

**INFOPACK****“Europe à Table (EAT)”****(Sustainable food)**

Key Action 1 Erasmus +: Mobility of Youth Workers

**Training Course in Serre-Chevalier, France****26/06/2023 – 04/07/2023**

Dear participant,

**“Europe à Table (EAT) 2.0”** is a training course co-funded by the European Union under the Erasmus+ Program – Key Action 1.

In order to make this project an enjoyable and memorable experience for all, we have designed this infopack that offers several practical informations that you need to know before coming to the project.

We wish you a nice trip without any unforeseen adventures!

Looking forward to meeting you soon in France!

Yours,

Project team Concordia Rhône-Alpes





## **ABOUT THE TRAINING COURSE**

### **Duration**

9 days (travel days included)

**26th of June to 04th of July 2023**

### **Participating countries**

France, Croatia, Germany, Greece, Italy, Poland, Portugal

### **Participants**

21 participants ; 3 from each participating country

Plus 3 French trainers from Concordia (experienced youth workers) + several occasional contributors (experts on the addressed topics).

Target group : Youth workers/youth leaders/volunteers mentors from 18 years old involved and/or interested in youth work. Interested in developing their skills and knowledge in the topics of food and sustainability.

This is a learning experience with mandatory attendance of all the activities, so, please, be responsible for attending all parts of the training course and for taking an active part in it.

**Language** : English

### **Hosting organization**

Concordia is a non-profit organization which promotes intercultural exchanges through non-formal education. Our principal activities are the organization of international workcamps, and the realization of Erasmus+ projects. Our main goal is to allow participants to get open-minded and develop non-formal skills as autonomy and self-confidence, through meeting and living

during few weeks with people with different cultural and social background from all over Europe.

Since its creation, Concordia has gradually expanded its area of action and its links with local and international associations to promote active citizenship and popular education to face the challenges to come. Through our projects, we create a network of citizens motivated to transform the society by acting in different and conscious ways and at different levels.

This Training course project comes from our wish to **mix intercultural exchanges with the topic of sustainability and food in order to raise awareness and promote action among young people.**

We wanted to involve in the project youth workers or bénévoles from several international organizations motivated to tackle these subjects, eager to share and discuss their experiences and points of view and motivated to gain new skills in this sphere. **Together we can do small acts for a better future, and what a better way than to do it around cooking and popular education !**

We had already successfully organised a first edition of the EAT Training course in June 2022, and we organise this **second edition in June 2023**, to continue training European youth workers on those topics.

### **Themes and short presentation**

Main topics :

- **Food and sustainability** : the main aim is to educate the youth workers about the issues surrounding the topics of food and sustainability in order to raise awareness and promote action among young people.

The participants will :

- Learn about current local and global issues related to food and sustainability ;
- Exchange experiences and meet local initiatives engaged on the topic ;
- Develop intercultural awareness, interpersonal communication and active citizenship competences.

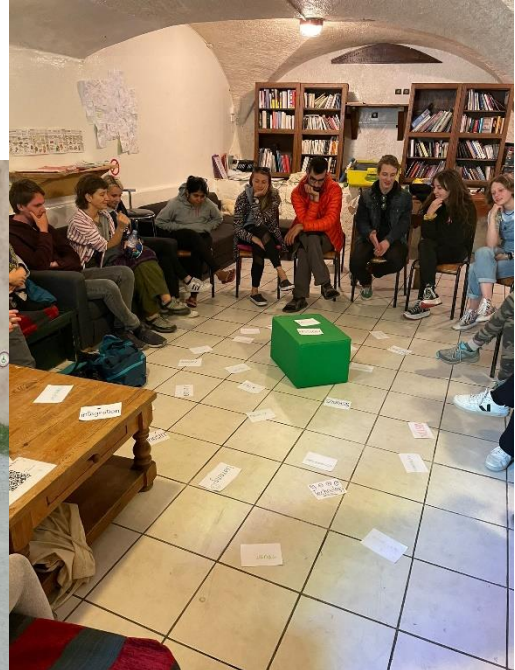
The course will explore the concept of sustainability within the processes of production, purchase, consumption and disposal of food. The workshops proposed will focus on different methods, issues, challenges and solutions at local, national and international level.

The training course is an opportunity for the participants to share their experiences related to the topics. They will also discover other realities by visiting local NGOs active in welcoming the migrants in this region, close to the Italian border, and meeting professionals in the surroundings of Serre-Chevalier. It will allow them to practise intercultural dialogue and develop critical thinking, but also, thanks to the peer-learning methods, to exchange ideas, points of views and elaborate personal and group reflection.

By the end of the project the participants will have created some activity tools/guides that will comprehend the best practices and the most relevant findings learned and developed during



the project. They will also have collectively organized an event with the local population to share more about the topic. This final products developed will serve for all the organisations that want to integrate new activities and methodologies, or improve their current ones, concerning the topics of food and sustainability within their work.



## Provisional Schedule

- **DAY 1 =**  
**ARRIVAL TIME – Monday 26<sup>th</sup> of June 2023**
- **DAY 2 =**  
Inter-knowledge  
Sustainable development objectives / Responsible consumption and responsible feeding / Food carbon footprint / Food waste
- **DAY 3 =**  
Inequalities in access to sustainable food / Food sovereignty  
Meetings with local partners
- **DAY 4 =**  
Inclusive kitchen  
Permaculture
- **DAY 5 =**  
Practical application of the animation tools created during the first edition of EAT training

- **DAY 6 =**  
Eco-anxiety / Set up a positive impact project  
Collective preparation of final event
- **DAY 7 =**  
Collective work on the creation of tools  
Gleaning of wild plants in the mountain
- **DAY 8 =**  
Final event  
Final evaluation / Good-bye!
- **DAY 9 =**  
**DEPARTURE TIME – Tuesday 04th of July 2023**



## ABOUT THE VENUE

Located in the heart of the small village of Bez, in a mountainous area, the **Hostel of Serre-Chevalier** advocates a sustainable and solidarity-based tourism in a durable and eco-responsible development approach.

The establishment is very active in the creation of local partnerships in line with its values of intercultural openness and international exchanges. It's been campaigning with a group of non-profit organizations and non-governmental organizations (NGOs) in order to open a reception

center for asylum seekers near the Hostel. They also created a permaculture garden on unexploited land in front of the hostel.

You will be accommodated at the Youth Hostel, in **rooms of 3 or 4 beds** with individual beds (remember to bring your sleeping bag). Sanitary facilities and showers will be in the rooms or on the landing.

Meals will be served in the Hostel.

The group will have rooms at their disposal for the training's activities. The outdoor areas will also be used for some group activities.

Some excursions may be organized during the week to discover the beautiful surroundings.

Website of the Hostel for more informations : <https://www.hifrance.org/auberges-de-jeunesse/serre-chevalier/>



## Financial conditions – Reimbursement of Travel costs

All the costs for food and accommodation as well as the program costs will be covered by the organizers.

The travel costs return to Lyon will be covered within the following limits depending on the departure country (based on the European Union distance calculator) :

- France – Distance band 100 - 499 km – Budget of **210 euros euros max. if you use so-called green transport only** (train, bus, carpooling...) / 180 euros max. in case you travel by plane

- Croatia, Germany, Greece, Italy, Poland, Portugal – Distance band 500 - 1999 km – Budget of **320 euros max if you use so-called green transport only** (train, bus, carpooling...) / Budget of 275 euros max. in case you travel by plane

All the travel costs will be reimbursed around 3 months after the end of the training course.

Please note that the process of reimbursement will be carried out directly with the applicant organizations and not with the individual participants (except for French participants). You will have to send us your return tickets by post after the training is over and you are back home, together with a filled and signed reimbursement form. After we receive everything, your



sending organization will prepare a global invoice detailing all your transportation costs and we'll reimburse them, and they'll reimburse individually each participant.

We kindly remind all participants to keep the original tickets to be able to send them to us. Don't lose any of them, otherwise we won't reimburse you these costs. Taxi costs are not eligible expenses in the Erasmus+ projects, so it won't be included in the transport reimbursement.

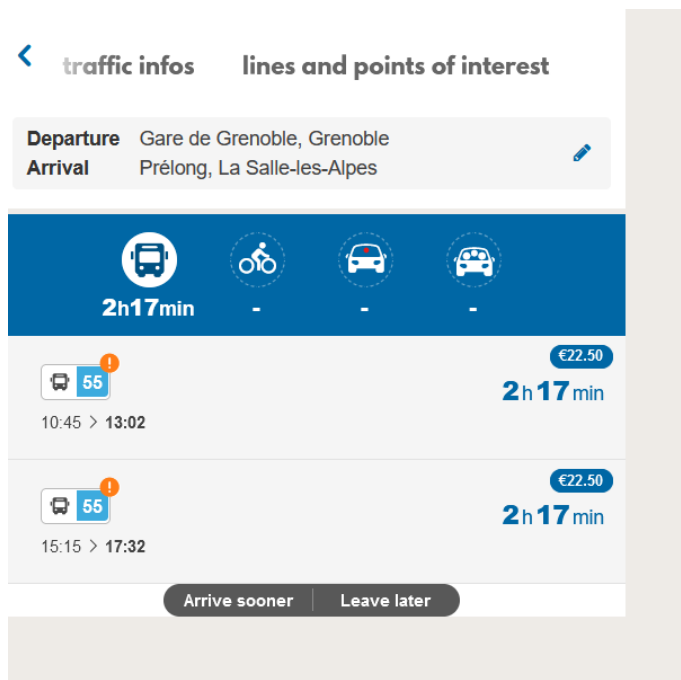
## ARRIVAL : Monday 26th of June 2023

Your final destination is **Hostel of Serre-Chevalier - 2 Chemin du Cavailou, 05240 La Salle-les-Alpes**

Your **arrival** is expected on **the 26th of June for dinner time at the Hostel**. Participants will be welcomed by the team of trainers (Ioanna, Belen and Félicie).

The planned activities will start on the morning of the 27th.

- 1) **First travel option** : you can reach Grenoble by train from Lyon or Paris. Then you have two choices of timetable with the **bus Line 55 from Grenoble Gare routière to La Salle Les Alpes – Prélong** :
  - 1 at 10:45 (am)
  - 1 at 15:45 (pm)



traffic infos lines and points of interest

Departure Gare de Grenoble, Grenoble  
Arrival Prélong, La Salle-les-Alpes

2h17min - - -

€22.50  
55 2h 17min  
10:45 > 13:02

€22.50  
55 2h 17min  
15:15 > 17:32

Arrive sooner Leave later

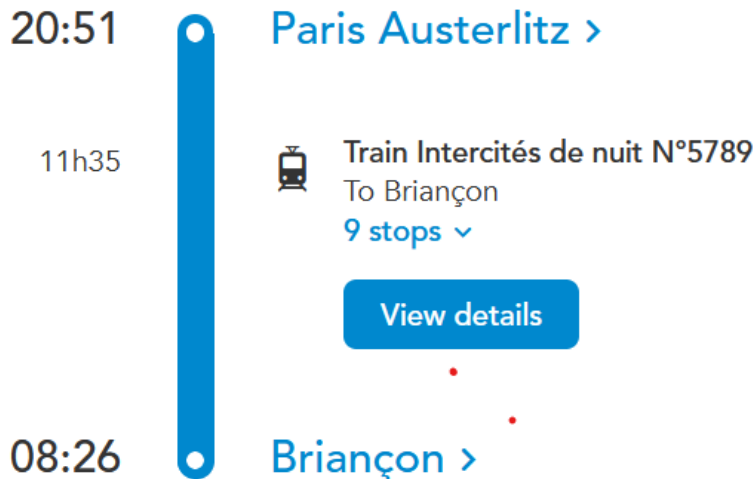
Website for the bus : <https://services-zou.maregionsud.fr/en/>


To check the trains going to Grenoble : <https://www.sncf.com/en>

2) **Second travel option is to take the night train Paris-Briançon.**

It's the **Train Intercités de nuit N°5789** which leaves every day from Paris Austerlitz on the 25<sup>th</sup> at 20:51 (pm) and arrives in Briançon on the 26<sup>th</sup> at 8:19 (am).

For train's booking : <https://www.sncf.com/en>



 This itinerary emits 5.8kg of CO<sub>2</sub>

[Return to search results](#)

Then from Briançon you can take a local bus (**line H Serre Chevalier Vallée Briançon**) to reach the destination in 25 mn : [navette website](#)

There are many different departure options during the day.  
The final stop will be : **La Salle Les Alpes / Prélong**

You will then have to walk a little to reach the hostel.

**PLEASE CONTACT US ASAP (SEE LAST PAGE OF THE INFOPACK) TO INFORM US AT WHAT PRECISE TIME YOU PLAN TO ARRIVE AT THE HOSTEL.**

## WHAT TO BRING

Each national group is invited to present their culture during an intercultural night. It is up to you to choose a form of presentation, but try to make it as interactive and interesting as possible. It is advisable to contact your team members in advance to prepare the presentation together.



Bring some traditional food/drinks from your country for this intercultural evening (the use of the kitchen will be possible). Think about music, dances and games to share with other participants. And do not forget your best mood and curiosity towards other cultures!

Also, we recommend you to bring and share materials/resources/activities/experiences related to the project theme. A time dedicated to the exchange of good practices will be foreseen and upon prior indication, it is also possible to organize workshops on the tools/activities that the participants consider useful.

For leisure activities, it might be useful to bring some hiking shoes and clothes adapted to the mountains (fleece jacket, shorts and hiking trousers...). Don't forget sun protection (hat, glasses, cream...). But take also some warm clothes (in June the days are hot but the evenings a little less!). You can also bring a torch (if you want to read quietly in bed).

Don't forget your towel! Sheets and blankets will be provided at the hostel.

## WhatsApp

The trainers are going to create a WhatsApp group before the start of the training to facilitate the exchanges.

Please also confirm us your planned arrival time, and send us the confirmation of your itinerary of travel.

### CONTACT PERSON

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