LET'S DARE THE INNER JOURNEY: FROM SELF TO US

Training Course

PIEGROS-LA-CLASTRE (FR)

15/02 to 26/02 2027



Co-funded by the Erasmus+ Programme of the European Union

INTRODUCTION

This training is a collective journey where **Theatre of the Oppressed meets introspective practices**. Through play, movement, and voice, we will explore our stories, emotions, and relationships with the world.

How, **within the very field of their oppression, can the oppressed build a representation of the world that restores them to the position of a subject (active and self-determined) and enables them to define their own will, their plan of action, their strategies ?**

This question guides our process : to transform what moves us into living material : **to create, understand, and act together**. In the spirit of **popular education**, each participant is both a learner and a teacher.

EXPLORING INTIMACY

This training invites us to explore the intimate as a space of awareness, empowerment, and collective reflection.

We will work with personal stories, emotions, and relationships, using exercises from Theatre of the Oppressed and introspective technics.

The intimate is political : our personal experiences are deeply connected to social realities, power structures, and shared struggles.

By bringing our stories and emotions into a space that is as safe and respectful as possible, we deepen our self-understanding and uncover the collective dimensions of our experiences.

Each participant will be invited to fully engage in this process, in order to experiment, share, and grow together.

This approach allows everyone to engage authentically, explore new forms of expression, and transform what moves them into material for dialogue, action, and change.

ABOUT THE PROJECT

WHO?

Youth workers over 18 years old from different countries.



WHAT?

Discover and practice Theatre of the Oppressed, a political theatre method born in the struggles of Latin America, inspired by Paulo Freire's pedagogy of the oppressed. TO is not a tool for smoothing conflicts : it is a "rehearsal for revolution", a way to make oppressions visible, analyse them collectively and rehearse ways to act against them.



HOW?

Non formal and experiential learning, workshops and activities.



ABOUT OUR POLITICAL INTENTIONS

Our stance is rooted in popular education : learning is never neutral, and theatre can be a tool for liberation. We are firmly committed to feminist, intersectional and decolonial values, against patriarchy, racism and all systems of domination.

Theatre of the Oppressed is not, for us, a team-building or conflict-smoothing technique. It's a way to make oppressions visible, analyse them collectively and rehearse concrete ways to resist and transform them.

This work is political because it challenges power imbalances, systemic inequalities and the cultural norms that sustain them, including within ourselves and our own organisations. We will question our positions, privileges and complicities, not only those of others.

By fostering critical dialogue and collective action, we want to strengthen youth workers in supporting grassroots change in their communities.

THIS PROJECT IS FOR YOU IF YOU...

- are over 18 years old.

live in an European Union country and have a sending organisation with an OID.

- are working with youth (educators, volunteers, etc.)
- are curious and interested about exploring Theatre of the Oppressed together with people from different countries

<u>This training asks for real commitment.</u>

The programme is intense : full days of workshops, evening activities, collective tasks in the house. You are expected to be present, on time, and engaged throughout the whole training.

<u>This is not a party trip</u>. We value moments of celebration together, but the venue is a place of work and care for the group : excessive alcohol, drugs and nights that leave you unable to participate fully have no place here.



If this doesn't match what you're looking for, this project is probably not for you and that's okay !

WHAT TO BRING

- comfortable and waterproof clothes, raincoat and shoes
- a personal water bottle for hydration during workshops
- hygienic kit and towels, flip flops for the shower
- typical food and snacks from your country
- pillowcase and sleeping bag/bedsheets (the venue can provide bed linen for €10 per person, at your own expense, not covered by the association)
- warm, comfortable slippers and warm clothing : sweaters, hats, scarves, gloves.
- loose, comfortable clothing.
- a notebook for writing/drawing and pens/pencils
- travel and health INSURANCE (for ex. European Health Card)
- any necessary medicines and anything else you can't do without (there are no shops nearby)

ABOUT THE VENUE

Participants will be hosted in shared rooms, in a joyful shared living space, surrounded by nature (Piegros la Clastre 26400).
Click here to see more.







IF YOU HAVE ANY DIETARY NEEDS, DON'T FORGET TO WRITE IT IN THE APPLICATION FORM



HOW TO GET TO THE VENUE



The airports nearby are Marseille, Grenoble and Lyon. There might be low cost flights to others places as well.

For the train tickets, use the official website of SNCF or OUIGO.
DO NOT BOOK tickets through trainline.
You can check the timetable in the SNCF website.
Then you will take a train to SAILLANS, where you will be picked up by an organiser.

Do not buy ANY tickets until they are confirmed by organisers.

SUSTAINABLE TRAVEL



We encourage you to use the most eco-friendly means of transport available!

If you are not too too far, you can always search for an alternative to travelling by plane or try to find direct flights and complement them with trains or buses.

Only the CHEAPEST PUBLIC TRANSPORT tickets will be reimbursed.

You can spend a couple of extra days in France, and it will be at your own expense and responsibility.

TRAVEL REIMBURSEMENT

Justified travel costs (with tickets) will be reimbursed with a maximum budget depending on the distance :

	Eco responsible travel	NON eco responsible travel
10 - 99 KM	UP TO 56€	UP TO 28€
100 - 499 KM	UP TO 285€	UP TO 211€
500 - 1999 KM	UP TO 417€	UP TO 309€

(here you can calculate the km : https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator)

Every itinerary needs to be APPROVED by the organisers before buying.

THIS PROJECT DOES NOT HAVE A PARTICIPATION FEE



Would you like to be part of this project?

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