



EcOLiD

Eco Optimist Life Design



INFOPACK

August 8th – August 15th 2022

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SUMMARY OF PROJECT

The aim of the project is to empower young people with personal transformation and develop the key skills needed to be more confident, optimistic, and resilient about their future.

By carrying this exchange we want to create a network of young people able to implement projects that promote environmental as well as human health.

After this mobility, we hope that young people will be more aware of their entrepreneurial skills, their talents and their life goals.

Finally, the creative process of a personal life design aims to offer young people an evolving tool that is a landmark for the needs necessary for the orientation and realization of their dreams.

The common thread of the project will be the setting up of workshops to carry out your “Life Design”, namely, to define your resources, your limits, your needs and define actions to implement its Design.

For this we will teach them the design methodology, which can also be adapted for all types of projects, and we will lead self-help workshops so that everyone supports themselves in the development of their personal design.

Throughout the exchange, we will offer activities to raise awareness of ecological issues, immersion in nature, body practices, intercultural games and sensory animation.

All these activities are intended to promote self-esteem, trust in others, adaptation, autonomy, creativity, responsibility, and the ability to make clear and conscious choices.

Finally, participation in daily life will also be part of the day's activities.

There will be 30 participants, aged between 18 and 30 years old.

This project is aimed at participants who feel a certain concern for their future, worried about ecological and health issues, and this impacts their daily life, their professional orientation, their commitment to the social and civic life of their territory.

This project is also aimed at young people who want to get to know each other better, who are looking to improve their skills in the areas of human relations and personal development.

Finally, this project is aimed at all young people who wish to learn to live more in connection with nature and its ecosystem and to meet other young people who are also interested in the experience of a collective life in a sober setting, natural and intercultural.

We hope that each participant returns home with the awareness of a positive personal transformation, the constitution of a network of young people and the good knowledge of the tool of the Design of life as a means of developing key skills and professional projects or citizens who are in harmony with its true nature while promoting sustainable development.

PROVISIONAL PROGRAM

TYPE OF DAY:

8 :30 – 9 :00	Opening circle
9 :00 – 10 :30	Activity
10 :30 – 11 :00	Break
11 :00 – 13 :00	Activity
13 :00 – 14 :30	to eat lunch
14 :30 – 15 :00	Personal sit-spot time
15 :00 – 15 :15	Energizer
15 :15 – 17 :45	Activity
18 :00 – 18 :30	Integration time – talking circle
18 :30 – 19 :00	“Servicio amoroso” (community mission)
19 :00 – 21 :00	Having dinner
21 :00 – 22 :30	Activity

DAY 0 : Arrivals and welcome of participants

DAY 1

- Introduction of each participant. Need and Intentions.
- Presentation of the training & Group life
- Culture of desire: affectological mutual aid & consent wheel
- Ceremony of Mycelium

DAY 2

- Presentation Permaculture flower & Design of life
- Define your Vision: allow yourself to dream and set goals
- Develop your vision
- Presentation of Oasis Serendip's project and design

DAY 3

- Resource Mandala
- Identify your resources
- Mandala limits (and needs)
- Dance activity

DAY 4

- behavioral profiles / pattern
- The Spirals of Erosion and Abundance
- Experience of group life in nature (8shields pedagogy)
- Joy's fire – participants proposals

DAY 5

- Mid-stay evaluation
- Life wheel 8shields
- Evening of the senses

DAY 6

- Dream's ideas
- Link with principals of permaculture
- Individual design
- Integration
- Permacontact

DAY 7

- Action & stay motivated
- Motivate momentum
- Design time
- Talents nights

DAY 8

- Final evaluation
- Next-Step
- Closing ceremony and foto family

DAY 9 : Departure of participants

PARTICIPANTS' PROFILE & COMMITMENTS

WHO IS PARTICIPATING?

All young people between 18 and 30 years old:

- who want to get **to know each other better**, who are looking to **improve their skills** in the areas of **human relations** and **personal development**.
- Who is interested into learn **a Design tool**
- Who are **looking for his way**
- Who is in **professional reorientation**
- Who are in the network (of local organizations and actors) of each partner organization and want to live an experience of **human permaculture in France**
- Who want to live an **experience immersed in nature**

COMMITMENTS

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

- **To read all the information carefully** (especially this info-pack and all the emails we will send you before your coming) and communicate timely with the organizers.
- Besides your active participation in the workshops, and your involvement in the facilitation of some sessions, you will be responsible of your group's dynamic and will be invited to take initiatives and responsibilities regarding the every-day life.
- To give all the necessary documents to your sending organizations (invoices, boarding passes, etc.) for the reimbursement of the travel costs.
- To be respecting group and site agreement

HOW MUCH DOES IT COST?

Accommodation, food and materials are fully covered from August the 8th to the 15th included.

DAY OF ARRIVAL AND DEPARTURE & EXTRAS

When you arrive on August 7, we ask that **you plan your own lunch and/or dinner.**

Any expense incurred before or after these dates or linked to extra activities/ leisure as food, drinks, or tourism will be yours (Alcohol and illicit substance are not allowed on the site).

Remember that we can reimburse only the cheapest transportation possible and only public transport, 2nd class fares. Taxi is not refundable, as well as private cars.

You are allowed to arrive or depart max 1 days before (August 7th) and 1 days after (August 16th) the mobility. In case you decide to use that extra time, bear in mind that it will NOT be supported with food.

Should your stay be longer than 2 days, we will NOT reimburse part of your travel costs.

TRANSPORT

Also, **the Oasis where we will live don't have any public transport** so we need to know at what time you will arrive at the Bus station (cf: bus timetables in the annexes) or train (Crest station). If you don't tel us your arriving time, you can only get around on foot or Hitchhiking !

Also keep in mind that if you make a stop while coming or leaving Oasis de Serendip, it cannot exceed 24 hours. Otherwise your sending organization would not be able to reimburse you this cost.

REIMBURSEMENT

IMPORTANT: For the reimbursement, we will need you to give to your sending organisation:

- The **boarding pass** is a very important document, the only evidence that you took the flight, and is required by the National Agency for reimbursement.
- If you use your mobile phone (so you don't have to print the boarding pass) don't forget to do a **screenshot or print it**, because the links expire and you won't be able to use it some days after the flight, and we will not be able to reimburse you.
- All ticket (bus, train, highway,...) you used to come to the Oasis of Serendip.

Your sending organization needs to give us all the boarding passes 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.

Only when the sending organization has all the documents, 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.

Be aware that we cannot provide reimbursement if a document is missing.

VENUE AND DAILY CONDITIONS

WHERE WILL WE STAY?

The mobility will take place in the rejuvenating place [Oasis de Serendip](#). Located in the Drôme Valley, you will stay in a nature with lot of walks in the mountains around.

Why the name “Oasis of Serendip”?

The **concept of serendipity** means *"finding something other than what one was looking for"*, original and unexpected ideas, discoveries, finds, encounters... Serendipity is an attitude of mind, a lifestyle, combining curiosity, sagacity, resilience and the ability to open up to the present moment.

What is an Oasis?

In a context of global systemic crisis (human, economic, ecological and political), it seems essential to encourage the creation of new living spaces able to accommodate the human needs of our contemporary societies:

- Subsistence and security needs: food, housing, good health, etc.
- Needs for belonging and relationships: self-respect and respect for others, cooperation, autonomy, conviviality, etc.
- Needs for accomplishment and meaning: to learn, to evolve, to create, to contribute, to give...

An oasis can be in a rural or urban environment: shared eco-housing, eco-hamlet, eco-district, eco-village, municipality engaged in a transition, monastery with an ecological approach... So many different forms that meet the same needs.

The Oasis project is to develop a society based on humanist and ecological values.

Each Oasis is looking to develop consistency with the five main themes of a collective living space: governance, agroecology, education/transmission, energy/eco-construction, local and solidarity economy.

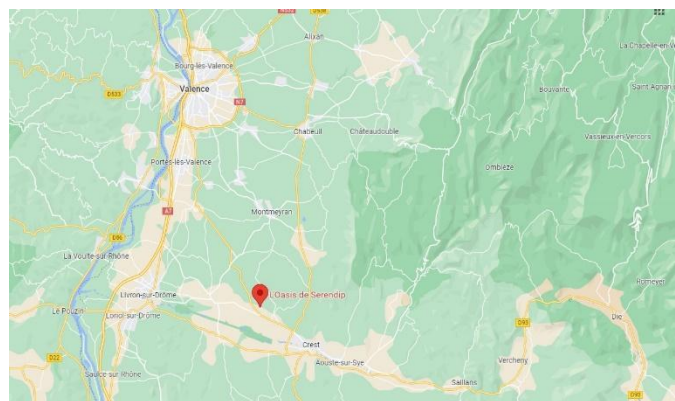
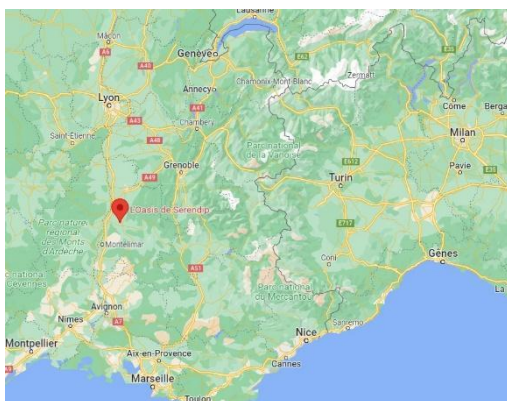
Imagine our territories if hundreds of oases flourished everywhere!

ADDRESS AND GPS POINT

L'Oasis de Serendip, Chemin du Crozat, Eure, France

GPS : 44.760143759944484, 4.966978824360851

Code googlemap : QX58+XH Eure, France



WHAT WILL WE EAT?

Jeremy will cook with love for us !

The shared meals will be cooked in the venue, based on an organic, local and nutritious diet, considering the information that the participants provided, about their diet or any possible allergies.

WHAT SHOULD YOU BRING?

You must bring **everything you need for camping**:

- Your tent
- A floor mat or [inflatable mattress](#)
- a sleeping bag
- Bath towel
- Shower gel & shampoo made with natural products so as not to pollute the soil.
- Flash light
- Hat / sunscreen / sunglasses
- A sweater (for if it's cold in the evening)
- 1 pair of closed shoes (for walking in the forest)
- swimsuit
- mosquito repellent!!
- **Mycellium!!!** → From your country, **take soil at the foot of a tree** so that there are filaments of mycelium.

We will ask you to tell us the story of this earth-mycelium (about the place where you took it? About the tree? Your sensation? ...)

Definition of Mycelium is a root-like structure of a [fungus](#) consisting of a mass of branching, thread-like [hyphae](#).^[1] Fungal colonies composed of mycelium are found in and on [soil](#) and many other [substrates](#).

HOW TO REACH THE VENUE?

Read all the information to be sure that you have understood the different stations which will allow you to find the right bus to EURRE (the closest town to the Oasis) or Crest (the neighboring town where there is a train station)

The Oasis of Serendip is in the little town of Eurre, near Crest, the neighboring town where there is a train station.

From airport of Lyon to Crest, you need to go through Valence.

BE CAREFUL there are 2 trains Stations in Valence !

One train station is for High Speed Train which call « train TGV », and it is not in the center of the city: it is the train Station « **Valence TGV** »

The other one is for all other trains. It is in the center of Valence city : the train station call « **Valence ville** ».

If you take a train from ValenceTGV you can go directly to Crest or you will go to Valence-Ville first and then, take a bus until EURRE (**ask the driver to tell you where to stop at Euree**).

From airport of Lyon to Valence :

- By train : <https://www.ouigo.com/es/en>
- By bus : <https://www.checkmybus.co.uk/lyons-st-exupery-airport/valence>

From Valence to Euree

- From **Valence TGV** to Crest :

By train : <https://www.omio.fr/app/search-frontend/results/E06AC0E46DF224C3FA8AC6A129540DB17/bus?locale=en-GB>

Send a message to Caroline to tell her at what time you arrive in Crest for her to pick you up by car.

- From **Valence-Ville** to Euree :

By bus : Ligne D24 there is many buses ([Here the schedules buses](#) and also in a document annexe). You can by your ticket directly in the station.

Send a message to Caroline to tell her at what time you arrive in Euree for her to pick you up by car.

SCHEDULES OF BUSES Valence-ville – Euree (Oasis de Serendip)

FOR FURTHER QUESTIONS, CONTACT US!

Permalab is available to answer any question.

You can contact Caroline : formations@permalab.fr