

EMINDCIPATION

Critical thinking for a more inclusive and sustainable society

Rabastens - FRANCE
November 8 to November 15, 2025



"I try to encourage people to think for themselves, to question standard assumptions... Don't take assumptions for granted. Begin by taking a skeptical attitude toward anything that is conventional wisdom. Make it justify itself. It usually can't. Be willing to ask questions about what is taken for granted. Try to think things through for yourself." Noam Chomsky , MIT professor, author and activist

SUMMARY OF PROJECT

A GLIMPSE OF ANOTHER SOCIETY...

Despite the widely available information we can access on the topics of cultural diversity and sustainable development and the many awareness campaigns led during the last decades to promote them, behavior and mindset change remain a slow, tedious process. In the social field, discriminations – regarding gender, sex, sexual orientation, race and ethnicity, religion and beliefs or disability – are still rampant and even on the rise throughout Europe.

There is still a long journey to change our ways of thinking and attitudes towards people who don't look like us, fight against the prejudices we unfortunately still have on them and learn to live together!

On the ecological side, many of us feel overwhelmed by contradictory information, alternating between alarmist reports and confidence in technological and human progress. It is becoming quite difficult to understand the situation, sorting facts, analyzing data and comparing propositions to form an opinion and to identify realistic solutions in the face of the ecological crisis.

We most probably all have a role to play to make a change and take action ! But where to start ? What about looking at our own bias and beliefs, tackling our own prejudices and taking time to exercise our critical thinking skills

A KEY TO CHANGE OUR SOCIETY

Critical thinking skills are crucial in today's society. With the proliferation of information and fake news, it is essential to be able to think critically in order to discern truth from falsehood.

Furthermore, in an increasingly connected world, it is important to understand the interactions between different actors and the various components of a system in order to make informed decisions. But thinking, criticizing received opinions, and only accepting them after personal reflection and examination are not skills that can be learned. As a result, we often find ourselves lacking in resources because we have not truly learned how to think and argue.

To meet the challenges of climate change, the energy crisis, and globalization, we need to develop innovative and creative solutions.

The difficulty of thinking freely and critically is often underestimated.

Critical thinking is an essential skill for success in today's world. It allows us to better understand the world, make more informed decisions, and contribute to a better future.

AN INTERCULTURAL AND HUMAN EXPERIENCE

This training course has been designed in order to provide you new perspectives on this topic, to deconstruct some believes and prejudices you may have and to bring you new tools to weight an idea, debate and analyze it.

Switching between theory and practice and using a diverse range of methods, we will invite you to put your own believes and behaviors into perspective, compare and contrast your points of view, go through a critical analysis of different approaches, field-test some concepts introduced during the course, learn from the experience of others and investigate practical ways to work towards more inclusive societies, promote diversity and fight discrimination on the one hand, and take action for the planet on the other hand

By the end, we hope you will have made a step forward in your perception of the topic we addressed and gain knowledge and skills to form your own opinion and define ways to act accordingly.

PREVISIONAL PROGRAM

Critical thinking for a more inclusive and sustainable society

From 08/11 to 15/11/2025

DAY 1: 08/11/2025 Arrival day. Appointments from 5 p.m. onwards - Reaching the venue. Breaking the ice. DAY 2: 09/11/2025 Getting to know each other, setting up our framework. Getting introduced to Critical thinking. Sharing our experience and knowledge, DAY 3: 10/11/2025 Workshop about questioning information and cognitive bias -pedagogical tool Practical workshoop with local partners (podcast workshop, critical draw, independent library, newspaper ...) DAY 4: 11/11/2025 Workshop about analysing information Practical workshoop with local partners	DAY 5: 12/11/2025 Workshop about analyse and argumentation Practical workshoop with local partners DAY 6 : 13/11/2025 Being creative to address complex social issues - Practical workshoop with local partners (podcast workshop, critical draw, independent library, newspaper ...) DAY 7 : 14/11/2025 Workshop feedback day DAY 8 : 15/11/2025 Assessing the training course and our learning achievements. Tidying up the venue and departure (from the night). Departure after 17 h
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WHERE WILL WE STAY ?



The training course will take place in the countryside, in Rabastens, South-West of France (30 minutes away from Toulouse). It will gather 20 participants from France, Spain, Greece and Belgium.

All activities will take place in this little city, Rabastens.

WHAT ABOUT OUR LIVING CONDITIONS ?

ACCOMMODATION:

For this training course, you will be **accommodated in various locations (guest houses, Air Bnb) in Rabastens.**

The accommodation providers will supply everything you need for sleeping: sheets, blankets and pillows. Please remember to bring everything else you need: soap, towel, toiletries, etc.

The different houses will be self-managed by participants, you 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.

FOOD DIET AND SUPPLY

We will have a cook for the training course.

We will have a place to gather us for each meal: breakfast, lunch and dinner.

We will take care of setting the table, tidying up, cleaning, and washing the dishes.

We will mainly adopt a **vegetarian diet** during the course to keep in line with our objectives of reducing our ecological footprint. Food will be **local and seasonal** as much as possible.

If they are some typical products from your place you want to share with the group, feel free to do so !

Please inform your sending organization about your diet, potential allergies or other specific needs.



SPECIFIC NEEDS, MEDICAL CARE & SECURITY



Obtaining a full insurance (travel risks, medical, injuries) **is your responsibility.**

Providing us information about 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 YOU WILL BE ASKED FOR?

As a participant, **you commit yourself to actively participate in the whole process**, including:

- **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,
- **to take actively part in the full duration of the activities** (it means coming later or leaving earlier is not possible),
- **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 daily life such as cleaning the place),
- **to give all the necessary documents to your sending organization** (travel invoices, boarding passes, tickets, covid tests invoices...) for the reimbursement of your travel costs,
- * – **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.

CHECK LIST

Before coming, make sure you have:

- **read carefully** this info-pack . This training course is about critical thinking and media literacy. A better understanding to change the world.
- bring with you: November in South of France can be rainy and cold !
 - ☐ a **flask/water bottle**
 - ☐ a **rain jacket**
 - ☐ **warm clothes**
 - ☐ a **note-book and a pen** to keep track of the experience.

HOW TO JOIN ?

WHO CAN APPLY ?

Participants have to be adults (**at least 18 years old**) and to come from Greece, Spain, Belgium or France. (Your nationality doesn't matter).

Participants' motivation and commitment will be the key assets of the training course. There is **no technical requirements** to join it.

The training course is geared towards **20 youth and social workers** or people who would like to work on their bias, question their attitudes and beliefs and strengthen their critical thinking skills .

We are looking for people who would like to **learn more about critical thinking**.

You will be invited to **take a critical look at your own beliefs and behaviors, to analyze complex issues and to explore ways to take action to tend towards a more inclusive and sustainable society**.

Participants should also be interested in meeting people from different countries and backgrounds and willing to share their points of view, experience and knowledge.

Last but not least : 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 you work with, the members of the group(s) you belong to and the people and the organizations you eventually support after your return.

HOW TO APPLY ?

To attend the training course, please send an email to communication@viabrachy.org. Tell us in a few words who you are, where you come from and what your main motivations are. We will do our best to answer you in short delays.

If it matches, we will put you in contact with the **partner organization of the country you are living in**. You will deal with them directly to prepare your trip and for any other logistical, pedagogical or administrative matter. They will tell you about the **procedure to follow**.

HOW MUCH DOES IT COST ?



EMINDcipation training course is funded through Erasmus+ Program. Thus accommodation, food, planned workshops and pedagogical equipment are **fully covered** from November, the 8th to November, the 15th. **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. (or 3 days in green travel)



Be aware that **we can only reimburse your travel expenses if you travel :**

between the 6th of November and the 17th 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**)

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 : <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Country	Max € reimbursed per participant	Max € reimbursed per participant if green travel*
10 - 99 km	28,00 €	56,00 €
100 - 499 km	211,00 €	285,00 €
500 – 1999 km	309,00 €	417,00 €
2000 – 2999 km	395,00 €	535,00 €

**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.

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 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.

Your sending organization needs to give us **all** the boarding passes, tickets and invoices of your travel costs. It will be your responsibility to take good care of those documents and to give them on time 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 lose any of your tickets, boarding passes or invoices, your travel costs will not be supported at all.

Only when the sending organization has all the documents from all the participants from your country, money transfers will be done, 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 Tour. *(For example, Via Brachy will ask for a free and aware contribution from the French participants).*

Please contact your sending organization to know about their policy.

REACHING THE VENUE



The meeting point will be on the 8th of November from 17:00 PM onwards at The SUN, guest house, 17 Faubourg Saint Michel, 81800 Rabastens. You will reach the meeting point by your own means.

The return journey will be on 15th of November after 17:00 PM.

We have planned a welcome day on Saturday, November 8. You can arrive throughout the day or evening depending on your journey.

The meeting point is at 5:00 PM onwards in Rabastens.

It is important to let us know your exact arrival time so that we can welcome you and accompany you to your accommodations.

In the evening, dinner will be served at 8:00 PM.

The training will begin on Sunday, November 9. Please arrive between 8:00 and 9:00 AM for breakfast. At 9:30 AM, the group will gather for a presentation of the program.

Getting around Toulouse:

In Toulouse you can find metro and tram.

To check the itinerary and the time schedule, please consult the local transport company's website:
<http://www.tisseo.fr/en/home>

If you're travelling in Toulouse, you only need one ticket for 1 hour (€1.80/unit), no matter how many buses, metro or tramways you use. Please, keep the used tickets.

Train station: Gare SNCF Toulouse Matabiau

The easiest way to get to Rabastens is by train. The journey takes around 40 minutes.
<https://www.ter.sncf.com/occitanie>

Ask for a receipt and keep the used tickets. We will need them to pay you back.

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 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:
- We support our partners' initiatives in Senegal: settlement of income-generating activities based on local resources.

More info: www.viabrachy.org

CONTACT US



VOYAGES, INTERCULTUREL, SOLIDARITÉ & AUTOFORMATION

If you have still some questions to ask, do not hesitate to contact:

Christine LE REUN - @mail: communication@viabrachy.org

We will do our best to answer you in short delay.

Waiting to welcome you in Rabastens.

Warm greeting from France

VIA BRACHY'S TEAM