



Solafrika

SOLIDARITÉ • ACTION • FORMATION

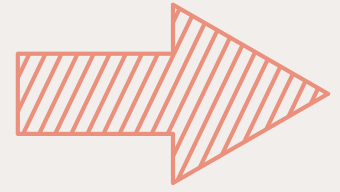


Funded by
the European Union

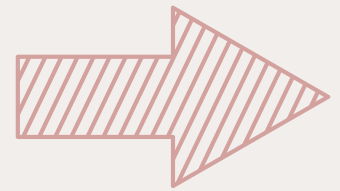
SLOW DOWN

Let's tackle fast fashion together

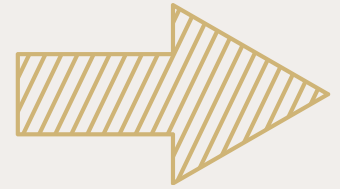
Training course
17-28 March 2026
Saint Lizier



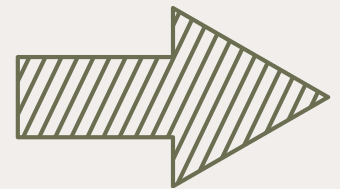
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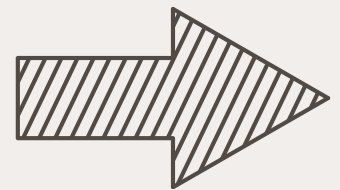
Participant countries : Czech Rep.,
Slovakia, Bulgaria, Italy and Spain



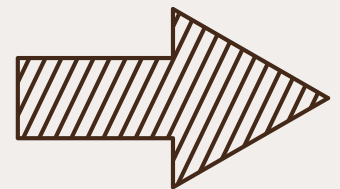
Organizing NGO : Solafrika



Age of participants : 18+



Number of participants : 27



Project topic : Ecology, Fast Fashion

LINK TO APPLY

THE AIMS

This new E+ training course will be on facilitation of ecological projects, focusing more specifically on the impact of the fast fashion industry, and how to tackle it with the youngsters and implement a greener practice in our youth settings by exploring alternatives to the fast fashion.

The program

- understand the ecological and social impact of the textile industry and our clothing
- understand the challenges of our clothing habits , buying possibilities and especially youngsters.
- learn sewing skills and how to implement a sewing workshop and workshops that use textile in general in a training course
- share good practices by visiting a local organizations (second hand shops) that facilitate workshop to raise awareness on this topic all year long with different groups

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

The training course will take place in **Saint Lizier** (09200), in a holiday cottage called "**Au pays des traces**". You can find more info about the place [here](#).

The hosting venue offers **3 dormitory rooms (one for women, one mixed and one for men) with 8 beds, 1 common bathroom space with 3 privates showers and toilets**, a kitchen with dining room, an activity room and beautiful outdoors for activities (if the weather allows).



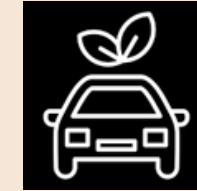
5-min walk from shops and laundry service
5-min walk from Saint Lizier historical center
15 min walk from Saint Giron city center
Surrounded by nature



**Please note that there is no
WI-FI at the venue place**
(but we can share our data)

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 "**Boussens**" where we will pick you up with the vans for the final 40-min drive to the venue place.



You can find some cars to share here:
Blablacar

To Toulouse:

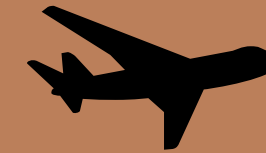


You can easily come by bus or train, which is usually not so expensive.

These links can help you:

- **Deutsche Bahn** (to find suitable train route in Europe - not to buy tickets)
- **Trainline** (to buy your tickets)
- **Busbud**

From the airport



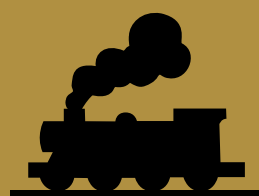
If you come by plane, the closest airport is "**Toulouse-Blagnac Airport**".

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**.



Toulouse train station

To catch a train to **Boussens**, you will have to go to the main train station of Toulouse called "**Toulouse-Matabiau**" or "**Marengo-SNCF**". If you arrive by train or bus, you are probably already at the good place. The Bus station is next to the train station.



To Boussens:

Take a train in the direction of "**Montréjeau**", "**Saint-Gaudens**" or "**Tarbes-Lourdes**"

→ Check that **Boussens** is among the stops just in case... 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)



To Saint Lizier / Au pays des traces :

Once in "**Boussens**", there will be **someone picking you up** for the last step of your journey : a minivan ride !

Please pay attention!

- You should arrive to Toulouse on the **16th of September at 16:00 (CEST) the latest**
- **You should take the train from Toulouse to Boussens at 17:09. There won't be any other time to pick you up!**
- The departure from Toulouse on the **27th of September should be no earlier than 10:30 AM**

Green travel and transport costs

When possible, we really want to **promote green travel** (travelling to and from the training course without taking any plane). 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 would really 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).

You can calculate the travel distance [HERE](#).



TRAVEL DISTANCE	GREEN TRAVEL	NON-GREEN TRAVEL
500-1999 KM	417 €	309 €
2000-2999 KM	535 €	395 €
3000-3999 KM	785 €	580 €



IMPORTANT

Please don't book your ticket without our confirmation mail

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!

When you've bought your tickets you can upload them

[HERE](#)



European Health Insurance



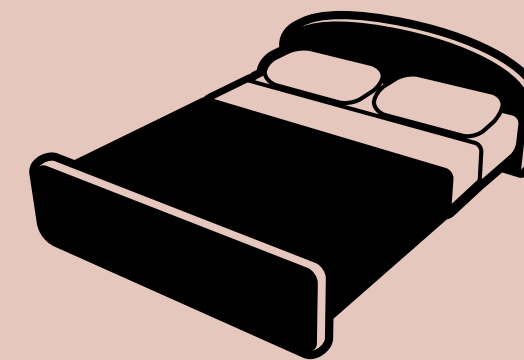
If applicable, bring the European health insurance.

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. Toulouse, Bordeaux, Montpellier, Carcassonne are nice cities around here. The French Pyrenees are beautiful. There are many beautiful places to be discovered :)

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

Our contact

If you have any questions, you can always contact us, we are currently 2 working on the Erasmus+ project in Solaf : Adèl and Vesna



asso.solafrika@gmail.com



0033.615.507.530