

# CALL FOR PARTICIPANTS

## To Be Me or Not To Be

### A Stage for Every Self

Adult Youth exchange for 18-30 years old  
from 4 to 17 November 2025



- Experience two weeks of intercultural life through art and identity exploration
- Affirm your voice, explore who you are while discovering who we are, together
- Use theatre and creativity to break stereotypes, confront norms, and reclaim stories personal and collective
- Create a space where every self matters, where differences meet, clash, resonate and build bridges

#### Step 1 – Reflect:

Explore your own identity and how it's shaped by culture, gender, history and context. Discover others' stories and find unexpected connections.

#### Step 2 – Express:

Experiment with theatre, movement, writing, and symbolic language to express what defines and transforms us individually and collectively.

#### Step 3 – Create:

In small international groups, co-create performances that speak not only about “me” but about “us”. Explore how our identities cohabit, challenge and enrich each other.

#### Step 4 – Perform & Share:

Bring these shared stories to the stage. Perform for a local audience. Make the invisible visible. Celebrate diversity as strength.

# Le Créneau - Solidarités

## Jeunesses

### ABOUT US

#### Location of the project

Le Créneau  
Château des Prureaux  
03130 Montcombroux les  
Mines, France

#### Dates

4 to 17 November 2025  
(including travel dates)

#### Participants

16 European participants  
18-30 years old +4 leaders  
18+ (= 4 participants + 1  
leader per partners)

#### Need:

basic level in English

#### Cost:

Accommodation and meal  
will be provided by the  
organization.  
Travel costs will be  
partially covered  
according to the  
Erasmus+ calculator.

#### Contact

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Le Créneau is one of the regional branches of Solidarités Jeunesses. It is located in a château in Montcombroux-les-Mines, in a rural area. It has been working for local **social, educational and cultural** development for 31 years.

The aim of our association is to **bring together people from different social and cultural backgrounds** to create a mix, learn to live and work together, get to **know each other** and share their own experiences in a spirit of **respect and tolerance**. To achieve these objectives, the young people will prepare their own menus, cook as a group, do the housework and organise their activities. Supervised and accompanied by a trained team, they will **experience interculturality**.

Participants will stay in **the castle** in shared rooms (3 to 8 people per room). Shared bathrooms are available on the upper floor, with common living areas on the ground floor.

