



Erasmus +  
Mobility of Youth Workers



# Re.A.L.I.S

Resilient & Adapted Local Innovative Systems

ECO CONSTRUCTION  
ENERGY SYSTEMS  
TOOLS  
DESIGN & FABRICATION

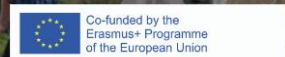
Countries:  
France, Portugal,  
Greece, Spain,  
Belgium, Italy,  
Malta

15.09 - 27.09.22

ST NIZIER LE BOUCHOUX  
Ain, France

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in collaboration with



## Erasmus + Mobility of Youth Workers

organized/hosted by

The Northern Lights project

with main instructors

Jean Philippe Valla (France)

Alexandros Filippidis (Greece)

Herve Michniewicz (France)

The course is from the 15th to the 27th September

Arrival day on 14th September

Departure day on 28th September

Traveling days are the 14th and 28th

13th, 14th and 28th, 29th for green travel

## **Information Pack:**

1. General information
2. Accommodation
3. Travel Information
4. What to bring
5. Preparation
6. Partner organizations
7. Confirmation and contribution

## 1. General Information

### 1.1 TIMELINE

The course is from the 15th to the 27th

Traveling days are the 14th and 28th

And 13th, 14rd and 28th, 29th for green travel

Please respect these dates of arrival. If you need to come earlier or leave later, please send us an email to [thenorthernlightsorg@gmail.com](mailto:thenorthernlightsorg@gmail.com)

Nevertheless it is necessary that you attend the event from the beginning to the end, so please arrange your travel accordingly.

**For any questions send Eco-project The Northern Lights in the North of Ain,  
Francean email to: [thenorthernlightsorg@gmail.com](mailto:thenorthernlightsorg@gmail.com)**

## 1.2 VENUE

The Northern Lights is a non-profit organization based in France, in a beautiful and typical farm. An alternative & ecological place that wishes to gather families and people from the villages nearby around permaculture values and cultural events.

With a pedagogic vocation, it is a dream of local resilience and an experimentation of living together close to nature on our territory and in the world that surrounds us.

The organization is located in 'Le grand Matignat', in the village of Saint Nizier le Bouchoux, North of Lyon (90km), where we cultivate earth, mind and togetherness.

Our mission is to spread knowledge, techniques and the mindset for regenerative practices in all domains of human activity. Through workshops, networking and building active and alive examples of regenerative practices in close collaboration with other organizations, public entities and ecological enterprises.

To see some pictures and information look at:

<https://l-aurore-boreale.assoconnect.com/page/1694617-the-association> and more on our facebook page:

<https://www.facebook.com/TheNorthernLightsNonProfitOrganization>

## 1.3 CONTACT DETAILS

- Romain's cell phone: 0033 782976052
- The very best is to contact us via mail: [thenorthernlightsorg@gmail.com](mailto:thenorthernlightsorg@gmail.com)

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## 2. Accommodation

This workshop will take place in the farm of The Northern Lights.

During our stay you will be sleeping in your tents around the farm.

It is necessary that you bring your own tent and outside sleeping material.

Please bring what you need to be comfortably sleeping outdoors.

Compost toilets and outdoor showers will serve our needs, and the farm provides many spaces for the daily activities.

As we try to live in balance with our surrounding ecosystem, we are using water consciously. So don't expect to shower every day. Also please bring plant based fully biodegradable toiletry (shampoo, soaps, toothpaste, etc.) so the water of the shower and the sink does not harm nature. If you don't have any, we can provide you with a toiletry kit for 10€.

If you need a toiletry kit, please let us know.

The house on the farm provides us with a kitchen to cook our daily meals, which are healthy, mostly organic and self grown. If you have any allergies or intolerances, please inform us about it, so we can plan accordingly.

There is some internet access on the farm, by sharing one of the organization team's connections, but don't forget to connect with nature, rather than with the internet.

It is important for us to know that you agree in spending so many days in such a simple basic way of life.

## 3. Travel Information

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## Location

Our farm is located 30 km North of Bourg en Bresse (Zip code: 0100) in the department Ain, Rhone-Alpes.

This is the exact location of our project: **46.478393, 5.204821**

## Close by Airports:

- Lyon (Aéroport de Lyon-Saint Exupéry) - 115 km
- Geneva (Genève Aéroport) - 150 km distance
- Paris (Aéroport de Paris-Charles de Gaulle) - 430 km distance

## Train

- Saint Amour (Train station, Gare SNCF) - 15 km distance
- Tournus (Train station, Gare SNCF) - 30 km distance

Then we can come look for you

## Notes on travel

### While preparing your travel keep in mind:

- Since we need your original tickets to reimburse you (way back included) please book online as much as possible so that we can have pdf original copies of your ticket. When booking online is not possible please buy your ticket at the box office and make sure to have a receipt with this piece of information: your name; the starting and finishing place of the journey; the date of the journey and the price of the

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ticket. When the ticket is booked online please bring two printed copies (one for you and one for us)!

- Please tell us your arrival time and travel details via email.
- Your travel can last longer than two days but you **HAVE TO BE HERE** when the course starts! And when you travel on more days, or you come here earlier, due to cheaper tickets etc. you have to justify why you traveled more days, or on another day than the travel day.

## Travel Refund

Travel refund is up to the following amounts:

FOR GREEN TRAVEL, meaning by car, bus, train...

France, Spain, Greece, Italy 320€

Belgium 210€

Malta, Portugal 275€

FOR NONE GREEN TRAVEL

France, Spain, Greece, Italy 275€

Belgium 210€

Malta, Portugal 275€

The participants have to travel from and to the countries above, otherwise they can't be accepted as co-funded by the EU.

It's not possible to participate as a co-funded participant if you don't participate in the whole training.

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We can refund your travel to Northern Lights at the last day of the training, preferably via bank transfer, but ideally we refund you both ways after you arrive back in your home destination with one bank transfer. Please make sure to submit all your receipts and your bank details not later than 30 days after the end of the training, so not later than 11. October.

## Entry regulations due to COVID

Address for the passenger locator form: Since our farm is in between two villages, the GPS might not find the exact address. You can though write Prés du Pont, 01560 Saint-Nizier-le-Bouchoux

Or GPS point:

<https://maps.app.goo.gl/SCL4hcUVY3uwQkVz5>

Please check the current entry regulations of France due to COVID here and make sure to comply with them.

## 4. What To Bring

- TENT or at least mosquito net
- SLEEPING BAG
- Camping mattress and pillow (or/and anything you need for being comfortable sleeping on the ground in a tepee)
- notebook and pen
- own stationary (any kind of colours: like pencils, water -colors, wax colours.. Your favourite stuff for making arts!)
- towel for shower
- water bottle

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- clothes for getting dirty
- good shoes for land works
- toiletries: please bring eco-friendly, 100% biodegradable and not tested on animal soaps and shampoos! If you don't have you can purchase a kit from us for 10€
- mosquito spray or protection if you need (we might have mosquitos)
- musical instruments if you like
- camera with cable to share pictures
- bring any material you need in order to implement the activities you want to share during the course, some games, dances, songs and stories to share...

## 5. Preparation

To prepare you for this course and its content, to spark your interest in the topics even more, we created this facebook group (link is following soon) to share interesting material with you. Please ask to join the group, ONCE your participation in the course is approved by the partner organization in your country or by us. We will then approve your request and you have access to all the content. Thank you!



## 6. Partner organizations

Portugal: HortaFCUL, contact: pedrofarrancha@gmail.com

Belgium: Les débris-colleurs, contact: Laurane.coo@gmail.com

Italy: ASSOCIAZIONE DI PROMOZIONE SOCIALE KORA, contact: eplus@associazionekora.it

Malta: ACT (Malta), contact: claudebejer17@gmail.com

Spain: Asociación Cultural Sol y Tierra, contact: asociacionsolytierra@gmail.com

Greece: The Southern Lights, contact: eplus@thesouthernlights.org

## 7. Confirmation and contribution

If you are approved to participate in this course, our partner organization from each country will inform you. If you are chosen to be one of the participants, you have to send your travel ticket to your partner organization on the **1st of September 2022 at the latest !**

The non-profit organization “The Northern Lights” is the organizer of this Erasmus+ Mobility of youth workers and has applied for funds therefore the course is fully funded by the European Union. This money covers food & lodging, travel costs, teaching fees and the work of our cooks.

For participating in this course we ask for a contribution of 90€ to support the building up and running of this eco-school all year round in a rural area of France. With this contribution you will support the long-term sustainability of projects like ours and help us to go further.

Thank you!

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Francean email to: [thenorthernlightsorg@gmail.com](mailto:thenorthernlightsorg@gmail.com)**

The magnificent trainers and the whole Northern Lights team are  
looking forward to receiving you!

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