



Co-funded by the
Erasmus+ Programme
of the European Union

E[MIND]CIPATION

Tackle your own prejudices!



"I try to encourage people to think for themselves, to question standard assumptions... Don't take assumptions for granted. Begin by taking a skeptical attitude toward anything that is conventional wisdom. Make it justify itself. It usually can't. Be willing to ask questions about what is taken for granted. Try to think things through for yourself."

Noam Chomski , MIT professor, author and activist

INFOPACK

Session 1 : Critical thinking for a more inclusive society : 23nd FEBRUARY - 2nd MARCH 2022

Session 2 : Critical thinking for sustainable development : 5th - 11th APRIL 2022

GITES DE FRANCK 81087 FAYSSAC - OCCITANIE, FRANCE



SUMMARY OF THE PROJECT

Despite the widely available information we can access on the topics of cultural diversity and sustainable development and the many awareness campaigns led during the last decades to promote them, **behavior and mindset change remain a slow, tedious process.**

In the social field, **discriminations** – regarding gender, sex, sexual orientation, race and ethnicity, religion and beliefs or disability – are still rampant and even on the rise throughout Europe. There is still a long journey to change our ways of thinking and attitudes towards people who don't look like us, fight against the prejudices we unfortunately still have on them and learn to live together !

On the ecological side, many of us feel overwhelmed by contradictory information, alternating between alarmist reports and confidence in technological and human progress. It is becoming quite difficult to understand the situation, sorting facts, analyzing data and comparing propositions to form an opinion and to identify realistic solutions in the face of the **ecological crisis.**

On both topics, we most probably all have a role to play to make a change and take action ! But where to start ? What about **looking at our own bias and beliefs, tackling our own prejudices** and taking time to **exercise our critical thinking skills** for a week or two on those 2 burning issues?

This is what the E[MIND]CIPATION training course is all about !

It aims at enhancing your critical thinking skills, applying them :

- on **social situations**, focusing on situations of discrimination and on the challenge of inclusion : Step 1, from the **23th of February to the 02nd of March 2022** ;
- on **ecological issues**, paying specific attention to Climate Change and to some of the solutions that are supposed to meet the challenge we are facing: Step 2, from the **05th to the 11th of April 2022.**

Each step has been designed in order to provide you **new perspectives** on those topics, to **deconstruct** some believes and prejudices you may have and to bring you new **tools** to **weight an idea, debate** and **analyze** it. By the end of each week, we hope you will have made a step forward in your perception of the topics we addressed and gain knowledge and skills to form your **own opinion** and define ways to act accordingly.

In practice, each step will be held in a rural cottage in South-west France and will gather **30 participants**, coming from France, Spain, Greece, Portugal, Italy and Estonia.

Switching between theory and practice and using a diverse range of methods, we will invite you to put your own believes and behaviors into perspective, **compare** and **contrast** your points of view, go through a **critical analysis** of different approaches, **field-test** some concepts introduced during the course, **learn from the experience** of others and **investigate practical ways** to work towards more inclusive societies, promote diversity and fight discrimination on the one hand, and take action for the planet on the other hand.



PREVISIONAL PROGRAMS

Important : Be aware modifications can occur in the programs.

STEP 1 : Critical thinking for a more inclusive society

From 23/02 to 02/03/2022

DAY 1 – 23/02/2022

Reaching the venue. Breaking the ice.

DAY 2: 24/02/2022

Getting to know each other, setting up our framework.

Getting introduced to Critical thinking.

DAY 3: 25/02/2022

Deconstructing our preconceived notions of gender and sexual orientation. Tackling sexism and homophobia.

DAY 4: 26/02/2022

Exploring the ambivalence of our relationship with the body, raising awareness on discrimination based on physical appearance.

DAY 5 : 27/02/2022

Questioning the way we look at people with disabilities or mental health problems

DAY 6 : 28/02/2022

Understanding the issues that racialised people and migrants are facing. Exploring ways to fight racism and promote intercultural dialogue.

DAY 7 : 01/03/2022

Sharing our experience and knowledge, being creative to address complex social issues.

DAY 8: 02/03/2022

Assessing the training course and our learning achievements. Tidying up the venue and departure.

STEP 2 : Critical thinking for sustainability

From 05/04 to 11/04/2022

DAY 1 – 05/04/2022

Reaching the venue. Breaking the ice.

DAY 2: 06/04/2022

Getting to know each other better, setting up our framework.

Envisioning scenarios of what could happen if...

DAY 3: 07/04/2022

Getting introduced to “Critical thinking”.
Practicing debating, tackling our biases.

DAY 4: 08/04/2022

Understanding what is going on for the Climate
Questioning the social impact and the ecological footprint of our food

DAY 5 : 09/04/2022

Exploring ways to reduce our ecological footprint at home, on a daily basis.
Questioning our impact.

DAY 6 : 10/04/2022

Questioning our relationship with Nature.
Discovering a set of ecological activist actions.
Exploring ways for taking action collectively.

DAY 8: 11/04/2022

Assessing the training course and our learning achievements.
Tidying up the venue and departure.

WHO IS PARTICIPATING?

The training course is geared towards **30 youth and social workers** or **people** who would like to **work on their bias, question their attitudes and beliefs** and strengthen their **critical thinking skills**.

Participants have to be adults (**at least 18 years old**).

A **good level in English** will be required (level **B2**, meaning being able to express yourselves and to debate in English).

We are looking for people who would like to learn more about **critical thinking**. You will be invited to **take a critical look at your own beliefs and behaviors**, to **analyze** complex issues and to **explore** ways to take action to tend towards a more inclusive and sustainable society.

Participants should also be interested in **meeting people** from different countries and backgrounds and willing to **share** their points of view, experience and knowledge.

Last but not least : If you join us, we expect from you that you actively participate in the working sessions but also that you **share the knowledge you will acquire** with the people you work with, the members of the group(s) you belong to and the people and the organizations you eventually support after your return.



WHAT YOU WILL BE ASKED FOR?

As a participant, you **commit yourself to actively participate in the whole process**, including:

- o **to read** all the information carefully (especially this infopack and all the emails we will send you before your coming) and **communicate timely** with the organizers;
- o to **reflect on your learning objectives** regarding the training course;
- o to **take actively part** in the full duration of the activities (it means **coming later or leaving earlier is not possible**);
- o to **be involved in the community living** all along your stay (besides your active participation in the workshops, you will be responsible of your group's dynamic and will be invited to take initiatives and responsibilities regarding the every-day life such as cleaning the place);
- o to **give all the necessary documents to your sending organization** (travel invoices, boarding passes, tickets, covid tests invoices...) for the reimbursement of your travel costs;
- o to **participate in the evaluation process** after the course and to **share your experience** in your community through any dissemination activities you will find relevant.



To get an idea on what has been done in previous training courses we organized, you can take a look at our Wiki site :
<http://outofthebox.viabrachy.org/doku.php>



WHERE WILL WE STAY?

Both steps of the training course will take place in the countryside, in the village of **Fayssac**, South-West France (1 hour away from Toulouse).

All activities will take place in the rural cottage : *Les gîtes de Franck* (<https://www.gitesdefranck.fr/>). You will be accommodated *in situ* in **small dormitories**.

The house will be **self-managed by our group**, which will be responsible for living together during the course. It is a **normal part of our educational approach**, as we believe it strongly encourages community spirit, responsibility and sharing.

Everyday tasks like cleaning, setting tables, sorting garbage and washing up will be shared by participants, as part of the "sustainable living" experience, making it feel as a good place for us.

DIET & SPECIFIC NEEDS

Please inform your sending organization about your **diet**, potential **allergies** or other specific needs on the latest **3 weeks** before the training course so that we can take them into consideration.

Good to know :

- We will mainly adopt a **vegetarian diet** during the training course to keep in line with our objectives of reducing our ecological footprint. But if you feel like eating meat is something you can't stop doing for so long, don't worry: We will also have a few meat-based meals during the journey ;p

- As the venue is not near a town, please also take with you **anything you usually need** (medication or if you are a smoker: **take your tobacco with you**) as well as **some cash for your personal expenses** (such as wine, beers...).



HEALTH and SECURITY



Obtaining a full insurance (travel risks, medical, injuries) **is your responsibility**. Providing us information on your special needs does not remove your personal responsibility for ensuring your own health and safety.

Therefore, we strongly recommend you to **subscribe to a European medical insurance** to cover your medical expenses if needed. We will contact skilled doctors and bring you to the pharmacy or to the hospital if needed but **we will not cover your fees**.

WHAT ELSE SHOULD YOU BRING?



Consider the weather will most probably be cold and rainy, especially for the first step of the training course in late February/early March, and choose your clothes accordingly.

We strongly advice you to take **warm and waterproof shoes and clothes** for the outside activities we will propose.

For your stay, you must also bring with you your **towel, soap, shampoo, toothpaste**, etc.

Blankets and sheets will be provided by our hosts.

HOW TO APPLY?

The training course gathers 6 European organizations active in the fields of non-formal education, social inclusion, human rights and sustainability.

To attend the training course, you have to **contact the organization** from the country you live in (your nationality doesn't matter) (link URL to their website and contact address below).

They will tell you about the **procedure to follow**, based on the previously said criteria.

Country	Sending organization	E-mail address of the contact person	Nb of participants
France	Via Brachy	Cecilia RESTREPO cecilia.restrepo@viabrachy.org	4
Italy	ArciGay Palermo	Eugenio BISANTI eugenio bisanti@gmail.com	4
Portugal	ConnectART	Andreia Ferreira andreaferreira@connectart.pt	5
Spain	Viaje a la Sostenibilidad	Anna Rossi movilidad@viajealasostenibilidad.org	5
Estonia	Seiklejate Vennaskond	Liisbeth TATTER seiklejate.vennaskond@gmail.com	4
Greece	Cinergies	Kostas MAVRIAS cinergies.info@gmail.com	5

HOW MUCH DOES IT COST?



The training course is funded through Erasmus+ Program. Thus accommodation, food, planned workshops and pedagogical equipment are **fully covered** :

- from February, the 23rd afternoon to March, the 02nd afternoon (step#1);
- from April, the 5th afternoon to April, the 11th afternoon (step#2).

Any expense incurred before or after these dates or linked to extra activities / leisure (as alcohol, tobacco or tourism) will be yours.

Good to know: Alcohol is not included in the daily diet. Your drinks will be at your charge. If you are a smoker be aware that tobacco is very expensive in France (15 euros for 30 grams of rolling tobacco).

Likewise, your **travel costs** to reach the venue and go back to your country, up to the maximum allowed amount and in a time-frame of maximum 2 days before and 2 days after the training course, are fully covered.

Bear in mind that **you can also use the remaining money from your travel costs to cover your expenses to get a Covid test** or for your potential accommodation in Toulouse in case of need (**upon presentation of invoice**)

- on the 22nd of February and/or on the 02nd of March (Step#1)
- on the 04th of April and/or on the 11th of April (Step#2).



Via Brachy will not provide any accommodation in Toulouse.

According to the Erasmus+ Program regulations, the financial contributions to your travel costs (+ covid tests and extra accommodation) will be as follow:

Country	Max € reimbursed per participant
France	0 €
Spain	180 €
Greece, Italy, Portugal	275 €
Estonia	360 €

You can come **either by plane, train, boat or bus**, depending on your availability and ethics, but remember that we can reimburse only public transportation, 2nd class fares. Taxi is not refundable.

Transportation with private cars is possible but please ask us as soon as possible so that we can explain you the specific procedure you will have to follow in order to be reimbursed. (We will require from you a specific list of documents in order to pay you back for your travel costs).

Whatever your mean of transportation, you are **allowed to arrive or depart max 2 days before and 2 days after** the mobility. In case you decide to use that extra time, bear in mind that **it will NOT be supported with food or accommodation**.

Should your stay be longer than 2 days, **we will NOT be able to reimburse any of your travel costs** (even not a part of it)

IMPORTANT: For the reimbursement, you will need to give to your sending organization:



1/ An **invoice** with the **itinerary** of your trip, the **names** of the **passenger(s)** and, very important, the **price** of the ticket. Usually when purchasing your plane/train/bus ticket you can ask for **an invoice**. If the company doesn't give invoice, we will accept the e-tickets as long as they mention the aforementioned information.



2/ All your original travel tickets and receipts (train, boat and bus tickets with the price on it, boarding passes, etc.).

The stamped ticket/boarding pass is a **very important document**, the only evidence that you took the flight / train / bus / boat, and is required by National Agency of Erasmus+ for reimbursement.



If you use your mobile phone (so you don't have to print the ticket/boarding pass) **don't forget to print screen it**, because the link will expire and you won't be able to use it some weeks after your transportation, and we will not be able to reimburse you.

Likewise, you have to provide an **invoice of your Covid tests or potential accommodation** (if it doesn't exceed the maximum amount provided by the program) to be reimbursed.

Your sending organization needs to give us **all the boarding passes, tickets and invoices** of your travel costs. **It will be your responsibility to take good care of those documents and to give them on time to your sending organization** (cf. contact of the coordinators p.5). If you take a picture of the documents please take care that they are not folded and to put a blank paper behind !



Be aware that we cannot provide reimbursement of ANY of your travel expenses if a document is missing. If you loose any of your tickets, boarding passes or invoices, your travel costs will not be supported at all.

Only when the sending organization has all the documents from all the participants from your country, money transfers will be done, from your sending organization to you. This can take from one to three months depending on how fast you are in providing the relevant documents.

ADDITIONAL FEES:

Your sending organization might ask you for a small financial contribution according to the administrative work it represents and to the support it will provide you before and after the training course. (For example, Via Brachy will ask for a 50€ contribution from the French participants).

Please contact your sending organization to know about their policy.

HOW TO REACH THE VENUE?

The training course will take place in the countryside, at Fayssac, **1 hour far away from Toulouse**. One of the conditions to participate to this training course is to attend from the beginning (= for the Step 1, from the 23rd of February at 17:00 & for the Step 2, from the 5th of April at 17:00) until the end (= for the Step 1, until the 2nd of March at 17:30 ; for the Step 2, until the 11th of April at 17:30) so **please arrange your travel to be there on time**.

STEP 1 :



If you come by plane, you may :

- **arrive on the 23rd of February before 14:00** at Toulouse airport
- **leave on the 02nd of March after 21:00** from Toulouse airport.



If you come by bus, train or carpooling, you may :

- **arrive on the 23rd of February before 15:30** at Toulouse bus or train station
- **leave on the 02nd of March after 19:30**.



STEP 2 :

If you come by plane, you may :

- **arrive on the 05th of April before 14:00** at Toulouse airport
- **leave on the 11th of April after 21:00** from Toulouse airport.

If you come by bus, train or carpooling, you may :

- **arrive on the 05th of April before 15:30** at Toulouse bus or train station
- **leave on the 11th of April after 19:30**.

In case of any complications, please let us know as soon as possible.



Be aware that **we can only reimburse your travel expenses if you travel :**

- **between the 22nd of February and the 4th of March** (step 1)
- **between the 3rd of April and the 13th of April** (step 2).

If your tickets don't fit this time-frame, you will not be reimbursed.

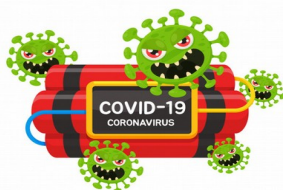
if you feel like doing some tourism in France after or before the training course, be aware that none of your travel expenses can be covered.

If you arrive the day before the training course or if you leave 1 day after the course's end:

Unless you have friends in Toulouse, you will have to **find a hostel for yourself**. **Via Brachy will not provide any accommodation in Toulouse**. The fee can be covered by the EU travel cost amount if you haven't exceeded it with your flights/bus/train trips and the Covid-19 test.

The **meeting point** to go to Fayssac on the 23rd of February and on the 5th of April will be at Toulouse train station "**Toulouse Matabiau**". You will reach the meeting point **by your own means**.

We will send you few days before your arrival a "**Welcome pack**" with more details information.



EXCEPTIONAL MEASURES - COVID19

We deeply enjoy in-person meetings. But as you can imagine, the Covid-19 could easily disturb it... ;(That's why we invite you to help us reduce the risk of contamination by following a set of basic common rules during the training course.

First, **vaccinated or not and no matter which country you are coming from**, we will ask you to come with a **negative Covid test carried out within 72 hours** before your arrival (auto-test are also allowed). In addition, we kindly ask you not to come if you have any Covid-symptom or if you know that you were recently in contact with a person who is sick from the Covid-19, even if your test is negative.

We will also ask you to **respect the security measures** recommended by the French Ministry of Health. You will be held responsible for any consequences for yourself which result from the non-compliance with these safety rules. We will take the time needed to **talk about how we can all feel safe and at ease** at the beginning of the training course. A discussion will be open for **sharing comfort or discomfort** in relation to these measures and to define together our **security framework**.

All the training course long, our organization will **provide alcoholic solution** dispensers in common spaces. We will also have extra masks available if necessary, but you will be responsible for **bringing your own masks**.



CONTACT US

Any question ? Feel free to ask and contact us !

Caroline FERRAFIAT - @mail: caroline.ferrafiat@viabrachy.org

Cecilia RESTREPO - @mail : cecilia.restrepo@viabrachy.org

Clémence BIZON - @mail : clemence.bizon@viabrachy.org

Tel: +33 6 89 44 48 20

We will do our best to answer you in short delay.

Waiting to welcome you soon
Warm greeting from France

VIA BRACHY's team



A FEW WORDS ABOUT US

Via Brachy is a French non-profit organization. We aim to **empower people**, to enhance **social and ecological projects** run by citizens and to foster **knowledge exchange** and **cultural dialogue** between persons and organizations from various backgrounds and cultures.

We organize **mobility projects** and **non-formal educational activities** in order to encourage **social inclusion** and to help people find their way in society. We believe that traveling opens people's minds to new realities and encourages them to share ideas, knowledge and experiences. We promote **eco-friendly living**, **social economy** and we advocate for **social change**.

In practice:

- We organize learning trips and training courses as catalysts for people's empowerment and social change in France, Europe and Senegal;
- We organize workshops and public events on social issues in order to raise awareness and to promote alternative ways of living:
- We support our partners' initiatives in Senegal: settlement of income-generating activities based on local resources.

More info: www.viabrachy.org

