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# U.N.I.T.Y.

Tools to fight hate speech and  
far-right narrative

TRAINING COURSE  
16.-27. SEPTEMBER 2025

Working language : **English**

Participating countries : **Czech Rep., Italy, Jordan, Hungary, North Macedonia, Serbia, Spain, Morocco, Portugal**

Organizer NGO : **Solaf**

Age of participants : **+18 years old**

Number of participants : **2 people by country**

Project topic : **fight against hate speech**, far-right narrative, inequality and the **promotion of human rights**

**LINK FOR PARTICIPANTS TO APPLY**



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# The training course

## The aims of this training course are :

- to better understand the origins and forms of far-right nowadays, the impacts of hate speech and far-right narratives and what are their roots
- to share good practices on how to tackle this issue in youth settings
- to provide tools and knowledge on how to take action, campaigning and advocating against inequalities and discrimination and to promote human rights.

## The program

- non-formal education workshops on better understanding far-right ideology and hate speech
- Workshops on the system of oppression
- Visit of a local initiative
- Sharing good practices
- Local action in the participants countries
- Digital storytelling

## The 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.



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# Our Values

Respect of life, equality for all, dignity, solidarity, everyday life cooperation, interculturality, sharing, education for all and throughout life, to 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...



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# The place of the training course

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 private 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**



# How to come to the venue

You will have to come to "**Toulouse**", which is the closest city to us (**Barcelona** is not so far away from us too). 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 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.



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## 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)**

## 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 17:36. There won't be any other time to pick you up!**
- The departure from Toulouse on the **27th of September no earlier than 10:30 AM**



## 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 !



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# 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



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**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.**

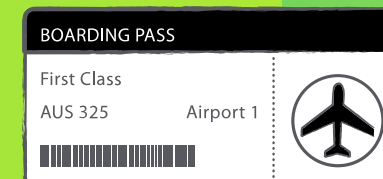
(if not we won't be able to make the reimbursement)

**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**.

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, 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 **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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