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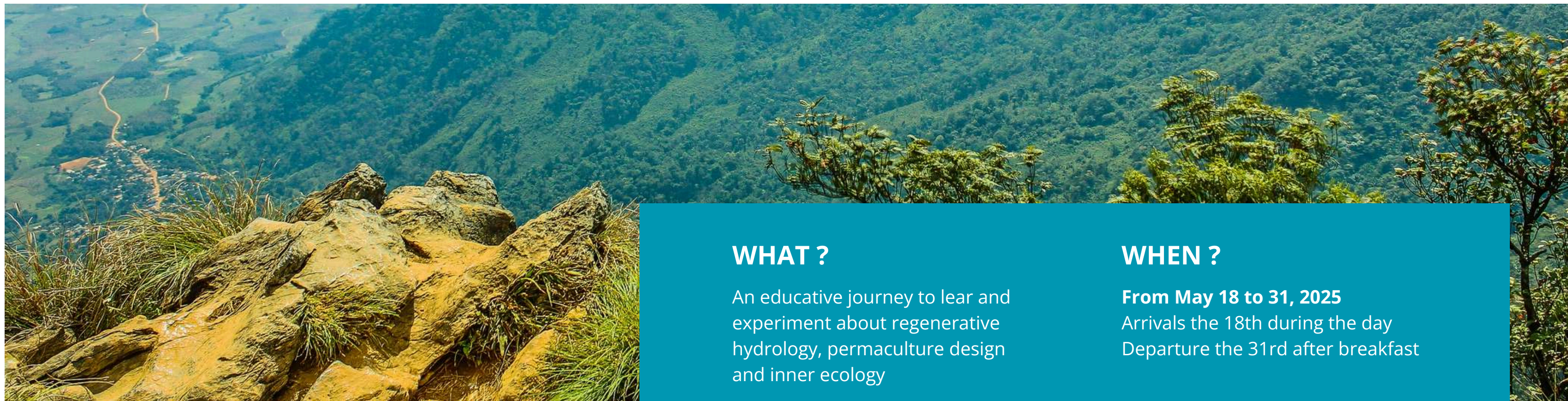
# BE THE WATER

Regenerative Hydrology for Life Resilience



Explore Now





# ERASMUS+

## *In few words*

The Erasmus+ program is the European Union's initiative for education, training, youth, and sport. It provides opportunities for students, teachers, and professionals to study, train, gain work experience, or volunteer abroad. The program promotes international collaboration, cultural exchange, and skill development across Europe and beyond.

### WHAT ?

An educative journey to learn and experiment about regenerative hydrology, permaculture design and inner ecology

### WHY ?

Learn about food autonomy, regenerative hydrology, climate adaptation and community living.

### WHERE ?

Sainte Camelle Ecovillage  
09100 Saint-Victor-Rouzaud  
50 minutes from Toulouse

### WHEN ?

**From May 18 to 31, 2025**

Arrivals the 18th during the day  
Departure the 31st after breakfast

### TO WHOM ?

**Regenerative farmers**  
**Systemic leaders**  
25 to 55 years old  
Working with youth public

### HOW ?

Register through the link :  
<https://forms.gle/YW29LJETont4EGUZ8>

# BE THE WATER PROGRAM

## *Regenerative Hydrology for Life Resilience*

"BE THE WATER" is a project for youth workers and the young people they support, led by Ecovillage Saint Camelle in Ariège, southwest France. It promotes sustainable living, balancing personal transformation with ecological engagement. This program aims to support a sober and ecological lifestyle, in a balance between inner ecology and harmonious cohabitation with the Living, between personal transformation and concrete commitment.

Bringing together six European organizations and 30 participants from Germany, Spain, France, Portugal, and Romania, the 12-day program focuses on food autonomy, regenerative hydrology, climate adaptation, and community well-being.

Through theory and practice, participants will explore:

- Regenerative hydrology (water cycles & management),
- Permaculture design (resilient landscapes),
- Inner ecology (personal growth for collective impact).

The project strengthens youth work recognition, fosters inclusion & digital tools, and equips participants with practical facilitation skills to empower young people in building a sustainable future.



# PROGRAM

## *An educative journey with Permaculture Experts*

PermaLab supports the creation, conversion and development of natural, agricultural and forest ecosystems, at all scales of the landscape, from the plot to the watershed.

Our design, consulting and support approach is based on 3 complementary agroecological pillars: Water, Trees and Soils

We consider the themes of regenerative hydrology, permaculture design and interior ecology as levers of social cohesion and resilience for territories. Thus, we hope that the participants in this training will be able to disseminate the knowledge acquired during the project and put it into practical application in their respective contexts, hence the following identification of our main target groups.



DAY 1	Introduction and team building
2	Permaculture, Bioregionalism & Eco-communities
3	Natural Cycles and the Anthropogenic influence
4	Methods of Design & Pattern understanding
5	Designing for water
6	Water management earthworks and process based restoration
7	Break
8	Soils and Regenerative Agriculture
9	Agroforestry
10	Horticulture and Gardening
11	Nature connection and human ecology
12	Evaluation and closing



# PARTICIPANT PROFILE

## *Mobility of youth workers (KA153-YOU)*

The two main target groups of our project are systemic leaders and regenerative farmers, working collectively with young people and involved in their territorial communities. These two profiles respond to the central axes of our project: the social aspect and the ecological aspect, each playing a key role in the transmission of knowledge and the practical application of acquired skills.

01

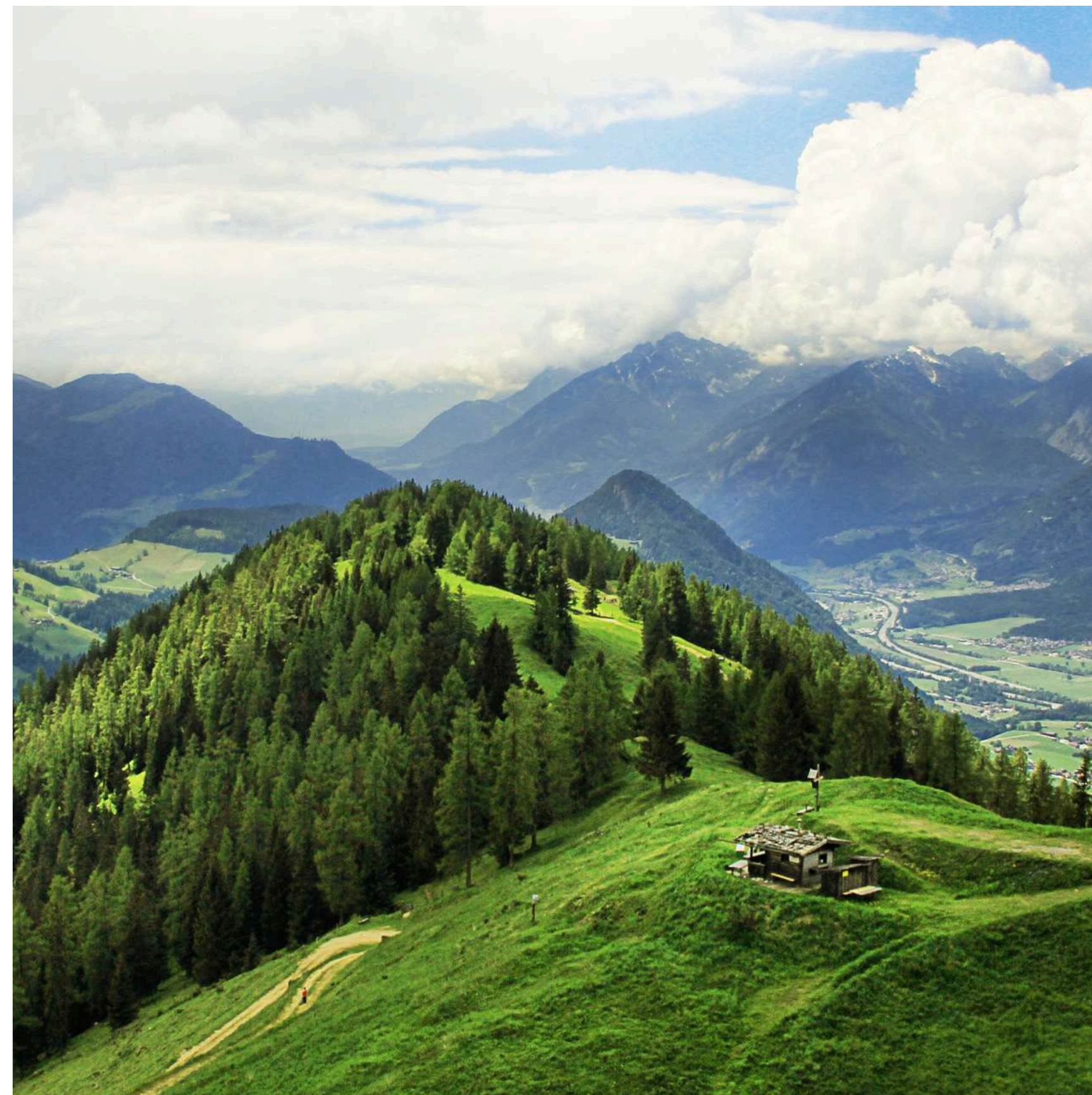
### Systemic leaders

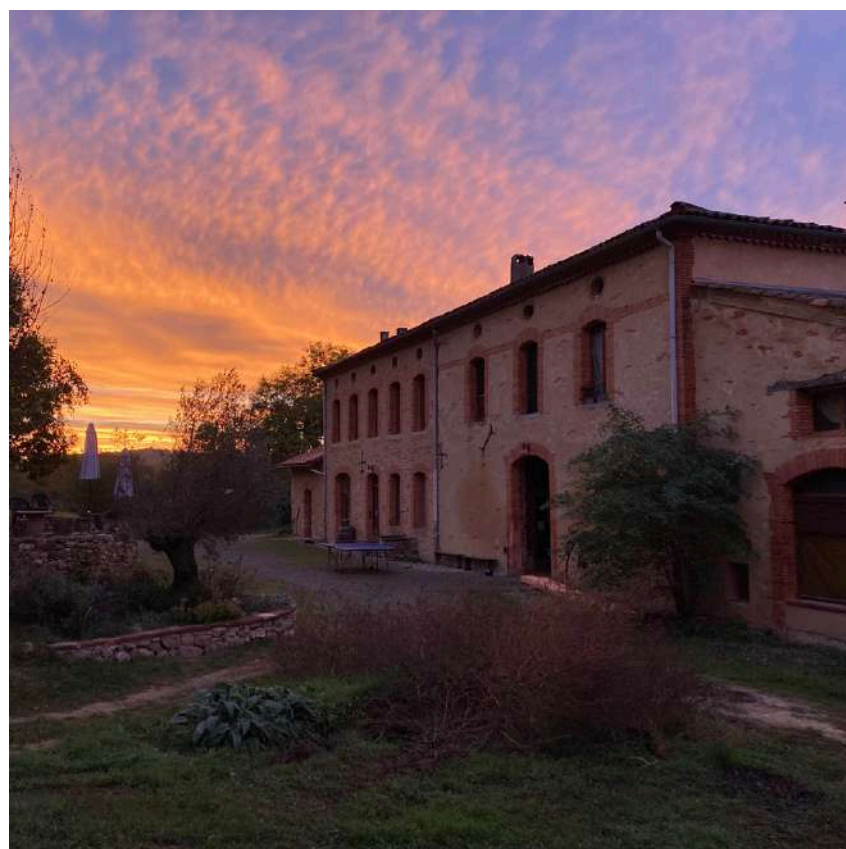
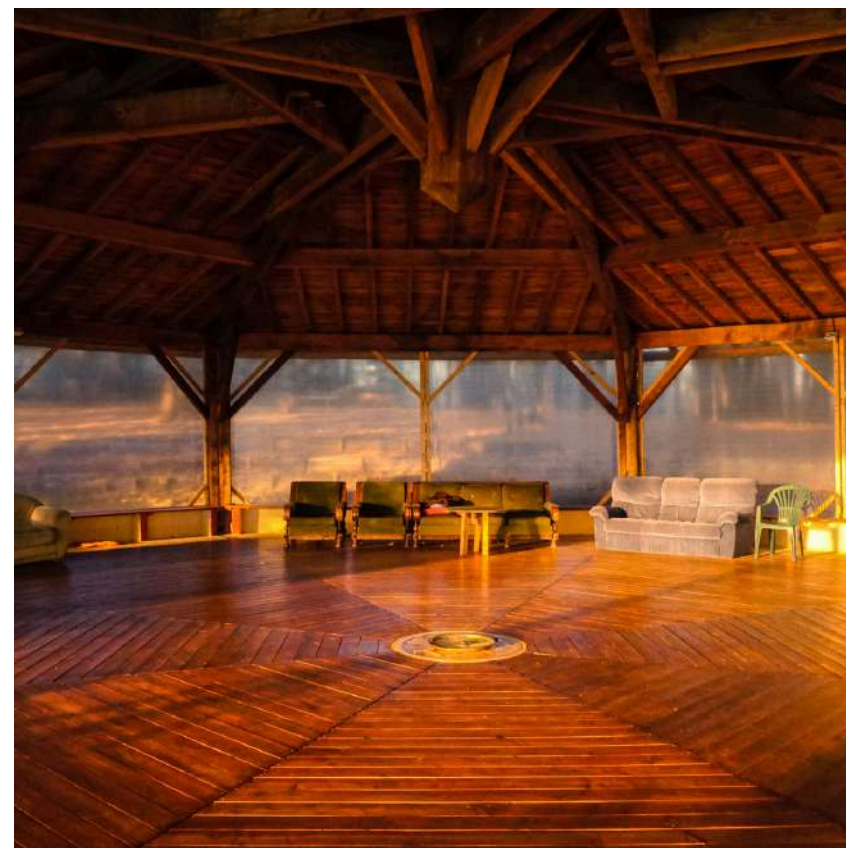
People active in collaborative organizations (associations, NGOs, eco-villages, public institutions) that participate in the implementation of climate change adaptation and territorial resilience projects.

02

### Regenerative farmers

People invested in agricultural projects integrating innovative approaches to sustainable resource management, particularly water, with the aim of regenerating ecosystems and creating abundance in landscapes.





# HOSTING SITE

## *Sainte Camelle Ecovillage*



01

### Vision

A work of inner ecology done by each member of the collective in order to offer the best version of oneself and to become an actor in the world we want to see come about. A world turned towards environmental, relational, social and planetary ecology.

03

### Residents

Sainte Camelle has a capacity of 20 people as permanent residents. Various educational and solidarity programs take place regularly to spread the mission of Sainte Camelle at different level from local to international.

02

### Creation

The ecovillage was founded in 2011 by ecovillages pioneers Dane Charrier and Alain Raybaud. It is located in Ariège, on an area of 18 hectares (including 11 hectares of forest).

04

### Project

The basis on which the collective is founded is relational harmony and inner ecology. The inhabitants of the ecovillage share and transmit this vision through the 7 essentials for living in a collective.



## OUR EUROPEAN PARTNERS



### Global Ecovillage Network Spain

[www.gen-europe.org](http://www.gen-europe.org)

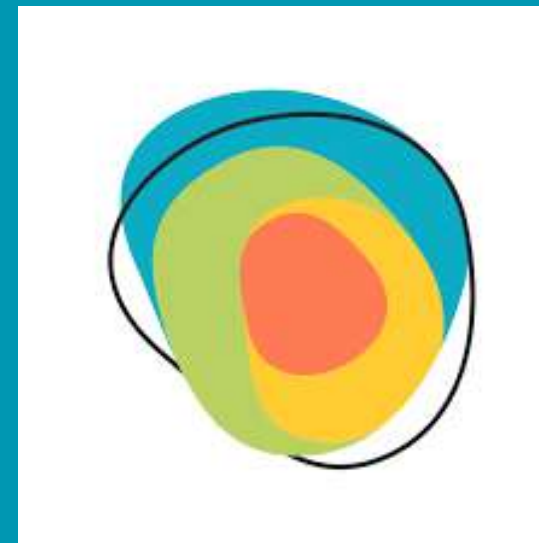
A network of initiatives and civil society organisations to support community projects that make an active contribution to environmental protection and the conservation of natural resources through an ecological way of living



### ZEGG Bildungszentrum gGmbH Germany

[www.zegg.de](http://www.zegg.de)

An intentional community founded in 1991 regrouping more than 100 people on 15 hectares. Also an international seminar center focused on developing and implementing practical models for a socially and ecologically sustainable way of life.



### Projecto Novas Descobertas Portugal

[www.valedalama.net](http://www.valedalama.net)

An educative and transformative center which delivers transformative, nature-connected learning experiences that promote personal development, create community connections, and encourage active citizenship, for people of all ages and backgrounds.



### DAR Development Romania

[www.darassociation.org](http://www.darassociation.org)

An organisation targeting developing nonformal methods for supporting young people in their personal development by gaining transversal competences through preparing and implementing specific trainings and events as well as Erasmus mobility projects



### Papillons Voyageurs France

[www.papillons-voyageurs.net](http://www.papillons-voyageurs.net)

An association created in 2018 whose purpose is to open spaces for sharing, learning and taking action, through the co-creation of transformative experiences in the service of life. Also training center with a predilection for agroecology, eco-construction and social intelligence.

# CONTACT US

*Our international team at your service*



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*Coordinator of the Project*



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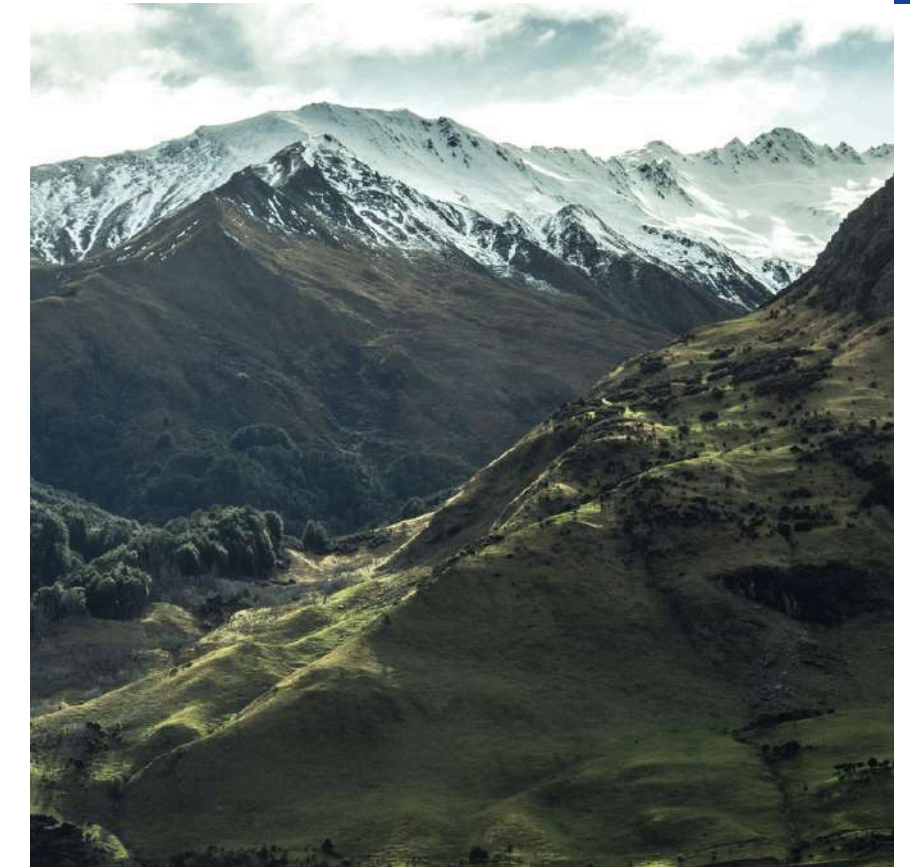
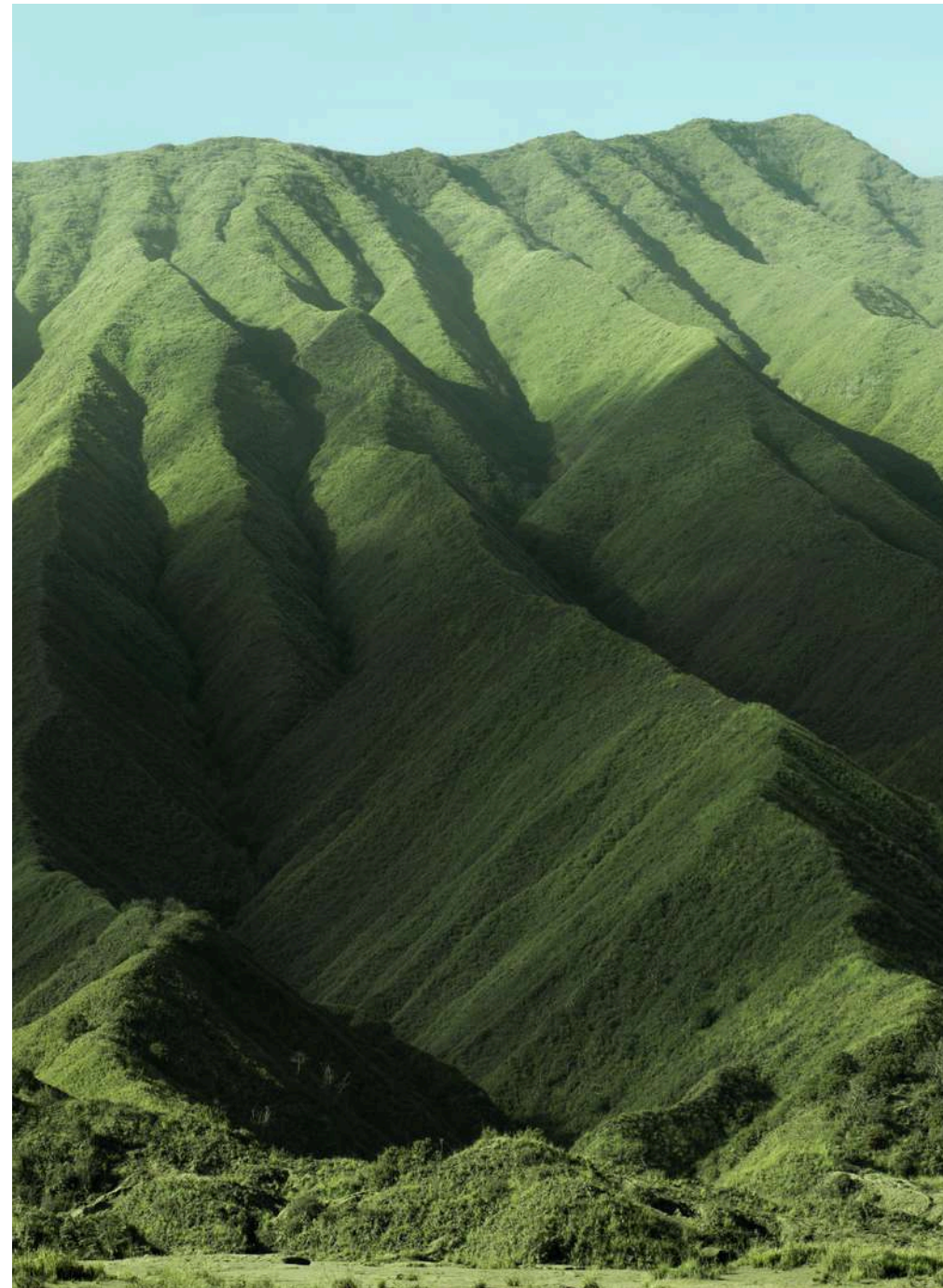
<https://fb.me/e/4wqWrDszF>



lieu-dit Sainte Camelle, 866 Rte de Vicaria,  
09100 Saint-Victor-Rouzaud, France

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# Thank You