

BODIES IN DIALOGUE

Erasmus+ TRAINING COURSE

10 - 18 October 2026

French Pyrenees

CALL FOR PARTICIPANTS



co-funded
by the European Union







THE PROJECT

What is it about?

Bodies in Dialogue is an experiential training course for youth workers exploring the body as a tool for inclusion, communication and wellbeing.

Through Somatic Practices, Contact Improvisation and Consent-Based Approaches, participants will explore ways of relating - to themselves, to others and to their communities - beyond verbal communication, engaging with the body as a source of regulation, perception and relational awareness.

BiD explores **the body as a bridge between personal transformation and social impact.**

The training connects verbal communication tools with the non-verbal intelligence of the body, expanding the ways youth workers can express, relate and respond to complex human and social situations.

WHY THIS TOPIC?

Professionals that work with youth and other people today face increasing mental health challenges, complex group dynamics shaped by diversity and power relations, and the limits of approaches based only on verbal or cognitive tools.

Body-Mind Centering® and Contact Improvisation are valuable tools for blending personal and professional development, and for bringing embodied experience and the intelligence of the body into youth work.

Rather than only discussing consent and inclusion, the project **explores re-patterning** - identifying and transforming embodied habits of judgement, exclusion or disconnection through experience.

The project supports **regulation and resilience as embodied processes, both individual and collective,** while co-creating tools that foster empathy, mutual listening, shared safety and consent-based environments.



OUR METHODOLOGY

How will we work?

The training is co-created by:

Tatami Talks → Consent culture & Inclusion in sports

Ara en Moviment → Somatic work, Embodiment, Improvisation

Approaches learning through three intertwined practices:

Body-Mind Centering® (BMC):

Focused on internal awareness, exploration of body systems, sensations, and embodied perception, individual regulation, and the study of habitual responses.

Contact Improvisation (CI):

As a movement-based relational practice for exploring mutual listening, trust, boundaries, communication and cooperation.

Consent Practices:

Boundaries, communication, accountability and safer relational spaces through both verbal and non-verbal awareness.

The three practises will blend into

A Framework of Transformation:

Connecting personal awareness with relational action, making learning transferable into real youth work contexts.

KEY LEARNING FOCUSES

During this 9-day training, participants will explore and develop tools for:

- **Body awareness**, emotional **regulation** and resilience
- Group Dynamics, **relational awareness** and inclusive ways of relating
- **Consent, boundaries** and communication, both verbal and non-verbal
- **Mutual listening**, empathy, co-regulation and **relational responsibility**
- **Body-mind integration** as support against stress and burnout
- Adapting **somatic tools to youth work** and community contexts



PARTICIPANTS' PROFILE

We welcome **24 people working with young people - in any field** - who are curious about embodiment, relational practices, and new approaches to inclusion, communication and well-being.

This project is for you if you are:

- resident in **Spain, France, Serbia, Slovenia, Slovakia and Sweden**
- working with (young) people or communities
- interested in **inclusion, consent and well-being**
- wishing to **bring** the project's learning **into your practice and community**
- looking **for new tools** beyond purely verbal or theoretical approaches
- curious about, familiar, or open to **body-based practices**
- can communicate in **English** *
- willing to **actively engage** in all phases of the project, and to involve into a collective learning process (bring your own questions and perspective)

*support can be provided if needed

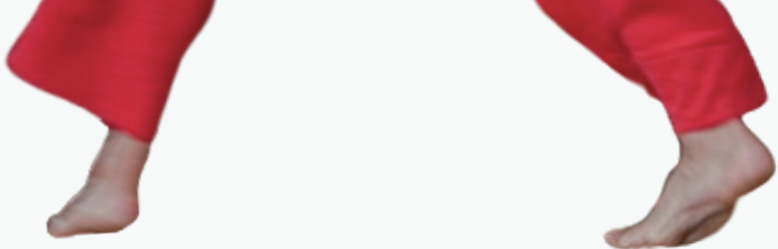
We especially welcome participants who

- **bring experience** in working with people and groups, and therefore **are over 25+, or** can demonstrate a significant level of personal-professional maturity.
- work in **complex or challenging contexts.**
- bring **diverse perspectives** and experiences
- see themselves as **multipliers**
- **have faced barriers** accessing similar opportunities (economic, geographical, social, identity-based...)

There is no specific age limit for participation. If the project resonates with you, you are warmly welcome to apply.

This is **not a conventional training**, but a space of experience, relation and collective learning.

We are **committed to supporting accessibility, diversity and meaningful participation.** If you have specific needs or circumstances you would like us to consider, we invite you to share them with us.



PROJECT'S STRUCTURE

Preparation

Online communication for preparing the course, recollection of needs, first evaluation.

Training Course

9-day residential experiential training in Ariege, France.

Follow-up Activities

Implementation of at least one local activity in order to disseminate the learning in your community; contribution to the creation of the project's outputs.

Evaluation

Shared reflection, feedback on your experience and Youthpass Certification process.



*“Movement is the manifestation of life.
If there is no movement, there is no life.”
- Bonnie Bainbridge Cohen -*



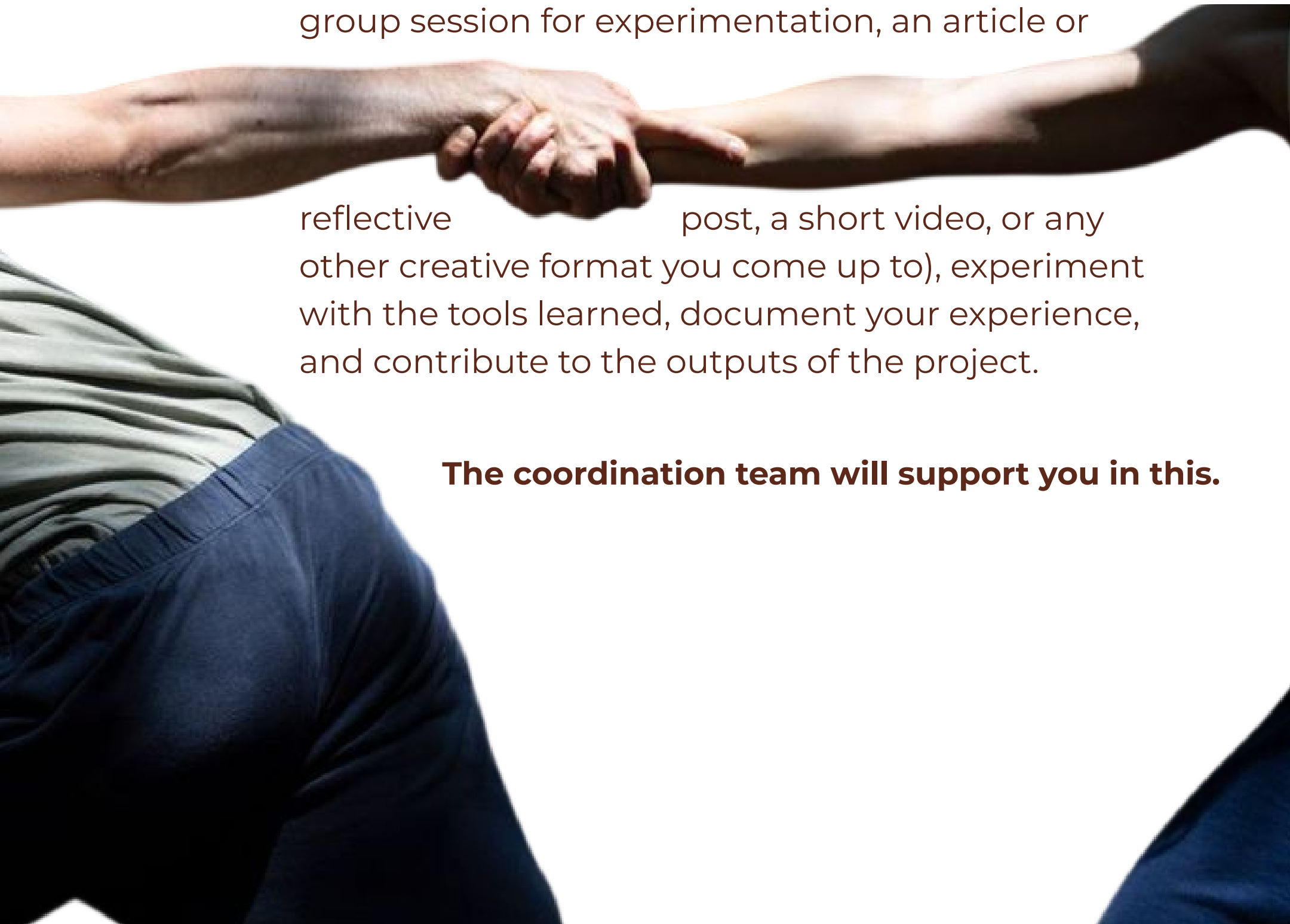
FOLLOW-UP ACTIVITIES

For bringing the learning back to your context/community, we ask you to:

After the Training **implement one local activity** (can be a workshop, an exchange space, an informal group session for experimentation, an article or

reflective post, a short video, or any other creative format you come up to), experiment with the tools learned, document your experience, and contribute to the outputs of the project.

The coordination team will support you in this.



VENUE & PRACTICALITIES

The training will take place in **a residential venue in the nature, in the area of Ariège, France** (near Toulouse), surrounded by mountains, forests and open landscape.

The space and daily life itself will become part of the pedagogy:
slowing down, connection, practice, co-regulation and community building.

We **will sleep in shared rooms** and **be engaged in daily small routines for community care**.

Daily structure includes:

- somatic and movement practice
- relational work
- reflection and integration
- time in the nature
- shared collective care for the space

Food will be **vegetarian-based**, with **3 meals per day** and one snack, adapted as much as possible to participants' dietary needs.

(you will have the opportunity to inform us after selection)



TRAVEL GUIDELINES & ECONOMIC ARRANGEMENT

The project is co-funded by Erasmus+ covering accommodation, food, training and travel expenses within Erasmus+ limits.

Participants are expected to:

- prioritise low-emission travel as much as possible
- contact the coordination team before booking their itineraries
- keep all tickets and invoices

Travel reimbursement is processed after the project, once participation, follow up activity, evaluation and travel documentation are completed.

A contribution of 50€ is invited from participants who can afford it, as a gesture of support for the management of the project.

Table of Erasmus+ Travel Maximums

Country	Proposed Travel Type	Erasmus+ Maximums
 Spain	Green	ST: 309 € · GT: 417 €
 France	Green	ST: 211 € · GT: 285 €
 Slovenia	Green /Standard	ST: 309 € · GT: 417 €
 Slovakia	Green /Standard	ST: 309 € · GT: 417 €
 Serbia	Standard /Green	ST: 309 € · GT: 417 €
 Sweden	Standard /Green	ST: 395 € · GT: 535 €

GT = Green Travel · ST = Standard Travel

Green travel prioritizes Low-Emission Transportation: ground transport like trains, buses, carpooling, or cycling over high-emission options like airplanes.

THE TEAM



Frédérique Conte

Coordination. Consent Culture



Anastasia Zygogianni

Coordination. Movement. Psychology



Alba Raventós

Body-Mind Centering ® Expertise



Uma Maravall

Contact Improvisation Expertise

THE PARTNERS

Tatami Talks (France)

Ara en Moviment (Spain)

Ängsbacka (Sweden)

PST (Slovakia)

Društvo Metta (Slovenia)

Volonterski Centar Vojvodine – VCV (Serbia)

APPLICATION & SELECTION PROCESS

Apply by filling up the Application Form,
following the link in the next page.

Selection of participants will be based on:

1. motivation |
2. diversity of profiles |
3. potential local impact

Participants will be informed about the
selection results within one month after the
application's deadline.

APPLY HERE

Deadline for Application: 30 June 2026

For questions, please contact us at:
bodiesindialogue.erasmus@protonmail.com



Bodies In Dialogue Erasmus+ Project