



Mental health through **permaculture**

May 20 - June 1 2026
Cornac, France

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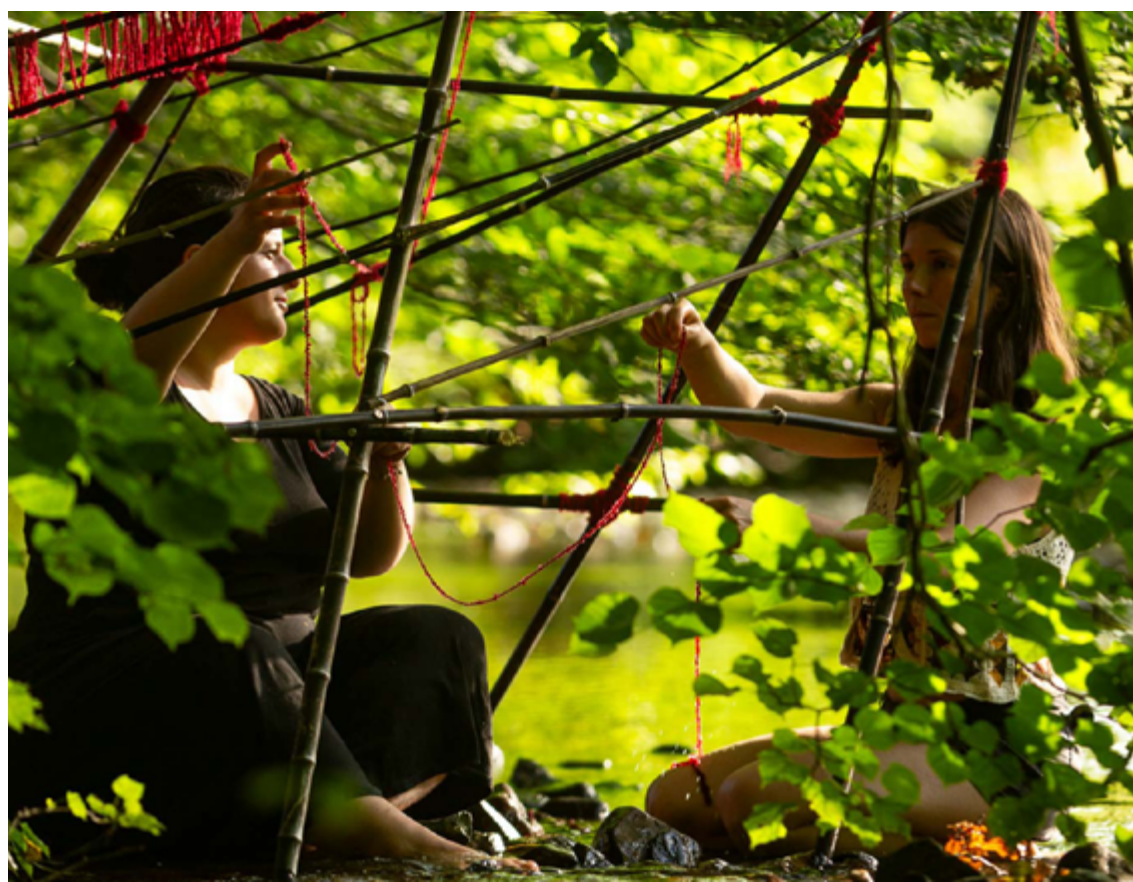
Les jardins du pré d'Aubié mission

Les Jardins du Pré d'Aubié is a locally-focused NGO active for ecological transition through non-formal education. The association operates at the intersection of the circular economy, food autonomy education, and biodiversity preservation. It emphasizes strengthening social connections within the community.

Mycorrhiza **training** & creative **residency**

Mycorrhiza will invite 30 youth workers from France, Portugal, Germany, Turkey, Italy, Greece and Serbia to understand eco-anxiety and address it through permaculture. Mycorrhiza is designed for people who, personally or professionally, experiment eco-anxiety and other mental health challenges.

It is a training. You will join an immersive experience in environmental education and nature-based learning, helping participants reconnect with nature, develop green skills, and take part in ecological initiatives that enhance mental well-being and encourage active participation. You will dive into mental issues, learn from yourself, others and our trainer team. At the end of the training, we want you to master a set of knowledge and tools related to eco-anxiety, nature-based learning, embodiment, emotional agility, environmental education, and collective intelligence. You will design and lead socio-ecological initiatives that promote mental health, sustainability, and civic engagement. Then you'll help the audience you work with to do the same! At the end of the training, an event will connect your works with the local rural community.



Our programme

Mornings will be dedicated to collective training.
Afternoons will be time to develop your projects, personal or collective creations ; to exchange about your project evolution in peer groups, sometimes in plenary ;
to consult individually with Mycorrhiza trainers and/or
to join technical workshops to enrich your practice.
Evenings will be open for participants willing to propose activities to each other.

Day 1 | Who is who?
Day 2 | Team building
Day 3 | Ecology & mental health
Day 4 | Embodiment on nature
Day 5 | Our heartbeat
Day 6 | FREE DAY
Day 7 | Mycorrhiza story
Day 8 | Collective creation
Day 9 | Final production
Day 10 | Mycorrhiza public event
Day 11 | Evaluation & learning outcomes

Learning methods

Our methodology is based on experiential learning (learn by doing it!), interdisciplinary exchange (widen your panel of knowledge!) outdoor education and non-formal education principles (explore the power of collective intelligence!) Participants will learn through testing designed methods and reflecting upon the experience. Using a participatory approach, we encourage the exchange of experience between the participants and with the local community, fostering peer learning. We invite diverse participants profiles to foster co-learning and enrich everyone's creations with the expertise and perspective of others.



Mycorrhiza trainers

Meet here the two pillars of our project, who dreamt it and made it happen. Together, they will host and animate Mycorrhiza programme.

Shurley Mussot

Shyrley Mussot will serve as the head trainer for Mycorrhiza. She brings significant expertise in environmental education, project coordination, and youth engagement. As the founder and project coordinator of Les Jardins du Pré d'Aubié, Shyrley has comprehensive experience leading ecological and pedagogical initiatives, emphasizing sustainability, mental health, and inclusion. Her ability to create community-driven programs that empower youth and promote ecological awareness complements Anne's expertise, ensuring a comprehensive and impactful training experience.

Anne Merlin

Anne is a seasoned professional with 15 years of experience in facilitating collective creation workshops. Her expertise lies in creativity, collective intelligence, and embodied learning. Anne began working with youth facing significant challenges as a social circus trainer for young migrants in Turkey, near the Syrian and Iraqi borders. Since then, she co-animated creative learning laboratories within and beyond many European countries. In 2023, she moved to Cornac, where Mycorrhiza will take place, and started hosting collective cultural activities there. Nowadays, she is also involved in a local alternative school.



Mycorrhiza **location**

Mycorrhiza activities will take place in France, in the Occitanie region, in the village of Cornac. It is located 6km from Bretenoux-Biars train station, 50km from Brive-la-Gaillarde, 200km from Toulouse, 250km from Bordeaux, 500km from Paris. You can [find it here on the map](#).

Occitanie region

Occitanie is one of few parts of France to have it all: the sea, with the Mediterranean coast; the mountains, with the Pyrenees; the city, with its two big metropolises, Toulouse and Montpellier, and the countryside, endlessly rolling out its typical scenery, picturesque villages and protected natural landscapes. This is where, in the greenest heart of the region, Mycorrhiza will happen.

Your home

We will host you in the beautiful village of Cornac, close to nature, forest, river streams and lush hills. The accomodation that we offer is rudimentary, please be ready for it. Our home is an ancient farm, with collective dormitory, bathrooms and shared tents, in a 4000m² garden. Sheets are provided and we kindly ask you to bring your own toiletry. Note that there is no WIFI there, no ATM or shop in the village. We will work in Cornac village ballroom, where our vegetarian meals will also be prepared and served by Camille, our fantastic cook! And an associative cafe will be open on the weekends.



Travel to our venue

We require all participants and organisers to engage in **green travel**, using exclusively sustainable low-emissions means of transport such as bus, train or car-pooling (no plane!). You can enjoy up to 6 days of travelling! We will be able to reimburse your travel costs up, thanks to the support of the Erasmus+ programme.

Maximum reimbursement for your green travel:

- > France: 285€
- > Germany, Italy, Portugal, Serbia: 417€
- > Greece, Turkey: 535€

Tickets booking & reimbursement

To book your tickets, remember to:

- > arrive on May 20 at 9PM latest in Cornac or Bretenoux-Biars train station
- > leave on June 1st at 8AM earliest from Cornac

Our space is [located here](#).

To join us, book a train going to Bretenoux-Biars on snCF-connect.com

You can also use carpooling services such as blablacar.com

Once your travel plans are set, let us know. We will organise collective pick ups to bring everyone to Cornac for our activities.

We can reimburse your eco-friendly travel expenses according to the above scale, depending on your country of origin. Food, accomodation and activities are provided for free, co-funded by the Erasmus+ programme. Note that we will ask you to organise a dissemination activity in order to get reimbursed for your travel. We also ask for a symbolic donation of 50€ minimum for your participation, deductible from your travel reimbursement. The amount collected will be dedicated to Les jardins du pré d'Aubié team training. It will support our organisation crew to design and propose ever better creative community projects.

To get reimbursed for your transport costs, remember to:

- > travel green, using exclusively low-emissions means: bus, train or car-pooling. No plane!
- > send us all your tickets by email: we will need them for our accounting.
- > organise a dissemination activity to share what you learnt during the training



To do now...

If selected, you can now:

1. book your ecological transport to
 - > arrive on May 20 at 9PM latest near Cornac
 - > leave on June 1st at 8AM earliest from Cornac
2. send us your booking info at assotiliade@gmail.com
3. fill in the participant form... to confirm your participation!

...And until we meet

When packing, remember to take:

- > your toiletry: towel(s), soap(s)...
- > comfortable outdoor and movement clothes
- > comfortable hiking shoes
- > a headlamp
- > your European health insurance card and personal travel insurance info





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