

LEAD YOUR LIFE

FROM 16TH TO 24TH OF SEPTEMBER 2024

IN SABLES D'OR LES
PINS - FRANCE.



**Funded by
the European Union**

GENERAL OBJECTIVES :

- TO EMPOWER YOUTH WORKERS TO USE THEATER BASED ACTIVITIES AND TO PROVIDE THEM HELPFUL TOOLS WHICH WILL BE USEFUL IN THEIR YOUTH WORK AND PRACTICE
- TO IMPROVE THEIR MENTAL HEALTH THROUGH THEATER (NEUTRAL MASK) AND BODY MOVEMENT.
- CONSCIOUSLY, REMOVE THE BLOCKAGES THAT PREVENT THEM FROM FUNCTIONING SMOOTHLY ON A DAILY BASIS THROUGH BODY WORK.
- USING A PERSONAL DEVELOPMENT APPROACH, THEATER VOICE, BODY MOVEMENT, PEDAGOGICAL REFLECTION TOOLS, WE WILL PROVIDE PARTICIPANTS WITH A SAFE ENVIRONMENT WHERE THEY CAN CONNECT WITH THEMSELVES, WITH THEIR DEEP INNERSELF, CONNECT WITH OTHERS AND HAVE A HEALTHIER APPROACH TO LIFE. IN 7 DAYS THEY WILL LEARN, PLAY AND EXPERIMENT BY MOVING ON THEIR OWN OR TOGETHER IN MULTICULTURAL GROUPS OF 26 YOUNG PEOPLE FROM 11 COUNTRIES AND ACQUIRE TOOLS TO BE ABLE TO WORK WITH YOUNG PEOPLE.



Pedagogical objectives:

- To empower youth through embodied learning;
- To develop the ability to actively engage in their lives,
- To acquire new ways of effectively stimulating their creativity and innovation,
- To increase self-awareness and self-confidence and find ways to connect more effectively with oneself and others,
- To acquire methods to improve the quality of their youth work and adapt successfully to a changing society,
- To experience and acquire effective practices to stimulate the leaders and the young people in their charge, both mentally and physically.
- To be able to implement inclusive body-based methods and practices.
- To promote participant's creativity, spirit of initiative as well as peer learning and peer support;
- To support participants to develop new methodological tools in order to upgrade the quality of their youth and educational work and practice;
- To foster participant's intercultural learning and exchange of opinions and experiences;
- To develop youth workers' competences (knowledge, skills and attitudes) and resources for working with people with fewer opportunities and facing difficulties (inclusive dancing), through body movement techniques and methods of non formal education;
- To provide a theoretical background of different kinds of inner processes that a person can go through as well as to provide different tools for those who work with young people affected by mental health.

PARTICIPANTS' PROFILE

YOU ARE MORE THAN 22 YEARS OLD. YOU ARE A RESIDENT OF IRELAND, SPAIN, ITALY, LITHUANIA, ROMANIA, FRANCE, GREECE, UKRAINE OR ARMENIA. YOU ARE EAGER TO CONNECT WITH YOUR DEEP SELF AND WITH THE OTHERS USING YOUR BODY AS A TOOL. YOU ARE REALLY EAGER TO LIFT BLOCKAGES THAT PREVENT YOU FROM LIVING WITH FLUIDITY. YOU ARE WILLING TO IMPROVE THE QUALITY OF YOUR HEALTH AND LIFE BY BRINGING BODY MOVEMENTS, THEATER AND VOICE INTO YOUR DAILY LIFE. YOU ARE HIGHLY MOTIVATED AND WILLING TO ACTIVELY CHANGE WHAT IS BLOCKING YOU IN ANY FIELD OF YOUR LIFE. YOU ARE DECIDED TO IMPROVE YOUR MENTAL HEALTH, REDUCE STRESS, DEAL WITH EMOTIONS

THIS IS AN ALCOHOL FREE STAY.



WHAT TO BRING?

- PASSPORT
- HEALTH INSURANCE
- YOUR OWN TOWEL
- YOUR OWN MEDICINES AND HYGIENE PRODUCTS
- SWIMMINGSUIT
- WARM WATERPROOF CLOTHES & SHOES. (IT CAN BE COLD AND HUMID IN THE EVENING AND IN THE NIGHT)
- SPECIAL SHOES FOR DANCE ACTIVITIES OR/AND WARM COZY SOCKS
- COMFORTABLE CLOTHES FOR MOVEMENT ✕ NO BIG LUGGAGE, IT DOESN'T FIT IN OUR CARS.
- REIMBURSEMENT DONE ON SITE BY CASH, ONLY IF YOU HAVE UPLOADED ALL YOUR TICKETS AND BOARDING PASSES AND THE FORM.
- PARTICIPATION FEE OF 50 EURO IN CASH
- GOOD MOOD AND GOOD WILL: BE SURE YOU ARE REALLY DECIDED AND MOTIVATED BY THIS TRAINING. (THIS IS NOT A TOURISM TRAINING :))



TRAINERS

DOMINIQUE LOQUIN. MORE THAN THIRTY YEARS OF RESEARCH AND TEACHING ON EXPRESSION: BODIES AND MASKED THEATERS. AFTER HAVING TAUGHT IN SEVERAL EUROPEAN AND SOUTH AMERICAN COUNTRIES, HE IS CONSIDERED TO THIS DAY AS AN ESSENTIAL PEDAGOGUE OF THE BODY AND THE NEUTRAL MASK. HIS HUMAN QUALITIES, HIS EXCEPTIONAL GIFT OF LISTENING AND HIS UNFAILING REQUIREMENT COMBINED WITH A GREAT SENSE OF HUMOR HAVE STRUCTURED ATTRACTIVE AND VERY EFFICIENT TRAINING COURSES. HIS TWO CREEDS, PLEASURE AND RESPECT. IF THE TRAINING COURSES OFFER A FRAMEWORK, THE HUMAN BEING REMAINS THE PRIORITY AND THEIR EXPECTATIONS WILL ALWAYS TAKE PRIORITY OVER THE PROPOSED FRAMEWORK.



LYDIE GUÉGAN
IS UNIVERSITY QUALIFIED (PHD) IN PROJECT MANAGEMENT, TEACHERS TRAINING, PROGRAMME CONCEPTUALIZING, TEACHING EVALUATION SINCE 2003. EXPERIENCE IN THE FIELD OF TEACHING AND TRAINING AS WELL AS ORGANIZING AND FINANCE ADMINISTARTING WITH THE FRENCH MINISTRY OF FOREIGN AFFAIRS, EXPERIENCE IN TEACHING IN THE FIELD OF PERSONAL DEVELOPMENT SINCE 2009, TRAINED AND TRAINER IN MBSR FROM JON KABBAT ZIN, BENEVOLENT EDUCATION FROM ISABELLE FILIOZAT, INTELLIGENCES OF HOWARD GARDNER, MINDFULNESS FROM TICH NHAT HANH. LONG TERM EXPERIENCE SINCE 1998 IN THE FIELD OF YOUTH WORKER AS SHE WORKED 10 YEARS IN THIS FIELD TOO. WORKING IN THE FIELD OF EUROPEAN PROJECTS THROUGH YOUTH EXCHANGES, TRAINING, GRUNDTVIG, RESEARCH PROGRAMMES SINCE 2009. SHE IS SPECIALIZED AS A THERAPIST IN THE FIELD OF ACUPUNCTURE, MASSAGE AND HYPNOSIS, AND WORK FOR WOMEN. SHE LOVES MUSIC AND SINGING, NATURE, ANIMALS, KIDS ...



HOW TO GET THERE

Training Course will take place in the city Plurien. Brittany region, France. This is near Mont Saint Michel, Saint Malo, Dinan.

You will be accommodated in shared yurts of 2 to 5 personnes (spread regarding gender). Green travel is encouraged : meaning, you can have extra money to cover your transport if you can use “green travel”, as bus, train or car, or carpooling. Let us know as soon as possible and before choosing this option because not all countries can benefit from this (and some are of course very far to use this)

Arrival day is 16 of September. You should arrive to Lamballe by bus or train. We would pick you from there. No other places to arrive please!

The train (TGV) can be taken from Paris airport or from the main station Montparnasse. The station Montparnasse is 1 hour from the airport to Lamballe. Trains are very expensive in France so book your train ticket as soon as you can after confirmation from your sending organization. And allow 3 hours minimum between your plane arrival and train departure. You can also catch the bus from Paris which is much cheaper but timetable is not always convenient.

If you are landing by plane in Rennes: just take a bus at the outside of the airport and then travel up to the train station in Rennes by bus. (There is a change of bus in «Republique»). Take the train there up to Lamablle (this is not the terminus, 1 hour travel). Departure day is 24th of September. We will drop you to the train station. So please, try to make sure to be able to have time to take a train in the morning and catch your flight the same day. (Departure flight from Paris not earlier than 15:00). It is allowed to travel 2 days before or stay 2 days after the training course for sightseeing and still be eligible for travel refund. Please note that during that time you need to cover your accommodation by your own. Training will take place in a seaside location there are no shops, amenities within walking distance of venue. (40 min walk) There is Wi-Fi connection but not very powerful. We will have 3 vegetarian meals per day as well as 2 coffee breaks. Use of alcohol is not allowed during the project. The place is an ecological place: please sort out your waste and bare in mind that you will be with other campers on the site. You will be active in the daily tasks as washing your dishes and requested to let the yurts clean as you found them.

REIMBURSEMENT

EACH NGOS HAS 2 PARTICIPANTS TO SEND EXCEPT :
ARMENIA 4 PERS, AND ITALIA 3 PERSONNES.

ITALY: 309 EUROS OR GREEN TRAVEL ASKED 417 EUROS,
IRELANDE, SPAIN, LITUANIA : 309 EUROS
GREECE, ROMANIA : 395 EUROS,
ARMÉNIA, UKRAINE : 580 EUROS



We have to possibility to have 3 pax
before on the 14th of september (1 from
each country, but on your own expenses.
We already have 1 romanian.)



If any request, ask your sending NGO . My contact is
Lydie Guégan - lydieguegan@yahoo.fr
0615910183

SEE YOU SOON!

