



TRAINING COURSE

Your Body is a Voice

5th to 15th September 2016

About what?

This training course wants to explore and introduce the participants to the practice of **body language** and **contemporary dance** as a way to **reclaim one's body**, to **communicate**, to **affirm self-confidence**, **develop creativity** and **express one's identity and ideas**.

Thanks to the **transmission of tools** – activities, exercises, theoretical knowledge – materialized into a technical booklet summing up the training course, the participants will be able to **make theirs** and to **use and spread what they have learnt** into their own environment.



Where ?

In **South-West France**, at the foot of the Pyrenean Mountains, a hundred kilometers south of the big city of **Toulouse**, in the small village of Ganties, in a house rented for the occasion.



The nearest airport is the one of **Toulouse-Blagnac** and then the nearest train station is in a city named **St Gaudens**. Bus and train transport from Toulouse airport to St Gaudens will cost you between 14 and 20 euros (one way).

All the expenses of the training course are taken in charge and the transport of the participants will be reimbursed in the limit of :

275€ for participants from **Macedonia, Poland and Czech Republic.**

360€ for participants from **Estonia, Cyprus and Romania.**

How?

Participative methods will be used. The workshops will be done in groups and will be complemented with **theory, debates, collective games and exchanges** with the trainers and between the participants on the topic of the TC. Participants will have to **facilitate activities** with people outside the training. They will be encouraged to **take initiatives** and to **show creativity** and they will be very active in the learning process. Everyday life tasks will be realized in a **collective and healthy way**, which will also help to build the group dynamic and incite the participants to **autonomy**.



Which activities?

- **debates** and constructive discussions about **the place of the body in our society**, its perception and the **practice of contemporary dance**
- debates and theory studying about **health** and the links between health, behaviour and **the relation to our body**
- **body language/contemporary dance** improvisation workshops
- introduction to the practice of **dance-therapy** and **occupational therapy**
- **facilitation of body language and dance workshops** with children/teenagers/mentally disabled grown-up persons
- attending of a **contemporary dance** performance
- workshop of **creation of a dance performance**
- creation and writing of a **technical booklet** summing up the tools and knowledge acquired during the TC

- individual and collective **evaluation**
- **cultural** evenings and **intercultural** exchanges

With whom?

Julie, one of Solafrika's worker, will be the organiser of the practical details and with the help of the trainers, and other members of Solafrika, will create and document the frame of the training course.

Angélique, the main trainer of the TC, has been a contemporary dancer and a dance teacher for years. She was also trained to the practice of dance-therapy.

Other persons may facilitate activities and help to the organization.

For whom?

Participants should be **men and women** of **any age** (but some measures have to be taken if participants are under 18, please contact us in this case).

They have to be **motivated** and **interested** by the topic of the training course, and willing to **exchange** and to **learn**, and to **function collectively** for the time of the project.

They should be **active** anyhow in the field of **youth, social work** or **culture and art**, in order to be able to **apply, re-invest and develop the competences** they will acquire during the TC.

To take part to this training course, no dance skills are required. The idea is that anyone can use his/her body to communicate, and express and develop his/her creativity.

Contemporary dance/body language won't be approached here so much as a technique but more as a **basis and a tool to explore and develop the physical and creative abilities of the human body, and imagine how to allow other persons** (young people, people with social, mental or physical difficulties...) **to do so.**