

“Appetite for Change”

Erasmus+

Mobility of Youth Workers

20th May - 5th of June 2023

PARTICIPATING COUNTRIES:

BELGIUM, GREECE, FRANCE, ITALY, MALTA, PORTUGAL



ST NIZIER LE BOUCHOUX
AIN, FRANCE

AGRO ECOLOGY

BEE KEEPING

MUSIC JAM SESSIONS

SEED PRESERVATION AND PROPAGATION

FOOD CONSERVATION

HEART OPENING

SELF DEVELOPMENT

GRAFTING

 **APPLY NOW!**

Deadline 8th April 2023

13
DAYS
TRAINING

Erasmus + Mobility of Youth Workers

organized/hosted by

The Northern Lights project

with main instructor

Jacques Calland, Croqueur de pommes (France)

Yanick Loubet, Agro semences (France)

Clément Kaminski, Apiculture (France)

21th May - 4th of June 2023

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

Arrival date: 21.05.2023

Departure date: 04.06.2023.

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

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

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>

Our Instagram page:

@northernlightsnpo

1.3 PLANNED ACTIVITIES

For this Erasmus Youth Mobility Training, we will focus on learning tools and habits to support the global change movement towards conscious living and sustainability. Our planned activities will take place in an agroecological farm

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allowing our participants to discover eco-living within an eco-community. Our day to day will consist of topics around food sovereignty and teachings on how to produce seeds and preserve them, how to use grafting as a technique to manage fruit trees, how to increase biodiversity with bee keeping, and how to conserve our food. We will also allocate time to getting to know ourselves better in order to live together in harmony as a community. We have planned activities to open our hearts through storytelling, jam sessions, and sharing circles. All this will contribute to teaching our participants about self determination to enhance the quality and wellbeing of our lives. Be open to allow yourself to be surprised!

1.4 CONTACT DETAILS

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

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.

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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

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
- Fleurville Pont de Vaux (Train station, Gare SNCF) - 18 km distance

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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 ticket. When the ticket is booked online please bring two printed copies (one for you and one for us) and upload it on the drive
- 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:

France, Spain, Greece, Italy 320€ [green travel]

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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.

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 05. July.

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 adress. 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
- 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
- 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 5€
- 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...
- Seeds 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

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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: alej.guidotti@gmail.com

Greece: The Southern Lights, contact: info@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 8th of **May 2023 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.

Thank you!

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

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