères sur Garonne station (usually around the ninth station on the line but it depends on the train).

There is a train leaving Toulouse at:

- **16:07** and arrive at 16:51 in Cazères
- **17:41** and arrive at 18:25 in Cazères
- **20:30 (the last train!)** and arrive at 21:07 in Cazères

Once in Cazères, 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

What the place looks like:



You can see more of our activities on our website:
<http://solafrika.com/>

Specificities

➔ The place:

The YE will take place in an old farm that our organization owns and works on to rebuild with youth with fewer opportunities. There is a large, pretty and functional kitchen on the communal area.

There are shared bedrooms in the house and beds in two caravans. There is a bathroom in the house with hot water showers. All of our toilets are compost toilets, which we promote for ecological reasons. It's rustic, but very nice and functional. For ecological and ethic reasons, we promote vegetarian meals and use less meat than usual.

Many others have discovered it, adapted well and enjoyed it. This place allows us countless possibilities for workshops, activities, parties...

You have to be aware that we are 20 minutes away from big shops, so please prepare your cigarets 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 charged of cooking (not all the time), 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 one evening 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 quizz... Just think that we are 7 countries to show our cultures so no more than 15 minutes presentation.



➔ 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 our water traitment is done by plants purification.

Don't forget your sun cream and other summer clothes, but know that the night can always be cold.

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, 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 Youth Exchange:**

All your main costs during the YE 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 and Spain : it's 275€ per person.

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

For the Turkish people each participant have 60€ more for their VISA.

For French people it is 180€ per person.

If you use less than the rate, we will reimbursed 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



Solafrika,
soumet d'en haut
09230 Bédeille FRANCE
solafrika@yahoo.fr
0033782849897