



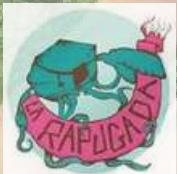
# FREE FROM DESIRE

SHARING TO EMPOWER:  
OUR BODIES, OUR STORIES,  
OUR CREATIVE FORCES

**TRAINING COURSE**  
*for women and gender  
minorities*

**Piegros-la-Clastres**  
**16/03 to 27/03**  
**2026**

La Rapugada



Co-funded by the  
Erasmus+ Programme  
of the European Union



# INTRODUCTION

In this lab session, we aim to **collectivize our stories and our practices to celebrate ourselves (as women and gender minorities). And to do ourselves good.**

We share the stories that have shaped us.

We share our desires.

We share our fears.

We share our strengths.

**From there, and together, we create and empower ourselves through different mediums.**

# INTIMACY AND EMPOWERMENT

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We aim to enable, support, and promote the creation of collective spaces where unique lived experiences, particularly those of women and gender minorities, can be shared, reflected upon, and passed on. Through listening, sharing, and the construction of collective knowledge, the personal intersects with the political.

We believe in the power of these diverse narratives to nurture a shared imagination, in which our desires, wounds, joys, anger, and resistance become creative forces. By making these experiences visible and legitimate, we hope to contribute to forms of solidarity and collective empowerment.

We see in these shared dynamics essential levers for social transformation and concrete means of combating patriarchy, systemic violence, discrimination, and the gender norms that limit our lives.

# WHAT TOOLS ?

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To enable us to create a kind of performance from our unique experiences and individual bodies, we provide you with various tools:

- writing workshops
- expression and empowerment through body and movement
- theatrical staging
- singing, music, sound creation
- readings, discussions and surveying
- relaxation, walks outdoors, unwinding

# OBJECTIVES

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- To create a collective space where lived bodily experiences and individual desires (“small stories”) connect to become sources of empowerment and social transformation (“big story”)
- To nurture a collective imagination where marginalized desires become important - and levers for social transformation
- To strengthen individual and collective agency
- To foster connection and mutual support
- To experience the power of siblinghood

# ABOUT OUR POLITICAL INTENTIONS

Our political stance is rooted in the principles of popular education. This approach emphasizes empowerment, critical thinking, and active participation in societal transformation. We are firmly committed to feminist values, fighting for gender equality and against patriarchy. Our work is inherently political, as it challenges power imbalances, systemic inequalities, and cultural norms that perpetuate oppression. It supports grassroots movements and encourages participants to critically analyze societal structures and question dominant narratives. By fostering dialogue, reflection, and an intersectional approach, we want to equip individuals to navigate and influence the political, social, and cultural dimensions of their communities.

# THIS PROJECT IS FOR YOU IF YOU....

- are over 18 years old.
- are a woman or belong to a gender minority  
live in an European Union country and have a  
sending organisation with an OID.
- speak english are working with youth  
(educators, volunteers, etc.)
- want to feel good, give you time for yourself  
and create from your own stories and those of  
others

# WHAT TO BRING

- comfortable and waterproof clothes, raincoat and shoes
- a personal water bottle for hydration during workshops
- hygienic kit and towels, flip flops for the shower
- typical food and snacks from your country
- warm, comfortable slippers and warm clothing : sweaters, hats, scarves, gloves.
- loose, comfortable clothing.
- a notebook for writing/drawing and pens/pencils
- travel and health INSURANCE (for ex. European Health Card)
- any necessary medicines and anything else you can't do without (there are no shops nearby)

# ABOUT THE VENUE

Participants will be hosted in shared rooms, in a joyful shared living space, surrounded by nature (Piegros la Clastre 26400).  
[Click here to see more.](#)



IF YOU HAVE ANY DIETARY NEEDS, DON'T FORGET TO  
WRITE IT IN THE APPLICATION FORM



## HOW TO GET TO THE VENUE

The airports nearby are Marseille, Grenoble and Lyon. There might be low cost flights to others places as well.

For the train tickets, use the official website of SNCF or OUIGO. DO NOT BOOK tickets through trainline. You can check the timetable in the SNCF website.

Then you will take a train to SAILLANS, where you will be picked up by an organiser.

**Do not buy ANY tickets until they are confirmed by organisers.**

# SUSTAINABLE TRAVEL



We encourage you to use the most eco-friendly means of transport available!

If you are not too far, you can always search for an alternative to travelling by plane or try to find direct flights and complement them with trains or buses. Only the **CHEAPEST PUBLIC TRANSPORT** tickets will be reimbursed. You can spend a couple of extra days in France, and it will be at your own expense and responsibility.

# TRAVEL REIMBURSEMENT

Justified travel costs (with tickets) will be reimbursed with a maximum budget depending on the distance :

	Eco responsible travel	NON eco responsible travel
10 - 99 KM	UP TO 56€	UP TO 28€
100 - 499 KM	UP TO 285€	UP TO 211€
500 - 1999 KM	UP TO 417€	UP TO 309€

(here you can calculate the km : <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>)

**THIS PROJECT DOES NOT HAVE A PARTICIPATION FEE**

# Contact Us!



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# Join with Tavo Europa

Educator Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community 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 the 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>



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