



Co-funded by the
Erasmus+ Programme
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DARE

**DEMYSTIFYING FEARS AND FAILURES TO
TAKE ACTION**



INFOPACK

DOMAINE DE MATENS 81 600 GAILLAC - OCCITANIE, FRANCE
MARCH, THE 3RD TO THE 10TH 2020

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Association VIA BRACHY : Voyages Interculturels Solidarité Autoformation
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SUMMARY OF THE PROJECT

*If not now, then when?
If not you, then who?*
J. E. Lewis

Since its creation, our association, Via Brachy, is fostering for people's empowerment and social change. We support people in finding their way in society by fostering intercultural exchange, experiencing collective living and meeting people involved in social and/or eco-friendly projects.

By listening to the people we met by the years (either people who were lost in life, without clear goals or perspectives in mind, or so-called "social entrepreneurs"), we believe that it is worth working on our **emotions** and on the **fears** that **prevent us to take action** or that **impede the collective projects** in which we are involved if we want to give shape to our idea(l)s and to lead collective projects on the long run.

The DARE training course is an attempt to address this complex topic.

It is an opportunity for the participants to get introduced to the concepts of **emotional intelligence** and **emotional agility**, to **learn from the experience of failed collectives** and to **explore their life-path** through the difficulties they faced, the failures they had and the changes they brought (positive or negative) in their life to better understand how they can deal with their fears and transcend them to take initiatives, by themselves or with others.

The training course will gather **30 persons**, coming from France, Spain, Italy, Germany, Greece, Portugal and Estonia:

- **youth and social** workers who are looking for tools to better support their target groups in their socio-professional journey;
- people who would like to **get involved in social project** but **have trouble making the first step**.

It will be held from the **03rd to the 10th of March 2020** in a rural cottage near Gaillac (Tarn, France), which will create the proper atmosphere for an optimal learning experience and a deeper connection between the participants.

Extracting knowledge **from their own life-path** and from **sharing their experiences**, the participants will highlight how past failures and fears **impact** our behaviors, choices, life-path and career. Skilled facilitators will help them come up with proper definitions for the key concepts of the course (emotional intelligence, emotional agility, limiting beliefs, etc.), **specify the purposes** of addressing fears, emotions and failures for themselves and with their target groups, and acquire **appropriate tools and methods** to improve the quality of the support they provide to others.

They will work on **practical cases** and get gradually familiar with the concepts, methods and tools they will be introduced to and on which they will take a **critical look**. Daily debriefings will help them taking a step back from what they experience and **put into perspective** the knowledge acquired.

In addition to the working sessions scheduled during the day, they will take advantage of the time spent together to develop their **facilitation skills** in an intercultural context, share knowledge and deepen their **relationship** in a more intimate setting, and strengthen a set of soft and social skills that matter in youth and social work.

Finally, the participants will get involved in producing **pedagogical material** to share the main results of the training course and in setting up a dissemination strategy to broadcast them. They will agree on the tasks that should be carried out and will be responsible for implementing them with the support of their sending organization.

PREVISIONAL PROGRAM

"Change is a process, not an event."

Susan David, Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life

DAY 1 - 03/03/2020

Reaching the venue. Getting to know each other, setting up a framework, building trust.

DAY 2 - 04/03/2020

Defining the concepts of Fear and Failure. Laying out expectations. Connecting with our emotions, learning to recognize them in the others

DAY 3 - 05/03/2020

Understanding what Emotional Intelligence and Emotional Agility mean. Questioning the way we deal with challenging situations and emotions.

DAY 4 - 06/03/2020

Changing the way we consider fears and failures by looking at our life-path in an alternative way. Expressing how we feel, taking a break.

DAY 5 - 07/03/2020

Understanding how fears can disturb collective work and impede our initiatives.

DAY 6 - 08/03/2020

Facing our fears and our "limiting beliefs" to take action.

DAY 7 - 09/03/2020:

Producing contents to spread the acquired knowledge.

DAY 8 - 10/03/2020:

Assessing our learnings achievements. Tidying up the venue and departure

(Important: Be aware modifications can occur in the programs.)

WHO IS PARTICIPATING?

The training course is geared towards **30 youth and social workers** or people **who would like to get involved in social project** but **have trouble making the first step**.

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 themselves and to debate in English)

We are looking for people who would like to better **understand their emotions** and **explore their life-path** in an alternative way. They should be **open to talk about themselves** and **ready to listen to the others**. We will provide a safe environment, but the training course will probably **move them**: they should be ready for this experience.

The participants should be interested in **meeting people from different countries and backgrounds** and willing to **share** their experience and knowledge. We also expect from them that they **share the knowledge they will acquire** with the people they work with, the members of the group(s) they belong to and the people they support after their return.



WHAT YOU WILL BE ASKED FOR, AS A PARTICIPANT?

We expect you to participate on the whole program (it means **coming later or leaving earlier is not allowed**).

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

- to **read** all the information carefully (especially this info-pack and all the emails we will send you before your coming) and **communicate timely** with the organizers;
- to **reflect on your learning objectives** regarding the training course;
- to **take actively part** in the full duration of the activities;
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;
- to **give all the necessary documents to your sending organizations** (invoices, boarding passes,...) for the reimbursement of your travel costs;
- to **participate in the evaluation process** after the course and to **share your experience in your community through articles writing, internal training courses, workshops or any other dissemination activities you will find relevant.**

Be aware that pictures, videos and images taken at the course, as well as the materials produced during the activities, can be used to document the activity in reports or websites or social networks, or for promotional material.

We will decide together during the training course **how we will share and spread the training course' results** towards a wide audience, but consider already that your contribution will be decisive to make it more comprehensive and representative of our joint experience.

Our Facebook group "**Out of the Box**" will help you to get in touch with the other participants, prepare adequately and share contents: <https://www.facebook.com/groups/1113159448710274/>.

HOW TO APPLY?

The training course gathers 7 European organizations active in the fields of non-formal education, social inclusion and sustainable development:



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

They will tell you about the **procedure to follow**, based on the previously said criteria, including most probably an online form that will allow us to better know you, your experience and expectations.

Country	Sending Organization	E-mail address of the contact person	Nb of participants
France	Via Brachy	Cecilia RETREPO cecilia.restrepo@viabrachy.org	4 (+3 facilitators)
Italy	ArciGay Palermo	Daniela TOMASINO palermo@arcigay.it	4
Portugal	NEW LOOPS	Joana DE MELO SAMPAIO joana@newloops.org	4
Germany	JuBuK – Jugend, Bildung und Kultur	Natalia SERIAKOVA nataseriakova@yahoo.de	4
Spain	Viaje a la Sostenibilidad	Elena KRAGULJ movilidad@viajealasostenibilidad.org	4
Estonia	Seiklejate Vennaskond	Eleri PAATSI seiklejate.vennaskond@gmail.com	3
Greece	CINERGIES	Kostas MAVRIAS cinergies.info@gmail.com	4

HOW MUCH DOES IT COST?

The training course is funded through Erasmus+ Program.

Thus accommodation, food and materials are fully covered from March, the 3rd to the 10th included. **Any expense incurred before or after these dates or linked to extra activities / leisure** (as alcohol, tobacco or tourism) **will be yours**.

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 follow:

Country	Sending organization	Max € reimbursed
France	Via Brachy	0 € per participant
Germany	JUBUK - Jugend Bildung und Kultur	275 € per participant
Italy	ArciGay Palermo	275 € per participant
Portugal	NEW LOOPS	275 € per participant
Spain	Viaje a la Sostenibilidad	180 € per participant
Estonia	Seikejate Vennaskond	360 € per participant
Greece	CINERGIES	275 € per participant

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.

Coming by car is also possible but only 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+. There would be then a specific list of documents that we will require from you in order to pay you back for your travel costs (i.e. proof - gas ticket + toll - of the city of departure and the city of arrival, toll tickets of all the journey, photocopy of the certification of registration of the vehicle, itinerary of the trip, written testimony of the people travelling and declaration of honor from the driver).

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 reimburse part of your travel costs**.

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 all this information is available on the e-tickets for flights, trains, boats or buses. If not, please ask the air/train/bus/boat company to edit you a proper invoice.

2/

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

The **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 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 links expire and you won't be able to use it some weeks after the trip, and we will not be able to reimburse you.

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).

Be aware that we cannot **provide reimbursement** if a document is missing.

Only when the sending organization has all the documents, 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 they will provide you before and after the training course.

(For example, Via Brachy will ask for a 50€/week contribution from the French participants).

Please contact your sending organization to know about their policy.

WHERE WILL WE STAY?



The training course will take place in **Gaillac**, South-West France.

All activities will take place in the lovely winery of Matens: *Domaine de Matens* (<http://matens.free.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.

WHAT SHOULD YOU BRING?



Consider the weather will most probably be cold and rainy and choose your clothes accordingly.

For your stay, you must also bring with you:

- a single **bed sheet** and a **pillow cover**
- your **sleeping bag**
- a **towel**, your soap, shampoo, toothpaste, etc.

The sleeping bag is not a substitute for a bed sheet. The hosting venue requires us to **use both**. **Please, take it into consideration and bring yours.**

At the same time, as we will exclusively use public transports and private cars to reach the venue, we advise you to **limit the size of your luggage**.

HOW TO REACH THE VENUE?

The training course will take place in the countryside, **1 hour far away from Toulouse**. To be able to attend it from beginning till the end is one of the basic conditions for participation, so **please arrange your travel to be there on time**. In case of any complications, please let us know as soon as possible.

As a participant, you may arrive **on the 02nd of March or on the 03rd before 14:00 at Toulouse airport**, according to the available transportation.

The **meeting point** will be on the 03rd:

- at **Toulouse's train station** (Matabiau / Metro line A – Stop Marengo SNCF) at the departure **Hall 2 at 16:15 PM** if you go by train. A member of our team will wait for you there and bring you to Gaillac ;
- at **Marengo's "depose minute"** (Metro line A – Stop Marengo SNCF) at **15:30** if you go by car with members of our staff.

We will send you few days before your arrival a **"Welcome pack"** with the phone numbers of our staff, the address of the 2 meeting points, pictures, maps and other practical information so that you will easily reach them.

If you arrive the day before the training:

Unless you have friends in Toulouse who can welcome you, you will have to **find a hostel for yourself**. The fee can be covered by the EU travel cost amount if you haven't exceeded it with your flights.

You will reach the meeting point **by your own means** on the 03rd.

From the airport, the best (and cheapest) way is to take the tramway line T2 towards "Palais de Justice". You will stop at "Arènes" to take the subway line A towards "Balma Gramont" and will stop at "Marengo SNCF".

The transportation is about 1 hour long.

For the tickets, you will only need one single ticket (1,70€/unit) for the whole transportation (tram+metro).

If you are more than 5, we encourage you to take a "Tribu ticket" (8€/unit) that you need to validate as many times as the number of people travelling.

Whatever the case, **ask for a receipt and keep the used tickets**. We will need them to pay you back (max 2 tickets per person per day).

If you arrive at the bus station, take it easy. The train station is 2-3 minutes walking from the bus station.

For more information on the itinerary and on the time schedule, please consult the transport company's website:

<http://www.tisseo.fr/en/home>

OTHER IMPORTANT INFORMATION

DEPARTURE TIME

Please, do your best to **take flights after 4:00 PM on the 10th**.

In case you take a flight earlier, be aware that there is no way to reach Toulouse' airport on time from Gaillac before 10:00 (for a flight leaving at noon). This means that you will have to leave on the 09th and that you will miss the last festive night.

If you decide to leave on the 11th, bear in mind that you will have to **find a hostel for yourself**. As for the 02nd, the fee can be covered by the EU travel cost amount if you haven't exceeded it with your flights

DIET

Please inform your sending organization about your diet **on the latest 3 weeks before** the training course so that we can take it into consideration in the cooking.

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 if you get sick or wounded but we will not cover your fees.

NO WIREFIRE

Be aware that there is **no wirefire in the place we will be**. You can connect to the internet through 4G but the signal is not always at his best.

Please, make your arrangements and inform your colleagues, family and partners you would not be easily available for a week.



ANY OTHER QUESTION? CONTACT US!

Our team is available to answer any question you may have. Do not hesitate to contact:

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

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

Tel: +33 6 89 44 48 20

We look forward to meeting you,
Best regards,
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 youth exchanges, seminars, training courses and journeys as catalysts for people's empowerment and social change in France, Europe and Senegal;
- We support our partners' initiatives in Senegal: development of low energy cooking tools and solar dryers, settlement of income-generating activities based on local resources ;
- We organize public events on social issues in order to raise awareness and to promote alternative ways of living.

More info: www.viabrachy.org



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