

LISTENING TO EVERY-BODY

**A Training Course on Inclusion
through Emotions and Embodiment**

Novembre 2 - 9, 2026

In Issor – FRANCE



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ABOUT THE ORGANISING 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



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ABOUT THE TRAINING COURSE

“Listening to Every Body” is a six-day training course taking place from 2 to 9 November 2026. It explores inclusion and exclusion through four interconnected dimensions: the individual, the group, society and nature.

Using experiential and creative methods—including process Work, emotional awareness, body-based activities, group dynamics and Theatre of the Oppressed—participants will reflect on identity, social roles, privilege and belonging. They will also develop practical approaches that they can use to promote inclusion, connection and positive change in their communities.

WHAT WILL YOU LEARN?

During the training course, participants will:

- 🌀 Explore how identity, emotions, social roles and group dynamics influence inclusion
- 🌀 Discover creative, experiential and body-based learning methods
- 🌀 Practise approaches inspired by Theatre of the Oppressed and deep ecology
- 🌀 Develop inclusive activities to use with young people and local communities.



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PARTICIPATION AND PERSONAL BOUNDARIES



This is an educational training course, not a therapeutic programme. However, some activities will invite participants to explore emotions, relationships, personal experiences and body awareness.

No previous experience in theatre, movement or body-based practices is required. Participants are expected to take an active part in the programme, while their personal boundaries and freedom of choice will be respected.



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GENERAL PROGRAM

2/11 - **DAY 0** - ARRIVAL
3/11 - **DAY 1** - INTRODUCTION
4/11 - **DAY 2** - WITHIN MYSELF
5/11 - **DAY 3** - WITHIN THE COLLECTIVE I
6/11 - **DAY 4** - WITHIN THE COLLECTIVE II
7/11 - **DAY 5** - NATURE
8/11 - **DAY 6** - INTEGRATION
9/11 - **DAY 7** – DEPARTURE

STRUCTURE OF EACH DAY

08h	Morning exercise / Breakfast
09:30h	Morning circle
10h	MORNING SESSION 1
11h30	break
12h	MORNING SESSION 2
13h30	Lunch
16h	AFTERNOON SESSION 1
17h30	Break
18h	AFTERNOON SESSION 2
19h	Group Reflection Time
20h	Dinner
21h30	Night Activity



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THE PROGRAM

TIME SESSION	DAY 1 3 NOV INTRODUCTION	DAY 2 4 NOV WITHIN MYSELF	DAY 3 5 NOV THE GROUP	DAY 4 6 NOV SOCIETY	DAY 5 7 NOV NATURE	DAY 6 8 NOV INTEGRATION
08:00	Morning exercise (optional) and breakfast					
09:30	Morning circle					
10:00 MORNING 1	Getting to Know	Who I Am	Ranks	Privileges	The Work That Reconnects I	Performing Workshops I
11:30	Break					
12:00 MORNING 2	Group Agreements	Process Work	Social Lab	Forum	The Work That Reconnects II	Performing Workshops II
13:30	Lunch					
16:00 AFTERNOON 1	Learning Zones	Inner Critic	Team Building	Theatre of the Oppressed I	Council of All Beings	Next Steps
17:30	Break					
18:00 AFTERNOON 2	Building Our Tribe	Letting Go	Playing Roles	Theatre of the Oppressed II	Preparing Workshops	Evaluation
19:00	Group reflection time					
20:00	Dinner					
21:30	Night activity (optional)					

The programme may be adjusted to respond to the group's learning process and needs.



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THE FACILITATORS

IRENE FERNANDEZ



Irene Fernández, facilitator and educator with wide experience in developing eco-social projects through non-formal education. In recent years, she has developed local and international projects, particularly in the areas of the environment, gender, and interculturality, having collaborated with non-profit organisations and local councils.

In 2025, she embarked on her personal project Ir.en.espiral on deep ecology.

She is passionate about working with groups dynamically, facilitating enriching experiences that promote gender equality, love of nature, and the value of diversity.

She has extensive experience in the programme Erasmus+, first as a student, then as a volunteer and participant in training, and due to that, she started her career in non-formal education. In the last ten years, she has been coordinator and trainer in various Erasmus+ projects.



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MARINA STUSSI GARCÍA



Marina Stussi García is a psychologist with a long trajectory working in social, humanitarian and community-based projects. Over the past decade, she has accompanied vulnerable groups, developed projects and facilitated processes of learning, protection and collective empowerment in diverse cultural and territorial contexts. Her work bridges individual wellbeing and social transformation, always with a strong commitment to dignity, equity and community resilience.

As a trainer, Marina brings an embodied and experiential approach. She works with the body, emotions and lived experience as essential tools for learning, creating spaces where participants can explore, connect and grow. Her facilitation style integrates psychosocial awareness, group dynamics, intersectional perspectives and creative methodologies, supporting people to develop not only skills but also presence, sensitivity and a deeper sense of purpose in their work.



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THE COORDINATOR

DENIS CROVELLA

Denis has been involved in youth work since 1999 and fell in love with Erasmus+ through its spirit of learning, sharing and intercultural cooperation!



He works at Association La Villa, where he is in charge of the coordination and logistics of this wonderful project. He will do his best to make sure everything runs as smoothly as possible.

Alongside his coordination work, Denis is also a sports educator, circus teacher and trainer for youth workers, with a particular passion for circus pedagogy, inclusion and non-formal education.



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INFORMATION FOR SENDING ORGANISATIONS

We welcome organisations based in EU Member States and countries associated with the Erasmus+ Programme. Organisations should be active in youth work, non-formal education, inclusion, community work or a related field.

Organisations interested in joining the project should send their updated Partner Identification Form (PIF) and the contact details of the person responsible for the project.

Each selected sending organisation will be expected to send two to three participants.

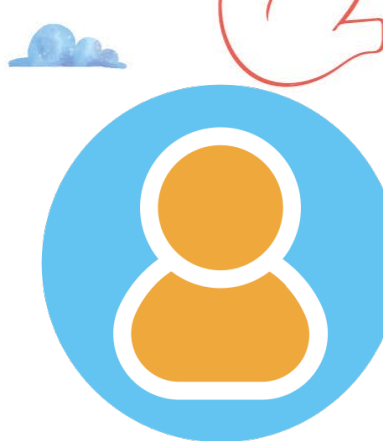
Selected sending organisations will be expected to:

- 🧠 Select suitable participants who correspond to the participant profile.
- 🧠 Verify that participants are resident in the country of the sending organisation.
- 🧠 Share all relevant information and prepare their participants for the training course.
- 🧠 Ensure that participants have appropriate insurance coverage.
- 🧠 Maintain regular communication with La Villa and report cancellations or important changes immediately.
- 🧠 Support participants in completing their local follow-up and dissemination activities.

We are looking forward to creating a diverse and committed partnership. As the number of places is limited, we may not be able to select every organisation that sends us a PIF, but we will contact everyone once the selection has been completed.



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PARTICIPANTS PROFILE

This training course is designed for:

- ⊗ youth workers, youth leaders and facilitators
- ⊗ people active in youth organisations, youth centres or NGOs
- ⊗ people who would like to become youth workers and are motivated to work with young people
- ⊗ participants interested in quality youth work, community building and creative methods
- ⊗ People interested in embodied arts pedagogies

PARTICIPANTS REQUIRMENTS

- ⊗ Participants must be over the age of 18 years old.
- ⊗ Speak and understand English.
- ⊗ Participants should already be involved in youth work or have the wish to do so.
- ⊗ Participants must be residents of the sending country.



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FOLLOW-UP COMMITMENTS

The project does not end when the training course finishes. By applying, participants commit to completing the following follow-up activities:

- Complete the Erasmus+ survey, which you will be invited to fill out on the last day of the training course.
- Publish a social media post about the training course within one week after the activity.
- Facilitate a workshop for young people or other youth workers using methods learned during the course within three months.

Participants will send La Villa a short report, the link to their social media post and, where permission has been obtained, photos of their workshops.

Sending organisations are expected to support their participants in planning and completing these activities. If a participant cannot complete an activity for a justified reason, they should contact La Villa so that a suitable alternative can be agreed.

These follow-up activities are an important part of the project and help ensure that the learning is shared with young people, youth workers and local communities.



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WHAT WE OFFER

Thanks to the financial support of the Erasmus+ Program, we offer the following conditions:

- Vegetarian food and accommodation during the training course will be provided
- No fees
- Travel costs



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TRAVEL COST CONDITIONS

Travel cost will be reimbursed up to a fixed maximum amount reimbursable for individual trip costs. This amount depends on the distance between the sending country and Issor. It is defined according to the Erasmus + travel distance rules in the table under.

The sum, set by the Erasmus + travel distance, is for return tickets and covers the travel costs from the participants' home to Issor.

If applicable, participants themselves will cover travel costs exceeding the maximum reimbursable amount.

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR

If you are traveling with low-emission transport for at least half of the round trip and includes bus, train, bicycle and carpooling, you can be granted the green travel budget.

Travel costs will be reimbursed to the participant or their sending organisation after the end of the training course and only once La Villa has received and checked all the required documents.



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For reimbursement, each participant must provide:

- A digital copy of all invoices and boarding passes/travel tickets for every leg of the outward and return journeys.
- A completed Excel reimbursement table summarising each part of the journey, including the route, date, means of transport, price and currency.
- The bank details of the participant or organisation receiving the reimbursement, including the account holder's name, IBAN and BIC/SWIFT code.

Please keep all original travel documents. Reimbursement can only be processed once the complete documentation has been received, so payment may take some time.

In addition, reimbursement is conditional on completing the 3 follow-up commitments (completing the Erasmus+ survey, publishing a social media post about the training course, facilitating a workshop for young people or youth workers).

If a follow-up activity cannot be organised for a justified reason, this must be discussed with La Villa so that a suitable alternative can be agreed.

Reimbursement can only be processed once all required documentation and evidence have been received, so payment may take some time.

Participants are expected to attend at least 90% of the programme. Attendance below this level without a justified reason may result in travel reimbursement being refused. Serious inappropriate behaviour or repeated breaches of the group agreements may also result in reimbursement being refused or withdrawal from the course. In such cases, the participant's sending organisation will be informed.



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THE VENUE: Issor (France)

The training course will take place at [Gîte Le Larrayou](#), a welcoming group accommodation situated in the small village of Issor, in the Barétous Valley at the foot of the French Pyrenees.

Located beside the Lourdios River and surrounded by preserved nature, the venue offers a peaceful environment for learning, sharing and connecting with the group. It has a large common room with a stage area and internet access.

Outside, participants can enjoy picnic tables, a football pitch, a pétanque court and beautiful views towards the mountain. Walking routes start nearby, offering opportunities to explore the surrounding mountains and countryside.



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LIVING

Participants will be accommodated in dorm style rooms of 4 to 6-beds (bunk beds). Rooms are simple and without any luxury.

Bathrooms are shared. Water from the tap is drinkable. Bed linen will be provided, but please bring a towel! The accommodation is a non-smoking environment, so you have to go outdoors to smoke.

There is one small shop in walking distance. Unfortunately, it is not possible to do laundry at the accommodation, except by hand, and you can hang your clothes to dry outside.

As part of our shared community life, all participants are expected to help with simple daily tasks, such as keeping the common areas, showers and bathrooms clean and tidy, and helping with washing the dishes.

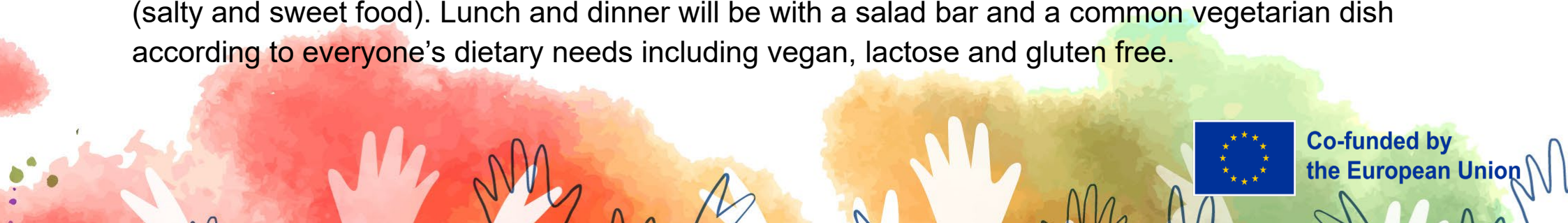
EATING

Meals will be prepared by our chef Raphaël and his assistant, who are used to cook for Erasmus + training Courses, and served at the accommodation, starting with dinner on the 2nd of November. On the 9th of November, breakfast is included as well.

VEGETARIAN and delicious: During breakfast, you can choose what you want to eat from a buffet (salty and sweet food). Lunch and dinner will be with a salad bar and a common vegetarian dish according to everyone's dietary needs including vegan, lactose and gluten free.



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ARRIVAL AND DEPARTURE

The arrival day is 02/11/2026 in the evening and the departure day is 09/11/2026 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.

Travel up to 2 days before or after the above dates is allowed only if necessary.



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HOW TO GET THERE

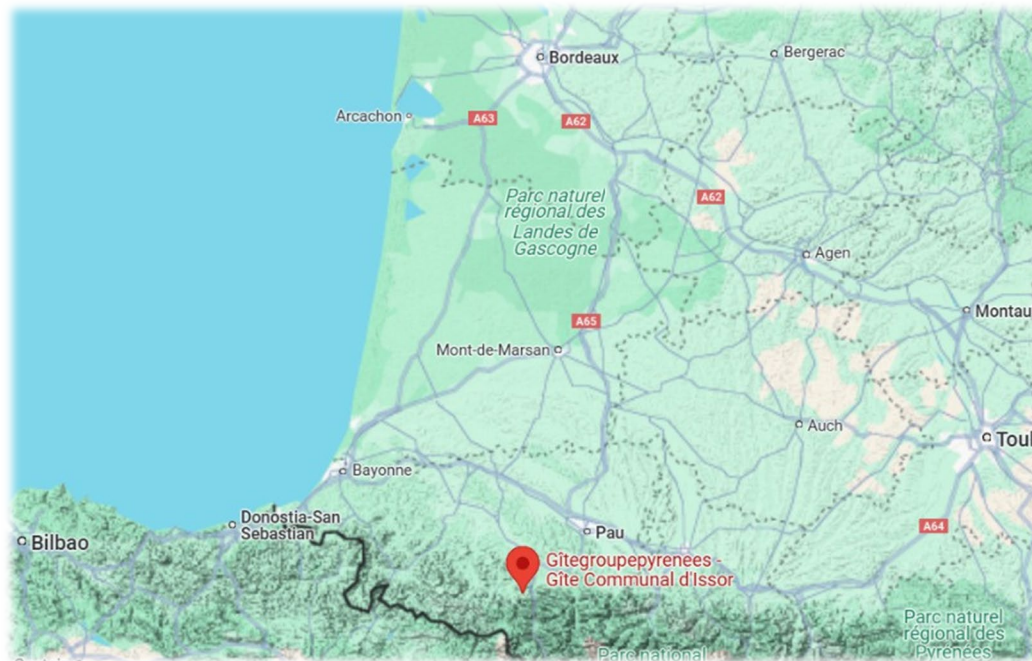
After receiving official approval about your selection, it will be time to arrange your travels!
What do you need to have in mind when looking for tickets?

1) In any case, you will need to get to the city of Pau.

2) From there you have to catch the train to the village of Lurbe-Saint-Christau (6km away from Issor). You can arrive with the train at 12:00, 17:36 or 19:08.

The price of this train always remains the same, even if you take it at the last minute.

3) From Lurbe-Saint-Christau train station, we will come and pick you up by car.



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HOW TO GET TO PAU

There are train connections to Pau, for example with the TGV from Paris, Bordeaux or Toulouse. There is also a night train from Paris to Pau, with which you can travel comfortable overnight.

Check the best prices and all the options on Rome2rio website.

Usually, the cheapest buses are the Flixbus, Ouibus or Blablabus ones.

Airports are situated in Pau, Tarbes/Lourdes, Biarritz, Toulouse, Bordeaux, or Bilbao.

There are cheap flights from all over Europe to these airports. Check Ryanair, Volotea, Easyjet but you can also look other website like Skyscanner, Momondo, Opodo, Kayak or Expedia.



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TRAVEL TIPS

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

- 🛫 Arrange all your travel in advance based on economy class tickets (1st class tickets are not reimbursed) and plan the cheapest route possible to the project venue and back home.
- 🛫 If possible, travel together with participant from your country (come with the same plane, bus, train which will make our and your organisation much easier).
- 🛫 If you have any doubt about your travelling plans, please contact Denis, 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



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LANGUAGE TIP: THE ONLINE LANGUAGE SUPPORT (OLS)

The Online Language Support (OLS) is designed to help Erasmus+ participants improve their knowledge of the language in which they will work, study or volunteer abroad so that they can make the most out of this experience. As the lack of language skills remains one of the main barriers to the participation in European education, training and youth mobility opportunities, OLS makes language support accessible in a flexible and easy way.

Check OLS out [HERE](#).



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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.

Please ask your sending coordinator if you have any doubt.



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WHAT TO BRING

Clothes for cold evening and for warm days

- 💡 Toiletries
- 💡 Earplugs (if you are sensitive to snoring)
- 💡 Towel
- 💡 Insurance card, passport
- 💡 Games to play in the evening, musical instruments if you like
- 💡 Sleepers
- 💡 Swimsuits
- 💡 Water bottle
- 💡 Snacks from your country



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HOW TO APPLY

Here is the application form:

<https://forms.gle/Wnt9gMMn5jk6TZqd8>

Deadline for applications is **02/10/26**

Deadline for purchasing tickets is **15/10/26**

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

For any question related to the application, please contact Denis at: lavilla.association@gmail.com



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