

# SHARPEN UP

## INFOPACK FOR PARTICIPANTS

Training Course

10-04-25 (Arrival)

22-04-25 (Departure)

Saint Lizier, France



**Solafrika**

SOLIDARITÉ • ACTION • FORMATION

Working language : **English**

Participating countries : **Czech Rep., Italy, Germany, Poland, Macedonia, Turkey, Armenia, Jordan**

Organizer NGO : **Solaf**

Age of participants : **adults (18+)**

Number of participants : **3 people by country**

Project topic : Sociocracy as a practical strategy to overcome common challenges in projects that helps and improves facilitation in groups and communities

**LINK FOR PARTICIPANTS TO APPLY**



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# The seminar

The aim of the seminar is to **empower youth workers with new life skills** to enrich their professional life and facilitation.

We would like to foster the **idea of solidarity** and respect of humans rights as well as the nature. To work toward that, we are organizing this training course for individuals who want to create/improve community living. The goal is to **provide knowledge, share good practices and tools to improve collective living and group organization.**

## The program

- Energizers database
- Theory & workshops on Sociocracy
- Visiting local organizations
- One day self-governance (implementing learned tools into practice)
- Digital storytelling and forum theater
- Emotional circles
- Intercultural evenings
- Free day / Local event

## The methodology

- Participative methods
- Learning by doing
- Involvement in all the daily tasks
- Non-formal education tools
- Non-formal and informal learnings

Participants should be able to develop their critical mind, their sense of analysis and share their opinion with others.

## Our Values

Respect of life, equality for all, dignity, justice, solidarity, everyday life cooperation, interculturality, sharing, education for all and throughout life, informal and non-formal education, critical thinking, creativity

## 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...

## Intercultural Evenings

Each country team will have the opportunity to share some element of their culture during the training course. There will be three nights of:

- **The intercultural buffet:** Every country team is going to have time to cook or bring a small something to present some dish or snacks.
- **The cabaret :** In a creative way, each country can present some things of their countries : something important to them, that they like or dislike about the place where they live, etc.

# The Place of the Seminar

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 with 8 beds, 3 common bathrooms**, kitchen with dining room, activity room and beautiful outdoors for activities (if the weather allows).

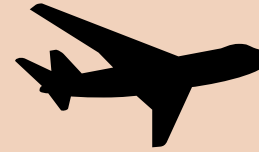
5-min walk from shops and laundry service  
5-min walk from Saint Lizier historical center  
15 min walk from Saint Girons city center  
Surrounded by nature



# How to come to the venue

You will have to come to "**Toulouse**", which is the closest city to us. And then come to "**Boussens**" where we will pick you up with the vans to go to the place of the training course.

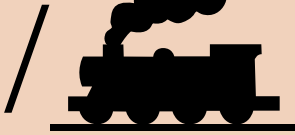
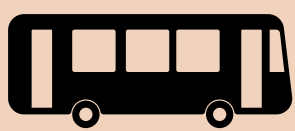
If you come by plane, the closest airport is "**Toulouse-Blagnac Airport**".



## From the airport

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

## To Toulouse:



You can find some cars to share here: **Blablacar**

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**

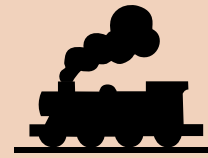


## Toulouse train station

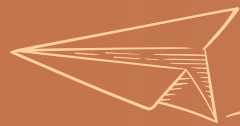
To catch a train to **Boussens**, you will have to go to the main train station of Toulouse called "**Toulouse-Matabiau**" or "**Marengo-SNCF**". If you arrive by train or bus, you are probably already at the good place. The Bus station is next to the train station.

## 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 !

→ Know that you should arrive at **6:04 PM on the 10th of April in BousSENS train station**. (train leaving from Toulouse at 5:07 PM). There won't be no other time to pick you up!

# Green travel and transport costs

When possible, we really want to **promote green travel** (travelling to and from the seminar without taking any plane). We think it makes sense with our **ecological values**. Of course, some countries are closest so it's more doable, and it's in those 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 an **extra amount of money to cover for possible extra costs** (for example a night in a hostel if the travel takes more than a day).

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.**

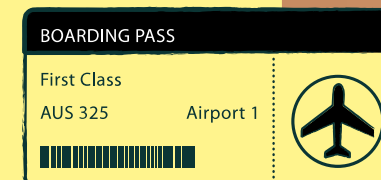
(if not we won't be able to make the reimbursement)

**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](#)**



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## European Health Insurance



If applicable, bring the **European health insurance** or a **Private medical insurance**.

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

## Youthpass

After the youth exchange, 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, Carcassone 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 **25.80 €/person/night**.

## 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**



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