



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

# TRANSITIONING BY TRAVELLING

AN EUROPEAN SEMINAR TO QUESTION THE POTENTIAL OF  
TRAVELLING IN TERMS OF PEOPLE'S EMPOWERMENT AND  
PROMOTION OF SOCIAL CHANGE



**DOMAINE DE MATENS 81 600 GAILLAC - OCCITANIE, FRANCE**  
**FEBRUARY, THE 27<sup>TH</sup> TO MARCH, THE 5<sup>TH</sup> 2018**

- TRANSITIONING BY TRAVELLING' summary
- Provisional program
- Participants' profile & commitments
- How to apply?
- Transportation
- Venue & Daily conditions
- Costs
- Contact us



Association VIA BRACHY : Voyages Interculturels Solidarité Autoformation  
36, rue Bernard Mulé - 31 400 Toulouse – France - [www.viabrachy.org](http://www.viabrachy.org)

## SUMMARY OF THE PROJECT / OBJECTIVES

*Travelling is a stepping stone for the imagination that feeds each of us, and proposes, not only the unexpected of others, but also of oneself.”*

Bernard Giraudeau

The “**Transitioning by Travelling**” seminar aims at strengthening the participants’ ability to **design and implement learning mobility projects** to attend to the needs of a wide range of target groups, among which more vulnerable groups.

We believe that the current issues we are facing as a society require us to adapt to new situations and that learning mobility projects have a great potential regarding the **empowerment** of both **individuals** and **social organizations**.

For individuals, it represents an opportunity to **look at things with new eyes**, to **open up to new realities**, and to **gain confidence in one’s capabilities**. For civil society organizations, it is an opportunity to **share knowledge and sets of good practices** in order to design projects capable of addressing the current economic, social and ecological issues at stake.

In order to turn this potential into concrete results, we believe key actors responsible for such projects need to broaden their skillset and structure their fields.

The **Transitioning by Travelling** seminar thus offers to gather 31 youth workers and educators from 9 EU countries (France, Greece, Italy, Germany, Portugal, Spain, Hungary, Slovakia and Croatia) so they can **meet** and **share their experience** and **good practices** regarding the design and management of learning mobility projects.

They will aim at **stepping up their teaching/learning toolset**, design non-formal education programs, and **improve the support they can provide to their target groups**, in order to let them reach **personal autonomy** and foster **social transformation**.

By enhancing the participants’ skillset, we aim at **improving and broadening the spectrum of opportunities for non-formal education** in their home countries, then more widely in Europe through the gradual propagation of their learnings.

The seminar will also be an opportunity to **strengthen the bonds between the partners** involved and their respective networks. We hope this will lead to the development of **new projects** addressing non-formal education, youth, social inclusion and sustainability.



# PREVISIONAL PROGRAM

(Important: Be aware modifications can occur in the Program. It is part of the process.)

## Tuesday, February 27<sup>th</sup>

Opening session: Get to know each other, defining learning goals

---

11:00: Departure from Toulouse train station

12:45-14:15: Welcoming at *Domaine de Matens* (Gaillac). Lunch.

14:30-18:00: Presentation of the venue, the facilitation team and the frame of the seminar (content, program, facilitation method).

Get to know each other activities.

Reflect on what drives us here - Share our motivations and learning objectives with each other.

20:00/-: Diner - Self-managed and friendly evening at the *Domaine de Matens*

## Wednesday, February 28<sup>th</sup>

Travelling to (ex)change : Overview of the partner's methods in designing a Learning Mobility project

---

9:30-10:00: Energizer, Today's menu and introduction to the Expression Box.

10:00-13:00: **Presentation of the partner organizations and how they deal with "Mobility Projects".**

**Definition of the concepts** of "transition" (for an individual, for society), "empowerment" and "support/mentoring"

13:00-14:45: Lunch - Break/siesta.

14:45-15:00: Energizer

15:00-18:00: **Highlighting the stages of a learning mobility project** (before/during/after) drawn from the practical experiences of the participants.

**Identification / Clarification of the notion of "Competence".**

18:00-18:30: Sharing circle

20:00-/: Diner – "8 o'clock News" - Self-managed and even more friendly evening on site (*Domaine de Matens*).

## Thursday, March 1<sup>st</sup>

Learning by Traveling: Introduction to the "Self-training through Travelling" method (Part 1)

---

9:30-10:00: Energizer, Today's menu.

10:00-13:00: **Introduction to the Self-Training through Travelling tool.**

13:00-14:45: Lunch - Break/siesta.

14:45-15:00: Energizer

15:00-18:00: **Self-Training through Travelling: Presentation and implementation of phases n°1 & n°2 of the method:** Exploring your path and experiences; Pinning out your main learning style, understanding your own learning strategies.

18:00-18:30: Sharing circle

20:00-/: Dinner - "8 o'clock News" – Self-managed friendly evening on site (*Domaine de Matens*).

## Friday, March 2<sup>nd</sup>

Learning by Travelling: Introduction to the "Self-training through Travelling" method (Part 2)

---

9:30: Today's menu.

10:00-13:00: **Self-Training through Travelling: Presentation and implementation of phases n°3 & n°4 of the method:** Listing your knowledge and know-hows; Setting personal learning goals.

13:00-14:45: Lunch - Break/siesta.

14:45-15:00: Energizer

15:00-18:00: **Self-Training through Travelling: Presentation and implementation of phases n°5 & n°6 of the method:** Putting into practice your learning goals; Assessing your learning achievements.

Taking a step back from the method (taking into account the contexts and actual issues of the participants).

18:00-18:30: Sharing circle

20:00-/: Dinner - "8 o'clock News" – Self-managed friendly evening on site (*Domaine de Matens*).

## Saturday, March 3<sup>rd</sup>

### Adapting the support provided to young people with fewer opportunities

---

9:30: Today's menu.

10:00-13:00: **Supporting young people with fewer opportunities BEFORE a mobility project** (Exchange of good practices).

13:00-14:45: Lunch - Break/siesta.

14:45-15:00: Energizer

15:00-16:30: **Supporting young people with fewer opportunities DURING a mobility project** (Exchange of good practices).

16:30-18:00: **Supporting young people with fewer opportunities AFTER a mobility project:** (Exchange of good practices).

18:00-18:30: Sharing circle.

20:00-/: Dinner.

+ Film screening at the *Domaine de Matens*: short films about learning mobilities from the greek filmmaker cooperative "Cinergies" [GR], in partnership with Europaiko Chorio [GR], Via Brachy [FR], FORME [IT] and NEW Loops [PT] within the frame of the strategic partnership "Idea(l)s in Action" (2017-2019).

## Sunday, March 4<sup>th</sup>

### Including people with disabilities in a mobility project,

### Easing socio-professional integration after a mobility

---

9:30: Energizer & Today's menu.

10:00-13:00: **Including people with disabilities in Learning Mobility Projects.**

13:00-14:45: Lunch - Break/siesta.

14:45-15:00: Energizer

15:00-17:30: **Assessing your learning achievements, your weaknesses and the room for improvement after a mobility** in order to grow and get empowered. Exchange of good practices.

20:00-/: Diner - **Festive night** at the *Domaine de Matens*.

## Monday, March 5<sup>th</sup>

### Evaluate to evolve, Define the next steps

---

10:30-13:00: Energizer. **Collective overall evaluation of the seminar**

What have those days taught us (about ourselves, about our ability to work together and to build balanced networks)? What to keep? What to change? and How ?

**Sharing contacts for potential cooperation** in 2018/2019. **Closing Round**

13:00-14:30: Lunch - Break/siesta.

14:30-16:30: Tidying up the venue.

17:30-/: Departure for Toulouse.

*TRANSITIONING BY TRAVELLING is a seminar and not a training course, which means that most of the content will emerge from the participants. They will share their experiences, knowledge and know-how with each other with the support of the facilitators, who will provide them tools and methods to address each topic, using participative methods.*

## WHO IS PARTICIPATING?

The seminar is geared towards **31 persons** (3-5/country, including trainers and facilitators) **involved** in **organizing** learning mobility projects (Youth exchanges, European training courses, community-based / ecological / social tourism, local / international camps...) and/or **supporting participants** (as mentors or facilitators) who:

- want to acquire new skills in the fields of: **learning mobility project's design, active pedagogies, group facilitation and mentoring**, in order to develop the projects they are running and to better support people in their learning path;
- believe in **experience sharing** and are interested in **European networking**;
- are **available for the whole duration** of the seminar (7 days, travel days excluded).



Priority will be given to **people with responsibilities** within their organizations (project leaders, coordinators, mentors for volunteers, etc.).

There will be **no age limit**. An **average level in English** will be required (i.e. being able to express yourself and debate in English).

## 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 and **communicate timely** with the organizers;
- to **reflect on your expectations and fears** regarding the training;
- to **prepare material for some training sessions your team will be responsible for** (the topics and the pedagogical methods will be determined together in January/February 2018, according to your team's skills and experience);
- to **take actively part** in the full duration of the activities;  
Besides your **active participation in the workshops**, and your involvement in the facilitation of some sessions, you will be responsible of your group's dynamic and will be invited to **take initiatives** and **responsibilities** regarding the every-day life.
- to **participate in the evaluation process** after the course and to **share your experience** in your community through articles writing, internal trainings 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 **how we will share and spread the seminar's 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 seminar gathers 9 European organizations active in the fields of non-formal education, social inclusion and sustainable development:



To attend the seminar, you have to **contact the organization** from the country you live in (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 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
<b>France</b>	Via Brachy	Cecilia RETREPO <a href="mailto:cecilia.restrepo@viabrachy.org">cecilia.restrepo@viabrachy.org</a>	<b>5</b>
<b>Greece</b>	European Village	Marina SIGALA <a href="mailto:marinasigala@gmail.com">marinasigala@gmail.com</a>	<b>4</b>
<b>Germany</b>	Arbeit und Leben	Gabriela SCHMITT <a href="mailto:schmitt@aulnrw.de">schmitt@aulnrw.de</a>	<b>3</b>
<b>Italy</b>	FORME	Dora DEAK <a href="mailto:forme.palermo@gmail.com">forme.palermo@gmail.com</a>	<b>3</b>
<b>Portugal</b>	NEW LOOPS	Joana DE MELO SAMPAIO <a href="mailto:joana@newloops.org">joana@newloops.org</a>	<b>3</b>
<b>Spain</b>	Viaje a la Sostenibilidad	Carlos BUJ <a href="mailto:carlos@viajealasostenibilidad.org">carlos@viajealasostenibilidad.org</a>	<b>3</b>
<b>Hungary</b>	Fekete Sereg	David UREGI <a href="mailto:feketevs@gmail.com">feketevs@gmail.com</a>	<b>3</b>
<b>Slovakia</b>	Land of Harmony Foundation	Teraza BRÜGERMAN <a href="mailto:tereazia@yahoo.com">tereazia@yahoo.com</a>	<b>4</b>
<b>Croatia</b>	Volim Volontirati (« Vovo »)	Luca MARDESIC <a href="mailto:udruga.vovo@gmail.com">udruga.vovo@gmail.com</a>	<b>3</b>

## HOW MUCH DOES IT COST?

THE TRAINING IS FUNDED THROUGH ERASMUS+ PROGRAMME.

Thus accommodation, food and materials are fully covered from February, the 27<sup>th</sup> to March, the 5<sup>th</sup> 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 following:

Country	Organization	Max € reimbursed
France	Via Brachy	0 € (per participant)
Greece	European Village	275 € p/ participant
Germany	Arbeit und Leben	275 € p/ participant
Italy	FORME	275 € p/ participant
Portugal	NEW LOOPS	275 € p/ participant
Spain	Viaje a la Sostenibilidad	180 € p/ participant
Hungary	Fekete Sereg	275 € p/ participant
Slovakia	Land of Harmony Foundation	275 € p/ participant
Croatia	Volim Volontirati	275 € p/ participant

Remember that we can reimburse only the cheapest transportation possible and only public transport, 2nd class fares. Taxi is not refundable, as well as private cars.

**IMPORTANT:** You are **allowed to arrive or depart max 2 days before or 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.**

For the reimbursement, we will need:

**1/** An **invoice** with the itinerary of your trip, the names of the passengers and, very important, the price of the ticket. Usually all this information is available on the e-tickets for flights.

**2/** **All your original travel tickets and receipts** (train and bus tickets, boarding passes, etc.). The **boarding pass** is a very important document, the only evidence that you took the flight, and is required by National Agency for reimbursement.

**We cannot provide reimbursement without these documents, and it will be your responsibility to take good care of them.**



### 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 seminar.

(For example, Via Brachy will ask for a 50€ contribution from the French participants). Please contact your sending organization to know about their policy.

## WHERE WILL WE STAY?



The seminar will take place in Gaillac, South-West France, from February, the 27<sup>th</sup> to March the 05<sup>th</sup> (travel days excluded).

All activities will take place in the lovely vineyard 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.

You should also bring with you:

- a single **sheet**
- your **sleeping bag**
- a **towel**, your soap, shampoo, toothpaste, etc.
- your pillow (if you need it to sleep well).

We advise you to **limit the size of your luggage** to make the transportation easier as we will exclusively use public transports and private cars to reach the venue.

## HOW TO REACH THE VENUE?

The seminar will take place in the countryside. To be able to attend the seminar 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 26<sup>th</sup> or **really early in the morning on the 27<sup>th</sup>**, according to available transportation. The **meeting point** will be on the 27<sup>th</sup> at **Toulouse's train station** (Matabiau SCNF) in the departure hall at **10:50 AM**.

If you arrive on the 26<sup>th</sup>: Unless you have friends in Toulouse who can welcome you, we will try to provide you an **accommodation at Via Brachy members' flats**.

We will send you few days before your arrival a "Welcome pack" with the phone numbers and address of your host(s), a map and some practical information so that you will easily reach the place you will stay.

In any case, if you arrive on the 26<sup>th</sup>, please let us know in advance at the latest on February, the 7<sup>th</sup> so we can see how we can arrange something for you.

If you arrive on the 27<sup>th</sup>: You will reach Toulouse's train station **by your own means**.

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 (1,60€/unit) for the whole transportation. 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.

If you arrive at the bus station, take it easy. The departure hall 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

### DIET

Please inform your sending organization about your diet before February, the 7<sup>th</sup> so that we can take it into consideration in the cooking.

### HEALTH and SECURITY

**Obtaining a full insurance** (travel risks, medical, injuries) **is the participant's responsibility**. Providing information on special needs, does not remove the participant's personal responsibility for ensuring their 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 if you get sick or wounded but we will not cover your fees.

### NO WIREFIRE

Be aware that there won't be **any internet access in the place we will be**, except for emergency need. Please, make your arrangements and inform your colleagues, family and partners you would not be 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](mailto:caroline.ferrafiat@viabrachy.org) for any question regarding the contents

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

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 learning and solidarity 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, organization of trainings and programs aiming to raise awareness about the environmental protection and sustainable development;
- We organize public events on social issues in order to raise awareness and to promote alternative ways of living.

More info: [www.viabrachy.org](http://www.viabrachy.org)

