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ECO-SYSTEMIC

Heterotopia Tour 2021

An uncommon journey to learn about social innovation and sustainable pathways



INFOPACK

From July, the 2nd to the 18th 2021

Occitanie, FRANCE



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WHAT IS A “HETEROTOPIA TOUR” ABOUT?

A GLIMPSE OF ANOTHER SOCIETY...

The several crises our society is going through reinforce the idea that we need to **change the way we live**. On the one side, we are destroying the environment we rely on, compromising the ability of future generations to meet their needs. On the other side, inequalities are growing and many people feel excluded, distrust the people around them and experience self-absorption and identity regression.



However, a growing number of citizens strive to find **new and creative ways** to fix their problems and tackle social challenges in their communities. They develop **atypical projects** that prove that we as society have the capacity to overcome the problems we are facing and to ensure **sustainable pathways** in a **fairer** and more **inclusive society**.

The “**Heterotopia Tour**” (referring to M. Foucault’s concept of “Heterotopia”, “hetero” = other ; “topos” = place) VIA BRACHY has been developing since 2013 mostly consists in **visiting these projects** in which citizens are taking action to meet their needs while taking into consideration the needs of the society they belong to and the need to preserve and regenerate ecosystems.

The Heterotopia Tour is designed as an **inclusive learning experience** which impacts a person at several levels, so that they can become a **key player** in the change they want to witness for themselves and for the society they take part in, while both preserving ecosystems and standing for human dignity.

LEARNING BY TRAVELLING

The Heterotopia Tour relies on the idea that **traveling** offers to whoever experiences it an opportunity to **take a step back from one’s daily life**. It makes it possible to **examine and question** one’s convictions, lifestyle, choices and motives.

During the traveling time, the person **welcomes new experiences**. The setup keeps changing, helping to create a **physical and mental dynamic** as opposed to a sedentary routine. It’s a time when a person is willing to **face and address her perception of self and others** and question her relationship to her environment.

AN INSPIRING JOURNEY TO MEET KEY ACTORS OF THE SOCIAL INNOVATION NETWORK

Taking advantage from this Open-minded mindset, the Heterotopia Tour encourages the participants to discover **innovative social and ecological projects**, based on **cooperation** and **humanistic values**: freedom, justice, solidarity, welcoming of the Otherness, overall inclusion.

It aims to be a **practical inspiration** for those who participate, from **both personal and professional** points of view, by creating ideal conditions for two types of individuals eager for change to meet: **those who want to act** (but are clueless as to how or where) and **those who can offer practical, innovative and sustainable answers** to those interrogations - in various contexts (economic, social, environmental, cultural, political...) and fields (education, health, housing, craftsmanship, agriculture, ITCs...).

The Heterotopia Tour offers a chance to **unravel prejudices** against alternative lifestyles and to **build new possible futures** thanks to the time spent meeting people with an **inspiring background**, who are **actively involved** in down-to-earth social and/or eco-friendly projects.

The participants will get the opportunity to speak with **pragmatic figures of social change**. It is **on the field, immersed within the projects**, that the participants will meet the project bearers.

It may happen in various ways: **non-formal interviews** (to get a **sense of purpose** and grasp complex projects), **practical workshops**, during work sessions and tasks for the benefit of the project, allowing the

participants to get **first-hand experience**, learn from their hosts and get a feel for the tasks they're dealing with.

Beyond these workshops and formal interviews, the participants will set camp on the land and **share their daily routine** with their hosts for a few days, which creates appropriate moments to address one's interrogations more easily and **get taboos out of the way**.



AN INTERCULTURAL AND HUMAN EXPERIENCE TO FIND UNITY IN DIVERSITY

The Heterotopia Tour is also an **intense human experience**. It gathers people from different backgrounds, ages, cultures, origins, living conditions... for an **extended experience** of **community living** within a **multicultural group**.

Participants are responsible for their **group dynamic**, trying to find a **balance** between their individual needs and the group's requirements. They have to imagine ways to **interact** with each other, enhancing their practical intelligence and their skills in the areas of **group facilitation**, **mediation** and **communication**.

The Tour becomes a chance to **re-learn** how to **listen to one-self**, to **communicate** with others, to **welcome diversity**, to **respect and support each other**. It is an in-depth experience which aims at teaching the participants that community living isn't effortless. It relies on many **cooperative attitudes**, some of which we are often not aware of and we are responsible for improving.

Eventually, the Tour is meant to empower participants so they can regain a **sense of collective action**, and **feel part of a community** they can contribute to and in which they will blossom.



AN OPPORTUNITY TO CHALLENGE OURSELVES INTO A MORE SUSTAINABLE LIFESTYLE

Last but not least, the Heterotopia Tour introduces the participants to a more **ecological lifestyle**.

The Tour offers an opportunity to **learn practical know-hows** to **reduce one's ecological footprint** and to determine what is actually a necessity in each person's lifestyle, from what is unnecessary or excessive.

All the Tour long, participants are using **dry toilets**, decreasing their use of water and electricity, experiencing **seasonal cooking**, discovering **local and fair-trade supplying**, **ecological** hygiene and cleaning **products**, **renewable energy** and low-consuming equipment.

Beyond the simple living conditions offered by the Tour's logistic arrangements, they are introduced to **key concepts** as "**ecological footprint**" and "**sustainability**" and benefit from numerous theoretical inputs and practical workshops led by skilled trainers in waste management, permaculture, eco-farming, eco-building, natural healing, food transformation...

This wide range of activities eventually allows participants to **understand the issue of sustainability** and to gain **practical knowledge** on **how to apply ecological values in their daily life**, whether they are living in the countryside or in the city, and whatever their standard of living is.



PROGRAM AND VENUES (MODIFICATIONS CAN OCCUR)

The Heterotopia Tour 2021 will take place in South-West France (Occitanie) from **July, the 2nd to the 18th** 2021 (included). It will include 2 main stages:

Stage #1 :

From July, the 2nd to the 12th :
Puybegon (Tarn)



Stage #2 :

From July, the 12th to the 18th :
Verfeil-sur-Seye
(Tarn-et-Garonne)



Thursday 1st July

Arrival of the international participants. Overnight stay in Toulouse at hosts or in youth hostels.

Friday 2nd July

(Morning) Welcome to Toulouse ! Let's reach the *Cahary* community together

(PM) Who are we? Where are we? Settling down the camp.

(Evening) Getting to know each other.

Saturday 3rd July

(AM) Why are we here ? What did each one of us come to learn? What are our fears and expectations ?
What can we expect from the Tour?

(PM) How will we live together for the next 16 days?

(Evening) Self-managed friendly evening.

Sunday 4th July

(AM) Who are the Cathary community? What do they do, why and how?
What could be a desirable future and how could it become a reality ?

(PM) Sharing our results of the morning workshop.

Getting prepared for tomorrow's practical workshops (eco-building).

(Evening) Self-managed friendly evening.

Monday 5th July

(All day long) Eco-building workshop (wood & straw-clay) at Les Cathari.

(Evening) Self-managed friendly evening.

Tuesday 6th July

(All day long) Eco-building workshop (wood & straw-clay) at Les Cathari.

(Evening) Collective celebration!

Wednesday 7th July

(AM): Free morning: Sleep, walk, stretch, take a breath...

(PM): Group 1 : How to fight against industrial agriculture ? Meeting with activists from *Vaurais Nature Environnement* in Ambres / Group 2 : How to promote sustainable farming today ? Meeting promoters of *Nature et Progrès Tarn* in Cahuzac-sur-Vère.

(Evening): Friendly self-managed evening back home.

Thursday 8th July

(All day long) Let your imagination loose with *L'UsinoTOPIE* in Villemur-sur-Tarn!

(Evening): Friendly self-managed evening back home.

Friday 9th July

(All day long) Group 1 : Designing our own "Heterotopie" T-shirts under supervision of professional artists from *La Fourmilière*, Rabastens / Group 2 : Creating a permaculture aromatic spiral on the pedagogical social garden *AGORA* in Gaillac / Group 3 : Eco-building workshop at *Les Compayres*, an emergent eco-friendly community at Lisle sur Tarn..

(Evening): Friendly self-managed evening back home.

Saturday 10th July

(AM) Group 1 : Designing our own "Heterotopie" T-shirts at *La Fourmilière*, Rabastens / Group 2 : Harvesting with young migrants at *Woakass'* collective field in Cadalen.

(PM) Group 1 : Finishing our T-shirts at *La Fourmilière* / Group 2 : How to support young migrants ? Meeting with co-founders of the associations *L'Antre D'eux & Woakass*.

(Late afternoon & Evening) : Live concerts and art shows at *La Fourmilière*, Rabastens.

Sunday 11th July

(All day long) DAY OFF

Monday 12th July

(AM) Expressing ourselves (Sharing circle). Packing up.

Last meal with the Cathari inhabitants before departure !

(PM) Journey from Puybegon to Verfeil-sur-Seye.

Meeting our hosts and settling down our eco-camp at the eco-village of Verfeil sur Seye.

(Evening) Collective cooking & friendly evening with the eco-village's inhabitants.

Tuesday 13th July

(AM) Where we are? What our hosts do, why and how?

(PM) Eco-building workshop at the eco-village (straw-clay)

(Evening) Friendly self-managed evening.

Wednesday 14th July

(All day long) Eco-building workshop at the eco-village (straw-clay)

(Evening) Celebration!

Thursday 15th July

(All day long) Group 1: What could become an ancient concrete factory in a remote rural area? Giving a hand and discovering the project of the co-founders of *L'Ile de Lexos* in Varen / Group 2 : What is a fablab and what does it allow us to do? Visit and practical workshop at *ORIGAMI* fablab in Caylus / Group 3 : What is a local radio for and how does it work ? Let's record our own emission under supervision of professionals from *RFM Radio* in Caylus !

(Evening) Self-managed evening back home.

Friday 16th July

(All day long) Group 1: What could become an ancient concrete factory in a remote rural area? Giving a hand and discovering the project of the co-founders of *L'île de Lexos* in Varen / Group 2 : (AM) : How could we change our digital practices to escape from the GAFAM (as Google) and reduce our ecological footprint? Debate and practical workshop at *ORIGAMI* fablab in Caylus ; How to repair objects with the fablab's equipment? (Practical workshop at *ORIGAMI*) / Group 3 : Eco-building workshop at Verfeil-sur-Seye eco-village.

(Evening) Self-managed evening back home.

Saturday 17st July

(AM) Sleeping in morning (free until 11:30).

(Late morning) Assessing the Tour and taking the scope of we learnt all along the Tour

(PM) What is your Heterotopia? What do you want to do back home? Let's think about the next step!

(Late-afternoon) Expressing ourselves, closing the experience (sharing circle).

(Evening) Festive evening at the cultural associative café *La Maison de La Halle* in Verfeil-sur-Seye with local partners, supporters, neighbors and inhabitants:

Sunday 18th July

(AM) Packing up. Last meal at the eco-village.

(PM) Back to Toulouse!

Late afternoon / Evening: Final farewell gathering at the cooperative café *L'Astronef*.



WHO IS PARTICIPATING?



The Heterotopia Tour will gather **30 adults** (18+ years old) from **Greece** (8, among which 2 film-makers from the cooperative CINERGIES - www.cinergies.coop - who may interview project leaders and volunteers), **Germany** (6), **Spain** (6) and **France** (10, facilitators included).

There is **no age limit** (as long as you are over 18) and **no technical requirements**.

The selection will mainly be based on participants' **motivation**.

We are looking for people who:

- want to **discover inspiring projects, experience community living** and a more **sustainable life-style**;
- are **available for the whole duration** of the Tour and for **all the other activities their participation in the project will imply before and after** the mobility (preparatory meetings, assessment meetings and dissemination activities);
- **are interested in sharing their experience** with others after their return;
- are able to **express themselves and to debate** on complex issues in **English**.

You don't need to be fluent in English to apply but you should be able to meet other participants and English-speaking partners without being always monitored by trainers or facilitators.

(The *Heterotopia Tour* is not meant to be a training course to learn English, but rather to discover alternative ways of living and getting

involved into society. Of course, you will improve your English and we will do our best to support you in your efforts but the use of a foreign language should not prevent you from getting the most out of the Tour).

A strong commitment

Participants' motivation and **commitment** will be the key assets of the Tour. As a participant, you will be **involved at every stage** of the project.

Before the mobility: You will **prepare** the journey with the support of your sending organization.

During the Tour: You will actively contribute to the **group dynamics** and get involved in the workshops. We will encourage you to take **initiatives** and **responsibilities**.

After the training: You will **assess** the project and take part in dissemination activities (you will decide together with your sending organization what those activities will be - testimonies, participation in public events, sharing on forums...)

An intensive experience

Be aware that the Heterotopia Tour is an atypical training session, which involves a person at several levels at the same time. As a participant, you will not only visit social and ecological projects: you will also experience community living and simple living conditions. Therefore, make sure you are:

- ready to live within a **group of 30 persons** for **17 days**, where you will experience **community living** and its challenges;
- interested in experiencing an **eco-friendly way of living** which includes: self-managed camping, dry toilets, cold water showers, outside activities, rare access to the internet, limited access to electricity, etc.

If you feel it suits you: **Welcome on board**

LIVING CONDITIONS

Our eco-camp will change a bit from one venue to the other but it will mainly be composed of:

- **dry toilets** (2 cabins);
- **outdoors showers** (2 cabins) (we will try to warm up the water as much we can but be prepared to experience cold showers...);
- an **outside cooking area** (with running water);
- a shelter for the **group gatherings**
- your **private tents**.

We will provide everything except private camping equipment. You will need to bring your **tent** (make sure it's **waterproof** before coming), your **mattress**, your **sleeping bag** (warm enough as summer nights can be cold in Occitanie) and your **camping flashlight/headlamp**.

We will provide you with **home-made natural soaps** and **shampoo** (for showering and laundry) as well as natural **toothpaste**, **deodorant** and **sunscreen** in order to avoid soil and water pollution all along the Tour. **Please, don't bring yours!**

As we will move from one place to another by car and since we will be carrying a lot of equipment for our eco-camp, we also strongly encourage you to **limit as much as possible the size of your luggage**. However, we invite you to bring some **warm and rain clothes** as we will spend most of our time outside (we never know about the weather)...

Be aware that there won't be any internet access in the venues we will be, except for emergency needs. Likewise, your **phones might not connect by lack of network**. **Please, make your arrangements and inform your colleagues, family and partners that you will not be available for a few weeks.**

We will adopt a **vegetarian diet** during the Tour 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 some barbecue parties and a few meat-based meals during the Tour

In any case, as the venues won't be close to a town, do not forget anything you usually need (smokers: **take your tobacco with you**) as well as **some cash for your personal expenses** (such as wine, beers). This will help us optimize transportation and reduce our footprint as much as possible.



SPECIFIC NEEDS, MEDICAL CARE & OTHER IMPORTANT INFORMATION

In case you have a **specific diet** (vegetarian, vegan, gluten-free, pork-free...), **allergies** or any specific needs, let us know before June, the 15th, so we can get organized.

Obtaining a full insurance (travel risks, medical, injuries) **is your responsibility**. Providing us information about 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 have a first aid kit in case of emergency and we will contact skilled doctors if you get sick or wounded but we will not cover your fees.

TRANSPORTATION & FEES

The training course is funded through Erasmus+ Programme. Thus Via Brachy will **cover all your fees for food, planned workshops, local transportation and accommodation** from July, the 2nd to the 18th. **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.

Likewise, your travel costs to reach the venue, up to the maximum allowed amount, are fully covered.

According to the Erasmus+ Program regulations, the financial contributions to your travel costs will be as described in the table below.

Country	Organization	Max € reimbursed
France	Via Brachy	20€ p/ participant
Greece	CINERGIES	275€ p/ participant
Germany	JuBuK	275€ p/ participant
Spain	Viaje a la Sostenibilidad	180€ p/ participant

Remember that we can reimburse only the cheapest transportation possible and only public transport, 2nd class fares. Transportation with private cars can only be refundable if you ask for it in due time before coming, so that we can obtain an authorization for it from the French Agency of Erasmus+.

You are **allowed to arrive or depart max 2 days before or 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 part of your travel costs.**

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

1/ An **invoice** with the itinerary of your trip, the names of the passengers 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.

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

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

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

Your sending organization needs to give us all the boarding passes 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.**

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 1 to 3 months depending on how fast you are in providing the relevant documents. Be aware that we cannot **provide reimbursement** if a document is missing.

ADDITIONAL FEES

Your sending organization might ask you for a **small financial contribution** according to the administrative work it represents and to the support they will provide you before and after the Tour. (For example, Via Brachy asks for a 250€ contribution from the French participants). **Please contact your sending organization** to know about their policy.

REACHING THE VENUE

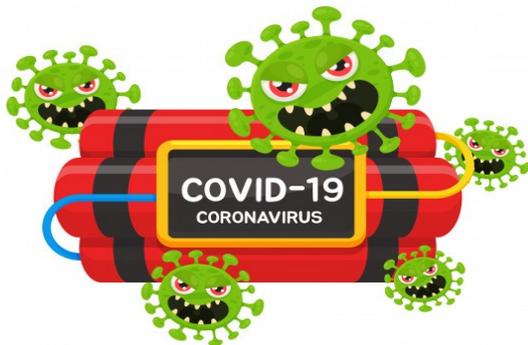
You may arrive at Toulouse on the **1st of July**. The **meeting point** will be on **the 2nd at 10:00 AM** at **Via Brachy's office**, 3 Place des Avions - 31 400 TOULOUSE (Metro line B - Station "Saouzelong").

Unless you already have a friend in Toulouse who can welcome you, you will be accommodated either in youth hostels, either by some French participants in the Tour who can welcome you in their flat. We will send you detailed information about the places you could stay and the way to reach them on the latest 2 weeks before your arrival.

For your transportation in Toulouse, no matter how many buses or tramway you took, you will only need one single ticket (1,70€/unit) for the whole transportation (tramway + metro). **Ask for a receipt and keep the used tickets**. We will need them to pay you back.

For more information on the itinerary and on the time schedule, please consult the local transport company's website: <http://www.tisseo.fr/en/home>

EXCEPTIONAL MEASURES - COVID19



As you can imagine, the Covid-19 could easily disturb our Tour... ;(That's why we invite you to help us reduce the risk of contamination by following a set of common rules during the Tour.

First, we will ask you to come with a **negative PCR-test carried out within 72 hours** before your arrival and to **sign a term of responsibility** where you declare that you will **respect the security measures** recommended by the French Ministry of Health and that 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 those rules all together** on the first and on the second day of the Tour in order to share and clarify them. A discussion will be open for **sharing comfort or discomfort** in relation to these measures and to define together our **security framework**.

All the Tour long, Via Brachy will **provide alcoholic solution** dispensers in common spaces and will have extra masks available if necessary, but you will be responsible for **bringing your own masks**.

Good to know : If the PCR tests are NOT covered by the health insurance in your countries, we could reimburse your PCR-test cost by using the remaining money from your travel cost.

Thus, the best deal you find for your transportation, the more we will be able to reduce the costs of these extra measures for everyone.

CHECK LIST

Before coming, make sure you have:

- **read carefully** this info-pack and take the scope of the Heterotopia Tour;
- **make your arrangements and inform your colleagues, family and partners you will not be available for some weeks.**
- bring with you:
 - sun-blocking gear** (especially a hat)
 - a **canteen**
 - a **rain jacket**
 - warm clothes** for the evening
 - working outfit** (sturdy, they will get dirty)
 - closed shoes** (for the eco-building and eco-farming workshops)
 - a **warm sleeping bag** (you can expect temperature anywhere from 5 to 25°C at night)
 - a **mattress** (small but good enough to sleep well all the Tour long)
 - a **waterproof tent** (because of the Covid-19, you can't make a team with other participants from your country to travel lighter)
 - a **note-book** and a **pen** to keep track of the experience.

If you feel like, we also encourage you to bring:

- typical recipe(s) from your place so we can taste and share them
- some light music instruments (knowing we won't take any responsibility in case they get damaged during the Tour)
- some music on a USB key or a MP3 player
- (a few) songs from your country with the written lyrics and the tabs so we can sing together.



CONTACT US

If you have still some questions to ask, do not hesitate to contact:
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We will do our best to answer you in short delay.

Waiting to welcome you in Toulouse
Warm greeting from France
VIA BRACHY's team