

# THE BODY AS A BRIDGE

**Discovering the body as a gateway to  
empathy, creativity and belonging**

**A training course about inclusion through body awareness & movement**

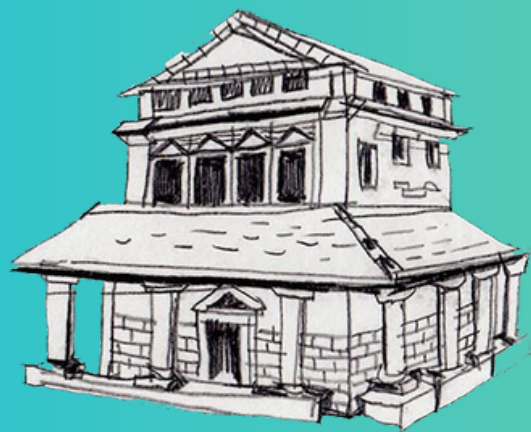
**September 20 - 25, 2026  
In Brežice - SLOVENIA**



# ABOUT THE ORGANIZING ASSOCIATION

This training course is organised by La Villa.

Based near Pau, in the south-west of France, this organisation aims to design and provide youth workers with innovative tools connected to performing arts, games, and personal and collective development, to support better mental health, inclusion, and the active participation of young people in society.



*Association La Villa*



**Co-funded by  
the European Union**

# ABOUT THE TRAINING COURSE

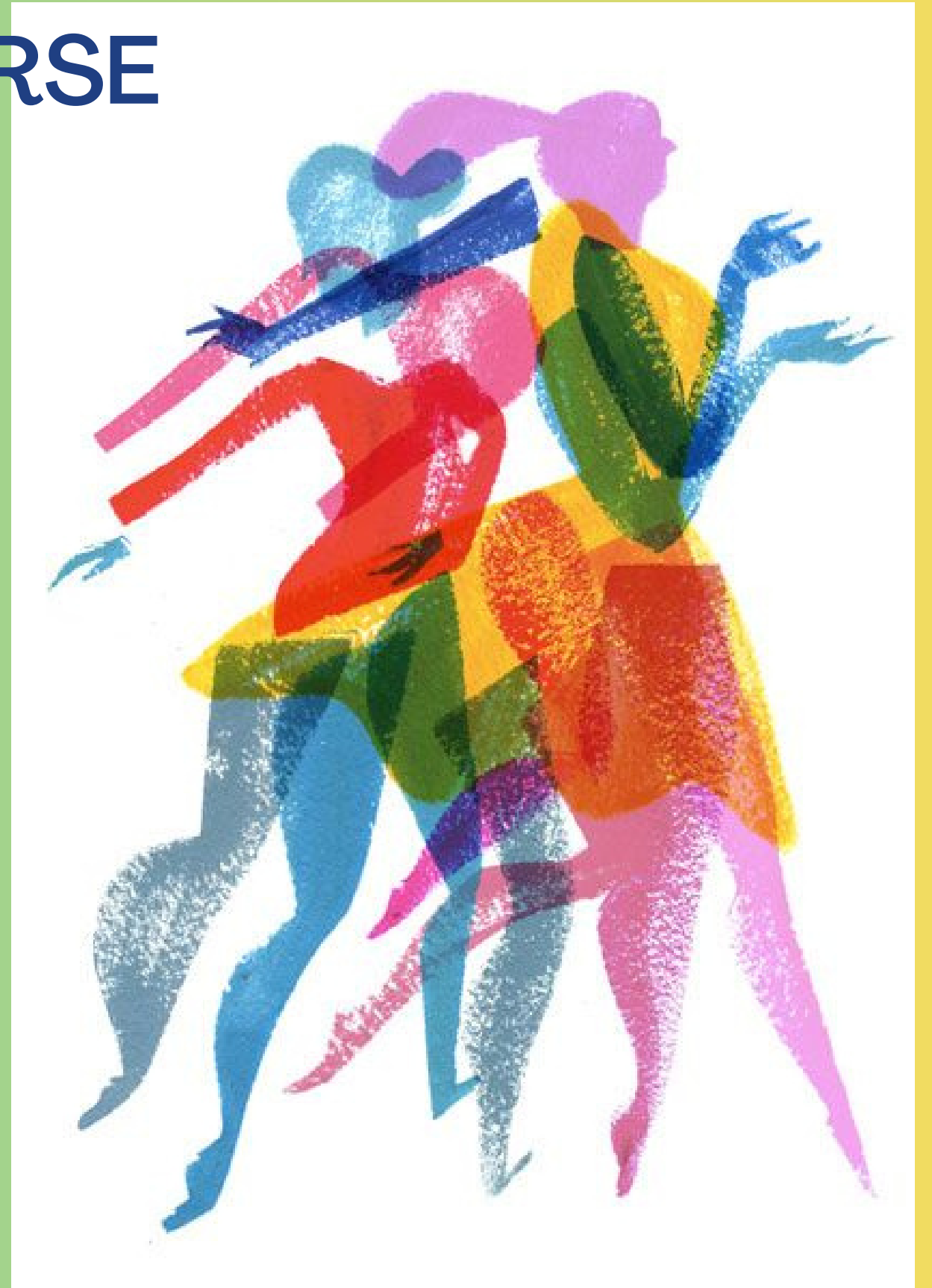


*The Body as a Bridge* is a 4-day Erasmus+ Training Course inviting youth workers to explore inclusion as a lived, embodied experience rather than only a concept.

Through movement, creativity and experiential learning, participants will discover how the wisdom of the body can deepen their capacity to welcome differences, build authentic relationships and create spaces of belonging.

# ABOUT THE TRAINING COURSE

By experiencing inclusion through the body, youth workers will develop a more conscious and intuitive facilitation posture, alongside practical tools they can bring into their work with young people.



# THE FACILITATORS

## Giorgia Pirozzi



Giorgia is a professional dancer, dance artist and facilitator. For the past five years, she has been teaching dance, body awareness and movement improvisation in France and around Europe (United Kingdom, Italy, Poland).

Her research explores movement as a pathway to self-awareness, authentic connection and collective experience. Through her practice, she invites participants to question how we relate to ourselves, to others and to the groups we belong to, using the body as a space for listening, creativity and transformation.

She believes that movement is not only an artistic language, but also a powerful way to explore how we live together and create more inclusive relationships.

# THE FACILITATORS

## Pauline Roudet



Pauline is a creativity coach, participatory theatre facilitator and visual artist.

Through life coaching, theatre, painting and embodied experiences, she researches how presence, imagination and the body can become gateways to authentic connection, personal transformation and collective intelligence.

Together, Giorgia and Pauline co-facilitate “Life is a Game”, a series of workshops and events that invite people to connect with themselves and with others through movement, body awareness, creativity and play. Their approach explores individuality and collective experience as a shared game, where each person's uniqueness enriches the whole.

# PARTICIPANTS PROFILE

This training course is designed for youth workers, youth leaders, facilitators, youth educators and any people:

- Active in youth organisations, youth centres or NGOs
- Who would like to become youth workers and are motivated to work with young people
- Interested in quality youth work, community building and creative methods
- Interested in embodied arts pedagogies and in reconnecting with the wisdom of the body
- Who wish to explore inclusion as a lived, embodied and experiential practice rather than only as a concept

All the participants should be over 18, speak & understand English and have residency in the sending country.



# PARTICIPATING COUNTRIES



| COUNTRY        | NUMBER OF PARTICIPANTS |
|----------------|------------------------|
| SERBIA         | 1                      |
| SLOVAKIA       | 1                      |
| CROATIA        | 2                      |
| SPAIN          | 2                      |
| ITALY          | 2                      |
| SLOVENIA       | 1                      |
| CZECH REPUBLIC | 1                      |
| FRANCE         | 2                      |
| AUSTRIA        | 1                      |

# 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
- No fees
- Travel costs will be reimbursed up to an agreed limit depending on the sending country:

| SLOVENIA, SLOVAKIA, AUSTRIA, CROATIA<br>SERBIA, CZECH REPUBLIC, ITALY | FRANCE, SPAIN                       |
|-----------------------------------------------------------------------|-------------------------------------|
| 211 EUR<br>285 EUR for green travel                                   | 309 EUR<br>417 EUR for green travel |

# 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 or car.

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 individual trip costs. The sum, set by the European distance calculator, is for return tickets and your covers the travel costs from the participants' home to Brežice.

Participants themselves will cover travel costs exceeding the maximum reimbursable amount.

# ARRIVAL AND DEPARTURE

The arrival day is 20/09/2026 in the evening and the departure day is 25/09/2026 in the morning.

All participants have to arrive on the day to the venue and stay till the departure day, if you will 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. To be reimbursed, you are allowed to come maximum two days before the project starts and leave two days after the project 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 - BY PLANE

Flying to Ljubljana, Zagreb, Trieste, Venice, Treviso, Klagenfurt or Graz. There are affordable flights from all over Europe to these airports. Check Ryanair, Volotea, Easyjet but you can also look other website like Momondo, Skyscanner, Opodo, Kayak or Expedia.

From any airport you can take a Go Opti shuttle <https://www.goopti.com/en> which will bring you directly to the venue.

You have to write the exact address of the venue : MC Hostel Brežice, Gubčeva 10a p.p. 29, 8250 Brežice.

If you use our discount code, it will make your travel 5 EUR cheaper. The code is RFLILWSRF4S8 you have to enter it under field discount code.

# HOW TO GET THERE - BY BUS OR PLANE

From your country or from the airport you can get to Brežice by train via Zidani Most.

Check the best prices and all the options on <https://potniski.sz.si/en/>

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

Here are some useful links:

Slovenian train station: <https://potniski.sz.si/en/>

Slovenian bus station: <https://www.ap-ljubljana.si/en>

Buses to Brežice: <https://www.nomago.si/avtobusne-vozovnice/vozni-red>

Trains from Zagreb to Brežice: <https://int.bahn.de/en>

# HOW TO GET THERE - THEN ON FOOT

How do I come from Brežice train station to the hostel?

Walk 30 minutes to Gubčeva 10a

Take a local bus:

Here is the timetable <https://www.nomago.si/avtobusne-vozovnice/vozni-red>

To get the timetable, write under “vstopna postaja” BREŽICE ŽP and under “izstopna postaja” BREŽICE MARKET.

From the market, it is a 7 minutes walk to the hostel brežice  
<https://goo.gl/maps/s8hFCRx7XpeVhBtAA>.

Call a taxi: +386 31 677 400. We suggest to book them in advance as they are not always available.

# TRAVEL TIPS

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

- **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 training course with a notice provided to the sending organization.**
- Submit all original invoices (price), and boarding passes (qr code), showing your full name, travel dates, departure and arrival locations. **WITHOUT THESE DOCUMENTS WE WON'T BE ABLE TO REIMBURSE YOU.**
- 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).
  - If you have any doubt about your travelling plans, please contact Pauline the coordinator before booking tickets.
- **Car travel and taxi rides can only be refunded in special situations and have to be discussed in advance with us.**

# PRACTICALITIES

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 a 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. Please ask your sending coordinator if you have any doubt.**

# THE VENUE: BREŽICE, SLOVENIA

The Training Course will take place in Brežice, a charming town in eastern Slovenia near the Croatian border.

Our venue, MC Hostel Brežice, is located in a green and peaceful area, just a short walk from the city center.

In the reception there is a tourist information point, which provides all the information on local attractions.

You can find more information about the venue here:  
[MC Hostel Brežice](#)

The address is: MC Hostel Brežice, Gubčeva 10a p.p. 29,  
8250 Brežice



# LIVING

Participants will be accommodated in rooms with up to 4 beds, with WiFi access available. Laundry facilities and a shared kitchen are also provided.

The hostel features a sunny roof terrace overlooking the castle and the city park — a perfect place for participants to relax and enjoy the view.



# EATING

Meals will be provided at the hostel, starting with dinner on 20th of september. On 25th of September, breakfast is also included.

Breakfast is served buffet-style, allowing you to choose what you like. Lunch and dinner will consist of a shared hot dish, prepared to accommodate everyone's dietary needs.

# WHAT TO BRING



- Clothes for cold evening and for warm days
- Toiletries
- Towel
- Earplugs (if you are sensitive to snoring)
- Insurance card, passport
- Games to play in the evening, musical instruments if you like
- Sleepers
- Swimsuits (there is a river near by and also Terme Čatež a fun swimming complex)
- Water bottle

# HOW TO APPLY



Here is the application form:

<https://urls.fr/rufqpn>

Deadline for applications is 25/08/26

Deadline for purchasing tickets is 30/08/26

**DON'T PURCHASE THE TICKETS BEFORE GETTING  
OFFICIAL APPROVAL ABOUT YOUR SELECTION**

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