

INFOPACK

ANOTHER BRICK

IMPROVING COLLECTIVE LIFE

Training course
20th June - 2nd July 2026
Bèdeille, 09230 FRANCE



Solafrika
SOLIDARITÉ • ACTION • FORMATION



Funded by
the European Union

★ Working language : English

★ Participant countries : Germany, Italy, Portugal, Hungary, Lithuania, Georgia, Armenia, Jordan, Morocco and France

★ Organizing NGO : Solafrika

★ Age of participants : 18+

★ Number of participants : 27

★ Project topic : decision-making, dynamic governance, conflict solving



THE AIMS

This new E+ training course will be focusing on decision-making, dynamic governance and facilitation with emphasis on conflict solving within a group/collective.

The program

- sharing and learning games that help to improve facilitation skills
- visiting local organizations
- learning decision-making tools
- conflict solving tools
- self-governance → implementing learned tools into practice
- improving meeting and reunion preparation (role distribution)

Our methodology

- create a temporary community helping each other to learn in an inclusive and fun way
- Participative methods
- Learning by doing
- Involvement in the community life and taking care of the place (with daily tasks)
- Non-formal education tools

These methods aim to develop critical thinking, sense of analysis and the capacity to share our opinion with others.

Our values

Respect of life, Equality for all, Dignity, Solidarity, Everyday life cooperation, Interculturality, Sharing good practices, Education for all and throughout life, Inspire with action to help our mind focus on a desirable future, Critical thinking, Creativity, Ecology

In practice

- Local, seasonal and organic food (as much as we can)
- **Vegetarian** meals (educational and ecological reasons)
- The participants will have to do **collective tasks** such as cooking, cleaning, washing dishes, etc...



The venue place

Our place is in a small village, called Bédeille in the southwest of France. This place is an old farm that we slowly rebuilt to be able to host our projects.

Our place is really far in the **countryside** (20 min driving from the nearest city with shops)! It's located one hour in the south of Toulouse near to the Pyrenees mountains.

There will be a few (but not many) opportunities to visit a nearby city.



The main building



The main building has 4 bedrooms (4-6 beds), a big kitchen with dining area, and a sanitary corner (2 showers, 1 dry toilet). There is also a big activity room.



The cottage

The cottage has 2 bedrooms with two beds, a small kitchen and a shower. Please note that the cottage is reserved for trainers and people with sleeping difficulties.



Our toilets

There is only **dry toilets**! Dry toilets don't use any water (meaning we save from 6 to 12 liters of water every single flush!), but instead wood dust, which is compostable. Therefore, we promote them for ecological reasons. But no worries, it's not so much different than the one you are used to!





As you can see, our place is rustic, but with great charm and functionality. We have available Wi-Fi, a washing machine, computers if needed and the vast outdoors, that help us recharge and reconnect.

How to come to the project

You will have to come to "**Toulouse**", which is the closest city to us (Barcelona is not too far either). And then come to "**Cazères-sur-Garonne**" where we will pick you up with the vans for the final 20-min drive to the venue place.

To Toulouse:



You can easily come by bus or train, which is usually not so expensive.

These links can help you:

- [Deutche Bahn](#) (to find suitable train route in Europe - not to buy tickets)
- [Trainline](#) (to buy your tickets)
- [Busbud](#)

When you buy your ticket (at a counter or a machine) you can get a **25% discount** if you are **younger than 26**, or you are a student (possible online discount)



You can find some cars to share here:
Blablacar

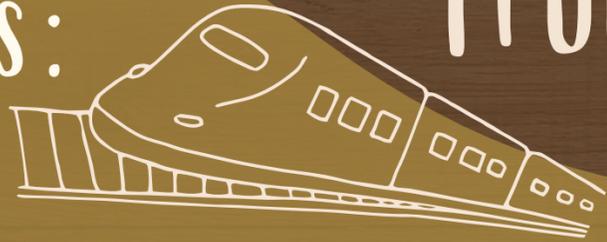
From the airport

If you come by plane, the closest airport is "**Toulouse-Blagnac Airport**".

Look at the info on the airport website. The name of the train station is "**Marengo-SNCF**". If you want to see a map of the **public transport** in Toulouse, you can look at [Tisseo](#).

From Toulouse to Cazères sur Garonne

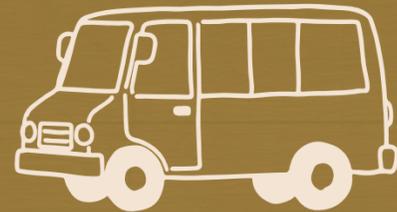
To Cazères :



Take a train from Toulouse Matabiau in the direction of "**Montréjeau**", "Boussens", "Pau" or "Luchon"

→ Check that **Cazères-sur-Garonne** is among the stops just in case.

To Bédeille / Solafrika :



Once in "**Cazères-sur-Garonne**", there will be our team **picking you up** for the last step of your journey : a minivan ride.

Please pay attention!

- You should **arrive to Toulouse** on the **20th of June at 16:00 the latest**
- You should take the **train from Toulouse to Cazères-sur-Garonne at 17:00**. There won't be any other time to pick you up!

The **departure** will be on the **2nd of July** in the morning. **The departure from Toulouse should be no earlier than 10 AM !**

Contact us before buying your tickets!

Travel reimbursement

We really want to promote **green travel (travelling by land only)**. We think it makes sense with our ecological values. Of course, some countries are closer, so it's more doable, and it's in these cases that we want to work together to help the participants to use this green travel.

There is a **flat rate to reimburse** participants of their transport according to the number of kilometers. In the case where people use **only green travels, there is a 50€ extra** to cover additional costs (a night in a hostel and a meal). Over 1500 km, the participants are strongly

encouraged to use a combination of different modes of transport to make their travel more sustainable (e.g. taking only one plane per travel in combination with train/bus).

Please note that seat reservations, first class train /plane tickets, extra luggage and any travel without invoice/receipt will not be reimbursed!

Travel distance	Green travel	Non-green travel
100-499 km	285 €	211 €
500-1999 km	417 €	309 €
2000-2999 km	535 €	395 €
3000-3999 km	785 €	580 €

[Link to distance calculator](#)

About the reimbursement:

Participants have to buy the tickets, and we will then reimburse them (if this is not possible, please contact us). We always do our best to make the **reimbursement within 2 to 3 months after the training**. 6 months after will be our very maximum.

We will **reimburse the exact amount of the travel costs** if the costs are less than the rate. If it is exceeded, the participant will have to pay the difference. We can reimburse participants directly or the partner organization (we can discuss this together before the project with each partner).

PARTICIPANTS HAVE TO KEEP ALL THE TICKETS FROM THE TRAVEL.

(if not we won't be able to make the reimbursement)

Ask for an invoice/receipt for each of your travel tickets and keep them all carefully for us !!!

Keep also your boarding passes!

We need to see the place of departure, place or arrival, the time and your name.

Be careful with Ryanair app, they delete the boarding pass after the flight so download it before!



European Health Insurance



If applicable, bring the European health insurance. Otherwise, please buy **health insurance before starting your journey**.

Fingers crossed you won't need it, but in case, be sure to have it before coming here.

Youthpass

After the training course every participant will receive a **Youthpass**. It is a European recognition tool for non-formal and informal learning.

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. There is a **youth hostel** in Toulouse. The price is 26 € per person / night in the dormitory room.

Luggage storage in Toulouse

There is a **luggage storage service** close to the train station in Toulouse. We can reimburse you the fee if it fits in your reimbursement rate (keep the receipt).



Our contact

If you have any questions, you can always contact us, we are currently 3 working on the Erasmus+ project in Solaf :

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