



Association CITRUS,  
délégation régionale de Solidarités Jeunesses en Midi-Pyrénées  
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*Citrus team is happy to welcome you to :*

## **CAN WE WORK TOGETHER ?**



partnership-building seminar

with the European Youth In Action Programme

**4<sup>th</sup>-12<sup>th</sup> MARCH 2014**

**in Laguépie, Midi-Pyrénées region, France**

## **ROADMAP**

*Please inform us in advance of your estimated arrival time.*

***We will meet you at LAGUEPIE train station***

### **HOW TO GET TO LAGUEPIE ???**

***If you are lost, you can call Aurélia (+33 781 81 60 34) Citrus project coordinator / [workcamp@citrus.asso.fr](mailto:workcamp@citrus.asso.fr).***

**1)** From the **airport Toulouse Blagnac**, you should take the shuttle (**navette**) that brings the passengers to the MATABIAU train station in Toulouse. It is easy to find, the stop is just in front of the airport exit door. The shuttle leaves every 20 minutes and it takes more or less 20 to 45 minutes to get to the train station according to the traffic. (*You should count **at least 1 hour and a half** between your plane arrival time and the train departure*). The cost is 5 euros, one-way.

**2)** From the **train station Toulouse Matabiau SNCF**, you have to take a train towards **FIGEAC**. You will get off the train at **LAGUÉPIE**. The travel cost is around 16 euros.

Total cost return ticket (shuttle + train) from Toulouse Blagnac Airport  
to Lagu pie and back :

**around 42 euros**

**! It is very important that you keep all your travel tickets as well as your flight boarding passes in order to get reimbursed 70% of the expenses.**

**Without these, we will not refund.**

**Here is the train time-table :** but there might be some unexpected changes so you can also check on internet: [www.voyage-sncf.com](http://www.voyage-sncf.com)

<b>Departure from Toulouse Matabiau</b>	<b>Arrival in Lagu�pie</b>
<b>8h59</b>	<b>10h17</b>
<b>13h03</b>	<b>14h16</b>
<b>17h04</b>	<b>18h16</b>
<b>18h09</b>	<b>19h24</b>
<b>19h00</b>	<b>20h20</b>

**!!! this is the last train !!!**

If you miss the last train, there is **ONE possibility** : take a train to **GAILLAC** (pronounce "GAYAK") - it's almost halfway to Lagu pie. We can organise to come and pick you up there with a car, but it's a 40 mn drive. Please try to avoid missing the last train.

<b>Departure from Toulouse Matabiau</b>	<b>Arrival in Gaillac</b>
<b>21h15</b>	<b>22h00</b>

**! If you can't reach Lagu pie or Gaillac at the indicated time, there is a possibility to arrive the day before, on Monday 3<sup>rd</sup> March. Please inform us well in advance so that we can organise to provide food and accommodation in our volunteers' house.**

**RETURN TRAIN TIME-TABLE** to organise your travel back to Toulouse airport

<b>Departure from Laguépie</b>	<b>Arrival in Toulouse Matabiau</b>
<b>7h06</b>	<b>8h23</b>
<b>9h09</b>	<b>10h24</b>
<b>11h06</b>	<b>12h24</b>
<b>13h06</b>	<b>14h20</b>
<b>15h04</b>	<b>16h24</b>
<b>19h06</b>	<b>20h24</b>

### **TRAVEL DAYS**

**Tuesday March 4<sup>th</sup> and Wednesday 12<sup>th</sup> are travelling days.** You are expected to arrive on Tuesday 4<sup>th</sup> latest with the last train and to leave on Wednesday 12<sup>th</sup>.

### **AIM OF THE MEETING + PROGRAMME**

The various activities of the seminar will allow the participants to share their professional/organisation's experiences and to pool their working methods and tools. The goal of this meeting is to create serious and long-term partnerships in order to organise new projects together and to promote international youth mobility as a mean to build Europe and European citizenship. A time will be dedicated to proceed to the further steps of construction of the Culture Associations Network (CAN), started in Turkey August 2013.

#### **The main activities will consist in :**

- presentation workshops in order to discover each organisation and analyse each participant's work, skills and tastes.
- intercultural exchanges,
- presentation and explanation on the new ERAMUS + programme,
- project planning workshops, followed by a kind of friendly mini jury with local experts in order to evaluate the projects,
- local discoveries
- a folk dancing party with a concert and short dance course
- a final evaluation

## **PROFILE OF PARTICIPANTS :**

This is not a Youth Exchange !!! Each partner organisation should send 1 or 2 representatives who are involved in the activities and are able to commit their organisation in partnerships. There is no age limit. The participants are asked to fill an application form and send it to [workcamp@citrus.asso.fr](mailto:workcamp@citrus.asso.fr) as soon as possible.

## **ACCOMMODATION**

The network meeting will take place in the little village of Laguépie in the region Midi-Pyrénées, 100 km North-East of Toulouse, in the South-West France. The project place is a hosting centre located some hundred meters from the train station, on the shore of the Aveyron river. **!!!It is not a hotel !!!**

The participants will be accommodated in rooms of 4 people with bunk beds. There is a small bathroom with shower and toilets in each room.

A sheet and a blanket are provided on each bed, but the sheet only covers the mattress, so please **BRING YOUR OWN SLEEPING-BAG and YOUR OWN TOWEL.**

The activities will take place in the working rooms of this centre. There are pleasant outdoors tree-shaded spaces.

The meals will be prepared everyday with fresh and local products by a cook and a team of international volunteers.

As “working together” is the main topic of the meeting and Citrus main activity, the participants will be invited to take part in the preparation of the evening meals, in small groups in turns.

All participants will be asked to help in the housework to keep the place tidy, as there is no “cleaning staff”.

## **PARTICIPATION FEE :**

Participation fee is 30 euros, per participant for the whole week.

## **REFUNDING OF TRAVEL EXPENSES**

All participants can be refunded 70% of their travel expenses. They have to provide all their travel documents (flight, train and shuttle tickets, boarding passes) to Citrus. **We will not refund during the project.** Refunding will be done **by bank transfer** after the project

according to the travel documents we have received from participants. Participants should send their bank details to Citrus as soon as possible (bank name and location, IBAN).

### **WHAT TO BRING FOR THE ACTIVITIES:**

- some material to present your organisation and your work with young people (preferably something dynamic and interactive, booklet, flyers, short movie, sketch, games, tools....).
- anything you would like to share with the participants of the other countries about your own culture (music, dance, story-telling, pictures, short movie, food, games ....)

### **INSURANCE :**

As a participant in our project, you will be covered by our insurance in case you have an accident during this week in Lagu pie, but you should have **YOUR OWN INSURANCE FOR HEALTH (sickness) AND LIABILITY.**

#### **Find Lagu pie on a map :**

[https://maps.google.fr/maps?q=lagu%C3%A9pie&oe=utf-8&client=firefox-a&ie=UTF-8&ei=1ZJlUdvyEs3aoQWx\\_4HQCQ&ved=oCAsQ\\_AUoAg](https://maps.google.fr/maps?q=lagu%C3%A9pie&oe=utf-8&client=firefox-a&ie=UTF-8&ei=1ZJlUdvyEs3aoQWx_4HQCQ&ved=oCAsQ_AUoAg)