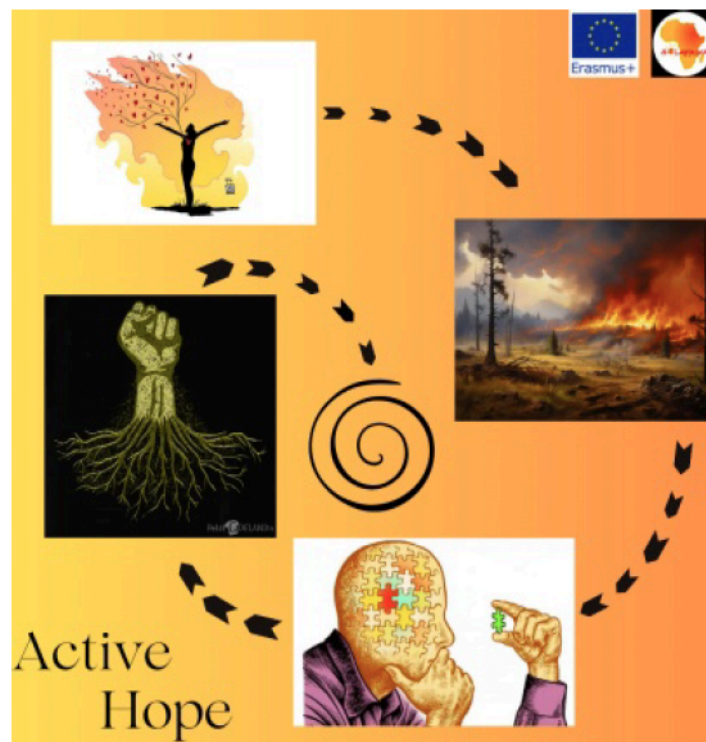




INFOPACK PARTNERS Youth Exchange «Active Hope»

In France, 4.06.2024 (arrival) to 17.06.2024 (departure)



Working language : English

Participating countries : Turkey, Portugal, Czech Rep., France

Organizer NGO : Solafrika

Age of participants : from 18 to 30

Number of participants : 4 youngsters + 1 group leader by country

Project topic : Eco-anxiety and ecological resilience

The Youth Exchange :

The aim of the youth exchange is to explore the climate change issue by:

- 1/ Developing self consciousness and the caring process
- 2/ Reflecting on our world vision, our individual and collective place
- 3/ Discovering citizen action

Today, we **live under the pressure of global warming**, the collapse of the biodiversity, and many other ecological issue.

But, due to that, we witness an **increase of mental health issues**, panic attack and burn-out. In militant organisation as well, the militant burn-out is spreading.

In Solaf, we do believe that the ecological transition, need also a social transition. Social justice, Feminism, and Minority, are big subject worth fighting for.

Inspired by Joanna Macy and Chris Johnston, who created the process « **The Work That Reconnects** », we would like to raise awareness on resilience and creative power.

Based on the books « Active Hope: How to Face the Mess We're in Without Going Crazy » and different workshop we assisted to, we developed a project on the hot topic of the **ecological resilience**. In to that, there are emotion that needs to be visited, community belonging to develop, psychological and society vision to be changed, and finally, action to be taken.

What the place looks like:

The Youth Exchange will take place in **Saint Lizier (09200)**, in a holiday cottage called "**Le pays des traces**"



How to come to the Youth Exchange :

You will have to come to **"Toulouse"**, which is the closest city to us. And then come to **"Boussens"** where we will pick you up with the vans to go to the place of the youth exchange

How to come to Toulouse:

➡ By bus or train :

You can easily come by bus or train, which is usually not so expensive. These links can help you:

- Trainline
- Busbud



➡ By carpooling :

You can find some cars to share here:
<https://www.blablacar.co.uk/>

➡ By plane :

If you come by plane, the closest airport is "Toulouse-Blagnac Airport".

Next step : 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.

➡ From the airport :

Look at the info on the [airport website](#), it will be updated (there is construction work ongoing on the tram).

The name of the train station stop is "Marengo-SNCF".

If you want to see a map of the public transport in Toulouse you can look here:
<http://www.tisseo.fr/en/home>

How to come to Boussens :

➡ By train :

Take a train in 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 student.

And to Saint Lizier/ Le pays des traces :

➡ By minivan:

Once in "Boussens", there will be someone picking you up for the last step of your journey : a minivan ride !

→ Know that **you should arrive at 6:04 PM on the 4th of June in Boussens train station**. (train leaving from Toulouse at 5:07 PM). There won't be no other time to pick you up!

Green travel and transport costs:

When possible, we really **want to promote green travel** (travelling to the youth exchange without taking any plane). We think it make sense with **our ecological values** and also **with the topic of the YE**. Of course, some **countries are closest** so it's **more doable**, and it's in thoses cases that we would really want to **work together to help you to use those green travel**.

There is a **flat rate to reimburse you of your transport**.

In the case where people use only **green travels**, there is an **extra amount of money to cover for possible extra costs** (for exemple a night in a hostel if the travel takes more than a day).

For the **participants coming from Portugal and Czech Republic**, the rate is **275€/ person** or **320€/ person for green travel**.

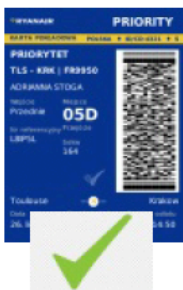
For the **participants coming from Turkey** : it's **360€/person** or **410€/ person for green travel**.

About the reimbursement : Participant have to buy the tickets and we will than reimburse them (if this is not possible, please contact us). For the participants from outside the "SEPA zone", we reimburse directly during the stay. Otherwise, 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 exceed, you will have to pay the difference.

MAKE SURE YOU KEEP ALL THE TICKETS FROM YOUR TRAVEL.

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



Without the tickets and boarding passes, we won't be able to reimburse you !

When you've bought you tickets your can upload them here:

https://drive.google.com/drive/folders/12AbIjsklvxmnl16thZHXson6TexTsbgf?usp=drive_link

Specificities and things to know :

During the Youth Exchange, food, accommodation and activities are paid by the Erasmus+ program.

➡ Our Values

Things that are important for us : Respect of life, equality for all, dignity, justice, solidarity, everyday life cooperation, interculturality, sharing, education for all and throughout life, informal and non-formal education, critical thinking, creativity.

And **more concretely**, here are some things that we chose to do at Solafrika :

- Food is local, seasonal and organic as much as we can !
- Meals are vegetarians for educational and ecological reasons !
- The participants will have to do collective tasks such as cooking, cleaning, washing dishes, etc...
- There is no WIFI here

➡ Intercultural Evenings :

Each country team will have the opportunity to share some element of their culture during the Youth Exchange. There will be two nights:

- **The intercultural buffet:** On the second night, every country team is gonna share small snacks that they bring with them from their countries. You'll be reimburse up to 40€ per country.
- **The cabaret :** In a creative way, each country will have to present some things of their countries : something important to them, that they like or dislike about the place where they live, etc. It can be with dance, theater, song. But know that quizzes and videos are forbidden (too boring 😊).

➡ European Health Insurance :

It's your own duty to have a European health insurance and a civil liability. Finger crossed you won't need it, but in case be sure to have it before coming here.

➡ 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, Carcassone are nice cities around here. The French Pyrenees are beautiful. You will find things to do, make sure about it ! ;D

There is also a [youth hostel](#) in Toulouse.

The night is around 20euros: book your place before coming.

➡ YOUTHPASS:

After the training, every participant will receive a [Youthpass](#). It is a European recognition tool for non-formal and informal learning.