

FOREST THE FUTURE

Erasmus + Mobility of Youth Workers

Organized/Hosted by

The Northern Lights

With Main Instructors

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5th August - 22th of August 2023

(2 first and 2 last are travel days)

Information Pack

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1. General Information



As pointed out by the New EU Forest Strategy for 2030, adopted by the European Commission in July 2021, forests are an essential ally in the fight against climate change and biodiversity loss. They are indisputable shelters, working as carbon sinks and help us reduce the impacts of climate change, for example by cooling down cities, protecting us from heavy
flooding and other natural occurrences, reducing drought impact, sheltering biodiversity with favourable microclimates and homes, presenting immense variety of raw matter from food to medicine and building materials.

1.1 TIMELINE

Arrival dates: 5-6.8.2023

Departure dates: 21-22.8.2023

Course dates: 7.8.2023 - 20.8.2023

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

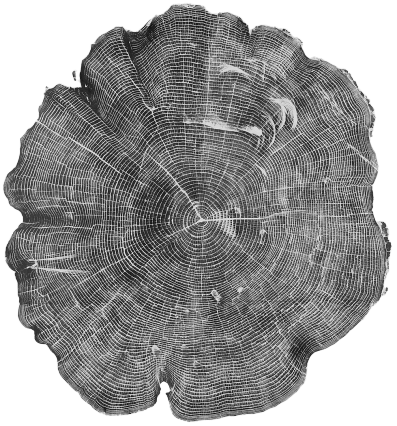
Nevertheless it is necessary that you attend the event from the beginning to the end, so please arrange your travel accordingly.

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 Matrignat”, 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
@thenorthernlightsnpo



1.3 PLANNED ACTIVITIES

For this Erasmus Youth Mobility Training, will focus on the topic of sustainable management and valorization of the forest area encompassed within the Northern Lights farm as crucial solutions in order to mitigate climate change and adapt to its impacts.

Our planned activities will take place in an agroecological farm allowing our participants to discover eco-living within an eco-community. Our day to day will consist of topics around forest management and protection. The study of basic elements discusses the life cycle of wood from trees to useful crafted products we use in our daily lives. We will also launch the biogas methanization system designed by Jean-Phillip Valla, as one exploration of sustainable energy systems. We will have multiple workshop stations on projects that relate to eco-construction, giving participants the opportunity to enhance their practical skills with construction tools, mainly focusing on woodworking and carpentry.

To create a deeper connection, a part of the program will focus on experiencing the forest, the collective, ourselves and the wider system in an embodied way. We will experiment with forest bathing, movement, and research into how we fit into a global and local supply chain, and a wide natural network.

We will also allocate time to getting to know ourselves better in order to live together in harmony as a community. The most important principle that holds the foundation of our project is self-autonomy. Participants are responsible for their own self-management and also contribute as actors within the community in regards to community eco-living and decision making. We have planned activities to open our hearts through storytelling, jam sessions, movement, 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 & Facilities

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

During your 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.

! Our toilets for all needs are outside dry compost toilets. They are serving us and the farm, making sure that what our body produces becomes next year's soil. They receive all our (organic) waste and sawdust between all uses.

! As we try to live in balance with our surrounding ecosystem, we are using water consciously and without heating it. So we have very few showers available and only with cold water.

! 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 beforehand.

! For this workshop we will have a wonderful chef preparing our daily meals, which are healthy, mostly organic and self grown. If you have any allergies or

intolerances, please let us know so we can inform our chef who will plan accordingly.

! The common hangout and eating area, where we will spend a lot of our time, as well as the workshop and working areas, are outdoors - this means shaded but without walls, no barriers between us and the farm fields.

! 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 on 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**
Or GPS point:
https://maps.app.goo.gl/SCL4hcUVY3uwQkVz5

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

Then we can come look for you

Notes on travel

<u>While preparing your travel keep in mind:</u>

- 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€
Belgium 210€

Malta, Portugal 275€

To reduce the project's environmental footprint, participants from most countries (where possible) will be asked to avoid flying for traveling to and from the training. Please note the overall budget will be 50€ less of the above mentioned budget incase of traveling by plane.

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 20th September.

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 tent)
- notebook and pen
- own stationary (any kind of colours: like pencils, water -colors, wax colours.. Your favourite things for making art!)
- towel for shower
- water bottle

- fresh clothes for the warm summer days, and something warmer for the nights.
- 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
- 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 create a whatsapp 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: 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 **21th of July 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.

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!

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

