



MIND YOUR EMOTIONS

FROM 16TH TO 22ND OF SEPTEMBER 2025

**IN SABLES D'OR LES
PINS - FRANCE.**



**Funded by
the European Union**

GENERAL OBJECTIVES :

- ONE OF THE GOALS OF YOUTH WORK IS TO FOSTER THE CONSTRUCTION OF A MORE HARMONIOUS AND EQUITABLE SOCIETY.
- EMPATHY AND GOOD COMMUNICATION SKILLS ARE ESSENTIAL. BY FOSTERING GOOD COMMUNICATION, BY WORKING, THROUGH THE BODY AND THEATER, ON THE AWARENESS OF ONE'S EMOTIONS AND CONFLICT MANAGEMENT, WE CONTRIBUTE TO THE DEVELOPMENT OF A TOLERANT EUROPEAN IDENTITY EMBRACING DIVERSITY, EMPATHY, AND AUTHENTIC HUMAN CONTACT.
- THE OBJECTIVE OF THIS TRAINING IS TO LEARN HOW TO MANAGE EMOTIONS AND CONFLICTS BY LEARNING HOW TO USE A TOOL OF ARTISTIC EXPRESSION TO BETTER PRACTICE ONE'S PROFESSION AS A YOUTH WORKER WORKING WITH MINORITIES. AND THEN TO BE ABLE TO USE THIS TOOL WITH YOUNG PEOPLE SO THAT THEY CAN ACQUIRE THE SKILLS OF BETTER COMMUNICATION WITH EACH OTHER THROUGH BETTER MANAGEMENT OF THEIR EMOTIONS AND THEREFORE CONFLICTS. THE USE OF THEATER IS A VEHICLE THAT ALLOWS FOR THE ILLUSION OF SITUATIONS IN ORDER TO WORK ON SITUATIONS IMPORTED FROM PROFESSIONAL LIFE AND TO WORK ON THEM IN ORDER TO ACQUIRE KNOWLEDGE, SKILLS, AND KNOW-HOW TO BETTER SUPERVISE TEAMS.



Pedagogical objectives:

- 1- Improve their social skills: fulfill this socialization role by ensuring understanding and respect for the rules of the social game within the activity spaces, learn to listen,
- 2- Understand the methodology, understand the framework, know others, and express their needs and limitations.
- 3- Learn how to learn and, above all, acquire new tools that can be immediately applied in the field.
- 4- Self-assess. Place myself on a path to building my skills. Measure the gap between my skills and my training needs. Formulate a training need. Have a reflective attitude about my career path, set personal goals, and manage change. Mobilize your own resources to recognize your blockages and limitations, and reframe your weaknesses by transforming them into strengths.
- 5- Reach out to a group. Know how to introduce yourself. Group management. Distribute roles, missions, and resources based on each person's skills.
- 6- Encourage everyone to express themselves, especially minorities. Deconstruct stereotypes and prejudices.
- 7- Learn to manage your emotions: understand, name, and master the expression of emotion. Manage internal tensions. Anticipate and cope with potentially challenging situations.
- 8- Share professional specificities. Share values of respect and tolerance, and increase multicultural initiatives.
- 9- Understand specific and minority audiences at the European level. 10- Being able to communicate externally about a professional experience
- 11- How to undertake an Erasmus project, listening to needs, field analyses, Erasmus experiences, and sharing potential projects.

PARTICIPANTS' PROFILE

YOU ARE MORE THAN 22 YEARS OLD. YOU ARE A RESIDENT OF ARMENIA, GEORGIA, IRELAND, SPAIN, ITALY, LITHUANIA, FRANCE, GREECE OR UKRAINE. YOU ARE EAGER TO CONNECT WITH YOUR DEEP SELF AND WITH THE OTHERS USING YOUR BODY AS A TOOL. YOU ARE REALLY EAGER TO LIFT BLOCKAGES THAT PREVENT YOU FROM LIVING WITH FLUIDITY. YOU ARE WILLING TO IMPROVE THE QUALITY OF YOUR HEALTH AND LIFE BY BRINGING BODY MOVEMENTS, THEATER AND VOICE INTO YOUR DAILY LIFE. YOU ARE HIGHLY MOTIVATED AND WILLING TO ACTIVELY CHANGE WHAT IS BLOCKING YOU IN ANY FIELD OF YOUR LIFE. YOU ARE DECIDED TO IMPROVE YOUR MENTAL HEALTH, REDUCE STRESS, DEAL WITH EMOTIONS

THIS IS AN ALCOHOL FREE STAY.



WHAT TO BRING?

- PASSPORT
- HEALTH INSURANCE
- YOUR OWN TOWEL
- YOUR OWN MEDICINES AND HYGIENE PRODUCTS
- SWIMMINGSUIT
- WARM WATERPROOF CLOTHES & SHOES. (IT CAN BE COLD AND HUMID IN THE EVENING AND IN THE NIGHT)
- SPECIAL SHOES FOR DANCE ACTIVITIES OR/AND WARM COZY SOCKS
- COMFORTABLE CLOTHES FOR MOVEMENT ✕ NO BIG LUGGAGE, IT DOESN'T FIT IN OUR CARS.
- REIMBURSEMENT DONE ON SITE BY CASH, ONLY IF YOU HAVE UPLOADED ALL YOUR TICKETS AND BOARDING PASSES AND THE FORM.
- PARTICIPATION FEE OF 150 EURO IN CASH
- GOOD MOOD AND GOOD WILL: BE SURE YOU ARE REALLY DECIDED AND MOTIVATED BY THIS TRAINING. (THIS IS NOT A TOURISM TRAINING :))



TRAINERS

DOMINIQUE LOQUIN. MORE THAN THIRTY YEARS OF RESEARCH AND TEACHING ON EXPRESSION: BODIES AND MASKED THEATERS. AFTER HAVING TAUGHT IN SEVERAL EUROPEAN AND SOUTH AMERICAN COUNTRIES, HE IS CONSIDERED TO THIS DAY AS AN ESSENTIAL PEDAGOGUE OF THE BODY AND THE NEUTRAL MASK. HIS HUMAN QUALITIES, HIS EXCEPTIONAL GIFT OF LISTENING AND HIS UNFAILING REQUIREMENT COMBINED WITH A GREAT SENSE OF HUMOR HAVE STRUCTURED ATTRACTIVE AND VERY EFFICIENT TRAINING COURSES. HIS TWO CREEDS, PLEASURE AND RESPECT. IF THE TRAINING COURSES OFFER A FRAMEWORK, THE HUMAN BEING REMAINS THE PRIORITY AND THEIR EXPECTATIONS WILL ALWAYS TAKE PRIORITY OVER THE PROPOSED FRAMEWORK.



LYDIE GUÉGAN
IS UNIVERSITY QUALIFIED (PHD) IN PROJECT MANAGEMENT, TEACHERS TRAINING, PROGRAMME CONCEPTUALIZING, TEACHING EVALUATION SINCE 2003. EXPERIENCE IN THE FIELD OF TEACHING AND TRAINING AS WELL AS ORGANIZING AND FINANCE ADMINISTERING WITH THE FRENCH MINISTRY OF FOREIGN AFFAIRS, EXPERIENCE IN TEACHING IN THE FIELD OF PERSONAL DEVELOPMENT SINCE 2009, TRAINED AND TRAINER IN MBSR FROM JON KABBAT ZIN, BENEVOLENT EDUCATION FROM ISABELLE FILIOZAT, INTELLIGENCES OF HOWARD GARDNER, MINDFULNESS FROM TICH NHAT HANH. LONG TERM EXPERIENCE SINCE 1998 IN THE FIELD OF YOUTH WORKER AS SHE WORKED 10 YEARS IN THIS FIELD TOO. WORKING IN THE FIELD OF EUROPEAN PROJECTS THROUGH YOUTH EXCHANGES, TRAINING, GRUNDTVIG, RESEARCH PROGRAMMES SINCE 2009. SHE IS SPECIALIZED AS A THERAPIST IN THE FIELD OF ACUPUNCTURE, MASSAGE AND HYPNOSIS, AND WORK FOR WOMEN. SHE LOVES MUSIC AND SINGING, NATURE, ANIMALS, KIDS ...



HOW TO GET THERE

Training Course will take place in the city Plurien. Brittany region, France. This is near Mont Saint Michel, Saint Malo, Dinan.

You will be accommodated in shared yurts of 2 to 5 personnes (spread regarding gender). Green travel is encouraged : meaning, you can have extra money to cover your transport if you can use “green travel”, as bus, train or car, or carpooling. Let us know as soon as possible and before choosing this option because not all countries can benefit from this (and some are of course very far to use this)

Arrival day is 16 of September. You should arrive to Lamballe by bus or train. We would pick you from there. No other places to arrive please!

The train (TGV) can be taken from Paris airport or from the main station Montparnasse. The station Montparnasse is 1 hour from the airport to Lamballe. Trains are very expensive in France so book your train ticket as soon as you can after confirmation from your sending organization. And allow 3 hours minimum between your plane arrival and train departure. You can also catch the bus from Paris which is much cheaper but timetable is not always convenient.

If you are landing by plane in Rennes: just take a bus at the outside of the airport and then travel up to the train station in Rennes by bus. (There is a change of bus in «Republique»). Take the train there up to Lamablle (this is not the terminus, 1 hour travel). Departure day is 24th of September. We will drop you to the train station. So please, try to make sure to be able to have time to take a train in the morning and catch your flight the same day. (Departure flight from Paris not earlier than 15:00). It is allowed to travel 2 days before or stay 2 days after the training course for sightseeing and still be eligible for travel refund. Please note that during that time you need to cover your accommodation by your own. Training will take place in a seaside location there are no shops, amenities within walking distance of venue. (40 min walk) There is Wi-Fi connection but not very powerful. We will have 3 vegetarian meals per day as well as 2 coffee breaks. Use of alcohol is not allowed during the project. The place is an ecological place: please sort out your waste and bare in mind that you will be with other campers on the site. You will be active in the daily tasks as washing your dishes and requested to let the yurts clean as you found them.

REIMBURSEMENT

EACH NGOS HAS 2 PARTICIPANTS TO SEND EXCEPT :
ARMENIA 4 PERS, AND ITALIA 3 PERSONNES.

ITALY: 309 EUROS OR GREEN TRAVEL ASKED 417 EUROS,
IRELAND, SPAIN, LITUANIA : 309 EUROS
GREECE, UKRAINE : 395 EUROS,
ARMÉNIA, GEORGIA : 580 EUROS
**YOU CAN TRAVEL ONLY ON THE 14TH AND 15TH, AND 23
AND 24TH. ONLY. IF YOU TRAVEL BEFORE OR AFTER YOU
WILL NOT BE REIMBURSED.**



We have to possibility to let 3 pax travel on
the 14th of september (on your own
expenses. .) You should adress to us directly.
Your flying ticket should be approved by us
before buying it.



Your engagement :

- be on time to the activities
- be involved in it
- write an article on social media on the training
- share a pedagogical session you can reuse coming back home

If any request, ask your sending NGO . My contact is
Lydie Guégan - lydieguegan@yahoo.fr
0615910183

SEE YOU SOON!

