

ERASMUS+ TRAINING COURSE

**WAKE UP
YOUR LEADERSHIP !**

21st July - 29th July 2022



Association Regain - La Borie Noble - France

www.association-regain.info



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

The project & The place

The purpose of this training is to empower youth leaders and young workers with the skills, knowledge and confidence they need to effectively lead Erasmus + projects throughout Europe.

The project will develop a wide range of innovative and interactive training methods. These methods will stimulate the intercultural learning process of each individual participant by means of group exercises, artisanal workshops, role plays, forum theater, interactive lectures, audio-visual presentations, artistic expression, small and big group discussions and individual reflection.

You will be hosted in La Borie Noble a hamlet nestled in a peaceful atmosphere where you will be able to enjoy the calm of the forests, rivers , hills and the history of medieval buildings... We encourage a technology free environment so you can really get back to nature and reconnect with your inner potential.

During a week ,the group will become a temporary intentional community ,that is a space where we can learn in all directions and enrich ourselves in different levels,cognitive , emotional...and offers the opportunity to establish personal links that may help develop future collaborations.

The programme includes

- Reconnecting with the self
- Identifying your talents and capacities
- Teamwork
- Debates
- Body movement
- Space for developing new resources

About you - What we expect

Taking part in a training course like this one, is a very special opportunity to help develop the potential use of learning outcomes and discover your leader inside .

This training course is for you if :

- You are a youth worker, educator, youth leader or activist.
- You are officially a resident of the partner organization countries
- You are able to work in english
- You want to bring back home what you'll discover and learn here

The objectives

- Develop innovation and creative thinking to apply in daily life issues.

- Sharpen your leadership skills to pursue your goals

- Experience situations to get out of your comfort zone.

- Learn how to use the creative process in a professional environment.



KEY PRINCIPLES

Self-expression: The freedom to be yourself in a creative, free space.

Get involved: We need everyone active and participate!

Self-reliance: You are responsible for yourself and to make a positive impact on the course.

Respect: Different cultures can be tricky. Be patient, respectful and cooperative.

Immediacy: Be here and now. Focus only on the course and please avoid giving attention work and personal issues during the course.

Learn and share: Share what you know, absorb everything and spread it back home!.

Travel & Reimbursements

The training is **fully funded by the Erasmus+ program** : activities, food and accommodation are included.

The travel costs will be refunded at the end of the project. Each participant has to buy their own tickets and at the end of the training the travel costs will be refunded after all the receipts were provided. The reimbursement will be made by bank transfer. It's very important to keep all the original travel tickets and boarding passes and to provide them to the coordinators.

Please, remember to buy your transportation tickets with **cancellation insurance**. In case the borders are closed or other circumstances that prevent you from traveling, you will be able to recover your money. The Erasmus + program only reimburses the travel expenses when the travel has been made.

The Erasmus + program **doesn't cover the costs of PCR or antigenic tests** to travel and participate in the training, however the coordinating organization will try to reimburse partial or full costs of these tests to the extent possible within the established budget for travel.

Take into account a **small fee can occur** if ticket prices plus the test costs are exceeding the maximum refund amount. If you use **Green Travel** it's possible to increase your travel budget, check with the Spanish coordinator Luisa for more details.

180€ maximum for France

275€ maximum for Slovenia, Italy, Spain, Lithuania, Denmark, Belgium and Netherlands

360€ maximum for Greece, Sweden and Estonia.

In order to be ready for the training, we expect participants to **purchase their tickets before the 25th of June**, so we can be sure that the ticket prices will be cheaper and available for all of you.

Please, contact the organizers before purchasing any ticket in order to check your travel. Write an email to Luisa for this coordination mlgarachanacarpintero@gmail.com.

Participants should arrive at La Borie Noble on the 21st July and depart on the 29th July 2022. It's possible to travel outside of these dates, but it depends on your country of residence and if you use green travel. Please, check these details before buying your tickets. Any stay outside the activity period is completely on your own arrangement, and the host organization cannot take any responsibility outside above mentioned activity dates.

Also, **taxi fares cannot be reimbursed**, if you decide to take a taxi, it will be at your own expense.

How to arrive at LA BORIE NOBLE - REGAIN

As you know, La Borie Noble is located in a unique setting, but far from big cities, so public transportation is very limited. Therefore, it's necessary to plan the trip well, so that the arrival and departure are the most beneficial for everyone. The only points where we can pick you up, and take you back, are Les Cabrils and Lodève.

**First option,
from the railway stations in Toulouse or Marseille, to Les Cabrils.**

The best option is, if you arrive at Marseille or Toulouse airports before 14h, you can take a train to arrive in Beziérs. It will take from Marseille 2 hours 38 minutes and from Toulouse 1 hour 50 minutes.

You have to arrive to Beziérs before 18.11h to catch the train direction Millau. You will ask for a ticket to Les Cabrils station where you will drop off at 19.52h, it only costs 1 euro if you buy it online or at the station. We will be there to welcome you at the station!

How to come from Marseille? First take a free shuttle at the airport to the Vitrolles Aeroport train station, ticket price 1.60 euros. From there the train reaches Montpellier Gare Saint Roch (tickets must be bought in advance). Blablabus is also available from Marseille Saint Charles bus terminal in the city center and the cost depends on the schedule (see online).

How to come from Toulouse? The shuttle bus goes from Toulouse-Blagnac Airport to Toulouse Matabiau railway station every 20 minutes and the single ticket costs 8 euros, it only takes 15 minutes.

Second option, coming from Montpellier Méditerranée airport, to Lodève.

Take the shuttle bus from the airport to Place de l'Europe. It will only take 20 minutes and the cost is 2.60 euros shuttle bus + tramway ticket. At Place de l'Europe you will take tramway 1 direction Mosson (just in front of you) or walk 400 meters to tramway 3 stop also direction Mosson. Tramway 3 is the fastest option.

Get off at Station Mosson (terminal station) and walk 100m to the bus 601/681 towards Lodève. It will take about 50 minutes to arrive at Lodève and the ticket price is 2 euros. Remember to look at the PDF that we attach to know the exact schedule that you can use. **We will pick you up in Lodève tourist office just in front of the bus stop.**

How to leave LA BORIE NOBLE - REGAIN

Just keep in mind that the means of transport are just as limited to get to La Borie Noble as to leave.

From Les Cabrils there is a train that leaves at 7:37 am and another at 3:15 pm, which takes 2 hours to reach Beziers. From there you can get to Toulouse, Montpellier or Marseille without any problem.

From Lodève the same buses leave that you already consulted in the attached PDF. On the second page you can find the details of the return times.

The organizers of this project we encourage you to use Green Travel, and thus reduce the pollution that we will produce during the meeting.

If something wrong happens during your trip, here you have a couple of contacts:

Contact La Borie : +33 7 69 12 49 58

Vero's mobile/WhatsApp/ Telegram and Signal : +33 7 88 98 57 79

Luisa mobile/WhatsApp: +34 699 64 74 00

To bring or not to bring

- ID or passport & European Health Insurance Card.
- Notebook and pens for notes.
- All the original travel tickets and boarding passes.
- A headtorch or/and a flashlight.
- Your water bottle and a hat (we expect high temperatures and very sunny days).
- Ecological and biodegradable shampoo, toothpaste, soap, sunscreen and insect repellent.
- Comfortable clothes.
- Comfortable shoes for walking and being outside or being barefoot :).
- Swimsuit and towel.
- Musical instruments and games.
- Your special needs, medication, etc....
- **Your best smile :).**

Food and Accommodation

Meals will be **vegetarian** with eggs and dairy products, and we will try to provide for special diets if necessary (vegan, celiac...). The vegetables are from our green garden cultivated ecologically and all the cereals are organic. **Please inform us if you have special needs** and write it down in the application form.

Our bedrooms are simple, pleasant and cozy. You will be assigned a single, double or a dormitory with a maximum of three people. All of them have a beautiful view of nature. Toilets and showers are shared. If you have any priority, let us know.

You can bring your sleeping bag with you, but it isn't necessary. We will provide mats and extra blankets, but not towels.

Concerning drugs we would like to make it clear **that there is a no-drugs policy** during all the training course. In the common spaces where the activities will be carried out, we suggest not to drink alcohol. It can be consumed in a responsible way outside the event.



Sanitary measures

Given the special circumstances related to COVID-19, the organization is responsible for the group respecting the current sanitary measures in France during the training.

Please, check all the restrictions and sanitary measures that you have to take into account for traveling from your country to France, and come back. “Re-open EU” application can provide you with updated information. Remember to check it from now and before the traveling date , because it can suddenly change.

As you know, one of the most common measures that are right now operating to travel is holding an European COVID-19 vaccination passport or a negative PCR 72h before traveling. Please, keep in mind that it’s your responsibility to take care of yourselves during a couple of weeks before the training course, and during it. So, we will try to not expand the pandemic between countries, help us in that important task.

Contact details

For further detailed information, please contact the coordinator for your country or the Spanish one. If you have any questions, we will be happy to answer!

Contact Luisa before arranging your transportation.

Belgium	Laurane	Laurane.coo@gmail.com
Denmark	Rubén	rubenbiolec@gmail.com
Estonia	Viktoria	ystallinn@gmail.com
France	Veronica	jambovero@protonmail.com
Greece	Sheila	eplus@thesouthernlights.org
Italy	Debora	debora.sbaiz@gmail.com
Lithuania	Ruta	info@manoeuropa.org
Slovenia	Petra	petrajazbec33@gmail.com
Spain	Luisa	mlgarachanacarpintero@gmail.com
Sweden	Bjorn	bjorn222@icloud.com
The Netherlands	Mieke	mieke.elzenga@gmail.com

*Thank you for your interest and your motivation to be part of this project!
Looking forward to host you in La Borie Noble.*



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