

FROM **POWER** TO **EMPOWERMENT**

AT CATFARM,
SOUTH OF
FRANCE

MOBILITY
FOR YOUTH
WORKERS



15^{TO} 24
OCTOBER
2026

PARTICIPANTS
FROM:

**FRANCE, GREECE, NETHERLANDS, BULGARIA,
BELGIUM, LEBANON AND SPAIN**

(ARRIVAL AND DEPARTURE
DAYS INCLUDED)



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





WHAT IS THE TRAINING ABOUT?

From Power to Empowerment

is a training for youth workers who want to better understand how power operates in our social, educational and professional environments, and how we can create more participatory and inclusive spaces.

Power is present in every group and relationship. When its dynamics remain invisible or unquestioned, they can limit participation and reinforce inequalities. Throughout the training, we will explore how to recognize these dynamics, analyse systems of power and oppression, and develop practices that foster shared power and collective empowerment.

TOGETHER WE WILL:

- Explore pedagogical tools based on the **Theatre of the Oppressed and Forum Theatre**, using real-life situations to reflect on participation, inclusion and power.
- Discover and experiment with **horizontal governance** tools and methods for non-hierarchical organization and shared decision-making for fairer, more inclusive organisations.
- Develop critical lense to analyse systems of inequality and oppression.
- Be immersed in the intentional community of Catfarm, connecting to the ecovillage movement and other social movements as source of inspiration for more just social transformation.

We will be using methods such as the Theatre of the Oppressed as part of a deep personal learning journey and social transformation. These approaches may engage the body, emotions, and lived experiences that can feel sensitive. We invite you to keep this in mind as you prepare, and to give yourself the freedom to participate at your own pace.





WHO ARE WE?

Catfarm Education is our association, supported by an intentional community located in the outskirts of the medieval village of Poussan in the Herault department, in Southern France. We opened the doors of our association 7 years ago, although Catfarm existed already before this. The Catfarm community is the location of our projects. It is a welcoming off-grid international community with the intention to explore an alternative lifestyle closer to nature and demonstrate self-sufficient living, while finding ways to ethically work together.

Discover more on our website:

www.catfarm.net



THE FACILITATORS



CLARA (SHE/HER)

Clara is specialized in the Theatre of the Oppressed, particularly forum theatre, and in embodiment practices. She supports groups of different ages in exploring power relations through physical experimentation, collective creation and reflective approaches.

She has developed her practices in different contexts: Buenos Aires, Barcelona, Senegal and Marseille. Committed to social, ecofeminist and decolonial issues, she is also developing a practice in dance therapy and contact improvisation.



GABRIEL (HE/HIM)

Gabriel has been living in Catfarm for six years. With over ten years of experience researching and experimenting with models of horizontal governance in a variety of contexts (businesses, associations, communities), he supports social impact organizations.

He will share his experience with non-hierarchical way of organizing and working collectively.

THE FACILITATORS



DARA (HE/HIM)

Dara has a background in Global studies and is specialised in natural building, agroforestry and regenerative systems. After spending years traveling around the world, learning from different social movements, he now works to use this experience in service of the ecovillage movement.

In the training he will lead experiential sessions linking ecology and social transformation, taking inspiration from non European social movements.



PRISCA (SHE/HER)

Prisca brings an academic and analytical perspective, rooted in decolonial and systemic thinking. Her expertise covers degrowth, just transition and regenerative systems, which she links to practical experiences and indigenous knowledge.

In the project she will provide accessible theoretical frameworks and facilitate sessions of collective reflection, enabling participants to analyse power relations from a decolonial and systemic perspective.

WHO IS IT FOR? **Age +18**

Residents of: BULGARIA, BELGIUM, LEBANON, SPAIN, GREECE, NETHERLANDS AND FRANCE.

We ask for an intermediate level of English (B1) and a strong motivation to apply these tools with your youth groups.

THE VENUE: CATFARM COMMUNITY

Food & accommodation

Catfarm is an off grid community in a rural and hilly area. During the training we will spend most of our time outdoors.

- Accommodation: you'll sleep in tents in the Catfarm camping area. We will provide tents (which may be shared with other participants), camping beds and blankets.
- Food: delicious vegan meals based on local, seasonal products. We will provide 3 meals and 2 tea/coffee breaks during each project day.
- Community life: this training includes experiencing life in an intentional community. You are invited to immerse yourself in the community life, and contribute to some simple daily tasks, supporting the creation of a welcoming space for all.

Weather in October

October in Poussan is a transition month into autumn. The days are generally mild and at night temperature can drop. Sometimes we have rains. Keep in mind that we will be outdoors most of the time:)

COSTS AND TRAVEL REIMBURSEMENT

The Erasmus+ programme fully covers the costs of food, accommodation and participation. Travel costs are going to be reimbursed one month after the end of the training. The maximum costs of reimbursement depend of your country of origin:

COUNTRY:	MAX TRAVEL REIMBURSEMENTS
Bulgaria, Greece	€309
Belgium, Netherlands, Spain.	€417 (green travel only)
Lebanon	€600
France	€285 (green travel only)

IMPORTANT:

- Your trip must start from your home country
- Please DO NOT buy your tickets without having prior confirmation from us
- You need to attend to all the activities of the project to get the refund

deadline for the applications:

JULY 31TH 2026

If you have any question, contact Ari:
ari@catfarm.net

APPLY IN THE LINK BELOW:

<https://bit.ly/4vw8UXM>