



Erasmus+



## Training course

# Dance your Ability

From the 12<sup>th</sup> to the 22<sup>th</sup> of November 2019

Inclusion is a really strong word, with a really valuable aim. That aim is the one of our training course. Are we really including everyone in our lives? Do we really try? If only we could treat people around us without making any difference. This training course aim to use dance as a tool to communicate and share things in a mixed group to be all equal and include everyone.

### OUR AIM

The main objective of this training course is to improve the way we include disable people in the society. We will achieve this goal by using dance (dance movement therapy), to give a concrete tool to youth workers and mix people with different abilities. The idea is to make people from different backgrounds live together and dance together to meet, share and know better them selves.

This TC pursue other goals such as:

- \* Promoting a more healthy way of living by an healthy, organic diet.
- \* Encourage critical thinking and being active in a group dynamic.

### METHODS

We plan to use participative methods. Participant will be active and implicate in any task from the daily life. We will also use non formal education tools to promote a group dynamic and in the workshops proposed. Therefor every one should be able to develop his critical mind, his analysis sens and share his opinion with the others. By this way we will promote each skills and knowledges we will gain during the training course.

### VENUE AND DATE

The Training course will last 10 days at Lavelanet de Comminges (31220 - South-West of France), in a pedagogical farm from a local partner. There will be around 25 participants.  
The TC will take place in November 2019.

### PARTICIPANTS' PROFILE

We aim to creat a mix group with people from all boards.

It is a training course, so we are waiting participant being or willing to be youth workers, and being interested in dance.

This training course is also open to people with fewer opportunities (economical, social, geographical obstacles) and people with disabilities.

The goal is to to live all together and give us tools to experience inclusion.

# PROGRAMME

We will do two kinds of activities regarding the two different publics we will welcome. There will be communal workshops: dance movement therapy and analysis of our body, emotions etc. More workshops for the youth workers, talking about inclusion and how to use it more efficiently in our daily work. We will participate on performance and workshops towards other publics. At the end of the training course we will be collaborating with an other organization to create a final show.

Tuesday 19th of MARCH 2019	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th
<b>ARRIVING DAY</b>	Introduction to the place, the people, the organization and daily life	Introduction to dance movement therapy - Meeting your body	Talking and acting the group dance	Kineasthetic empathy	Free day Discovering a local outdoor market visiting the place around.	Movement analyses from LABAN point of view	Creation of a collective work	Showing the collective creation with an other organization.	Evaluation day
	Introduction to the topic and debating about what's Inclusion for us.	Talking about inclusion and exclusion Point of view from the dance movement therapy	Working on the dance archetypes	Contact dance		LABAN's theory and practice.	Rehearsal of the collective work	Closing the training with dance and singing	
	Discovering Youthpass by personal development					Discovering Youthpass by personal development			
<b>Nights</b>	Welcoming night with french specialties	Cinéma night	Free Night	Cultural evening	Local event	Cultural evening	Free night	Cultural evening	Good bye party

