

INFOPACK

European Youth Exchange « Mix'Abilities »

In France, **20.06.17** (arrival) to **30.06.17** (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 **GAILLAC**:

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.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 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 YE:

This YE will take place in an holiday cottage rented by our organization for the occasion. The place is located in the south-west of France, near Toulouse.

The exact address is:

Atout Piol

Piol,

81600 **CADALEN FRANCE**

You can see on this link where it is:

HERE

How to come to Gaillac:

You have to take a train from Toulouse to Gaillac. 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 Albi ; Rodez, in order to reach the station of Gaillac. (around 45 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 (the price is between 8 and 10€).

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 Gaillac station 😊 (usually around the ninth station on the line but it depends on the train of course).

There is train living Toulouse at:

- **14:12**

- **17:37**

- **21:15 (the last train!)**

At those time, there will be someone waiting for you to bring you in the right place!

You can take another train and have sometime to see gaillac, and be peek up at the next arrival time.

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

What does the place look like:



You can see more of it on the website of the place "les hangars de piol":
<http://www.atoutpiol.fr/>
or on facebook: here

Specificities

➔ The place:

The place where the YE will take place was a farm rebuild in a holiday cottage 6 years ago. There is a large, pretty and functional kitchen, next to a common room big enough to eat all together.

There are 3 dormitories rooms in another house just next to the first one. There is also a nice garden!

The place where the Youth Exchange will take place is a beautiful one, but you have to be aware that the accommodation is simple, that we are quite far from big shops, and also that there is WIFI but if we use it all at the same time, the connexion will be limited.



➔ 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 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.). 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 Youth Exchange:

All your principal cost during the exchange is taking in charge by the Erasmus + program (food, accommodation, activities, etc.). About the travel cost from your home to our place, Erasmus+ program is taking in charge a part of the cost. It works with a flat rate.

For the participants coming from the Czech Republic, Spain and Slovenia: it's 170€ each.

For the participants coming from Estonia it's 270€ each.

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 transport tickets because the reimbursement will be done more or less two months after the end of the activities.

MAKE SURE YOU KEEP ALL THE TICKETS FROM YOUR TRAVEL.

➡ 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 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 Adèleand Maëva)

See you soon 😊

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

