

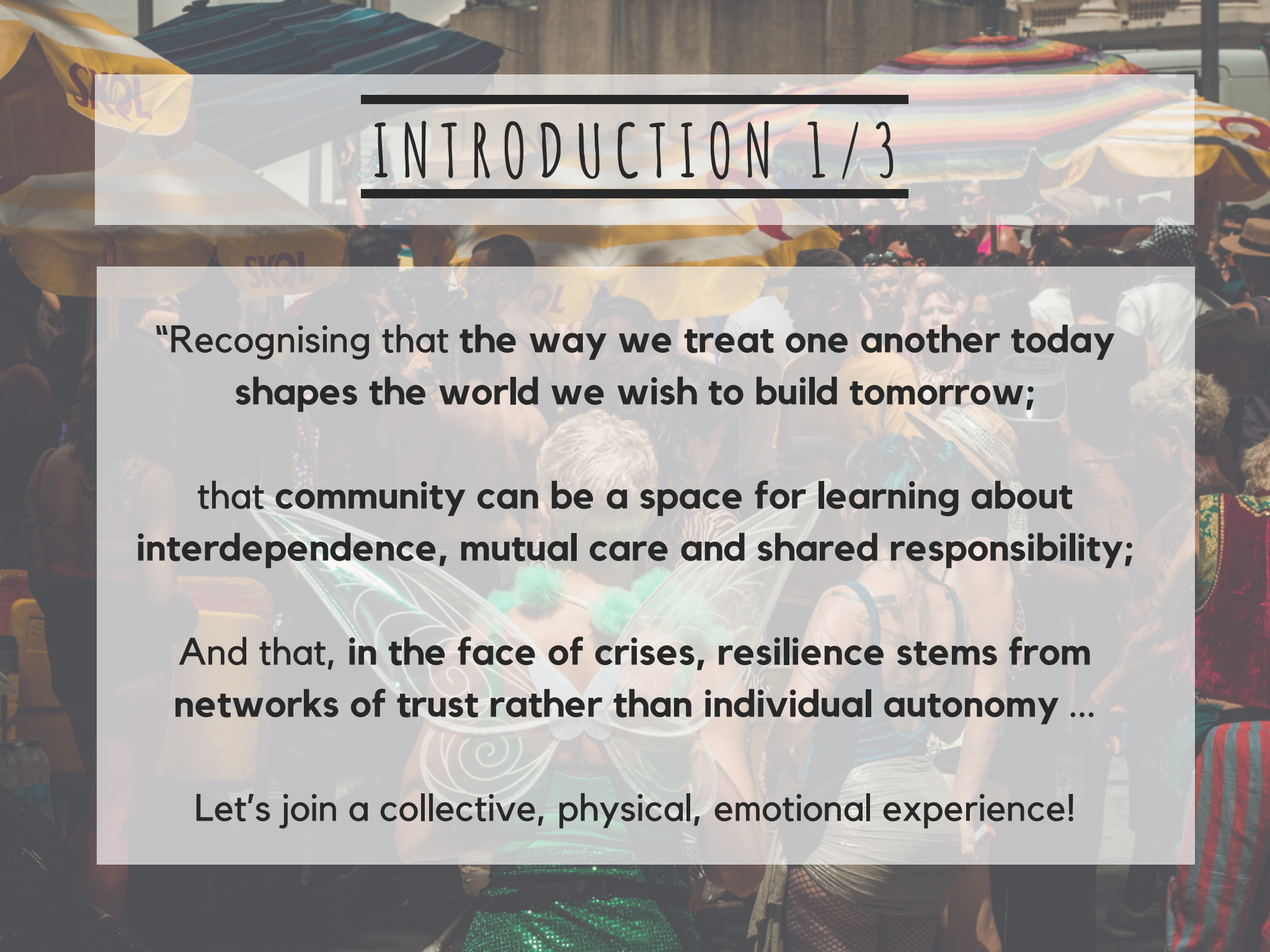


LIVING AND ORGANIZING IN OUR COMMUNITIES : TOWARDS MORE JUSTICE, INTEGRITY, AND TENDERNESS

Training Course
PIEGROS-LA-CLASTRE
07/12 to 18/12 2026



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



INTRODUCTION 1/3

**"Recognising that the way we treat one another today
shapes the world we wish to build tomorrow;**

**that community can be a space for learning about
interdependence, mutual care and shared responsibility;**

**And that, in the face of crises, resilience stems from
networks of trust rather than individual autonomy ...**

Let's join a collective, physical, emotional experience!



INTRODUCTION 2 / 3

In this program we aim to :

- support the development of inclusive, creative, and empowering groups and communities ;
- reconnect with the confidence that we can feel pleasure, joy, and emotional and political nourishment together ;
- examine our attitudes towards listening, responsibility, care, etc. ;
- Equip oneself with concrete methods and practices for caring, navigating conflict, strengthening links...



INTRODUCTION 3 / 3

Concretely, we'll reflect together on :

What creates a **genuine bond between members** of a group or a community? What **forms of collective support** enable us to shape communities ?

What is **collective caring** about and how do we influence our human connections with the **nervous system support** ?

How can we **turn conflicts into opportunities** to grow as a group?

WHAT HELPS US NAVIGATE ?

**The approaches and tools of unformal education
based on real-life situations ;**

The use of somatic and body-based practices to ground and
regulate (self-regulation, co-regulation) ;

**Methods and approaches to mediating and supporting
those experiencing conflict and violence ;**

The body of work by authors (sociologists,
philosophers, activist) who deeply inspire us ;

**The invitation to embrace complexity, doubt,
discomfort, deep listening to make room for movement**



COLLECTIVE EFFERVESCENCE, INDIVIDUAL EMERGENCES

We want to create an environment that encourages connection, creativity, and active participation. Throughout the training, we will share resources, collaborative methods, games, attention and awareness practices that help participants co-create meaningful content together.

Everyone will be invited to draw from their own experiences, share ideas, refine their reflections, and build knowledge, tools, and resources that are relevant to their local context.



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.)
- if you're keen to invest resources in building a sense of community, fostering trust and resilience. You can be in the beginnings of your explorations or wanting to learn more and go further in your experiences

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
- a blanket.
- 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

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.



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.

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

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>)

THIS PROJECT DOES NOT HAVE A PARTICIPATION FEE

CLICK HERE
TO APPLY

Would you like to be part of this project?

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