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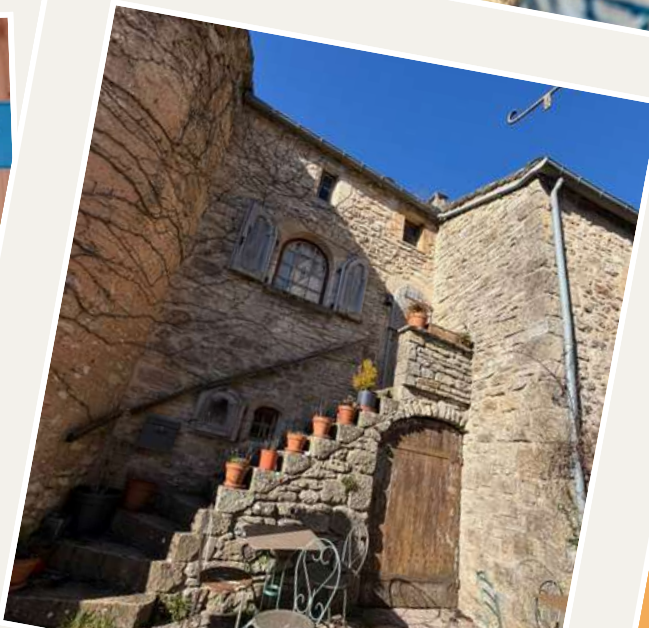
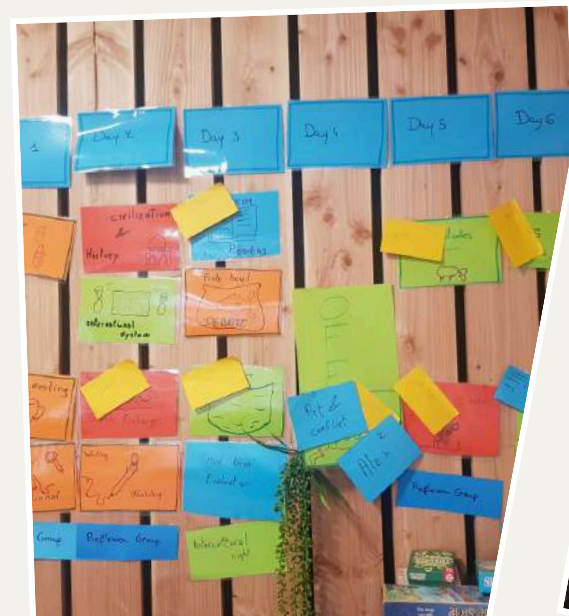
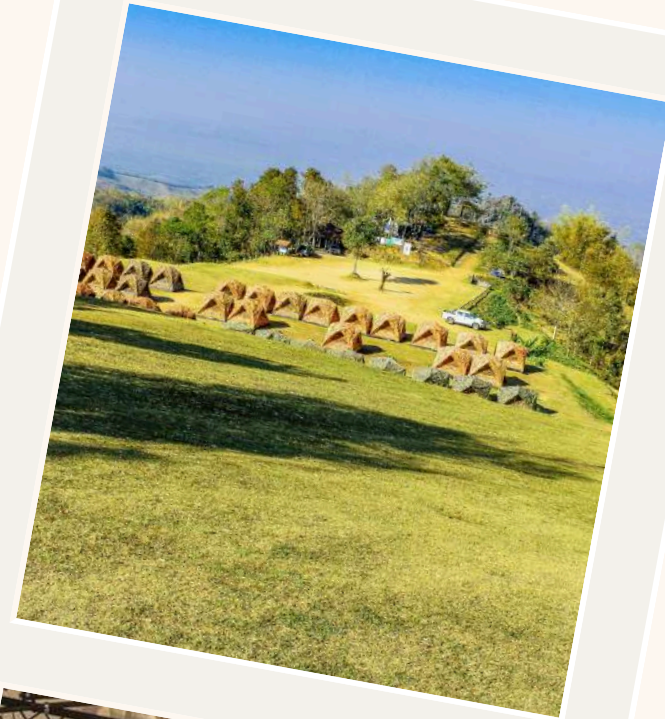
CALL FOR PARTICIPANTS

YOUTH EXCHANGE (18-30)

13/07/2026 -21/07/2026

 **FRANCE (CORNUS/LODÈVE)**

 **Co-funded by
the European Union**





Who we are

Founded in 2021 and based in **Lodève**, the Du Grain à Moudre association operates throughout the **Occitanie region**.

Our aim is to highlight engagement as a **collective experience** – a way to build belonging, to act together, and consequently to counter social isolation and strengthen the mental health of young people.

Our approach is guided by a strong conviction: **to foster individual and collective empowerment and cultivate critical thinking to enable the emergence of active, creative, and conscious citizens.**

We ground our actions in the tradition of popular education, experimenting with participatory tools and reclaiming public spaces as stages for expression, encounters, and **social transformation.**



Introduction

Despite the widespread idea that young people are becoming less engaged, recent studies, show the opposite: **forms of youth engagement are diversifying and even increasing.**

Engagement can take institutionalized forms such as civic service or volunteering programs. However, many other ways of taking action exist. For instance:

- 41% of young people have already signed an online petition.
- 3 out of 10 were involved in volunteering in 2021.
- 22% of 15–30 year-olds have participated in a demonstration.

We would like to explore more deeply the link between public space and the process of engagement.

We also wish to open a discussion around how engagement can take different directions depending on context, support, the tools used.





Project

Dance will be one of the tools used during the project exploring the link between dance and protest movements.

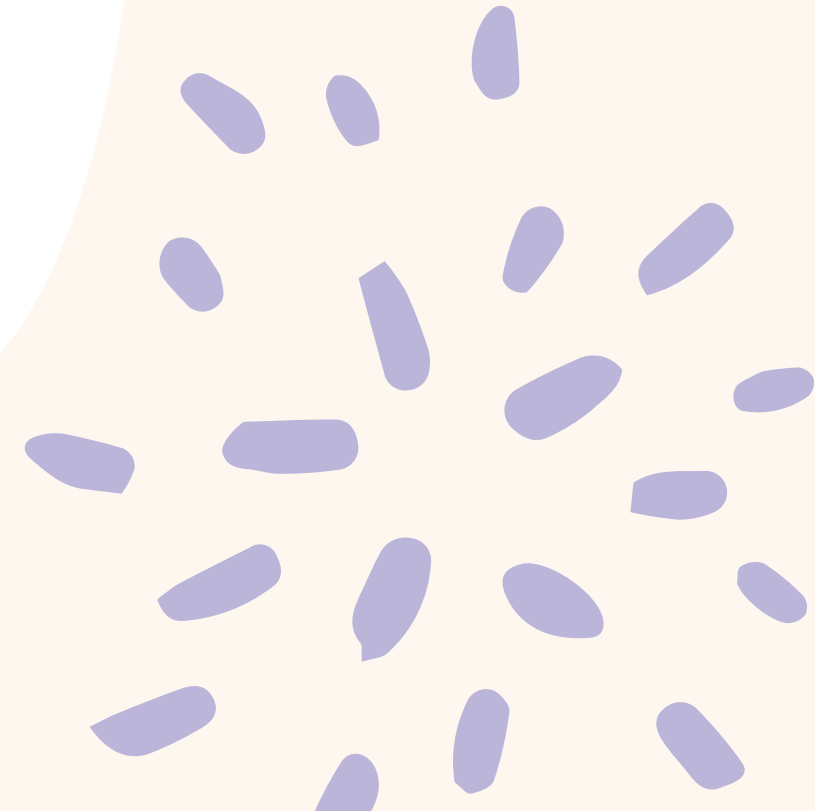
To conclude the event, we will offer an “**activist dance party**”, inspired by the concept of dance parties organized for younger people.

This is a festive and accessible event, conceived as a collective appropriation of public space, where music and dance invite passersby to join the movement.

This shared celebration will be enriched with a more activist dimension through the parallel implementation of a platform for sharing messages: a **participatory system in which everyone can add their own activist messages**, testimonies, or demands.

In this way, the party will become both a space for joy and conviviality, and a place for civic and political expression.

By blending the spontaneity of **dance and the power of words**, this action aims to show that engagement can be festive, creative, and transformative all at once.



objectives



Highlight engagement as collective experience that fosters belonging, cooperation & solidarity



Show how collective action through dance can be a lever against social isolation and a factor in positive mental health



Open the discussion around activism, to understand how engagement can take different directions.

Activities

Workshops (engagement, joyful activism, social cohesion..)

Participation in the Résurgence Festival (being a part of the show but also enjoying the different performances)

Dance workshops

Community living & daily tasks (preparing the food together etc.)

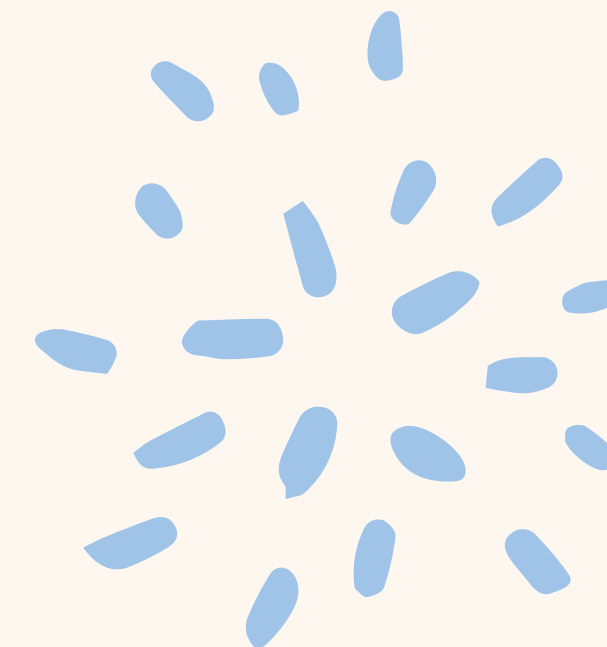


Zoom on Résurgences Festival

As part of the project, we'll be spending a weekend helping to create a performance that we'll stage during the **Résurgences Festival in Lodève!** You will then have the **chance to perform in front of an audience!**

The Résurgences Festival is a performing arts festival (shows, theatre, concerts, etc.) held in Lodève in July.

Find all the festival information [here!](#)



Accommodation

The project will take place in **Cornus**, a small village located in a rural area. Accommodation will be in a gîte with shared rooms. The venue is a **rustic place**. Rooms will host up to 4-5 people each. Every room has its own private bathroom. The meals (**vegetarian food in general**) will be prepared by the participant by turn just as some **daily comon task**.

During the **Resurgence festival two nights will take place in the Lodève city**, in a collective setting with camping conditions : indoor but sleeping on floor mattress with limited hot water!

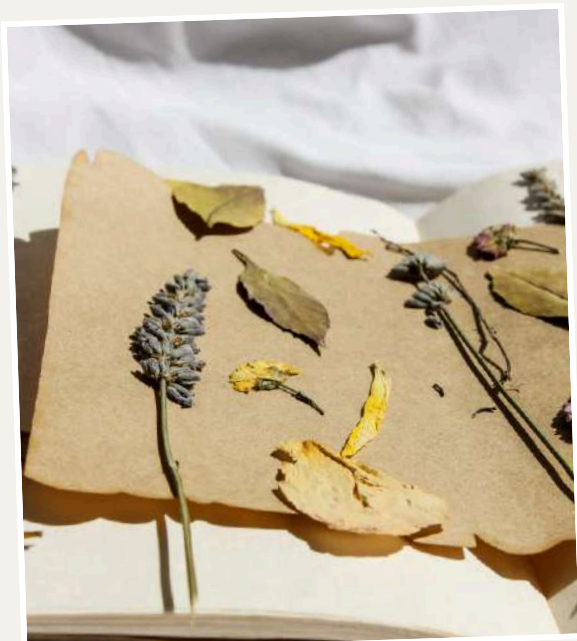
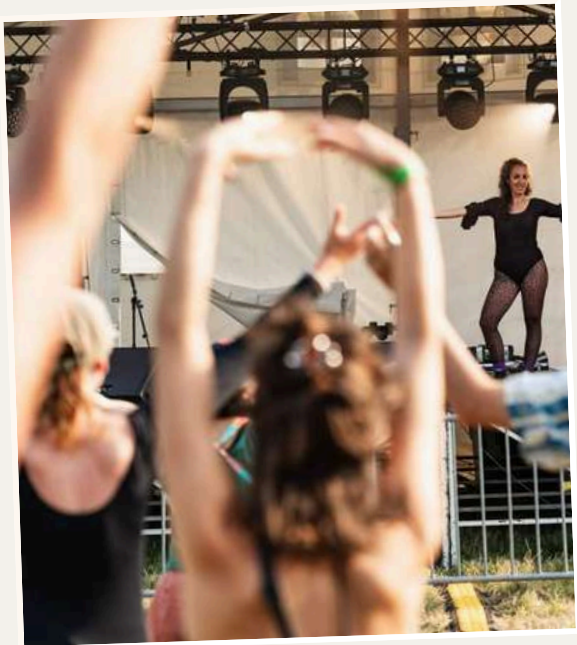


Profile of participants

We are looking for **5 young people (18–30)** and a group leader per country.

The project being focus on **dancing with a final public representation**, we will be looking for young people and group leaders who **enjoy dancing**. **No level of dance is required**, just an ability to perform in front of a public and the willingness to learn.

Participants will be asked to participate in the daily life chores and to cook for the group.



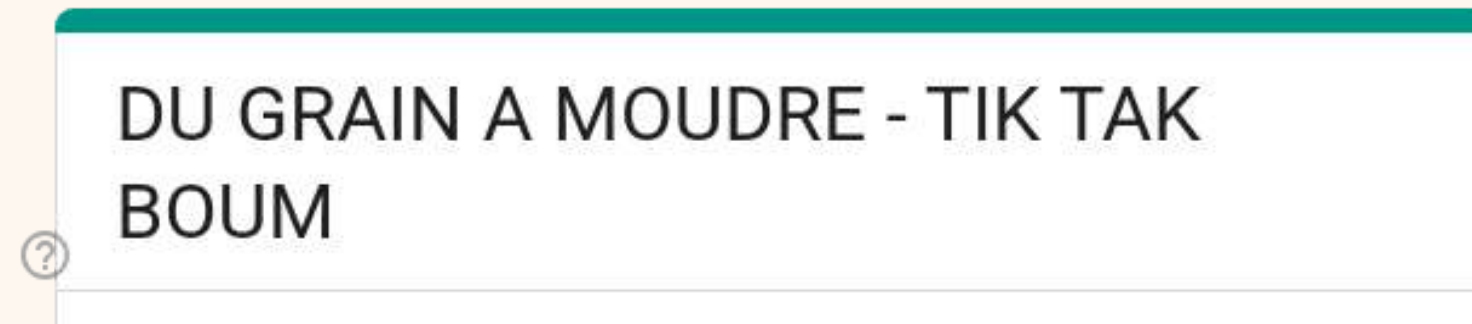
Financial Conditions



TRAVEL DISTANCE	GREEN TRAVEL	NON GREEN TRAVEL
10-99km	56€	28€
100-499km	285€	211€
500-1999Km	417€	309€
2000-2999km	535€	395€
3000-3999km	785€	580€
4000-7999km	1185€	1188€

- Travel costs will be reimbursed based on programme unit costs, up to a fixed limit indicated by your sending organization or Du Grain à Moudre
- Accommodation and food are fully covered.
- Please do not buy tickets until your sending organization and Du Grain à Moudre confirms your participation.
- Reimbursements will be made (via sending organisations) within up to 3 months after the project.
- Travel reimbursement is calculated according to the distance using the European Commission calculator. Green travel (bus, train, carpooling) is available for some countries, subject to confirmation from Du Grain à Moudre

contacts & applications



[LINK TO APPLY](#)

Applications will be accepted until 31 May 2026. Please check details with your sending organisation

ATTENTION: Please note that your application does not constitute acceptance.
Please wait for final confirmation from the Grain à Moudre team!

YOU HAVE A QUESTION BEFORE THE PROJECT?

Please contact us at grainamoudre.asso@gmail.com

