



present

# “TOGETHER”

a European training programme

**to better understand group dynamics and encourage collective action**

Laguépie - FRANCE  
From 2 to 9 June 2026



Course open to those aged 18 and over  
Speaking English  
Fees covered by Erasmus+

30 participants (Greece, Spain, France)  
Community education tools  
Meeting with local stakeholders

**More infos :**  
[viabrachy@gmail.com](mailto:viabrachy@gmail.com)



# The project

## **A glimpse into another society...**

Since its inception, our association, Via Brachy, has focused on issues relating to group dynamics and cooperation. We firmly believe that individual action alone is not enough to bring about change, and that living and/or working together offers those who experience it the opportunity to flourish as individuals whilst achieving things they could never have accomplished on their own.

But understanding one another, coming together, or setting up and running a collective project are no easy tasks!

Like in society, we are used to competing with one another, imposing our own views, speaking without really listening to others, doing things our own way, or following a charismatic figure. Most of us have not learnt how to communicate with others, and more often than not, we do not know how to deal with conflicts when they arise.

This leads to damaging divisions within otherwise friendly groups, the failure of brilliant projects, and ultimately the feeling that living and/or working together is a beautiful utopia that bears no relation to reality.

Fortunately, all around us, there are people who demonstrate that there may well be ways to achieve this. They offer us models and concepts that help us to better understand group dynamics and to develop methods and tools for communicating more effectively, designing projects collectively, debating and making decisions together.

## **TOOLS to change our society**

The 'TOGETHER' training course has been designed to share tools and methods for fostering cooperation and community living, and to help participants identify barriers to communication.

It will take place from 2 to 9 June in Laguëpie (Occitanie), in south-west France, and will bring together 30 people (adults), including youth workers, social workers, volunteers within associations, and people involved in community projects (or wishing to join such projects in the near future), from various European countries (Greece, Spain, France).

By alternating between theory and practice and drawing on a wide range of methods, we will encourage you to question your own beliefs and behaviours, to compare and contrast your perspectives, to critically analyse different situations, to put certain ideas discussed during the course to the test in real-world settings, to learn from others' experiences, and to explore practical ways of fostering greater cooperation.

You will also gain collective experience of developing and implementing a project in collaboration with local stakeholders and the local area where the training will take place.

By the end of the week, we hope you will have gained a deeper understanding of the topics covered and

acquired the knowledge and inspiration needed to identify ways of acting in line with your beliefs and values.

## **An intercultural and personal experience**

This course aims to offer new perspectives on this topic, to develop participants' ability to listen and be open to others, to explore practical ways of working towards the creation of more inclusive societies, to promote diversity and combat discrimination on the one hand, and to take action for the planet on the other.

By the end, we hope you will have gained a deeper understanding of the topic we have covered and acquired the knowledge and skills needed to form your own opinion and determine how to act accordingly.



# What we're going to do together

Over the course of 7 days:

- We will explore new ways of working together (deep listening, shared governance, co-development, groups dynamic)
- We will meet local stakeholders who work collectively.
- We will carry out a practical project together, in collaboration with local organisations.
- We will share and exchange our thoughts during feedback sessions.

Our approach:

- engaging both body and mind on a daily basis
- daily debriefs in small groups
- experimenting, discussing and trying again!

If you'd like to suggest something specific, please do let us know.

## Where is the training course ?

The course will take place in the countryside, in the village of Lagu  pie, in south-west France (1 hour and half from Toulouse).

In June, the weather is likely to be fine and warm, but do pack for cooler nights!

A river runs through the village, where you can go for a swim!

All activities will take place in the village of Lagu  pie.



# What will our living conditions be like ?

## Accommodation



You will be staying at the rural cottage 'L'Escale Guépienne', in small dormitories accommodating four people, from the late afternoon of June 02<sup>nd</sup> until around 5 pm on June 9th.

<https://www.gitedegroupe.fr/gite-groupe-FA-4a65.html>

The house will be run independently by our group, which will be responsible for community life during the course. This is an integral part of our educational approach, as we believe it greatly fosters a sense of community, responsibility and sharing.

Daily tasks such as cleaning, setting the tables, sorting waste and washing up will be shared among the participants as part of the community living experience, so that everyone feels comfortable.

## Alimentation

We will have a team of cooks for the course. We will have a place to gather for every meal: breakfast, lunch and dinner.

Participants will be responsible for setting the table, tidying up, cleaning and washing up.

We will mainly follow a vegetarian diet during the course. Food will be locally sourced and seasonal wherever possible. If you'd like to share typical local produce from your region with the group, please do so!

**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.**



# Special needs, medical care and safety



It is your responsibility to take out comprehensive insurance (covering travel-related risks, medical expenses and injuries).

Providing us with information about your specific needs does not relieve you of your personal responsibility to ensure your own health and safety. We therefore strongly recommend that you take out European medical insurance to cover your medical expenses should the need arise. We will contact qualified doctors and take you to a pharmacy or hospital if necessary, but we will not cover your costs.

## Check-list

### Before you come, please remember to bring:

- your ID / driving licence / European Health Insurance Card or a document stating your insurance policy if you are not from the EU
- Comfortable clothes for attending the workshops
- rain clothes and warm clothes (for evenings)
- a cap, hat
- solar cream
- a water bottle
- a swimsuit
- bath towel and personal hygiene products
- a sleeping bag adapted for the season
- a notebook and pen to keep track of the experience
- optional : music instruments, games, recipes, pictures, postcards from your region

# What we're asking you to do

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 **reflect on your learning objectives** regarding the training course;
- 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 every-day life such as cleaning the place);
- to give **all the necessary documents to your sending organization** (travel invoices, boarding passes, tickets...) 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.



# How to join us ?

## Who can apply ?

The training is aimed at 30 adults, including youth workers, social workers or people involved in community projects, or those wishing to get involved in the near future. Participants will learn methods to work better together, make progress as a group and help everyone find their place within the group.

Participants must be of legal age (at least 18 years old).

Throughout the training, we will encourage you to share your views, experience and knowledge, to take a critical look at your own beliefs and behaviours, to analyse complex issues or situations, and to explore ways of fostering collective action.

No technical or academic training is required to take part.

The motivation and commitment of participants will be the key assets of the training. There are no technical requirements for participation.

A good level of English is required (B2 level, i.e. the ability to express oneself and engage in discussion in English).

You will be encouraged to take a critical look at your own beliefs and behaviours, to analyse complex issues and to explore ways of working towards a more inclusive and sustainable society.

Participants should also be interested in meeting people from different countries and backgrounds and be willing to share their views, experiences and knowledge.

At last, if you join us, we expect you to participate actively in the working sessions, but also to share the knowledge gained during this training with members of the group(s) you belong to and the people and organisations you support, once you return.



## How to register ?

To take part in the training, please send an email to [viabrachy@gmail.com](mailto:viabrachy@gmail.com). Please introduce yourself briefly, stating where you are from and your main motivations. We will do our best to reply as soon as possible.

If your profile matches our requirements, we will put you in touch with the partner organisation in the country where you live. You will deal directly with them to arrange your travel and for any other logistical, educational or administrative matters. They will explain the procedure to follow.

Country	Sending organization	Email address of the contact person
France	Via Brachy	<a href="mailto:viabrachy@gmail.com">viabrachy@gmail.com</a>
Spain	Marania Ecosocial	<a href="mailto:correoacarlos@gmail.com">correoacarlos@gmail.com</a>
Greece	Careterra	<a href="mailto:pistolaikaterini@gmail.com">pistolaikaterini@gmail.com</a>

## How much does it cost ?



The TOGETHER training course is funded by the Erasmus+ programme. As such, accommodation, meals, scheduled workshops and teaching materials are fully covered from 2<sup>nd</sup> to 9<sup>th</sup> of June 2026. Any expenses incurred before or after these dates, or relating to additional activities or leisure (such as alcohol, tobacco or tourism), will be at your own expense.

Your travel costs to the training venue and back to your home country, up to the maximum authorised allowance and within a maximum of 2 days before and 2 days after the training, are fully covered. (or 3 days for eco-friendly transport)



Please note that we can only reimburse your travel costs if you travel between 31 May and 11 June.

If your tickets do not fall within this period, you will not be reimbursed.

If you wish to go sightseeing in France before or after the training, please be aware that **none** of your travel expenses will be covered.

Please remember that you may also use the remaining balance of your travel allowance to cover any accommodation costs in Toulouse, if required (upon presentation of the invoice), on 31<sup>th</sup> of May, 1<sup>st</sup>, 10<sup>th</sup> and 11<sup>th</sup> of June.



In accordance with the Erasmus+ programme regulations, the financial contributions towards your travel expenses (plus additional accommodation) will be as follows:

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

Distance	Maximum € refund per participant	Maximum € refund per participant if ecological travel*
10-99 km	28,00€	56€
100-499 km	211,00€	285,00€
500-1999 km	309,00€	417,00€
2000-2999 km	395,00€	535,

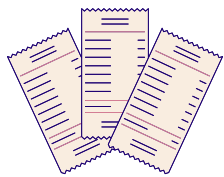
**\*ecological travel = boat, bus, train, carpooling**

You can travel by plane, train, boat or bus, depending on your availability and personal preferences, but please note that we can only reimburse the cost of public transport, in second class. Taxi fares are not reimbursable.

If you have any questions about your travel plans, please do not hesitate to contact us.



## Important for reimbursement. You will need to provide your sending organisation with :



1. **A receipt showing your travel itinerary, the name(s) of the passenger(s)** and, very important, the **ticket price**. Generally, when you purchase your plane/train/bus ticket, you can ask for a receipt. If the company does not provide a receipt, we will accept e-tickets provided they include the above information.



2. **All your original travel tickets and receipts** (train, boat and bus tickets showing the fare, boarding passes, etc.). The stamped ticket/boarding pass is **a very important document**, as it is the only proof that you took the flight/train/bus/ferry, and is required by the National Erasmus+ Agency for reimbursement.



3. **If you use your mobile phone** (so you don't have to print your ticket/boarding pass), **don't forget to take a screenshot**, as the link will expire and you will no longer be able to use it a few weeks after your journey, and we will not be able to refund you.

Likewise, **you must provide a receipt for any accommodation** (provided it does not exceed the maximum amount set by the programme) in order to be reimbursed.

**Your sending organisation must provide us with all boarding passes, tickets and invoices relating to your travel expenses.** It is your responsibility to keep these documents safe and to submit them to your sending organisation on time. If you take a photo of the documents, please ensure it is of good quality, i.e. that we can read ALL the information.

Please note that we cannot reimburse ANY of your travel expenses if a document is missing. If you lose any of your tickets, boarding passes or invoices, your travel expenses will not be covered.

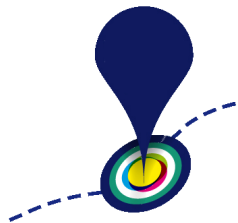
Bank transfers from your sending organisation to you will only be made once the sending organisation has received all the documents from all participants in your country. This may take between one and three months, depending on how quickly you provide the required documents.

## Additional costs

Your sending organisation may ask you for a small financial contribution, depending on the administrative work involved and the support it will provide you with before and after the training.

# Meeting Point

**The meeting point on 2 June will be at Laguépie station at 6.30 pm\*.**



You will make your own way to the meeting point. From there, we will accompany you on foot to the cottage.

One of the conditions for taking part in this training course is that you must be present from start to finish; please therefore organise your journey so that you arrive on time.

If you are arriving by plane, it will take you at least an hour to reach Toulouse station; if you are arriving by train or bus, it will take you at least 15 minutes to reach the correct platform.

\*Please note that the last train allowing you to arrive on time at the meeting point departs at 5.01 pm from Toulouse Matabiau station.

## Getting around Toulouse:

**In Toulouse, you'll find a metro and tram network.**

To view routes and timetables, please visit the website: <http://www.tisseo.fr/en/home>

If you are travelling in Toulouse, you only need a single ticket valid for one hour (€1.80 each), regardless of how many buses, metros or trams you take. Please keep your used tickets.

### **Train station: Toulouse Matabiau SNCF station**

The train is the easiest way to get to Laguépie. The journey takes about 1 hour 30 minutes.

Here is the link to book your train ticket from Toulouse to Laguépie: <https://www.sncf-connect.com/en-en/train-ticket>

Please ask for a receipt and keep your used tickets. We will need them to refund you.

# A few words about us

Via Brachy is a French non-profit organisation. Our aim is to empower people, support social and environmental projects led by citizens, and promote the exchange of knowledge and intercultural dialogue between individuals and organisations from different backgrounds and cultures.

We organise mobility projects and non-formal education initiatives to encourage social inclusion and help people find their place in society. We believe that travel opens minds to new realities and encourages people to share their ideas, knowledge and experiences. We promote an environmentally friendly lifestyle and the social economy, and we campaign for social change.

In practice:

- We organise study trips and training courses to promote personal empowerment and social change in France, Europe and Senegal;
- We organise workshops and public events on social issues to raise public awareness and promote alternative lifestyles;
- We support our partners' initiatives in Senegal: setting up income-generating activities based on local resources.

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

## Contact us



VOYAGES, INTERCULTUREL, SOLIDARITÉ & AUTOFORMATION

Any question ? Feel free to ask and contact us !

**Christine Le Reun** - @mail: [viabrachy@gmail.com](mailto:viabrachy@gmail.com)

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