

ERASMUS + TRAINING COURSE

GROWING TOGETHER

17th to 25th September 2024

Association Regain
La Borie Noble, France



Funded by
the European Union





WHAT IS GROWING TOGETHER??

Our project is driven by a deep understanding of the interconnectedness of sustainability, permaculture, and social inclusion. Recognizing the unique challenges faced by migrant communities in traditional inclusion strategies, we aim to pioneer innovative approaches to community integration. Through our research and practical experiences, we have identified the potential of permaculture education in promoting sustainable and inclusive environments. Our focus on social permaculture emphasizes collaborative design processes that promote cultural diversity, resilience, and community cohesion.

By equipping youth workers with the tools and skills to lead inclusive projects, we seek to bridge cultural divides and empower migrants to become active members of their communities.

Through this initiative, we aim:

1) To equip participants with techniques and practical methods to increase their capacities to effectively integrate migrant populations within their youth projects.
2) To provide participants with a design toolkit encompassing permaculture and digital tools, aiming for a triple impact: promoting the active involvement of young migrants, nurturing ecological awareness, and promoting employability skills.
3) To develop communication tools and strategies for youth workers to empower and engage young migrants in community initiatives, fostering cross-cultural and sustainable leadership for youth youth workers.

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
- You can be responsible for attending to the full duration of the activity
- You are able to use the learnings of the project in your own country after the project





OUR PROGRAMME/SCHEDULE

BASIC TOPICS:
Human migration, current trends and social integration in our societies.
Social permaculture applied to the individual, organizations and communities.
Experiential learning through a visit to a local NGO
Working in multicultural groups and digital design tools.
Design for practical activities.

WORKING METHODS:
1. Mind-body connection activities
2. Embodied learning and theater
3. Youth Empowerment Circles
4. World café
5. Social and Practical Permaculture Workshops and hands-on experiences
6. Digital tools
7. Skill-Exchange Workshops
8. Communication tools and group management
9. Design tools from social permaculture

Also, participants will get a Youth Pass Official Certification by the European Union.

Youthpass





TRAINERS

NURIA GARCÍA, leads Participatory-Action Research and serves as one of the main trainers. With a master's degree in Human Migration and Social Integration and a Permaculture Design Course, Nuria has over a decade of experience working with marginalized youth, including non-accompanied minors in Spain. She has expertise in non-formal education and academic research on diaspora engagement in sustainable projects. Nuria has been involved in various associations working with migrant populations, providing legal advice and organizing intercultural activities. She currently works with asylum seekers in Lesvos, Greece, running a garden for social integration and organizing permaculture and sustainability workshops for volunteers and people on the move.

KONSTANTINOS TSIOMPANOS, the Director of Sporos Regeneration Institute and has successfully led the organization for the past 5 years. He has expertise as a legal advisor for unescorted minors, which gives him valuable insight into the challenges faced by vulnerable youth communities. In the project, he will serve as a Co-Facilitator, engaging with the hosting community and institutions, interacting with participating organizations, and supporting project promotion and dissemination of results. Kostantinos is also a skilled trainer and facilitator, managing the curriculum for Permaculture and Agroecology. He brings technical expertise in environmental education, with postgraduate studies in the field and experience running forest schools in the region. He will play a crucial role in providing technical knowledge and ensuring the success of Permaculture- related activities within the program.

VERÓNICA CASTRO, with an extensive professional background, including coordinating and training youth projects in Erasmus+ and international educational activities. Having dedicated eight years to Regain, Verónica has been working in the development and implementation of responsible production, consumption and disposal of products in a circular system. Notably, her expertise extends to community-level initiatives, where she has actively worked on the creation and development of permaculture gardens. Her contributions span diverse topics, including circular economy practices, self-sufficiency models, a zero-waste approach and climate transition strategies. For this specific project, it may be worth mentioning that both Veronica and the rest of the hosting organization at La Borie Noble are essentially composed of migrants themselves.



THE PLACE

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 really can get back to nature and reconnect with your inner potential.



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

https://www.facebook.com/ngoregain/?locale=es_ES
https://www.association-regain.info/Home

FOOD AND ACCOMMODATION

Meals will be **vegetarian** with eggs and dairy products, and we will try to provide 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 dormitory with a maximum of four people. All of them have a beautiful view of nature. Toilettes 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 drug use we would like to make it clear that there is a **no-drugs policy** during the training course. In the common spaces where the activities will be carried out, we suggest not to drink alcohol. It can be consumed responsibly outside the event.



TRAVEL AND 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 tickets and at the end of the training, the travel costs will be refunded after all the receipts are 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 of any kind of 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.

Take into account a **small fee** can occur if ticket prices exceed the maximum refund amount. If you come by plane, the maximum amount will be less, so check with the Spanish coordinator Maria Luisa for more details, and to clarify everything before buying the tickets.

285€ maximum	France, mandatory to use Green Travel
417€ maximum	Spain and Italy, mandatory to use Green Travel
417€ maximum	Serbia and Croatia, recommended to use Green Travel
309€ maximum	Greece
395€ maximum	Turkey

In order to be ready for the training, we expect participants **to purchase their tickets before the 5th of August,** 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 Maria Luisa for this coordination mlgarachanacarpintero@gmail.com



Participants should arrive at La Borie Noble on the 17th September and depart on the 25th September 2024.
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 arrangement, and the host organization cannot take any responsibility outside the activity dates mentioned above.

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

GREEN TRAVEL

To reduce the project's environmental footprint, all participants will be asked to avoid flying for traveling to and from the training. Please make sure that you are comfortable with this condition if you apply. For special needs and exceptions please write to the organizers.

Participants who use green travel will also be refunded for the costs of a **maximum 1 or 2 overnight** stay that they need to spend while traveling each way.
You will need **to provide proof of payment** (tickets, etc.) and the maximum amount is 60€ per extra night.
Food expenses along the way are covered up to a maximum of 10€ per day within the limits of your travel days.

IMPORTANT! Please note that this measure is not intended to support holidays or other detours before or after the training and that the amount spent will be refunded only if it is part of a coherent travel plan coming from and going back to your place of residence.

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.



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 18.21h to catch the train direction Millau. You will ask for a ticket to **Les Cabrils station where you will drop off at 19.21h**, 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 Mediterranée 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 61/6681 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 6:46 am and another at 2:24 pm**, which takes 1 hour to reach Bezièrs. It costs 1 euro. From there you can get to Toulouse, Montpellier or Marseille without any problem.

→ **From Lodéve 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 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
Maria 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 head torch or/and a flashlight
- Your water bottle
- 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 :).



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 Maria Luisa before arranging your transportation.
mlgarachanacarpintero@gmail.com

WE ARE WAITING YOU!!!