



Forum Synergies

Linking sustainable practices throughout Europe

www.forum-synergies.eu

INVITATION

Forum Synergies Life Shop

St. Michel l'Observatoire, Provence, France

8-14 January 2012



Philippe Barret, FS member, and his family are welcoming you for a week on the sustainable paths of Haute-Provence.

Enjoy a time of meeting, guided tours, discussions and celebration with your European friends!

Haute Provence

This hilly area of southeastern France, with Mediterranean climate, suffered from a severe demographic depression during more than a century. Since the 70s, newcomers arriving from different parts of France and Europe settled down, trying to create alternative ways of life. At the same time, the French government used the region for projects of national interest, sometimes opposed to the alternative vision. Nowadays, it is a quite attractive area and the population is getting back to the high levels of the 19th century, partly thanks to public policies, implemented on a local level.



The lifeshop participants will have the opportunity to get an overview of past and present experiences in sustainable development:

- experiences run by small groups and non profit organizations : the association for the development of organic agriculture, the organic products cooperative of consumers, the family gardens, the alternative community of Longo mai,
- experiences run by local and regional governments : The Luberon regional natural park, the biodiversity farm, the local products shop, the ethnological museum, the renovation of old buildings for social housing, the promotion of economic activities based on the local potential (flavours and smells, book edition)

Family businesses, handicrafts, rural tourism and cultural activities are among the many sustainability experiments that we can see here. In St. Michel is located one of the most important research centers in astronomy worldwide. The beautiful surroundings invite for short or longer walks, bike trips or even swimming.

Guided Tours

... and field trips will be organized by our hosts to have a lively impression of what „sustainable life“ is like in Provence. Smell the difference and get inspired for your daily life at home. Tell others about your region, exchange experiences and discuss your burning issues!



Bring your family....

... and enjoy some holidays with them. Child care could be jointly organized.

If needed there will be French-English-Spanish translation available for the guided tours to interesting places.



Celebrate...

... and bring your local food to share, bring your instrument and local songs, teach us folk dances, join with the locals for a party evening. Let's remember that our sustainable future is already there.



A frame to be filled

One week of lifeshop is an offer to come for the entire time or some days only, to set your own priorities, to benefit from organized events or simply spent some days of leisure and holidays with your European synergy friends. Bring your family, bring your interested friends, and let's see what happens!

Make appointments...

... with your FS working group to plan your next exchange workshop, to clarify details of new projects or talk about next steps. Choose one day for a meeting and combine it with a longer stay.



Practical details

Fee: The lifeshop programme is free but you should carry your own travel and accomodation costs. For participants who work on FS projects during the lifeshop we can offer some financial support.

Accomodation: For accommodation there are different options available in St-Michel Rural Guest house (for example www.mouindelincel.net

night and breakfast : 30 euros/ pers),

Hotel (www.hotel-restaurant-lobservatoire.com about 50 euros/pers) or

Gite (renting of a rural house with kitchen: from 230 euros/ week for 2 to 4 people in www.mouindelincel.net).



We could help to arrange your booking if needed.

A group meeting room will be continuously available. A joint dinner organized every evening with the participants

Food: a joint dinner will be organized every evening with the participants. You can find in St Michel and surroundings facilities to have lunch (from 13 euros to 20 euros depending on the restaurant) or buy food (some accommodations have a kitchen, e.g. Moulin de Lincel). The local « café » could also be an option for breakfast.

Transport: the workshop will take place in St Michel l'Observatoire (Alpes de Haute Provence - FRANCE)

<http://maps.google.es/maps?q=Rue+Grande+Saint-Michel-l%27Observatoire,+Alpes+de+Alta+Provenza,+Provenza-Alpes-Costa+Azul,+Francia&hl=es&ll=43.918175,5.71907&sspn=0.249778,0.441513&z=16>

- If you arrive by TRAIN, the nearest train station is Manosque—and the closest TGV stations are Avignon TGV and Aix TGV (www.tgv-europe.com).
- If you arrive by PLANE, closest Airport is Marseille—You can also arrive by plane to Paris, then take a train from Roissy airport to Avignon or Aix en Provence - TGV (3 hours travel - www.tgv-europe.com)
- To reach the workshop place, you can take a BUS to Manosque from Marseille Airport or Aix TGV train station, (1 hour – 1h30 - http://www.payan-voyages.com/cars/pdf/horaires_ler_digne_amp.pdf or <http://www.info-ler.fr/>)

We will pick you up in Manosque to drive you to St Michel. If you plan to move in your own way during the week, you should rent a car.

Registration

For planning purposes **please register until 30 September 2011** precising if you have preferences for one or the other week. For questions or registration please contact Simone Matouch: info@forum-synergies.eu