

Youth Exchange
BODIES IN MOVEMENT

Beaumotte-Aubertans, France
23 July - 06 August, 2025



Co-funded by
the European Union

Hosting organization

The Association Centre de Beaumotte moved into a former paper mill in 1979. It has now become a large house that provides permanent accommodation for around 15 people. The main project of this popular education association is to welcome people in serious difficulty, whether young people or adults.

To keep this project alive; we work with social, cultural and generational diversity, convinced that it is because of this diversity that people change and that together we can change society. Here they live people with complicated backgrounds (adults and teenagers), international volunteers and permanent employees who take care of the smooth running of the place ensure the smooth running of the home. For the duration of the project, participants will have the opportunity to share moments with all these people.



Project information

Where: at the Centre de Beaumotte association,
located in Beaumotte-Aubertans, 30km from Besançon and Vesoul.

Participants: 20 from 4 different countries

- age: 15-17

- each group will consist of 4 participants + 1 leader

Participation fees: Free of charge, this project is co-financed by the Erasmus + program.

No prerequisites, just motivation and a taste for sharing!

🏠👤 Explore your body and its representations through the circus!

Do you come from France, Spain, Italy or Lithuania and want to question the way our bodies are perceived and represented ? Join us for a unique experience blending movement, expression and creativity!

💡 The body in all its forms

Through sports and artistic workshops, we'll explore:

👤 The diversity of bodies

👤 The impact of postures and movement on our image and identity

🌍 Cultural differences that influence our connection with the body

🎪 Why the circus?

Circus is a universal language that lets you express emotions, tell stories and experiment freely with your body. It's a playful, accessible way to question norms and reclaim one's image!

💛 A space for self-expression and exchange

Other people's views and standards play a big part in shaping our bodies. Here, you can experiment without pressure, share your thoughts and discover other perspectives in a caring environment.

Ready to get moving, express yourself and push back preconceived ideas ?



Popular education and participation

🍷🍷 A collective and participative adventure!

For two weeks, you won't just be a spectator, but a player in the experience ! Here, everything is done together: cooking, washing up, cleaning common areas, sharing meals, organizing and proposing activities... Every moment of daily life is an opportunity to exchange, discover other cultures and create bonds.

💛 A project based on popular education

No lectures here! We learn by doing, by experimenting, by living together. The important thing is to “do things together”, because that's how you create real encounters and build a rich, unique intercultural experience.

🎉 No need to be an expert, just motivated !

No special skills are required: all that counts is your motivation for the theme and for life in a group! It doesn't matter what your background is, as long as you want to get involved and live an alternative experience.

🌍 20 young people, 4 countries, 1 shared adventure

You'll be part of a group of 20 participants from France, Italie, Spain and Lithuania. A great opportunity to meet inspiring people and learn together !



Practical information

During your stay, you'll be accommodated in a collective reception area where everything is designed to live together and share an intercultural experience.

👥 A team on site to support you

International volunteers will be on hand to help you organize daily life, and each country will have a leader to facilitate communication. At the same time, another group of young teens will be taking part in an international masonry workcamp, promising even more enriching encounters!

🏠 Accommodation in communal tents You'll sleep in large 8- to 16-person tents, with bunk beds, non-mixed genders. Remember to bring your own comforter and pillow! In case of bad weather, a fallback area is provided. 🛏 Daily life and comfort ✓ Access to the Center's bathrooms and toilets + dry toilets outside. ✓ Home-cooked meals in a professional kitchen, with organic and/or local ingredients (with meat 2 times a week, otherwise vegetarian and balanced menu) 🌱 ✓ Wifi access limited to specific times (to fully enjoy the experience!) ✓ No washing machine on site, please plan accordingly ✓ Minibus for outings and activities, always organized collectively. 🚌 A place open to all The Center also accommodates young people in social difficulty, accompanied by a specialized educator. A support person is always on hand, day and night, including weekends and holidays.



Reimbursement

Travel costs will be partially reimbursed in accordance with the Erasmus + pricing policy:

- 28€ for the distances from 10 to 99 km
(56€ in case of green travel)
- 211€ for the distances from 100 to 499 km
(285€ in case of green travel)
- 309€ for the distances from 500 to 1999km
(417€ in case of green travel)
- 395€ for the distances from 2000 to 2999km
(535€ in case of green travel)
- 580€ for the distances from 3000 to 3999km



Explorer Pass 2025

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all youth exchanges, study visits, events in Lithuania and abroad until the end of the year! This membership fee helps to support us and assures more resources on looking for exclusive opportunities for members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.

For more projects: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities: <https://www.facebook.com/groups/186132221744993>

Join now

<https://www.tavoeuropa.eu/youth-exchanges/bodies-in-movement/>

