







17/11 to 28/11 2025

INTRODUCTION 1/2

The training course "Living and Organizing in Our Communities: Towards More Justice, Integrity, and Tenderness" invites you to explore how we can work together differently—based on values of social justice, fairness, and care.

It's about moving away from competition and hierarchy, and towards cooperation and collective strength.

This course offers practical tools to help everyone to participate, create safe spaces, and support each other's roles being inclusive.

INTRODUCTION 2/2

We'll reflect together on important questions: How can we share power more fairly? How do we listen deeply? How can we turn conflicts into opportunities to grow as a group? Using activities like Theatre of the Oppressed and group workshops, you'll get hands-on experience of collective intelligence and teamwork.

We invite you to build strong and inclusive communities!

NON-FORMAL LEARNING METHODS

We want to create an environment that encourages connection, creativity, and active participation. Throughout the training, we will share resources, collaborative methods, games, rhythm, attention, and awareness practices that help participants co-create meaningful content together. Everyone will be invited to draw from their own experiences, share ideas, refine their reflections, and build knowledge, tools, and resources that are relevant to their local context.

Participants will be encouraged to explore the dynamics within the training group and to experiment with ways of working together based on cooperation and collective intelligence.

NON-FORMAL LEARNING METHODS

To build our training "toolbox," well draw inspiration from a variety of approaches — with a strong focus on non-formal learning methods, understood as a practice for social change. This will offer spaces for reflection, trying out facilitation roles, developing practical skills, and sharing personal experiences and perspectives with others involved in different organizations.

THIS PROJECT IS FOR YOU IF YOU...

- are over 18 years old.
- live in an European Union country and have a sending organisation with an OID.
- are working with youth (educators, volunteers, etc.)
- are curious about what is at stake in a group of humans living and organizing together. You can be in the beginnings of your explorations or wanting to learn more and go further in your experiences

WHAT TO BRING

- comfortable and waterproof clothes, raincoat and shoes
- a personal water bottle for hydration during workshops
- hygienic kit and towels, flip flops for the shower
- typical food and snacks from your country
- pillowcase and sleeping bag/bedsheets
- a blanket.
- warm, comfortable slippers and warm clothing: sweaters, hats, scarves, gloves.
- loose, comfortable clothing.
- a notebook for writing/drawing and pens/pencils
- travel and health INSURANCE (for ex. European Health Card)
- any necessary medicines and anything else you can't do without (there are no shops nearby)

ABOUT THE VENUE



Participants will be hosted in shared rooms, in a lovely remote mountainous area (Sainte-Eulalie-en-Royans, 26190). Click here to see more.





IF YOU HAVE ANY DIETARY NEEDS, DON'T FORGET TO WRITE IT IN THE APPLICATION FORM

SUSTAINABLE TRAVEL



We encourage you to use the most eco-friendly means of transport available!

If you are not too too far, you can always search for an alternative to travelling by plane or try to find direct flights and complement them with trains or buses.

Only the CHEAPEST PUBLIC TRANSPORT tickets will be reimbursed.

You can spend a couple of extra days in France, and it will be at your own expense and responsibility.



HOW TO GET TO THE VENUE



The airports nearby are Marseille, Grenoble and Lyon. There might be low cost flights to others places as well.

For the train tickets, use the official website of SNCF or OUIGO.

DO NOT BOOK tickets through trainline.

You can check the timetable in the SNCF website.

Then you will take a train to Saint Hilaire Saint Nazaire, where you will be picked up.

Do not buy ANY tickets until they are confirmed by organisers.

TRAVEL REIMBURSEMENT

Justified travel costs will be reimbursed up to 360 depending on the distance:.

Between 100 and 499 KM: up to 180 EUR

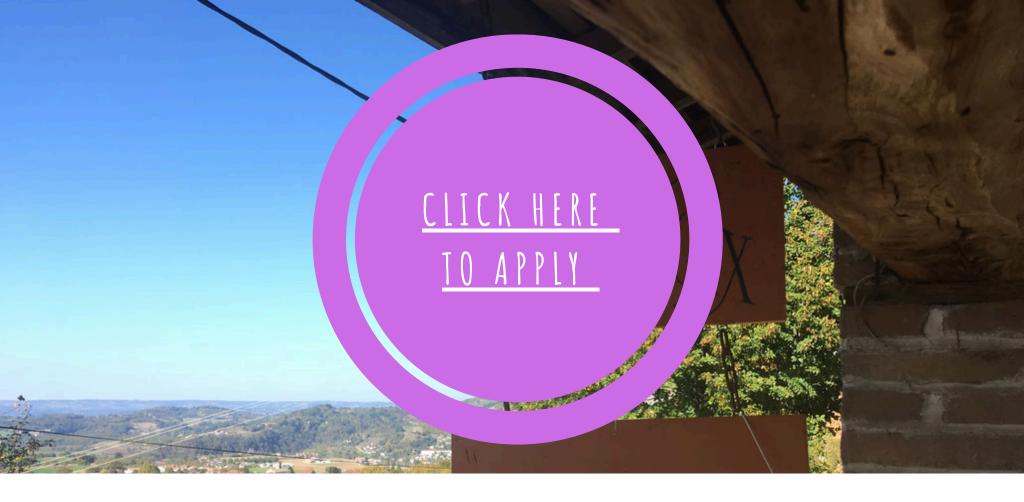
Between 500 and 1999 KM: up to 275 EUR

Every itinerary needs to be APPROVED by the organisers before buying.

In order to get reimbursed, you need to bring all the invoices and tickets, and send by post the original tickets after the project.

The trip wil be reimbursed by bank transfer to the partner association.

THIS PROJECT DOES NOT HAVE A PARTICIPATION FEE



Would you like to be part of this project? rapugadaerasmus@gmail.com





