



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

# SUSTAINABLE PATHWAYS

Shape the shift !



***“Sustainability is a political choice, not a technical one. It’s not a question of whether we can be sustainable, but whether we choose to be”***

*Gary Lawrence - Journalist, environmental activist*

## INFOPACK

15<sup>th</sup> to 24<sup>th</sup> NOVEMBER 2022

GITES DE FRANCK 81087 FAYSSAC - OCCITANIE, FRANCE



Association Via Brachy : Voyages interculturels Solidarité Autoformation  
3, place des Avions – 31400 Toulouse – France – [www.viabrachy.org](http://www.viabrachy.org)



# SUMMARY OF THE PROJECT



In the face of **climate change** and of a **major ecological crisis**, numerous academic studies are calling for **drastic change** in the way we live, produce and consume if we want our societies to be sustainable. The idea that this transformation is needed in the short term is shared by a growing number of people and receives increasing media coverage.



But putting ideas into practice isn't easy ! In the face of such serious and huge issues, along with institutional inertia, we are many to lose faith or to encounter difficulties to identify **realistic solutions** to meet the challenge.

The SUSTAINABLE PATHWAYS training course aims at providing you knowledge and tools to better understand the **issues at stake**, **point out the difficulties we face** to take action and **envison ways to make a move** towards a fairer and more sustainable society.

The course has been designed in order to provide you **new perspectives on the transformation of the society towards more inclusion and respect of the environment**. By the end of the week, we hope you will have made a step forward in your perception of the topics we addressed and gain **knowledge** and **inspiration** to define **ways to act** accordingly with your beliefs and values.

In practice, the training course will be held in a rural cottage in South-west France and will gather **30 participants**, coming from France, Spain, Greece, Italy, Germany and Portugal.

**Switching between theory and practice** and using a diverse range of methods, we will invite you to put your own life-path, beliefs and behaviors into perspective, **compare** and **contrast** your points of view, go through a **critical analysis** of different concepts, **field-test** some ideas introduced during the course, **learn from the experience** of others and **investigate practical ways** to work towards more inclusive and sustainable societies.

## PREVISIONAL PROGRAM

*Important : Be aware modifications can occur*

### DAY 1 – 15/11/2022

Reaching the venue. Breaking the ice.

### DAY 2: 16/11/2022

Getting to know each other, setting up our framework. What brought us here? What could be a desirable future? What does a sustainable society mean?

### DAY 3: 17/11/2022

What's going on for the Climate and for the environment?

### DAY 4 & 5 : 18/11 & 19/11/2022

**How can we take action ? Envisioning various strategies**, sharing our feelings, experience and knowledge.

### DAY 6, 7 & 8 : 20/11, 21/11 & 22/11/2022

Getting inspired, discovering a set of social and ecological projects from the area.

### DAY 9 : 23/11/2022

Where to start ? How can we get involved back home ?

Assessing the training course and our learning achievements.

### DAY 10: 24/11/2022

Tidying up the venue and departure.

## WHO IS PARTICIPATING?



The training course is geared towards **30 people** who would like to take action for a **fairer and more ecological society**.

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).

All along the course, we will invite you to **share** your points of view, experience and knowledge, 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.

No technical or academic background is required to participate. Motivation is the key !

Be aware that 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 around you, 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 have 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?



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

Most of the 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** from November, 15<sup>th</sup> afternoon to November, 24<sup>th</sup> at noon.

The group will be in charge of taking care of the house and the everyday tasks such as cleaning, setting up the tables, sorting the garbage and washing up the dishes. Beyond the obvious comfort that this can bring to the group, we believe that everyday tasks are at the core of collective living and for that reason we consider it as part of the program and of our pedagogical approach.

## 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



## 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?



You must bring with you your **towel, soap, shampoo, toothpaste**, etc. Blankets and sheets will be provided by our hosts.

Consider the weather will most probably be cold and rainy and choose your clothes accordingly. Take **warm and waterproof shoes**. For the outside activities you will need **clothes that you can stain and closed shoes**.

As the venue is not near a town, please also take with you **anything you usually need** (medication and if you are a

smoker: **take your tobacco with you**) as well as **some cash for your personal expenses** (such as wine, beers...).

**Good to know:** *If you are a smoker be aware that tobacco is very expensive in France (15 euros for 30 grams of rolling tobacco).*

## 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   | <a href="#">Via Brachy</a>                | Cecilia RESTREPO<br><a href="mailto:cecilia.restrepo@viabrachy.org">cecilia.restrepo@viabrachy.org</a>   | 4                  |
| Portugal | <a href="#">New Loops</a>                 | Maria KLEIN<br><a href="mailto:maria.k@newloops.org">maria.k@newloops.org</a>  | 5                  |
| Germany  | <a href="#">JuBuK</a>                     | Anna METRINA<br><a href="mailto:info.jubuk@gmail.com">info.jubuk@gmail.com</a>   | 4                  |
| Spain    | <a href="#">Viaje a la Sostenibilidad</a> | Anna ROSSI<br><a href="mailto:movilidad@viajealasostenibilidad.org">movilidad@viajealasostenibilidad.org</a>   | 5                  |
| Italy    | <a href="#">HRYO</a>                      | Senem KALAFAT<br><a href="mailto:senem.kalafat@hryo.org">senem.kalafat@hryo.org</a><br>Melania FERRARA<br><a href="mailto:melania.ferrara@hryo.org">melania.ferrara@hryo.org</a> | 4                  |
| Greece   | <a href="#">Colab House</a>               | Vasileios TRIKOUPI<br><a href="mailto:colabhouse.info@gmail.com">colabhouse.info@gmail.com</a>   | 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 November, the 15<sup>th</sup> afternoon to November, the 24<sup>th</sup> at noon.

**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 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.



Be aware that **we can only reimburse your travel expenses if you travel between the 13<sup>th</sup> of November and the 26<sup>th</sup> of November.**

**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.

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 13<sup>th</sup>, 14<sup>th</sup> of November and/or on the 24<sup>th</sup> and 25<sup>th</sup> of November.



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 | Max € reimbursed per participant if green travel* |
|----------------------------------|----------------------------------|---|
| France                           | 20 €                             | 23 €  |
| Spain                            | 180 €                            | 210 €   |
| Greece, Germany, Italy, Portugal | 275 €                            | 320€  |

\*green travel = boat, bus, train, carpooling

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.

**Carpooling and transportation with private cars are 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 be able to reimburse you).

If you have any doubt concerning your travel plans, don't hesitate to contact us.

**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 take a screenshot**, 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 it is a good quality picture, meaning that we can read ALL the informations.



**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 away from Toulouse**. One of the conditions to participate to this training course is to attend from the beginning until the end so **please arrange your travel to be there on time** : if you arrive by plane, you need **minimum one hour to reach Toulouse train station**, if you arrive by train or bus, you will need **minimum 15 minutes to reach the correct platform**.

The **meeting point on the 15<sup>th</sup> of November will be at Gaillac train station at 17:30\***. You will reach the meeting point **by your own means**. From there, we will bring you to the place where we will stay in Fayssac.

Here is the link to book your train ticket from Toulouse to Gaillac : <https://www.sncf-connect.com/>

\*Be aware that the last train to reach this meeting point on time leaves at 16:35 from “Toulouse Matabiau” train station.

Bear in mind that **we can only reimburse your travel expenses if you travel between the 13<sup>th</sup> of November and the 26<sup>th</sup> of November**.

We will send you few days before your arrival a “**Welcome pack**” with more detailed information.



## EXCEPTIONAL MEASURES - COVID19

We deeply enjoy in-person meetings. But as you can imagine, the Covid-19 could easily disturb it... ;( Depending on the evolution of the Covid-19 pandemic, we may ask you to do a Covid test within 72 hours before the course to reduce the risk as much as possible. If you have any doubt, please make a covid-test before coming and contact

us as soon as possible.

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 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](mailto:caroline.ferrafiat@viabrachy.org)

**Cecilia RESTREPO** - @mail : [cecilia.restrepo@viabrachy.org](mailto:cecilia.restrepo@viabrachy.org)

**Clémence BIZON** - @mail : [clemence.bizon@viabrachy.org](mailto: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 greetings 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 change** 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 **diversity**, **eco-friendly living** and **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](http://www.viabrachy.org)

