



Erasmus+



*Association La Villa*

**TRAINING COURSE:**  
***THEATRE: A SPACE FOR***  
***CONNECTION***

***26/06 to 03/07/2025***

**Issor, France**

## ABOUT THE TRAINING COURSE

This Erasmus+ mobility for youth workers focuses on using participatory theatre as a tool to promote mental health and social connection among young people. Through techniques such as Theatre of the Oppressed, headphone theatre, popular theatre, street theatre, and clowning, participants will explore creative methods to address social isolation, anxiety, and low self-esteem. The core idea of these theatre methods is to break the fourth wall and create direct interaction with the audience, transforming them from passive spectators into active participants.

The program offers practical workshops and peer exchanges to equip youth workers with skills to foster emotional expression, strengthen community bonds, and create safe spaces for dialogue and collective healing. Special attention will be given to supporting young people at risk of social exclusion or experiencing mental health challenges.

Together, we will explore how theatre can reconnect individuals, improve emotional well-being, and help reclaim public spaces as places for genuine human connection.



## THE TRAINERS

### **Jose branco:**

Informal since my teeth began to grow, I tried to divert my destiny, dedicating years of my life to Engineering that a handful of years later, I dropped like a soap bubble.

Today an educator, actor and narrator, I walk my path through non-formal education, arm in arm with young people and adults, believing that the art of education and education through art are after all twin sisters.

### **Federico Espositi:**

At the age of 15, he began his theatrical journey with the Non Scuola project of the Teatro delle Albe in Ravenna, continuing with multidisciplinary training in acting (Luciano Colavero, Giovanni Covini), directing (Riccardo Mallus, Giacomo Ferraù), and digital art at Politecnico di Milano, up to the present day.

Theatre pedagogue and university teacher since 2018, he is currently training in participatory theatrical processes for social engagement, taking part in Erasmus+ European training projects.

## PARTICIPATING COUNTRIES AND NUMBER OF PLACE PER COUNTRY

Country	Number of participants
Malta	3
Czech Republic	3
Slovenia	2
Portugal	4
Italy	4
Spain	5
France	5

## PARTICIPANTS PROFILE

The training course will take place in **Issor, France**, from 26/06 to 03/07/2025 and it will bring together a group of **26 young people from 7 partner countries**. The project is targeting youth workers, trainers, coordinators and facilitators from all fields of non-formal education who are motivated to learn new creative tools to support youngsters.

- We are looking for youth workers/youth leaders who are **over the age of 18** with a good level of English, who will be willing and committed to participate actively in ALL sessions (about 8 hours a day):
- All participants **HAVE TO BE OVER 18 YEARS OLD** and **HAVE RESIDENCY IN THE SENDING COUNTRY**.



- The sending organization should take care for gender diversity.
- All participants should speak and understand English.
- Participants should already be involved in youth work or be motivated to get involved with it.
- Participants should be willing to share their knowledge with their colleagues and youngsters once they return home. Each participant will be requested to lead a workshop for their local community using the methods learned during our training course.
- Participants should be interested in making follow up international projects and promoting the Erasmus + program.

## WHAT WE OFFER

Thanks to the financial support of the Erasmus+ Program, we offer the following conditions:

- Food and accommodation during the training course will be provided.
- Travel costs will be reimbursed after the end of the training course, up to an agreed limit depending on the sending country:

COUNTRY	NO GREEN TRAVEL	GREEN TRAVEL
France	211€	285€
Spain		
Other EU Countries	309€	417€



Green travel: If you are traveling exclusively with sustainable means of transportation such as train and buses you are granted the green travel budget which is a bit higher. Keep in mind it is **ONLY** if you use just sustainable means of transportation and **NOT** if you use airplane.

Travel costs will be reimbursed to you /your organization **AFTER** the project, and it might take some time. Also, when buying the tickets, bear in mind that **there is a fixed maximum amount reimbursable for your individual trip costs**. The sum, set by the European distance calculator, is for return tickets and covers the travel costs from the participants' home to Issor. Participants themselves will cover travel costs exceeding the maximum reimbursable amount.

**IMPORTANT:** In order to reimburse you, we need all original invoices, tickets and boarding passes you will use during your trip. **WITHOUT THESE DOCUMENTS WE WON'T BE ABLE TO REIMBURSE YOU.** On all travel documents have to be written your name and surname, date of travel, from where to where the journey was, and the price.

In order to reimburse you, we will also need you :

- To fill in the survey from E+
- To post on your profile or your organization's profile a report of the training course
- To do the follow up activities. Follow up activities will consist of workshop which you will lead in your local community after the project and social media posts on your profile or your organizations profile.

Once you book your trip, **LATEST TILL 05/05/2025**. Please upload it on the drive folder that we will give you.



## **THE VENUE: Issor (France)**

The Training Course will take place in Issor, a small mountain village situated in the south-west part of France. Our venue, le gîte le Larrayou, is located in a quiet valley of the Pyrenees, close to the Spanish border:

<https://goo.gl/maps/Z7F5rSZZSdrbMpjH8> <https://www.grandsgites.com/gite-64-larrayou-3788.htm>

There is nature everywhere around! The river passes nearby! There is a football pitch and a “pétanque” pitch (French game) in front of the gîte.

### **Living:**

Participants will be accommodated in dorm style rooms of 4 to 6-beds (bunk beds). Rooms are simple and without any luxury.

Bathrooms are shared.

Water from the tap is drinkable.

Bed linen will be provided, but please bring a towel!

The accommodation is a non-smoking environment, so you have to go outdoors to smoke.

There is one small shop in walking distance (but be aware that it will be closed during lunch breaks and on Sundays)

Unfortunately, it is not possible to wash your clothes in the hostel.



## Eating:

VEGETARIAN meals will be prepared by our chef Raphaël and his assistant, who are used to cook for Erasmus + training Courses, and served at the accommodation, starting with dinner on the 26th of June. On the 3rd of July, breakfast is included as well.

VEGETARIAN and delicious: During breakfast, you can choose what you want to eat from a buffet (salty and sweet food). Lunch and dinner will be with a salad bar and a common dish according to everyone's dietary needs including vegan, lactose and gluten free.

Bring a food item from your village, city, family, community, region, or country to share with the others during the intercultural night!

## ARRIVAL AND DEPARTURE

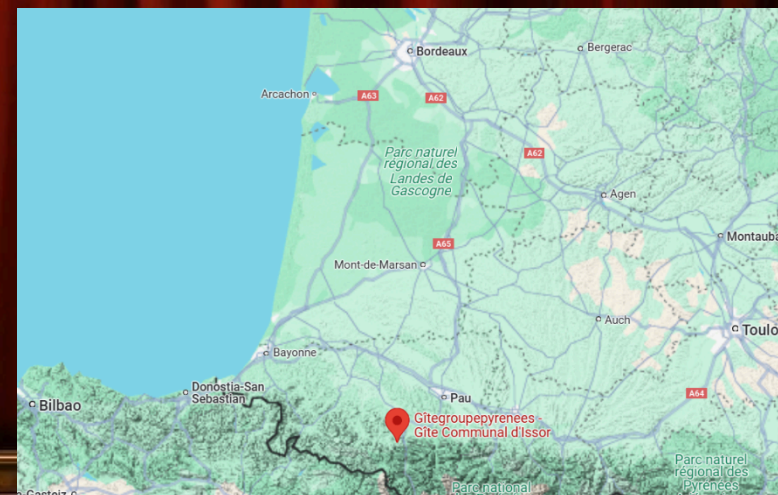
The **arrival day is 26/06/2025** and the **departure day is 03/07/2025**. **All participants have to arrive on the arrival day to the venue and stay till the departure day, if you arrive later or depart sooner, we won't be able to accept you on the project.**

If you plan to come a bit before or leave a bit after the project, please contact us before booking your tickets. You are allowed to come maximum two days before the project starts and leave two days after projects finishes (not in the venue but to benefit from reimbursement). If you will come/stay longer than that we won't be able to reimburse you.

## HOW TO GET THERE

It is time to arrange your travels! What do you need to have in mind when looking for tickets?

In any case, you will need to get to the city of Pau. From there you have to catch the train to the village of Lurbe-Saint-Christau (6km away from Issor). From





Lurbe-Saint-Christau train station, we will come and pick you up.

Get to Pau

By bus or train

There are train connections to Pau, for example with the TGV from Paris, Bordeaux or Toulouse. There is also a night train from Paris to Pau, with which you can travel comfortable over night.

Check the best prices and all the options on Rome2rio website.

Usually the cheapest buses are the Flixbus, Ouibus or Blablabus ones but you can find cheap Eurolines buses as well.

Airports are situated in Pau, Tarbes/Lourdes, Biarritz, Toulouse, Bordeaux, or San-Sebastian.

There are cheap flights from all over Europe to these airports. Check Ryanair, Volotea, Easyjet but you can also look other website like Skyscanner, Momondo, Opodo, Kayak or Expedia.

## TRAVEL TIPS

To avoid misunderstandings and have an easy reimbursement process, we advise you to:

- Arrange all your travel in advance based on **economy class tickets** (1<sup>st</sup> class tickets are not reimbursed) and plan the cheapest route possible to the project venue and back home.
- If possible, travel together with participant from your country (come with the same plane, bus, train which will make our and your organization much easier).
- Taxi rides can only be refunded in **special situations and have to be discussed in advance with us.**
- **Please note that car travel is not refundable.**
- If you have any doubt about your travelling plans, please contact the coordinator **before booking tickets.**



*Failure to participating in a minimum of 90% of the sessions or inappropriate behaviour might resolve in reimbursement not being given to the participant or even withdrawal from the course with a notice provided to the sending organization.*

## PRACTICALITIES

### Health insurance

It is mandatory to have a valid travel and medical insurance (**European Health Insurance Card**) during your travel. The host organization will not cover any personal health insurance for participants. Participants have to be aware that obtaining health insurance in case of accident, serious illness (including permanent or temporary incapacity) and death (including repatriation) as well as the travel insurance (including damage or loss of luggage) **is their own responsibility. We strongly recommend it.**

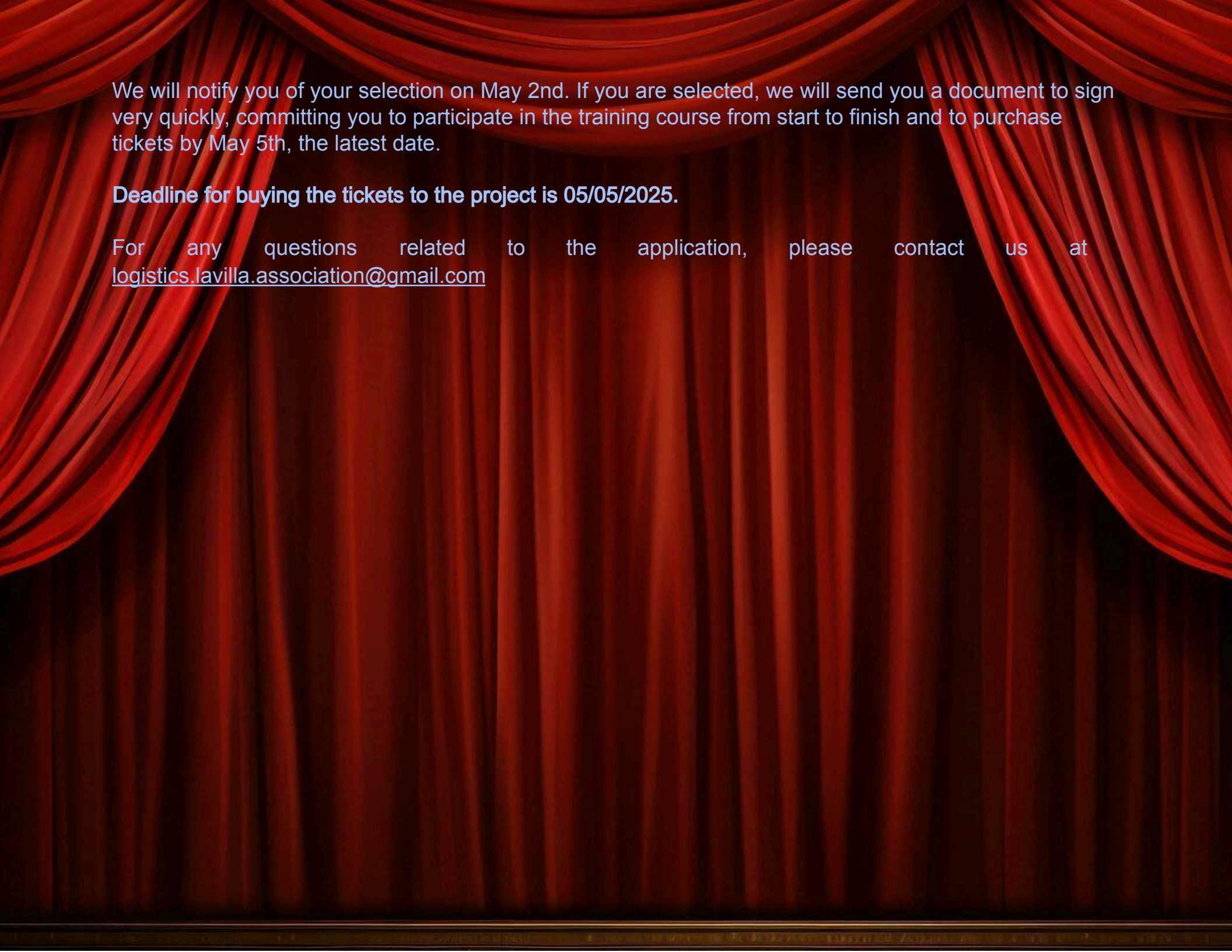
## WHAT TO BRING

- Food item from your place to share with others during the international night
- Towel
- Toiletries
- Summer clothes + warm clothes for the night
- Earplugs (if you are sensitive to snoring)
- Insurance card, passport
- Games to play in the evening, musical instruments if you like

## HOW TO APPLY

**Deadline for applications is 01/05/2025.**



The background of the entire image is a close-up of red theater curtains, showing deep folds and a rich, slightly dark red color.

We will notify you of your selection on May 2nd. If you are selected, we will send you a document to sign very quickly, committing you to participate in the training course from start to finish and to purchase tickets by May 5th, the latest date.

**Deadline for buying the tickets to the project is 05/05/2025.**

For any questions related to the application, please contact us at [logistics.lavilla.association@gmail.com](mailto:logistics.lavilla.association@gmail.com)