



BODIES IN MIGRATION

Training Course E+

Simiane-La-Rotonde, France

4th October - 10th October

For Youth Workers from France, Germany, Hungary, Romania & Poland



Cofinancé par
l'Union européenne



What is bodies in migration ?



Welcome to a space where we will slow down, listen, and reconnect through the body and movement.

Bodies in Migration is a **five-day training** in the French countryside for **social workers working alongside young people with migration experiences**.

Together, we will explore creative, body-based approaches inspired by **dance and art therapy** to support well-being and emotional balance.

You will learn by experiencing, sharing, and trying things out in a safe and supportive group.

This project is for you if...

- You work or volunteer with young people with a migration background (youth workers, educators, social workers, facilitators)
- You have some understanding of English, even if it's not perfect
- You are over 18
- You are a resident of Hungary, Romania, Poland, France, or Germany
- You are committed to participating in the entire activity (including pre and post-activities)
- You are fully available from the **4th to the 10th of October**
- You are ready to experience 7 days of community life in the countryside of France
- You have or don't have experience with dance and body movement



***OPEN TO ALL GENDER IDENTITIES,
CULTURES, DISABILITIES AND BACKGROUNDS***

Which methodologies...

The proposed methodologies will be inspired by...

Dance Therapy & Body Movement

Dance therapy is an art-based therapeutic approach using movement as its main medium. It does not require any dance skills — it is simply an invitation to move, to express, and to explore oneself. The process creates a space for expression beyond words, where movement becomes a way to think, feel, and connect.

Art Therapy

Art therapy offers a space where each person can discover themselves through creativity, exploring dimensions beyond words. No technical skills are required.

The focus is not on producing or “doing well,” but on allowing what emerges in the moment. This approach moves away from performance and instead supports a deeper process of self-exploration. In our practice, we use mostly drawing & writing.

Community experience and co-creation

Experiential and co-creative learning process, where participants explore, facilitate, and reflect together.

for which purposes ?

- **Get equipped with a toolbox of non-verbal approaches** — based on movement, drawing and writing — to create more accessible spaces for expression and participation with the people you work with.
- Strengthen your capacity **to facilitate safer and more inclusive spaces**, adapted to young people who may have experienced trauma.
- **Challenge our professional posture** and reflect together on how to develop more conscious, empathetic, and inclusive practices in our work.

The methodology of this training was researched, developed and tested over the course of the 2-year Erasmus+ project HeArts of Youth. Throughout this week, you will learn how to integrate these tools into your professional practice.

The team



Fabio Dolce (He/him) is a choreographer, performer, teacher, educator and **trainer** specialising in dance therapy and non-formal education. Certified in contemporary art therapy and contemporary dance therapy, he blends artistic practice, education, and therapeutic approaches to use dance as a tool for personal and social development. Alongside his practice, he conducts research in dance, continuously designing new workshop tools and methodologies.

Antonino Ceresia (He/him) is a performer, choreographer, educator and **trainer** specialising in artistic mediation through body movement. Co-founder of Cie Essevesse, he has presented works on European stages and collaborated with institutions such as the Opéra de Marseille and Opéra de Bordeaux. Certified in dance and art therapy, and with over 15 years of experience in non-formal education, he coordinates local and European initiatives that integrate art, dance, and therapy into educational settings.



Marie Deschodt (She/ her) is a passionate **chef** with over 10 years of professional experience, Marie brings her love of seasonal, culturally inspired cooking to the table — with simplicity and gourmandise at heart. Drawn to plant-based cuisine, she will take great care of our stomachs throughout the training, nourishing the group with thoughtful, generous meals.



IMPORTANT NOTE

This training warmly **welcomes people of all backgrounds, identities, and diversities**. If you have any difficulty completing the registration form, please don't hesitate to reach out — we'll find together the best way to support your application.

We are committed to a safe and respectful space. **Racism, sexism, homophobia, transphobia, ableism, and all forms of discrimination or bullying are not welcome here.**

Please note also that this training is **neither a vacation nor a low-cost retreat, nor a space for personal therapy**. Bodies in Migration is an intensive and dynamic learning experience, designed for real professional and personal growth.





About the place

The training takes place in Simiane-la-Rotonde (2h30 from Marseille by public transport) at the **Gîte de Chaloux**, a charming countryside house.

You'll stay in **shared rooms of three to five people, with a common shared bathroom.**

The food will be homemade, **mainly vegan**, and cooked by Marie, the on-site French chef.

The area is quiet, away from the city, and nestled among beautiful trekking paths.

TO BRING

- Warm clothes
(Even if it's the South of France, in October the place will be chilly)
- Metal bottle
- Walking shoes

& collective organisation

During the training, the space **will be run collectively by all of us**. This means that everyday maintenance tasks (washing dishes, chopping veggies, cleaning shared bathrooms..) will be shared among the group, and everyone is expected to contribute. We believe that caring for the space we share together is part of the experience, and we ask everyone to arrive with that spirit of collective responsibility. This is a shared living experience, not a hotel — and we think that makes it all the richer.



To reach the place



The Gîte (house) is isolated and in a quiet area.
From Marseille it will take you at least 2h30 to reach the place.

The journey from your place to the Gîte will be divided in 2 STEPS

1

STEP : FROM YOUR PLACE TO THE TOWN OF MANOSQUE

- **By train/ international buses** that arrive in **Gare SNCF Marseille**: Take the local train TER or bus 65 to the stop **Manosque SNCF** (5 journeys a day).
- **By plane** to **Airport Marseille Provence**: Take the Bus 66 to Manosque SNCF (4 buses per day)

SINCE PUBLIC TRANSPORT ARE NOT SO FREQUENT IN THIS AREA, WE ASK YOU TO START YOUR JOURNEY EARLY → NO ARRIVAL IN THE LATE AFTERNOON/ NIGHT POSSIBLE IN MARSEILLE ON THE 4TH.

2

STEP : FROM MANOSQUE TO THE GÎTE

A collective shuttle will be organised from Manosque to the Gîte de Chaloux. It's possible that you may wait for other participants to complete the shuttle.

↘ **And by carpooling, car, hitchhike, bike: you can reach directly Le gite de Chaloux, 04150 Simiane-la-Rotonde**

Travel reimbursement

We strongly encourage you to consider green travel option to come to the training.

Country	Green travel (Bus, carpooling, train or bus)	Non-green travel (plane, boat)
France	Up to 56€	Not possible
Germany	Up to 417€	Up to 309€
Poland	Up to 417€	Up to 309€
Romania	Up to 417€	Up to 309€
Hungary	Up to 417€	Up to 309€

- In order to receive reimbursement, please keep all original documents of transportation (invoices, tickets, boarding passes, etc.)
- **Do not buy any tickets before making check by our team!**

& Post training commitment

After the training, every participant must complete one follow-up action: use the tools during a workshop, post on social networks about the training, share the experience in a public event...

So that, more people can access the training tools and E+ network!

*Travel costs will be refunded, **after the training course**, once the participant will have **complete all the mandatory tasks**:*

- *Sharing all their travel documents*
- *Filling the Erasmus Survey,*
- *Sending a proof of dissemination and follow-up activities*

You want to apply ?

Fill in this form before the 15 of July 2026



<https://forms.gle/nCPh411sxomCmn4ZA>



You need more info ?

Contact Clari : clara.cieessevesse@gmail.com

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