



Dance for **eco-resilience**

July 15-27 2026
Cornac, France

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Art'zimut mission

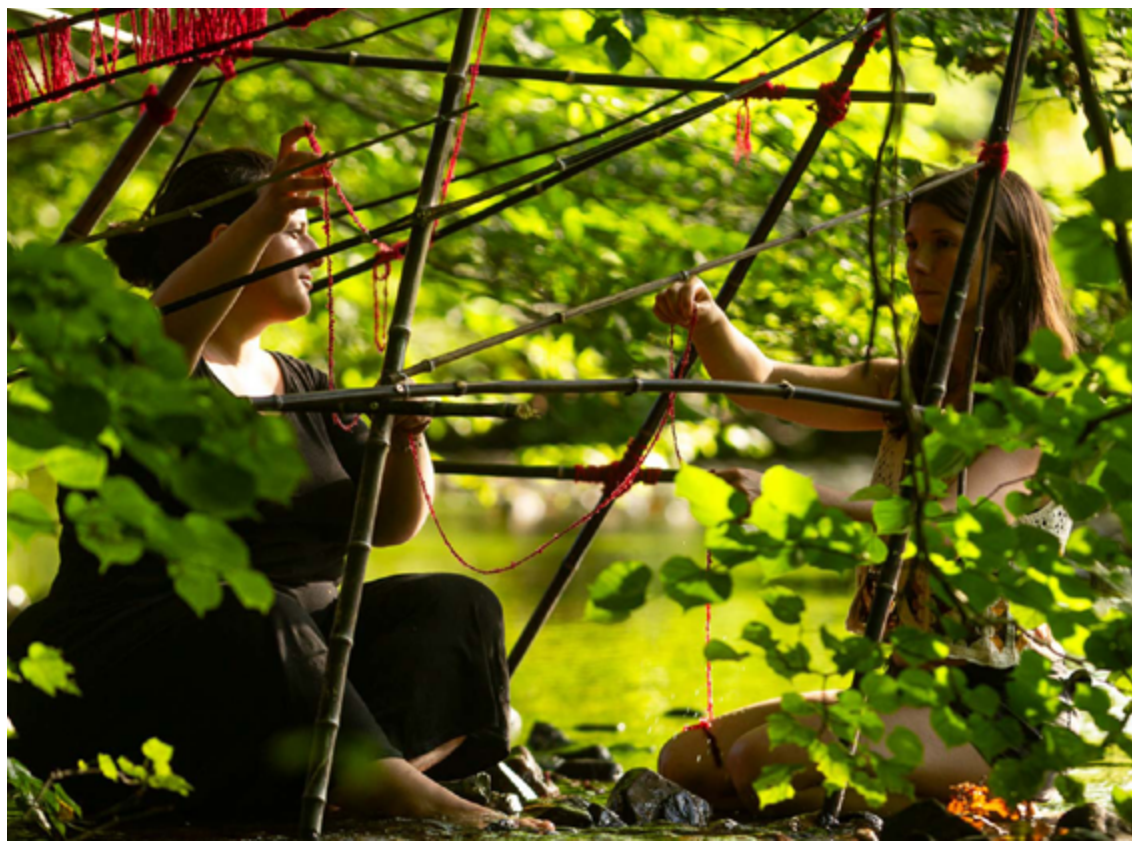
Art'zimut is a rural cultural association in France that creates community-centered artistic projects, fostering connection, collaboration, and an "ecology of culture." Through local events, an itinerant cultural center, live performances, and workshops, it promotes inclusive, human, and participatory cultural practices.

Rooting **training** & creative **residency**

Rooting will invite 30 youth workers, social actors, artists and creatives from France, Romania, Spain, Bulgaria, Turkey, Greece and Latvia. Rooting is a workshop for facilitators and creative professionals who want to help young people overcome the challenges of eco-anxiety. An immersive experience of dance, collective creation and learning based on connecting with oneself and nature.

It is a training. You will learn to support young people in navigating the challenges of eco-anxiety, disconnection from nature, and feelings of powerlessness. Rooting aims, through experiential learning, to reconnect participants with their environment, their communities, and themselves, equipping them with good practices and tools to bring home to their target groups. Through immersive, ecological, embodied, collective and creative practices, Rooting seeks to provide tools for self-awareness, mental & physical health improvement, personal & collective empowerment to participating youth workers.

It is an art residency. You'll be hosted in a creative rural barn to research, question, develop and confront your art vision and practices with trainers and participants. You will work together to produce a site-specific dance performance and present it to the local community in Cornac.



Our programme

Mornings will be dedicated to collective training.
Afternoons will be time to develop your projects, personal or collective creations ; to exchange about your project evolution in peer groups, sometimes in plenary ;
to consult individually with Rooting trainers and/or
to join technical workshops to enrich your practice.
Evenings will be open for participants willing to propose activities to each other.

Day 1 | Who is who?
Day 2 | Team building
Day 3 | Ecology & mental health
Day 4 | Embodiment in nature
Day 5 | Our heartbeat
Day 6 | FREE DAY
Day 7 | Rooting story
Day 8 | Collective creation
Day 9 | Final production
Day 10 | Rooting public event
Day 11 | Evaluation & learning outcomes

Learning methods

Our methodology is based on experiential learning (learn by doing it!), interdisciplinary exchange (widen your panel of knowledge!) outdoor education and non-formal education principles (explore the power of collective intelligence!) Participants will learn through testing designed methods and reflecting upon the experience. Using a participatory approach, we encourage the exchange of experience between the participants and with the local community, fostering peer learning. We invite diverse participants profiles to foster co-learning and enrich everyone's creations with the expertise and perspective of others.



Rooting trainers

Meet here the two pillars of our project, who dreamt it and made it happen. Together, they will host and animate Rooting programme.

Anne Merlin

Anne is a creativity explorer. Whilst studying visual arts and interaction design in France, she discovered the magic of creativity mixed with collective intelligence and social action. Excited about the whole thing, she co-founded Nomadways in 2014 and Tiliade in 2021 where she crafts and animates workshops mixing performing and visual arts, to explore new ways to co-create and learn in Europe and beyond. She lived all over the world, experimenting with ever more creative ways to interact and discover one another in multilingual or non verbal settings. Along the way, she collected myriads of tools & methods for collaborative creation, nature-based learning, emotional intelligence, specializing in storytelling, team dynamics and project design using creativity, movement, emotions and stories to foster well-being, cooperation & social action.

Céline Klein

Céline Klein, an experienced dance therapist trained at the Expression Sensitive school, brings a deep understanding of the therapeutic power of movement and embodied practices. Her commitment to making dance accessible to all resonates with Rooting's emphasis on inclusion, and her belief in the transformative power of movement aligns with the project's goal of fostering connection with oneself, others, and nature. Céline's approach helps participants unlock their creative potential, express emotions, and build physical and emotional awareness. Her expertise in using movement as a tool for healing and connection is particularly relevant for addressing the needs of youth workers struggling with eco-anxiety and mental health challenges. Céline will co-lead activities that integrate dance and embodied practices into the project's methodology. She will guide participants in exploring the link between movement, creativity, and emotional well-being, helping them develop techniques to support young people in their communities.



Rooting **location**

Rooting activities will take place in France, in the Occitanie region, in the village of Cornac. It is located 6km from Bretenoux-Biars train station, 50km from Brive-la-Gaillarde, 200km from Toulouse, 250km from Bordeaux, 500km from Paris. You can [find it here on the map](#).

Occitanie region

Occitanie is one of few parts of France to have it all: the sea, with the Mediterranean coast; the mountains, with the Pyrenees; the city, with its two big metropolises, Toulouse and Montpellier, and the countryside, endlessly rolling out its typical scenery, picturesque villages and protected natural landscapes. This is where, in the greenest heart of the region, Rooting will happen.

Your home

We will host you in the beautiful village of Cornac, close to nature, forest, river streams and lush hills. The accomodation that we offer is rudimentary, please be ready for it. Our home is an ancient farm, with collective dormitory, bathrooms and shared tents, in a 4000m² garden. Sheets are provided and we kindly ask you to bring your own toiletry. Note that there is no WIFI there, no ATM or shop in the village. We will work in Cornac village ballroom, where our vegetarian meals will also be prepared and served by Camille, our fantastic cook! And an associative cafe will be open on the weekends.



Travel to our venue

We require all participants and organisers to engage in **green travel**, using exclusively sustainable low-emissions means of transport such as bus, train or car-pooling (no plane!). You can enjoy up to 6 days of travelling! We will be able to reimburse your travel costs up, thanks to the support of the Erasmus+ programme.

Maximum reimbursement for your green travel:

- > France: 285€
- > Spain: 417€
- > Bulgaria, Latvia, Romania, Greece, Turkey: 535€

Tickets booking & reimbursement

To book your tickets, remember to:

- > arrive on July 15 at 9PM latest in Cornac or Bretenoux-Biars train station
- > leave on July 27 at 8AM earliest from Cornac

Our space is [located here](#).

To join us, book a train going to Bretenoux-Biars on snCF-connect.com

You can also use carpooling services such as blablacar.com

Once your travel plans are set, let us know. We will organise collective pick ups to bring everyone to Cornac for our activities.

We can reimburse your eco-friendly travel expenses according to the above scale, depending on your country of origin. Food, accomodation and activities are provided for free, co-funded by the Erasmus+ programme. Note that we will ask you to organise a dissemination activity in order to get reimbursed for your travel. We also ask for a symbolic donation of 50€ minimum for your participation, deductible from your travel reimbursement. The amount collected will be dedicated to Les jardins du pré d'Aubié team training. It will support our organisation crew to design and propose ever better creative community projects.

To get reimbursed for your transport costs, remember to:

- > travel green, using exclusively low-emissions means: bus, train or car-pooling. No plane!
- > send us all your tickets by email: we will need them for our accounting.
- > organise a dissemination activity to share what you learnt during the training



To do now...

If selected, you can now:

1. book your ecological transport to
 - > arrive on July 15 at 9PM latest near Cornac
 - > leave on July 27 at 8AM earliest from Cornac
2. send us your booking info at assotiliade@gmail.com
3. fill in the participant form... to confirm your participation!

...And until we meet

When packing, remember to take:

- > your toiletry: towel(s), soap(s), ...
- > comfortable outdoor and movement clothes
- > comfortable hiking shoes
- > a headlamp
- > your European health insurance card and personal travel insurance info





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Art'zimut[®] Etadam

TIL!ADE — collective art training



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Yellow vs
Blue, Spain
All For One &
One For All,
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