



Co-funded by the
Erasmus+ Programme
of the European Union

SustainABILITY

OCCITANIE, FRANCE

FROM JULY, 9TH TO JULY, 25TH 2019

An uncommon journey of social innovation and sustainable pathways



Workshop Schedule



Association VIA BRACHY : Voyages Interculturels Solidarité Autoformation

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WHAT IS A “HETEROTOPIA TOUR” ABOUT?

A GLIMPSE OF ANOTHER SOCIETY...

The several crises our society is going through reinforce the idea that we need to **change the way we live**. On the one side, we are destroying the environment we rely on, compromising the ability of future generations to meet their needs. On the other side, inequalities are growing and many people feel excluded, distrust the people around them and experience self-absorption and identity regression.



However, a growing number of citizens strive to find **new and creative ways** to fix their problems and tackle social challenges in their communities. They develop **atypical projects** that prove that we as society have the capacity to overcome the problems we are facing and to ensure **sustainable development** in a **fairer** and more **inclusive society**.

The “**Heterotopia Tour**” (referring to M. Foucault’s concept of “Heterotopia”, “hetero” = other ; “topos” = place) VIA BRACHY has been developing since 2013 mostly consists in **paying a visit to these projects** in which citizens are taking action to meet their needs while taking into consideration the needs of the society they belong to and the need to preserve and regenerate ecosystems.

The Heterotopia Tour is designed as an **inclusive learning experience** which impacts a person at several levels, so that they can become a **key player** in the change they want to witness for themselves and for the society they takes part in, while both preserving ecosystems and standing for human dignity.

LEARNING BY TRAVELLING

The Heterotopia Tour relies on the idea that **traveling** offers to whoever experiences it an opportunity to **take a step back from one’s daily life**. It makes it possible to **examine and question** one’s convictions, lifestyle, choices and motives.

During this set amount of time, the person is **welcoming new experiences**. The setup keeps changing, helping to create a **physical and mental dynamic** as opposed to a sedentary routine. It’s a time when a person is willing to **face and address her perception of self and others** and question her relationship to her environment.

AN INSPIRING JOURNEY TO MEET KEY ACTORS OF THE SOCIAL INNOVATION NETWORK

Taking advantage from this Open-minded mindset, the Heterotopia Tour encourages the participants to discover **innovative social and ecological projects**, based on **cooperation** and **humanistic values**: freedom, justice, solidarity, welcoming of the Otherness, overall inclusion.

It aims to be a **practical inspiration** for those who participate, from **both personal and professional** points of view, by creating ideal conditions for two types of individuals eager for change to meet: **those who want to act** (but are clueless as to how or where) and **those who can offer practical, innovative and sustainable answers** to those interrogations - in various contexts (economic, social, environmental, cultural, political...) and fields (education, health, housing, craftsmanship, agriculture, ITCs...).

The Tour offers a chance to **unravel prejudices** against alternative lifestyles and to **build new possible futures** thanks to the time spent meeting people with an **inspiring background**, who are **actively involved** in down-to-earth social and/or eco-friendly projects.

The participants will get the opportunity to speak with **pragmatic figures of social change** who have a message, life lessons, and energy to share. It is **on the field, immersed within the projects**, that the participants will meet the project bearers.

It may happen in various ways: **non-formal interviews** (to get a **sense of purpose** and grasp complex projects), **practical workshops**, during work sessions and tasks for the benefit of the project, allowing the participants to get **first-hand experience**, learn from their hosts and get a feel for the tasks they're dealing with.

Beyond these workshops and formal interviews, the participants will set camp on the land and **share their daily routine** with their hosts for a few days, which helps create appropriate moments to address one's interrogations more easily and **get taboos out of the way**.



AN INTERCULTURAL AND HUMAN EXPERIENCE TO FIND UNITY IN DIVERSITY

The Heterotopia Tour is also an **intense human experience**. It gathers people from different backgrounds, ages, cultures, origins, living conditions... for an **extended experience of community living** within a **multicultural group**.

Participants are responsible for their **group dynamic**, trying to find a **balance** between their individual needs and the group's requirements. They have to imagine ways to **interact** with each other, enhancing their practical intelligence and their skills in the areas of **group facilitation**, **mediation** and **communication**.

The Tour becomes a chance to **re-learn** how to **listen to one-self**, to **communicate** with others, to **welcome diversity**, to **respect and support each other**. It is an in-depth experience which aims at teaching the participants that community living isn't effortless. It relies on many **cooperative attitudes**, some of which we are often not aware of and we are responsible for improving.

Eventually, the Tour is meant to empower participants so they can regain a **sense of collective action**, and **feel part of a community** they can contribute to and in which they will blossom.



AN OPPORTUNITY TO CHALLENGE OURSELVES INTO A MORE SUSTAINABLE LIFESTYLE

Last but not least, the Heterotopia Tour introduces the participants to a more **ecological lifestyle**.

The Tour offers an opportunity to **learn practical know-hows** to **reduce one's ecological footprint** and to determine and **sort** what is actually a necessity in each person's lifestyle, from what is unnecessary or excessive.

All the Tour long, participants are using **dry toilets**, decreasing their use of water and electricity, experiencing **seasonal cooking**, discovering **local and fair-trade supplying**, **ecological hygiene** and cleaning **products**, **renewable energy** and low-consuming equipment.

Beyond the simple living conditions offered by the Tour's logistic arrangements, they are introduced to **key concepts** as "**ecological footprint**" and "**sustainability**" and benefit from numerous theoretical inputs and practical workshops led by skilled trainers in waste management, permaculture, eco-farming, eco-building, natural healing, food transformation...

This wide range of activities eventually allows participants to **understand the issue of sustainability** and to gain **practical knowledge** on **how to apply ecological values in their daily life**, whether they are living in the countryside or in the city, and whatever their standard of living is.



PROGRAM AND VENUES

The Heterotopia Tour 2019 will take place in South-West France (Occitanie) from **July, the 9th to the 25th** 2019 (included). It will include 3 main stages:

- From July, the 9th to the 15th : St-Sever-du-Moustier (Aveyron) ;
- From July, the 15th to the 21nd: Ambres (Tarn)
- From July, the 21nd to the 25th: Ramonville-St-Agne and Toulouse (Haute-Garonne).

Etape #1: Du 09/07 au 15/07/2019
SAINT-SEVER-DU-MOUSTIER / SAINT AFFRIQUE

Etape #2: Du 15/07 au 21/07/2019
AMBRES / LAVAUR

Etape #3:
Du 21/07 au 26/07/2019
RAMONVILLE SAINT AGNE & TOULOUSE

LES NOUVEAUX TROUBADOURS

LAM
LES ATELIERS DU NORD

Monday 8th July

Arrival of the international participants. Friendly welcome from Via Brachy's members and volunteers. Overnight stay in Toulouse at hosts.

Tuesday 9th July

(AM) Friendly welcoming session at Via Brachy's office (*L'Envolée*) in Toulouse.

Journey from Toulouse to Saint-Sever-du-Moustier (2 hours driving).

Lunch break

(PM) The facilitation team introduces themselves.

Short presentation of the hosting organization: the association "*Les Nouveaux Troubadours*" (www.lesnouveauxtroubadours.fr) and of the venue.

Setting up the basics of the eco-camp. Getting accustomed to the logistics and the organizational framework.

(Evening) Getting to know each other activities. 1st collective cooking workshop & friendly evening gathering.

Wednesday 10th July

(AM) Reminder of the training's objectives, spirit and progress (program).

Reflecting on and sharing our expectations, fears, motivations, learning objectives and personal challenges regarding the Heterotopia Tour. Highlighting the potentials it offers to each of us.

Lunch break

(PM) Team-building activity.

Defining what "living together" means and what it requires from each of us.

Figuring out what situation we are aiming for (objectives), what can impede our progress and what can be done to make it easier. Laying out the founding principles for community living.

Assessing the day: Meta-review & Family groups.

(Evening) Getting to know each other activities.

Thursday 11th July

(AM) Energizer

Comprehensive presentation of “*Les Nouveaux Troubadours*”, a multi-dimensional project combining art, culture, craftsmanship and education in a remote rural area. Practical introduction to the association’s activities.

Lunch break

(PM) Energizer.

Discovering the backstage of a small-scale festival the *Bartas Festival*: by giving a hand in the preparation.

Assessing the day: Meta-review & Family groups.

(Evening) Self-managed friendly evening.

Friday 12th July

(AM) Energizer

Theoretical introduction to the concept of “ecological footprint”.

Simulation exercise to come up with creative solutions to reduce our daily life footprint.

Presentation on how the Tour addresses ecological issues, followed by a debate.

Lunch break

(PM) Energizer.

Giving a hand to the partners to install the equipment and prepare the venue for the *Bartas Festival*.

(Evening) Enjoying the *Bartas Festival*: live concerts, performances and art shows.

Saturday 13th July

(AM) Energizer

Giving a hand to the partners for the Festival: Catering and logistical support.

Lunch break

(PM) Energizer. Experiencing the *Bartas Festival*: Guided visit of the *Unusual Building* and of the *Outsider arts museum*, presentation of the local blacksmith shop, “unusual walk” in the village...

Assessing the day: Meta-review & Family groups.

(Evening) Enjoying the *Bartas Festival*: live concerts, performances and art shows.

Sunday 14th July

(AM): Discovering a local market in Saint Affrique. Discovering local producers.

Lunch break

(PM): Sharing our experiences and points of view regarding social innovation: film screening of several short clips from the HETEROTOPIES documentary by the Greek cooperative CINERGIES, testimonies and debate.

(Evening): Enjoying the *Bartas Festival*: live concerts, performances and art shows.

Monday 15th July

(AM) Packing up. Last sharing session with the people from *Les Nouveaux Troubadours*.

Journey from St-Sever-du-Moustier to Ambres (1h45’)

(PM) Welcoming session in Manelphe. Shared meal with the hosts (Moroccan dish).

Setting up the eco-camp in *Manelphe*, an emerging community farm and cultural center in the countryside surrounding a middle-sized town (Lavaur, Tarn).

Visit of the venue. Presentation of the equipment. Getting comfortable with the logistics and organizational framework. Defining a frame for community living.

Debriefing of the day: Family groups.

(Evening) Collective cooking workshop. Convivial evening with Manelphe’s inhabitants.

Tuesday 16th July

(AM) Free morning: Sleep, walk, take a breathe

(PM) Energizer. Evaluation of the first step.

Reflecting on the personal challenges we want to meet during the Tour.

Wednesday 17th July

(AM) Energizer.

Comprehensive presentation of the project of “*Manelphe*” (<https://www.lesateliersdumonde.com/manelphe>): history, objectives, scope of action, activities, achievements to this date, perspectives. Focus on the main issues encountered regarding renewing the building, creating the community and earning a living.

Shared meal with the hosts.

(PM) Exploring the issues at stake when investing time and money in a project such as *Manelphe*.

Reflecting on the issues encountered when seeking horizontality in the way a group interacts.

Assessing the day: Meta-review & Family groups.

(Evening) Self-managed evening at Manelphe.

Thursday 18th July

(AM) Giving a hand to the hosting organization (activities according to the needs).

Shared meal with the hosts.

(PM) Highlighting the issues involved in investing in a social entrepreneurship project (typology of resources and their sources, advantages and disadvantages of each type of contribution).

Self-managed time: Exchanging knowledge, exploring the surroundings, etc.

Assessing the day: Meta-review & Family groups.

(Evening) Self-managed evening in Manelphe.

Friday 19th July

(AM) Giving a hand to the hosting organization (activities according to the needs).

Shared meal with the hosts.

(PM) Critical analysis of the proximity between the private and collective spheres in collective projects, especially when associating living and working places.

Self-managed time: Exchanging knowledge, walking the surroundings, etc.

Assessment of the day: Meta-review & Family groups.

(Evening) Cheerful evening with the hosts - Shared Barbecue. Self-managed evening at Manelphe.

Saturday 20th July

(AM) Exploring the issue of intercultural dialogue and living together. Theoretical introduction to key concepts (culture, identity, otherness, prejudice, etc.). Reflecting on our behaviors and ways to interact with others.

(PM) Co-development Exercise: What would my Heterotopia be? My challenge / my future dream? What is my current challenge to take action / realize my "dream"?

Assessment of the day: Meta-review & Family groups.

(Late-afternoon and evening) Festive evening at *Manelphe* with local partners, supporters, neighbors and inhabitants: Presentation of the Tour's objectives and framework. Shared meal. Screening of a set of short movies giving exposure to several alternative projects, from the Greek cooperative CINERGIES (www.heterotopies.net) and discussion. Open stage / Music Jam session.

Sunday 21st July

(AM) Packing up. Last sharing session with Manelphe's inhabitants. Journey to Ramonville St Agne (1 hour)

(PM) Setting up of the eco-camp at *La Maison*, a multi-dimensional co-working place dedicated to social economy in the surroundings of Toulouse (www.collectif-la-maison.fr).

Visit of the venue. Presentation of the equipment. Taking care of the logistics and organizational framework. creating a framework for community living.

(Evening) Self-managed evening at *La Maison*.

Monday 22nd July

(AM) Critical analysis of the proximity that exists between the private and collective spheres in community projects (especially when they combine living and working together): issues at stake, risks and limits.

Lunch break

(PM) General presentation of *La Maison* (a multidimensional project dedicated to social economy). Focus on the main issues encountered regarding creating the collective and keeping the building.

Open discussion on the current emerging needs and challenges in the areas surrounding big cities.

Examining the meaning of Citizenship, highlighting its origins and implications for the individuals and for the community. Open discussion on Active citizenship.

(Evening) Self-managed evening at *La Maison*.

Tuesday 23rd July

(AM) Energizer

(AM) Transportation to Toulouse (30 minutes)

Alternative treasure hunt in Toulouse (part 1).

Self-managed lunch break.

(PM) Alternative treasure hunt in Toulouse (part 2).

Late afternoon: Back to Ramonville Saint Agne: Sharing what we discovered.

Debriefing of the day.

(Evening) Self-managed evening at *La Maison*.

Wednesday 24th July

(AM/PM) Practical activities alongside members of the collective.

Debriefing of the day: Meta-review and Family groups.

(Evening) Shared meal with hosts at *La Maison*.

Thursday 25th July

(AM) Comprehensive evaluation of the Tour.

Sharing circle + Personal evaluation of the skills acquired / strengthened (in terms of knowledge, know-how, social and soft skills...)

Lunch break / "No-waste meal"

Packing up. Departure for Toulouse (30').

Late afternoon / Evening: Celebration / Grand Finale Party including a public restitution of the Tour and a concert (local stage) at the cooperative café *L'Astronef* (<http://cafe-lastronef.fr/>).

Overnight stay at hosts in Toulouse.

Friday 26th July

Departure of the international participants.

Sorting and cleaning the Tour's equipment. Final farewell gathering.