

YOUTH EXCHANGE

INFOPACK

MOTHER EARTH
Exploring ecology and gender

Where: Pau - France

When: 21st - 30th of August 2025

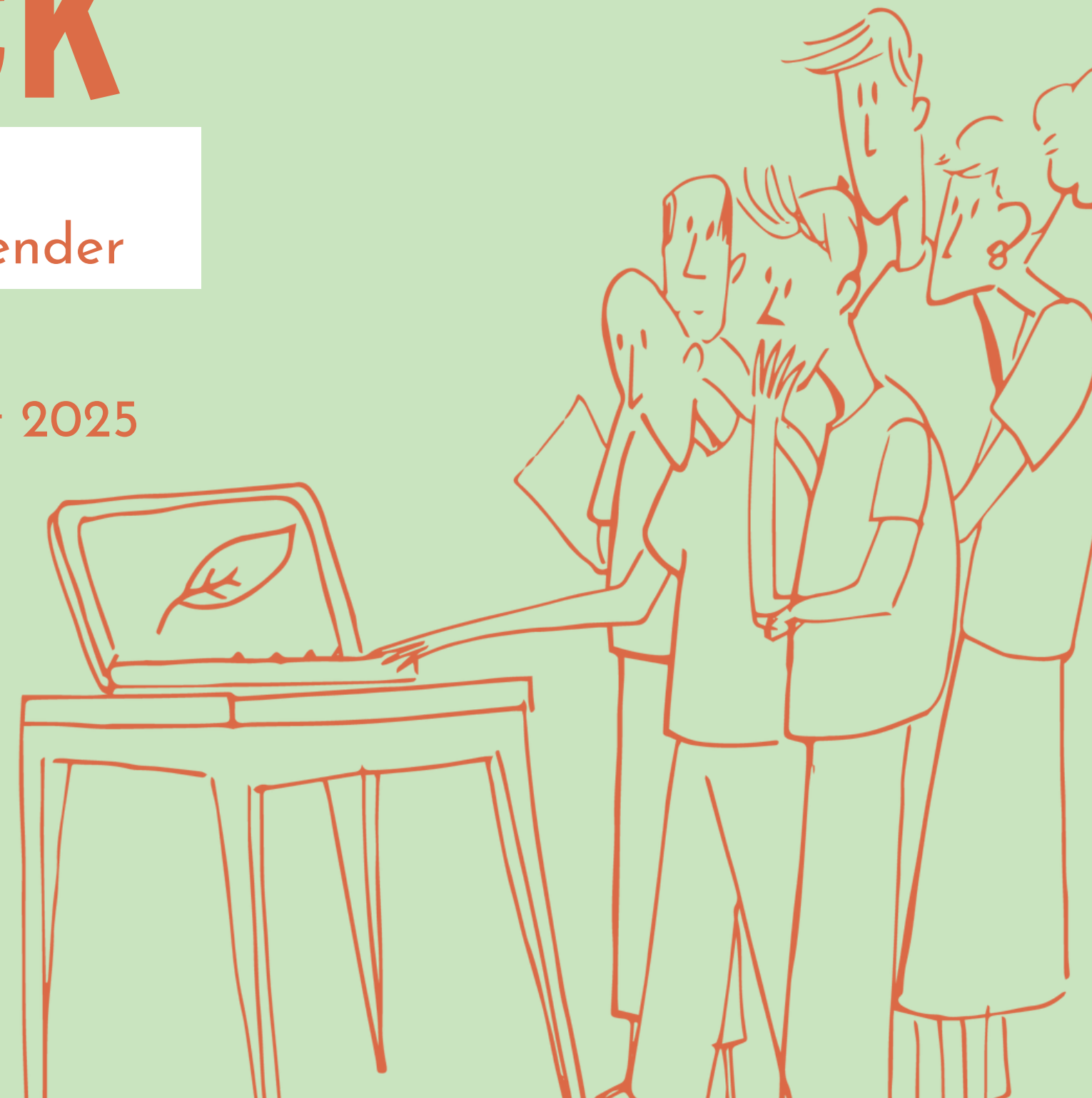
travel dates - 21st and 30th



RÅKEINTO



Co-funded by
the European Union



SUMMARY

- THE PROJECT
- GOALS
- WHO ARE WE?
- LOCATION
- ACCOMMODATION
- TRANSPORTATION
- WHAT TO BRING
- FOOD
- INTERCULTURAL NIGHT
- BUDGETING
- DISCLAIMER
- CONTACTS

THE PROJECT

WHAT IS IT ?

"Mother Earth?" is a youth exchange that brings together 32 young people from 6 countries (France, Spain, Portugal, Italy, Germany, and Slovenia) to explore **the connection between environmental issues and gender equality through the lens of ecofeminism.**

The project's goal is to empower young people to better understand and act on the **intersection of ecological and social justice.** Participants will learn how climate change disproportionately affects women and marginalized communities, and how feminist and environmental struggles can go hand in hand.



THE PROJECT



WHAT YOU'LL EXPLORE:

- Ecofeminism and intersectionality
- The mental and emotional burden on activists and women
- Sustainable practices and mindful activism
- Media literacy and creative communication
- Tools like meditation, body awareness, and storytelling

WHAT YOU'LL DO:

- Join group workshops and team-building activities
- Reflect on your identity and cultural background
- Create media content to spread positive messages
- Develop personal and group action plans
- Prepare and receive your Youthpass certificate

GOAL OF THIS EXCHANGE ?

- Build **critical understanding** of ecofeminism
- Develop skills in **advocacy** and **sustainability**
- **Promote inclusion** and **active citizenship**
- Encourage **long-term commitment** to climate and gender justice
- Create a diverse, intercultural space for **learning and solidarity**



WHO ARE WE?

RAKONTO



RAKONTO is an association of international storytellers whose aim is to **promote a socially and environmentally fair ecological transition through artistic practices.**

We explore alternative solutions to the socio-environmental crisis and create new imaginaries of desirable futures through art, storytelling and non-formal education.

[Learn more at www.rakonto.org](http://www.rakonto.org)

LOCATION

Pau, a charming city in southwestern France, is known for **its rich history, stunning architecture, and picturesque landscapes**. Located at the foot of the Pyrenees mountains, Pau offers a perfect blend of cultural heritage and natural beauty.

Explore Pau's historic sites, including the iconic Château de Pau, and enjoy the vibrant atmosphere of this French gem.



ACCOMMODATION

The exchange will be held in Laroin, a small village located just next to Pau in the south west of France.

An aerial photograph of a campsite. A large, red, curved building with a dark roof is situated on a grassy area next to a body of water. A paved path leads from the building towards a suspension bridge in the background. The surrounding area is lush with green trees and grass.

CAMPSITE

The venue of the project will be Iktus, a small campsite near a big lake in a huge, open, natural space.

An aerial photograph of several wooden bungalows with dark roofs, arranged in a row. They are surrounded by dense green trees and grass. A dirt path runs alongside the bungalows, and a few cars are parked nearby.

BUNGALOWS

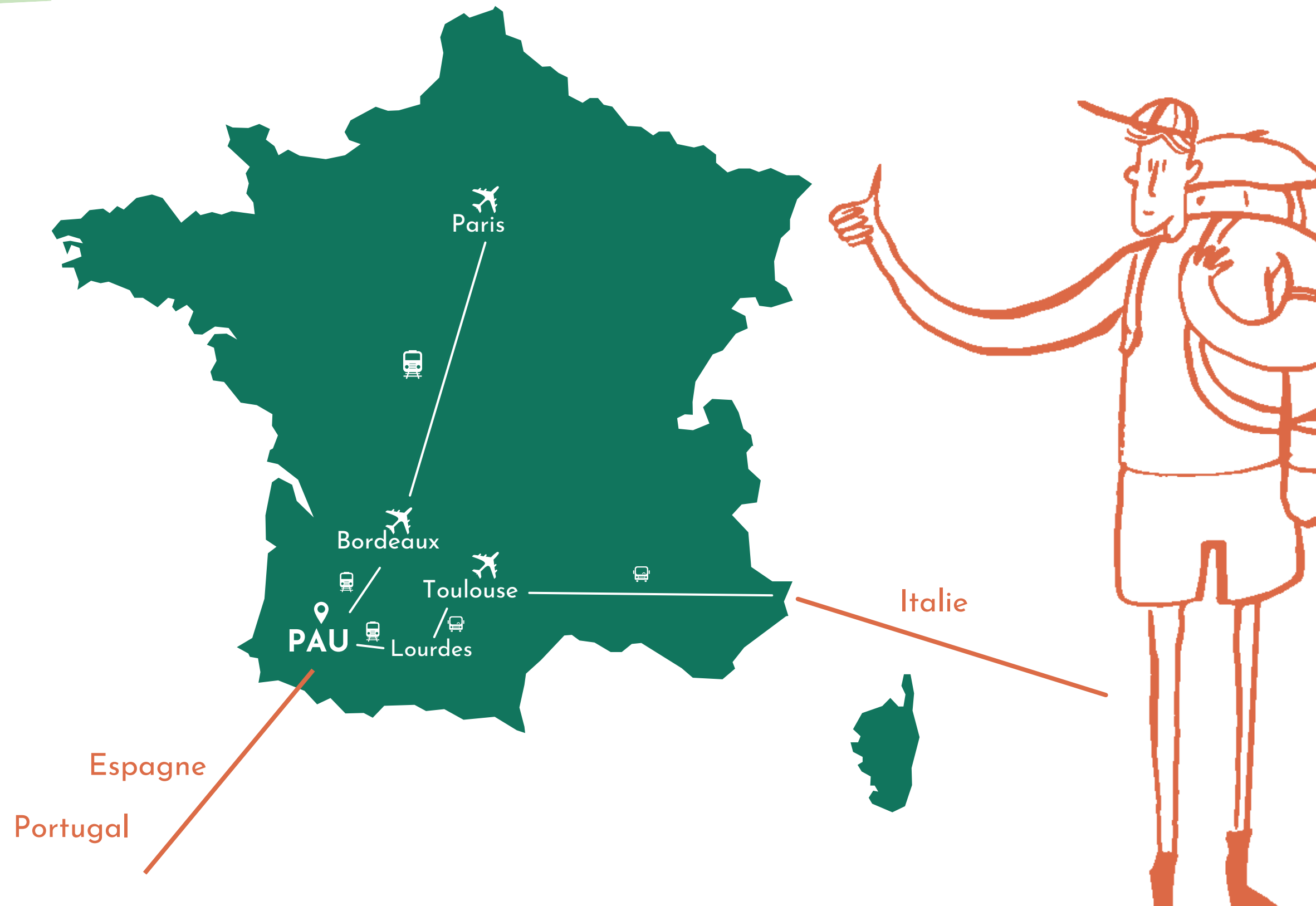
The participants will be hosted in wooden bungalows for 6/8 persons with double rooms and a living room. Each bungalow has one bathroom.

TRANSPORTATION

A By train, bus or carpool directly to Pau

B By plane :
The closest big airports are Bordeaux and Toulouse. From there, you can easily take a train or bus to get to Pau.

There are two small airports that may also be used: Lourdes, and Biarritz, with fewer flights.



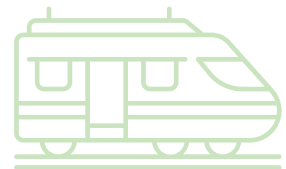
EASY CONNECTIONS



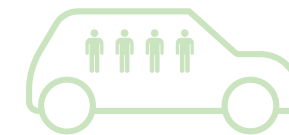
Lourdes : Bergamo, Roma



Pau : Milan, Madrid, Torino,
Toulouse, San Sebastian



Paris - Pau : 4h30 for 70€*
Bordeaux - Pau : 2h for 23€*
Toulouse - Pau : 2h30 for 18€*



Blablacar Works quite well
in France

*Those prices are not fixed and depend on the time of
the day and the week

WHERE YOU SHOULD COME:

WHERE YOU WILL ARRIVE :

Bus Station

Train station

BUNGALOWS



FOOD

The meals will be vegan or vegetarian - a decision taken in line with the values of the association since:

- the consumption of meat usually less environmentally sustainable
- we prefer to avoid differences among the participants to foster social inclusion

We promise meals will provide you with a good deal of variety and will feel tasty even to the omnivores, though. However, there is a big supermarket 15 minutes on foot from the venue, in case you want to buy some food for yourself.

Please do remember to fill out the online form document that we will send you before the project, about special dietary needs (religion-related restrictions, allergies, etc.).



BREAKFAST

We will provide breakfast that you can prepare independently at your bungalow.

WHAT TO BRING

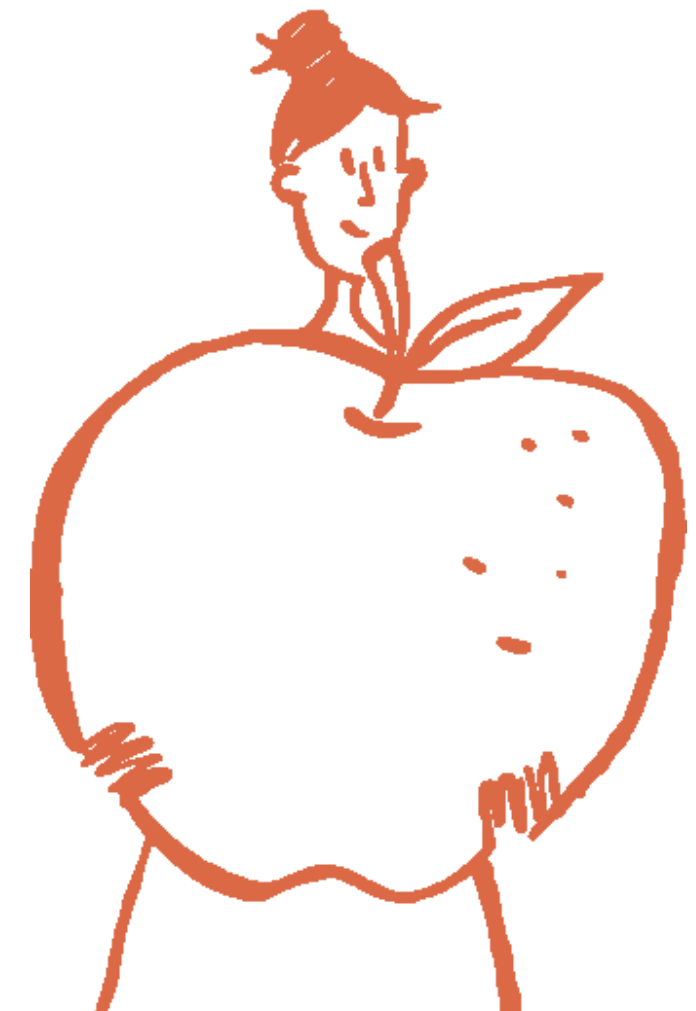
- Towel, shampoo, gel, toothpaste, and other personal toiletries;
- Raincoat, since it could rain;
- Warm clothes and comfortable shoes: remember we are in nature!
- A water bottle to keep with you during the activities and meals;
- An adapter for the plugs, C/E type, if needed;
- Flip-flops or sandals to use inside the bungalows;
- Sleeping bag if you want to feel more at ease (we provide fitted sheet for the mattress, pillowcase and a blanket)
- Local food from your country: we will do an intercultural night (more info in next slide);
- Photo camera, laptop/tablet (not compulsory but suggested)
- European Health Card or private insurance **(COMPULSORY!!!)**
- ... *and your will to play, debate, and think critically*

INTERCULTURAL NIGHT

We want an Intercultural Night that goes beyond stereotypes. We invite you to share something from your culture (food, object, story, song...) that reflects ecofeminist values: care, sustainability, community, social justice.

It could be a seasonal local dish, a story of women preserving knowledge, a song that celebrates collective life... something that truly represents what sustains your territory.

Please coordinate with your national group to decide and remember to bring something with soul, not just a label!



BUDGETING

Accommodation, food, and training materials are provided **for FREE**.

FOR THE TRIP, WE WILL REIMBURSE UP TO:

	Green travel* at least half of the trip	By plane accomodation
Germany	417€	309€
Slovenia	417€	309€
Portugal	417€	309€
Italy	417€	309€
Spain	285€	211€

You should NOT buy any ticket without our approval first, otherwise, we may not be able to reimburse you.

It is mandatory that all the participants keep their boarding passes and travel purchase invoices. (BE CAREFUL!! Digital boarding passes might disappear after landing, so **take a screenshot BEFORE** taking off).

After the project, **when we receive all the necessary documents** for reimbursement (in its original digital or physical format) we will make the reimbursement through bank transfer.

Green Travel*: + accommodation for two nights (arrival and departure) up to €40 per night, **WITHIN** your total travel budget.



DISCLAIMER

Since we want to create **the safest space possible** for everyone, this exchange between partners will not allow sexist, racist, homophobic or any kind of violent/discriminatory behaviors.

If you have any doubt, please don't hesitate to reach us!
You can write us an email to *info@rakonto.org*



CONTACTS

- **FRANCE** - RAKONTO: info@rakonto.org
- **SLOVENIA** - EPEKA : epeka@epeka.si
- **SPAIN** - BRUJULA INTERCULTURAL : beatriz@asociacionbrujula.es
- **ITALY** - LEGAMBIENTE LECCO : progettieuroppei@legambientelecco.it
- **GERMANY** - DOPE: dreamingopenly@gmail.com
- **PORTUGAL** - DCTR : producao@dctr.pt



BON VOYAGE AND SEE YOU IN FRANCE!