

Info pack

Training course XYZ, Rennes (France)

24-30 October 2016

Dear participant,

Congratulations you have been selected by your organization to participate in the upcoming Training Course “XYZ” in France along with other European participants.

Please confirm your participation by sending an email to Geoffrey Vigour before Monday the 30th September 2016 on the following email address: aroeven@ac-rennes.fr

Please let me know if you have any special dietary restrictions, so I can inform the head cook in advance.

Presentation of the project

This project is a training course organized in Rennes, in Brittany's region (France) during 7 days from October, 24th to October to 30th 2016, gathering 8 partners from Turkey, Spain, Italy, Poland, Malta, Croatia, Bulgaria and France.

The project will round up 28 participants, who are youth workers/volunteers.

The partner's organizations are all involved in youth work and non-formal education.

We have already envisaged a long-term project (until 2018) including actions such as training course, job-shadowing, youth exchanges, activities which will be meaningful and efficient for this project.

This strategy of learning mobility will be defined with the partner's team and based on our 1st working activity held in Rennes.

Our objectives:

The main objectives of this 1st activity are:

- To get together organizations interested on topics such as gender-based discrimination.
- To get new sources of input to personal on-going reflection/work, good practices on gender, women's rights and sexism
- To exchange about our realities, problematic and needs on these topics.
- To share our experiences, our methods and tools.
- To deepen knowledge on sexism and discrimination at EU level.
- To define solutions, tracks to improve our competences.
- To define a future strategic plan of actions.

On arrival

We will start on Monday, the 24th 17.00 o'clock with an official welcoming.

But you can already arrive at the boarding school from 14.00 o'clock. We will all have dinner around 19.00 o'clock. After the official opening, you will get to know the trainers' team and the rest of participants a little bit better. If you are arriving later and you can't make it in time for dinner - then please let us know, so we can keep some food for you.

In the following, you can read more about the venue, and how to get there and other kinds of practical information.

Practical information

Arrival: Monday 24th of October 2016 by 16.00 at Rennes Airport if possible, so you will be ready for the programme start at 17:00 o'clock.

If you arrive in Paris, it takes around 2 hours to reach Rennes by train.

Departure: Sunday 30th October 2016 (morning) – please be aware that the transport time on Sundays can be longer. We will try to organize shuttles with our vans to bring people to their departure places if it's more convenient than using public transports.

The Venue

Lycee Bréquigny is situated in the south of Rennes, closed to one of the biggest park of the city.

The address is: 7 Avenue Georges Graff, 35200 Rennes

Please notice the main entrance will be closed. You will enter at this following address:

Allée de Coubertin 35200 Rennes. (See map below)

Accommodation

The group will be hosted at Lycee Brequigny in Rennes which is a huge boarding school.

You have to bring your own towels, your pillow-case, your complete bed sheets or a fitted sheet plus a sleeping bag

During our training, 2 other trainings organised by Aroeven will share common spaces. These are trainings for group leaders.

Our group will have its own working rooms, restrooms, bed floor, and free time spaces.

An international meal made of all different national food will be organised during the 3rd evening.

Don't forget to bring some national specialties and anything you find interesting to share about your culture.

Accommodation will be in rooms composed of 2-3 persons.

Facilities: playground, foosball, pool table, fridge, dancing room.

How to get there?

1. From St Jacques Airport

The closest bus stop called "**Aire Libre Aéroport**" is at cross-road Avenue Joseph Le Brix (Airport Avenue) and Avenue Jules Vallès, at 300 meters far from the airport.

This bus goes to Rennes center in 20 minutes, every day of the week.

Buses start at 5h21 till 00h12. **One bus every 20 minutes during the week/every hour on Sundays.**

Prices : 1,50 € per ticket ; you can use it for 1 hour, and is valid for Metro too.

You can buy your ticket in the bus; ask the bus driver.

Take **bus n°57 (Rennes-République Pré botté)**, Stop at « Gaité » (the 4th stop)

Duration: 7 min

Then, take **bus n°13 (Chantepie-Cucé)**, Stop at « Coubertin » (The 5th stop)

Duration : 7 minutes.

2. From the railway station

Take the metro, there is only one line so it's easy. Go Direction **“La Poterie”** and stop at the station **“Henri-Fréville”**. You can buy your ticket in an automat.

Take **bus n° 13 (Cleunay)**, Stop at « Courbertin »

Duration : 5 minutes

How to reach Lycée Bréquigny from the bus stop?

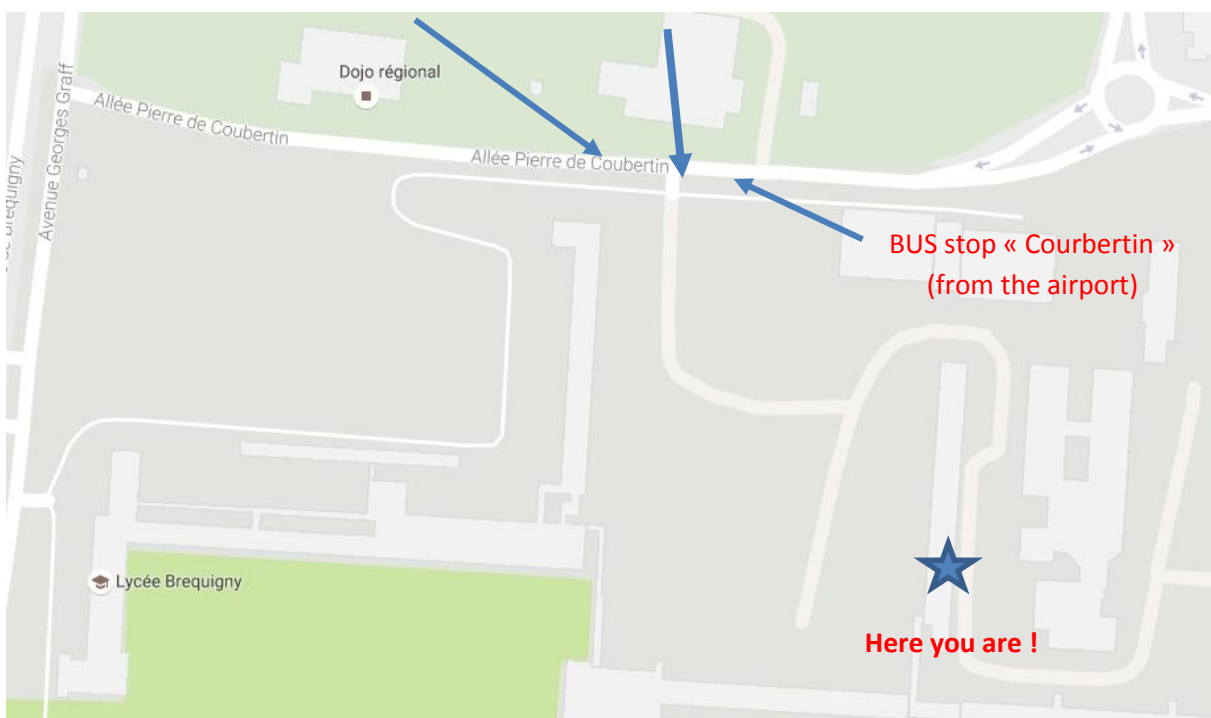
You are very close whatever your option; 1 minute to walk!



Lyce Bréquigny's Entrance

**Bus stop « Coubertin »
(from the railway station)**

**Lycée Bréquigny Entrance
(Pass the gate and follow arrows)**



Material organization

➤ Special things to bring with you :

- Raincoat (weather can be very rainy sometimes here)
- Towel
- **Complete bed sheets or sleeping bag + fitted sheet, pillowcase**
- Every document you think useful (technical sheets, songs book, games handouts...)
- Music instruments, camera...
- A head-light (can be useful)
- Specialities for international evening
- An object representing your vision of youth work
- A picture of you

Insurance

According to the application forms you are responsible for obtaining a health and full travel insurance.

About your organization

Please bring information (printed information, leaflets, booklets, map, posters, postcards or any other relevant material) about the main activities of your organization to share with other participants.

About Intercultural evening

On the 3rd day, there will be an intercultural evening when you will have the opportunity to share something about your culture with others. You are welcomed to bring specialties from your region or country: food (there will be no possibility to cook food, but the possibility to heat) and drinks for this evening.

We also planned to invite partners during this evening in order to create a larger intercultural meeting and to organize some activities on the project's theme (games, quiz, debates...); any ideas will be great!

Contacts in France

In case of **emergency**, the numbers to call are:

18 Firemen

15 Ambulance

17 Police

112 integrated emergency number

If you have any other trouble, here are our phone numbers:

- Geoffrey's number: +33 675 330 463
- Alexis' number: +33 659 350 966
- Office's number +33 2 99 63 15 77

General information

Weather:

In October you can expect rainy weather and quite cold.

Average temperature: 12/13°C

Usual price of some products:

Bread (250g) "Pain": 2-2.50€

Soft drinks (bar): 2.50€

Water 1,5l (shop) "Eau": 0.30€

Restaurant Menu: 15/20€

Beer 0,25L (bar) "Bière": 2.50/3.00€

Post card "Carte postale": 0, 80 €/1€

Welcome to Rennes !

Rennes, capital of « Bretagne », is an old city gathering all the cultural, patrimonial, economic and environmental richness of a Metropolis. Over 200 000 people are living in the city.

Rennes is considered as one of the more pleasant French cities where to live and has been rewarded the 1st one in 2012. ☺

Many students live there and it gives a fresh, active and enthusiastic atmosphere to this town.

See you soon !

Geoffrey Vigour, Project's Coordinator
Alexis Auffret, Communication officer

XYZ TRAINING'S PLANNING 24/10-30/10/2016

Monday 24/10	Tuesday 25/10	Wednesday 26/10	Thursday 27/10	Friday 28/10	Saturday 29/10	Sunday 30/10
ARRIVALS	Energizers	Energizers	Energizers	Energizers	Energizers	Goodbye and Departures
	Who's who	Get knowlegde on LGBTI	Roles and Gender	Impact of Culture and History on role models	Logo design	
	Expectations/Training's objectives/Personal Aims					
	LUNCH/BREAK	LUNCH/BREAK	LUNCH/BREAK	LUNCH/BREAK	LUNCH/BREAK	
	Privileged and/or unprivileged	Discriminations and Media	Sharing good practices and Education device with young people	City tour through History of feminism	Actions plan	
	Sexist's discriminations					
Welcoming participants	Self-assessment/Support group	Self-assessment/Support group	Self-assessment/Support group	Free time in the city	Self-assessment/Support group	
DINNER	DINNER	DINNER	DINNER	DINNER IN TOWN	Overall evaluation and Youth Pass	
General presentation and Get to know each other	Fun and get to know each other	International Evening	Young people and sexist discriminations	Free evening	DINNER	
					Last Evening	

(Coffee breaks around 11 AM and 16 PM will be fix everyday/Time can change depending activities we hold)