

INFOPACK
European Youth Exchange
« *Coop'Action* »

In France, 20.06.18 (arrival) **to 30.06.18** (departure)



Working language: English

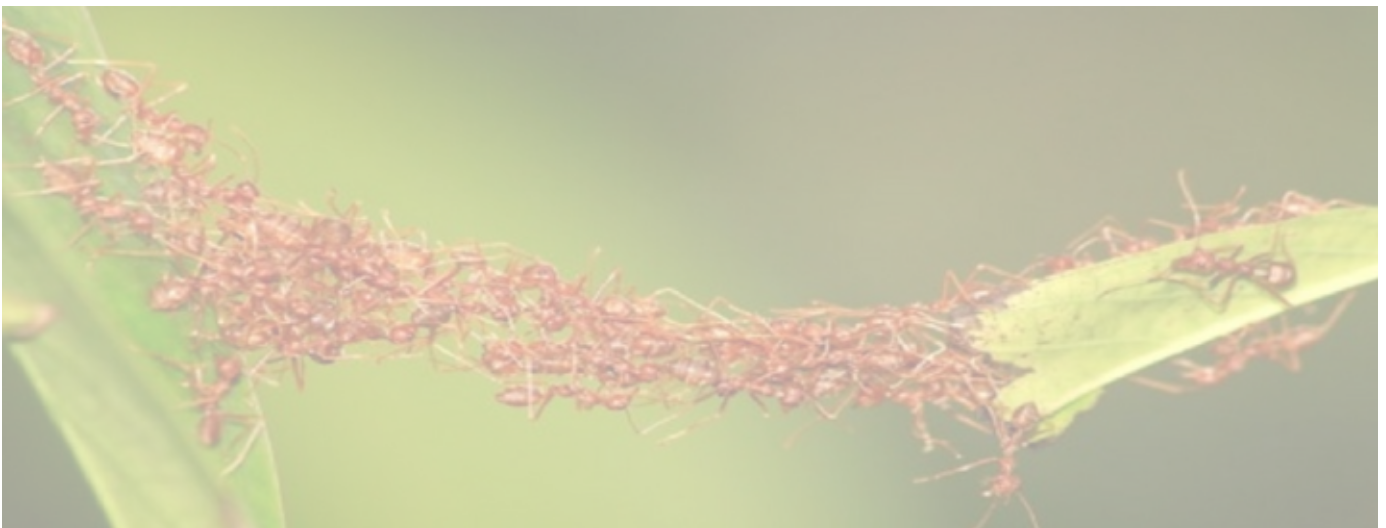
Participating countries: Czech Republic, Romania, Poland, France

Organizer NGO: Solafrika

Age of participants: 18-30 yrs

Participants per country: 5 (4 participants + 1 group leader)

Project theme: Team building, cooperation, collective activity to increase group power, decision making.



How to come to the place of the YE:

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 1.60euros, and you can take the subway with the same ticket afterwards.

The place of the YE:

This YE 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:

- 15:30

- 17:41

- 20:30 (the last train!)

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



Coop'Action
-living together and team building-



Erasmus+

Collective Yoga practice



Collective decisions



Working, playing, learning together

Cooperation

Hiking being self reliant

The main objective is to experience and try out living in cooperation during ten days. We will all participate to create the group dynamic through practical activities.

Producing cheese



Learning how to do you bread



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 improve. 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 dry toilets, which we promote for ecological reasons. It's rustic, but very nice and functional. 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** will be managed by all the group. In the beginning of the youth exchange we will take some time to organize the collective life all together taking into account cooking, cleaning, washing up.

The **cultural evening**: each country group will have one evening shared with an other country team to present some aspects of it in any way you want (dance, theater, music, presentation, game...). Each group will **prepare a taste of a tipycal dish for the dinner** (for 20 people) and the activities for the evening. The dinner has to be a simple one that you don't need to cook (ex: salade, raw veggies etc). You can bring some tipycal food from your home country to share for this evening (ex: cheese, olives, salted meat...).



➔ 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 50 euros by country. For the other ingredients you'll need, that we can find here, you should **send me a list by email** as soon as you know what your group will prepare.

As you can see on the schedule we will do two days of hiking being self reliant. **Be sure to have good shoes to walk in the mud, waterproof clothes** and enough clothes to change in case you're wet. You will also need a sleeping bag for the outdoor night. Take a swimming suit as well, we might go to a lake!

You should also bring your own towel.

We will ask you to propose a collective activity in order to raise group power (energizers, icebreakers etc.). It can be many things: games, theatre, manual activity, sport activity etc.

Please let me know before you come what kind of activity you will carry out and if you need some specific material to carry on your workshop.

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 exchange are taken in charge by the Erasmus + program (food, accommodation, activities, 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 the Czech republic, Poland: it's 275€ per person.

For the participants coming from Romania it's 360€ per person.

If you use less than the rate, I 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 two months after the end of the activity.

MAKE SURE YOU KEEP ALL THE TICKETS FROM YOUR TRAVEL.

➡ **FACEBOOK GROUP:**

In order to create a facebook group we would need you to send us your facebook name to add you to the group asap.



➡ **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:

I really hope we 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 Emilie, Ophélie and Maëva)

See you soon



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09230 Bédeille FRANCE
solafrika@yahoo.fr
0033782849897

