



## TRAINING COURSE ***Your Body is a Voice II***

14th to 24th May 2017

*France, Estonia, Macedonia, Czech Republic, Romania, Cyprus and Poland*

### **What you're going into...**

The idea of this training course originates in another TC which took place in September 2017 and which was centered on **a reflection around the body**, its place in society and the **physical, creative and expressive abilities** it possesses, relying on **contemporary dance/body language** as a tool.

The good results of this TC and the enthusiasm and competences of certain participants and trainers made us want to go further in **exploring the artistic, physical and collective possibilities offered by the human body, its movements and sounds**, and **pedagogical techniques** linked to those practices.

*Your Body is a Voice II* would imply **dance, theater and chorus singing** workshops, leading to various **creative, collective and pedagogical experiences and learning**.

It is intended for people of **any ages and genders** (of course :-)), who are working/active/willing to work or to be active one day in the **youth** or the **social** field and are **interested** and **motivated** to improve their competences and enrich their practice and personal life with **artistic, physical, cultural and pedagogical competences**.

### **What you have to prepare...**

On the first day (**Monday** because most participants arrive in the evening on Sunday), we'll do the team building, discovery of the place and presentations of everyone. We'll also try to **dig the subject**, our expectations and objectives, through brainstorming and debates. To prepare yourself you can begin to **think about your vision of the body in our society, what artistic potential does your body have, how you express with it and what you know about contemporary dance, voice and theater**.

**The cultural evenings:** beyond the topic of the TC, this project will also be the occasion to cultural discoveries and exchanges. In order to encourage them, each country team will have **one evening to present its culture**: prepare a **typical dinner**, and a **presentation** of any nature (powerpoint, movie, theaterplay, speech...) of aspects of its culture, with some link with the TC topic.

To prepare your cultural dinner, you should send me a **list of ingredients** (we will be 20 to 25 persons, but I can do the calculations of quantities for you if you're not sure) **the sooner the better**. You can also bring ingredients that we'll have trouble to find in France. I'll reimburse you in the limit of **40 euros**.

## Where you will stay...

In a big rented house with a nice garden in the village of **Ganties** (15 minutes from St Gaudens station – which is quite far from Toulouse).

You can see the gite at [http://www.gites.fr/gites\\_les-maroubis\\_ganties\\_h446140.htm](http://www.gites.fr/gites_les-maroubis_ganties_h446140.htm)

There will be **several dormitories**, from 2 to 10 persons, where men and women will be separated but **cultural origins mixed**.

There will be 3 to 4 bathrooms for the whole group and wireless Internet access (but quite slow).

Meals will be prepared by us with good local and organic food, with **a team of participants**, different everyday. The few days when we'll cook meat, there will be a separate meal for vegetarians.

Most of the activities will take place in the village hall, 2 minutes walk from our house.

## What you have to bring...

We have sheets and covers for you, but you need to bring a **towel**.

Weather is not generally too bad here in May, but often rainy, so bring suitable clothes and shoes (don't forget this is countryside!).

For the workshops, **bring comfortable clothes** like jogging or leggings.

You're welcome to bring your **lap-top** if you have one, it will be useful for the writing of the technical booklet, possible researches...

## How to reach the place

You've landed successfully at **Blagnac airport**.

Find the **tramway station** (downstairs). The ticket costs 1,60€ and you can use it for your whole journey to the train station. You take the tramway in direction to “Palais de Justice” and you get down at the station **Arènes**. There you will find a subway station with the same name. You take the subway in direction to “Balma Gramont” and you get down at **Marengo-SNCF**, the train station stop. The whole journey from the airport to the train station lasts more or less half an hour. (There is also a bus shuttle which goes directly to the train station, but it's much more expensive).

You have then to take a train to the city of **St Gaudens**. You have trains at 14.41; 16.13; 16.30; 17.00; 17.36; 17.41; 18.06; 19.00; 19.41 and 20.41, in directions to “Tarbes/Lourdes” or “Montréjeau”. You can buy your train ticket in the yellow and blue machines or at the counter. Normal price is 16.50€, but you can have discount if your less than 25 or a group. The journey last between an hour and an hour and a half.

Send us a text to tell which train you managed to take.

*According to your arrival times at the airport I'll try to arrange meetings between you by emails in order to organize group picking at St Gaudens station.*

About the **reimbursement of your transport**, below you'll find the maximum amount normally reimbursed according to the country you come from.

Although it can happen (but not obviously) that if some participants spend less than their maximum amount, what's left is used to reimburse more to participants who spent more than their maximum amount.

Czech Republic: 275€

Poland: 275€

Estonia: 360€

Cyprus: 360€

Macedonia: 275€

Romania: 360€

**ANYWAY DON'T FORGET TO KEEP ALL YOUR TRAVEL RECEIPTS, we will need them to reimburse your transport!**

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