

Green Your Mind Let's GYM

Comité Liason Diagonal France



CONTEXT

The United Nations 2030 Agenda, approved by world leaders in 2015, constitutes the new framework for global sustainable development and establishes 17 Sustainable Development Goals (SDGs). It represents the commitment to eradicate poverty and achieve sustainable development by 2030 around the world, excluding no one.

They cover all aspects of human well-being to end poverty, protect the planet, and ensure that all people enjoy peace and prosperity.

Gender inequality is widely recognized as a central aspect of development and one of the fundamental requirements for achieving sustainable development and achieving the SDGs.

As a tool for social action, the project will be carried out using the ecofeminist theory. Which already, in 1974, Françoise d'Eaubonne, a French writer and feminist, claimed the female body as her own property, which led many women, like herself, to realize the health dangers it posed the use of certain pesticides, fertilizers or excessive medication. That women lead the statistics on poverty rates and their position of social exclusion makes them more vulnerable to natural disasters and ecological devastation, and this is not a "natural" fact. It affects national economies and people's lives, and it costs communities and countries a lot today and even more tomorrow.





Training days in France

4th-10th april 2023

Ligoure (FRANCE)

Arrival day: 3rd april

Departure day: 11th april

DATES & PLACE



OBJECTIVES

- ▼ Raise awareness of current environmental challenges and explore the interconnection of those challenges with gender equality.
- ▼ Develop a common understanding of leadership and gender and explore instruments for its promotion among civil society youth groups to help improve understanding the gender aspects of climate change
 - ▼ Explore environmental educational methods and equip participants with non-formal learning tools that address the issues
- ▼ Exchange experiences and knowledge in the fields of social entrepreneurship, ecology and feminism
- ▼ Promote diversity, intercultural dialogue, common values of ecology, freedom, tolerance and respect for human rights.

A photograph of a person with long hair holding a large green fern leaf in front of their face, obscuring it. The person is standing in a forest with many trees. The image has a purple tint. A large green triangle is overlaid on the bottom left of the image, containing text.

Age: +18 years old

Role: Youth workers, young leaders,
volunteers, project coordinators

Why: Highly motivated towards promoting
equality and sustainability

PARTICIPANTS



TRAVEL BUDGET

Greece: 410€ (Green travel Support)

France: 210€ (Green travel Support)

Romania, Slovenia, Italy & Spain: 320€ (Green Travel Support)

Palestine & Egypt: 530€ (*Visa costs covered for Egypt & Palestine)

The Erasmus+ programme offers **Green Travel Support** for people travelling to Ligoure destination using sustainable modes of transport. Examples of sustainable means of transport are: *cycling, carpooling, the bus or the train*. Keep your travel tickets and invoices safe. You will need these to be eligible for Green Travel Support

Reimbursement will be done by bank transfer upon the presentation of the invoices & travel documents 1 month after the finalization of the follow up activities.

To reimburse expenses it is **mandatory to attend the 100%** training course.

ACCOMODATION

The accomodation and activities will take place in the facilities of the Chateau of Ligoure. You can have a look at the place following the link:

<https://chateaudeligoure.wordpress.com/>



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- ▼ Comité de Liaison Diagonal France (France)
 - ▼ INVEP: International Volunteers in Education Projects (Spain)
 - ▼ DRUSTVO LOJTRA DRUSTVO ZA OSEBNI IN POKLICNI RAZVOJ MLADIH (Slovenia)
 - ▼ ASOCIATIA "AJUTAM, INTEGRAM, DEZVOLTAM SI EVOLUAM" (Romania)
 - ▼ Beit Sahour's women club organization (Palestine)
 - ▼ Movimento di Volontariato Italiano - MoVI Nazionale (Italy)
 - ▼ Institute of Social and Economic Development of Laconia (Greece)
 - ▼ Have A Dream (Egypt)

PARTNERS



DISSEMINATION ACTIVITIES

- Articles written by participants to share the results & learnings they´ll have during the project.
- Implementation of 10 local activities to empower & motivate volunteers & professionals from their communities through the tools & workshops from Let's GYM: Green Your Mind.
- ERASMUS+ projects proposals connected with the topic.
- Creation of a digital toolkit that collects the activities & methodologies used during the training.

DRAFT SCHEDULE

	Day 1 Tue 4	Day 2 Wed 5	Day 3 Thu 6	Day 4 Fri 7	Day 5 Sat 8	Day 6 Sun 9	Day 7 Mon 10	Day 8 Tue 11	
	Breakfast								
9.00-9.30	Energizer								
9.30-11.00	Presentation of Greenderaction: Rules, fears & Expectations	Gender my life	Online meeting: A lo basati	Naturalize	Gender and Adaptation to CC	Tools & measures to introduce gender equality in projects	Organizing campaigns	DEPARTURE	
11.00-11.25	COFFEE BREAK								
11.30-13.00	Presentation of Greenderaction: Rules, fears & Expectations	Legal framework for Equality & Enviroment I	Leadership skills	The submerged payslip	Greenderaction leaders 1	Mindmapping & Brainstorming	Organizing campaigns		
13.30-14.30	LUNCH								
15.00-16.30	Teambuilding	Legal framework for Equality & Enviroment II	Knowledge management	Economy for Life	Greenderaction leaders 2	sustainable workshops: PARTICIPANTS	Presentation of campaigns		
16.30 - 16.55	TEA BREAK								
17.00-18.30	Basic concepts	Climate Change & Gender	COP27	Press Conference organizations	Tea with local sustainable entrepreneurs	sustainable workshops: PARTICIPANTS	Final Evaluation		
18.30-19.00	Yoga Session								
19.00-19.45	REFLECTION GROUPS								
20.45	DINNER								
21.30-22.30	Free Night	Intercultural evening: Spain, Italy & Greece	Intercultural evening: Slovenia, Romania & France	Free Night	Intercultural evening: Palestine & Egypt	Nature at night	See you later party		



+ INFO

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Erasmus+

SEE YOU SOON