



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

DYNAMIX

An European training course to develop your ability to better understand group dynamics and foster collective action



INFOPACK

07th to 14th NOVEMBER 2023

GITES DE FRANCK 81087 FAYSSAC - OCCITANIE, FRANCE



Association Via Brachy : Voyages interculturels Solidarité Autoformation
3, place des Avions – 31400 Toulouse – France – www.viabrachy.org

SUMMARY OF THE PROJECT

Since its creation, our association, Via Brachy, is dealing with **group dynamics** and **cooperation issues**. We believe that things won't change only through individual action and that **living** and/or **working together** offers to whoever experiences it an opportunity to **grow as a person** and at the same time to **do things** he/she would never have been able to do alone.

But understanding each other, getting together, or setting up and sustaining a collective project are not easy jobs! As persons or as organizations, we often failed in our attempt to make it happen.

Why? Probably because we are used to compete with each other, to impose our point of view, to talk without really listening to the others, to lead a project our way or to follow a charismatic person. Most of us were not taught how to communicate with the others, and most of the time we don't know how to deal with conflicts when they occur.

This leads to the harmful divisions of lovely groups, to the collapse of brilliant projects, and eventually to the feeling that living and/or working together is a nice utopia that doesn't fit reality.

Hopefully, all around us, some people show that there might be ways to make it happen. They offer us models and concepts to better understand group dynamics and develop methods and tools to better **communicate, collectively design projects, debate** and **take decision together**.

The "DYNAMIX" training course is designed in order to share some of this emerging knowledge.

It will take place from the **7th to the 14th November 2023** in Fayssac (Occitanie), South-West France and will gather **30 people involved in collective projects** (or wishing to join some in a nearby future) coming from different European countries.

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

You will also experiment **community living** and will thus have the opportunity to know each other better.

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.

PREVISIONAL PROGRAM

Important : Be aware modifications can occur

DAY 1 – 07/11/2023

Reaching the venue. Breaking the ice.

Detecting the facilitating factors in order to reach a better redistribution of power and responsibilities.

DAY 2: 08/11/2023

Becoming a group, understanding people's needs, fears and expectations, setting up a frame

DAY 5 - 11/11/23

Creating a session for the group, testing your abilities to cooperate (working groups).

DAY 3: 09/11/2023

Drawing an overview and questioning our experience on collective work / cooperation.

Defining our organizational models and structures, examining our collective practices (roles and attitudes).

DAY 6 - 12/11/23

Exploring facilitation, sharing knowledge sessions

DAY 7 - 13/11/23

Assessing the experience. Tidying up the venue

DAY 4 : 10/11/2023

Being creative together (collective intelligence workshops) and getting organized.

DAY 8 – 14/11/23

Going back home !

WHO IS PARTICIPATING?



The training course is geared towards **30 people** who are **involved in collective projects** or are wishing to join some in a nearby future.

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 / situations and to **explore** ways to foster collective action.

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/or 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...) 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 get 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).

All activities will take place in the rural cottage :

Les gîtes de Franck

(<https://www.gitesdefranck.fr/>).

You will be accommodated in **small dormitories** from November, 07th late afternoon to November, 14th around 11:00 AM.

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 community living experience, making it feel as a good place for us.

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 values. 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 **soap, shampoo, toothpaste**, etc. Towels, blankets and sheets will be provided by our hosts.

Consider the weather will most probably be cold and rainy and choose your clothes accordingly.

As the venue is not near a town, please also take with you **anything you usually need** (medication or 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, empowerment, inclusion, sustainability, social and collaborative economy and culture / living arts.

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	Via Brachy	Cecilia RESTREPO cecilia.restrepo@viabrachy.org	6
Spain	Equipo Mandragora	Marta CALVO proyectoeseuropeos@equipomandragora.com	2
Germany	JuBuK	Natalia SERIAKOVA nataseriakova@yahoo.de	4
Estonia	Seikejate Vennaskond	Eleri PAATSI seiklejate.vennaskond@gmail.com	4
Finland	Metropolitan Puppets	Perrine FERRAFIAT perrine.ferrafiat@gmail.com	2
Greece	Careterra	Aikaterini PISTOLA info@careterra.org	10

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 07st late afternoon to November, the 14th 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 05th of November and the 16th 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** for your potential accommodation in Toulouse in case of need (**upon presentation of invoice**) on the 05th, 06th, 14th and 15th November.



Via Brachy will not provide any accommodation in Toulouse.

According to the Erasmus+ Program regulations, the financial contributions to your travel costs (+extra accommodation) will be as follow :

Country	Max € reimbursed per participant	Max € reimbursed per participant if green travel*
Spain	180 €	210 €
Greece, Germany	275 €	320€
Estonia, Finland	360 €	410€

**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).

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 us (through 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 potential accommodation** (if it doesn't exceed the maximum amount provided by the program) to be reimbursed.

You have to give us **all the boarding passes, tickets and invoices** of your travel costs to get reimbursed. **It will be your responsibility to take good care of those documents and to give them on time** to us or to your sending organization.

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 information.

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 we will have all the documents from all the participants from your country, money transfers will be done, either from us, either 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 course. (For example, Via Brachy will ask for 50€ from the French participants).

Please contact your sending organization to know about their policy.

REACHING 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 07th 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 by car 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.



CONTACT US

Any question ? Feel free to ask and contact us !

Caroline FERRAFIAT - @mail: caroline.ferrafiat@viabrachy.org

Cecilia RESTREPO - @mail : cecilia.restrepo@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 and collectives**, to enhance community-based **social and ecological projects** 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**, **sustainability** and **social economy** and we advocate for **collective action** and **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, critical thinking and knowledge sharing;
- We support our partners' initiatives in Senegal: settlement of income-generating activities based on local resources.

More info: www.viabrachy.org