



Art & Joy

Association KIRIBIL

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1/ INTRODUCTION

Kiribil is a Basque artistic company (legal status: association).

Founded over fifteen years ago, it works in several areas:

- the creation of live performances,
- children's literature in Basque,
- artistic outreach projects that engage people with limited access to cultural opportunities in the creative process (people with mental health conditions, disabilities, the elderly, etc.),
- humanitarian cultural emergencies (a project has already been carried out in Lebanon on the Syrian border).

Art & Joy is a Humanitarian Cultural Emergency project.

2/ OVERVIEW OF THE Art & Joy PROJECT

Art & Joy is a project dedicated to sharing artistic skills accessible to everyone, symbolized by a suitcase left on-site after each workshop.

It is based on the concept of Humanitarian Cultural Emergency, which affirms the essential role of art and culture at the heart of our societies, even in times of crisis or war: art is not a luxury; it is indispensable to human development and dignity.

True to this conviction, the Kiribil association has chosen to share its experience and artistic tools with as many people as possible.

The artistic games offered in Art & Joy are designed to be accessible to all: they require no particular skills, no artistic training, and no specific equipment. Their simplicity and universality are at the heart of the project.

To facilitate access to the games, **a suitcase will be left after each art workshop.**

In the suitcase, each game is accompanied by a video, accessible via QR code, allowing everyone to be guided step by step through the artistic and playful experience.

In addition to this hands-on experience, **a street performance created especially for the occasion will be presented and offered to all audiences:** a vibrant and festive event that allows artists to share the joy of creation in any type of venue and at any time.

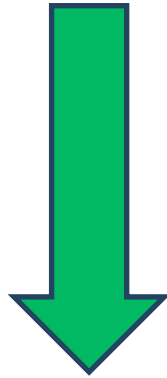
The very first trip is planned for May 2026 in Ukraine.
It will be followed by other trips around the world.

Through this project, our commitment is structured around three main areas for vulnerable populations:

- **Strengthening trust, listening, and connection between people.**
- **Encouraging physical and mental activity.**
- **Stimulating imagination and creativity as drivers of well-being and social connection.**

Our approach to trauma and mental health combines playful and creative practices to restore the emotional and physical balance of participants.

ART & JOY explanatory and practical workshop



TRANSMISSION of over 60 GAMES in the form of mini-videos



the Art & Joy SHOW

3/ OBJECTIVES

The main objectives of the project are to foster the individual and collective (re)construction of people who have experienced trauma or life challenges.

These objectives are fully aligned with a MENTAL HEALTH approach, considered an essential component of overall health.

Improving, or contributing to the improvement of, the psychological and emotional well-being of participants is one of the central focuses of the project.

The project encourages everyone to:

- **Dare to play, perform, and create, alone and with others.**
- **Regain self-confidence and strengthen self-esteem.**
- **Reconnect with interpersonal communication, strengthen social bonds, and consolidate the group by cultivating solidarity, mutual support, and community.**
- **Dare to let go, to unleash their creativity.**
- **Develop each person's artistic and creative potential through diverse and accessible forms of expression.**

Through these actions, Art & Joy seeks to awaken the creative spirit in everyone and open them up to the diversity of artistic expression.

The Kiribil association works to bring people together, soothe hearts, and foster the personal growth of each individual.

4/ THE WORKSHOPS AND THE Art & Joy SUITCASE

At each location (hospitals, refugee centers, schools, etc.) where the Company conducts workshops, it will leave an Art & Joy suitcase, like a toolbox.

This suitcase, a symbol of travel and simplicity, represents the transmission of skills.

Then, depending on their audience, objectives and needs, each professional can create their own workshop by choosing the games that seem most suitable.

The suitcase contains four QR codes and a few simple objects—a ball, a rope, juggling scarves—allowing for immediate use.

Under the lid of the Art & Joy suitcase are **the four QR codes to scan:**

- **The first leads to the teaser and the link to access the general explanatory document of the project** (select according to your language).
- The **other three** contain **more than 60 short videos with the various games.** These videos, without dialogue, allow for universal understanding of the activities, on a phone or computer.

The artistic games are divided into three main categories:

- **C-C “Confidence – Connection”**: developing trust, listening skills, and relationships.
- **S-M “Set in Motion”**: encouraging movement and body therapy.
- **I-C “Imagination – Creation”**: stimulating imagination and creativity.

Professional facilitators (educators, nurses, psychologists, teachers, volunteers in centers or camps, etc.) **participate in a two-hour workshop to introduce the kit.** This workshop provides necessary explanations and then, they will play some games. So, the participants will experience the joyful and transformative nature of play.

At the end of the workshop, **they receive the Art & Joy Kit** as a toolbox. **Then, they can use it to explore all the game-based tools it contains, and create and lead workshops tailored to their specific groups.**

It is planned to leave **about twenty suitcases during the trip to Ukraine in May 2026.** The goal of this kit is to inspire every user to share artistic games. Whether you're an educator in a center, a teacher in a school, a healthcare worker in a hospital, a volunteer in a refugee camp, or anyone else wishing to connect through art and play, you'll have the tools to engage your own audience.

To encourage this appropriation, **access to the videos is simple and immediate.** The game content is intentionally accessible to everyone, regardless of whether they consider themselves an artist or not.

The required materials are minimal: each activity can be done with just a few balloons, scarves, or everyday objects.

Through practice, each user will observe the positive effects on their audience. They will then be able to fully embrace the games, adapt them to their needs, and even create new ones.

In this way, the game collection will continually grow thanks to everyone's contributions and creativity.

The simple methodology recommended for each workshop is always the same:

CC1: Relaxation, followed by **CC2: Body Awakening**... then games chosen by the facilitator... and **always ending the session with CC1, again, a return to calm.**

Oral exchanges are also possible (depending on the participants), so that everyone can express their feelings about the workshop experience.

This methodology draws on the artistic experience of the Kiribil association, which, for over fifteen years, has worked with a wide range of audiences: from early childhood (babies as young as four months) to the elderly, including children, teenagers, refugees, and adults with physical or mental disabilities.

5/ THE SHOW Art & Joy

Inspired by Malraux — “*Art is the shortest path from one person to another*” — and Victor Hugo — “*Beauty is more useful than utility*” — the artists of Kiribil have created a show designed to be performed everywhere and for everyone.

Poetry, humor, and imagination are the key elements of this show.

This performance draws on our Basque culture and is inspired by the traditional ribbon dance.

Here, it becomes symbolic, since it is only with the help of the audience that the actors will be able to weave their maypole: we must work TOGETHER to create something beautiful!

It offers spectators a poetic interlude filled with laughter and invites them to experience positive emotions together.

The aim is to suspend time, put everyday life on hold, and invite everyone to enter together into a world of poetry and laughter.

After the show, the audience is invited to participate in some artistic games to experience the joy of playing together, stimulate creativity, and extend the shared experience.

6/ MENTAL HEALTH AND TRAUMA

Trauma

Psychological trauma causes a profound disruption in a person's mental and physical equilibrium. It leads to a loss of bearings, a dysfunction of the psyche, with an altered perception of reality and memory problems.

When trauma occurs, the ascending connections between the cerebral hemispheres, responsible for regulating emotions and memory, disconnect to protect the individual. The amygdala then takes control of emotions, but without the necessary networks to manage them properly.

As a result, emotions become unstable and unpredictable, manifesting like a rollercoaster, while memory malfunctions. This phenomenon reflects the brain's difficulty in processing and integrating the traumatic experience in an orderly fashion.

Managing Post-Traumatic Stress

Post-traumatic stress is a significant health problem, particularly in countries affected by armed conflict. According to the recommendations of the National Health Agency, it is essential to foster social interaction in a playful and creative environment to support these individuals.

Initially, it is necessary to help participants reconnect with themselves and others by allowing them to move and engage in fun activities. These individuals often arrive withdrawn, frozen by the shock, with a closed-off posture.

As the workshop progresses, they open up, their features soften, and smiles appear. Post-workshop photos bear witness to their relaxation, enjoyment, and joy. The self-deprecating humor of those leading the workshops is a key element: it creates an atmosphere of trust and facilitates a sense of calm.

The Joyful and Creative Breakthrough

We can grasp the power of this joyful breakthrough during the workshops and the performance.

The audience (even if we don't speak their language) is present and attentive, captivated by these artist-characters who make them laugh and play.

During this moment of sharing, the brain releases oxytocin, the hormone of empathy and harmonious relationships.

This hormone calms the mind, reduces the secretion of stress hormones, diminishes panic attacks, and acts on the amygdala, the brain's emotional center.

The amygdala, the repository where traumatic memories are buried, can trigger panic reactions in anxiety-provoking situations.

By stimulating the production of oxytocin, this approach aims to soothe this mechanism and fosters an atmosphere of trust and well-being.

Mental Health

In daily life, we sometimes lose the ability to play, to connect with our inner child. For traumatized individuals, this capacity for wonder and play is often completely buried and forgotten.

During the group workshops and the performance, a phenomenon occurs: the joy of play and the magic of the present moment resurface.

We offer participants permission to reconnect with these childhood games, essential to their well-being.

By fostering laughter and immersing individuals in play and creation, we combat the destructive mechanisms that trauma engenders.

From session to session, from game to game, participants gradually rediscover their ability to have fun, dance, sing, and relax.

This playful and harmonious dynamic acts as a balm for the suffering associated with trauma.

The mental health of each individual, as well as that of the entire community, improves with each shared game. The emotional and physical balance of the participants is then gradually restored.

7/ PARTNERS

The Art & Joy project would not have been possible without the involvement of numerous partners:

- ARRETXEIA College in Saint-Pée-sur-Nivelle for their active participation in filming some of the videos, as well as in creating the show and decorating the Art & Joy suitcase.
- The Basque-language immersion primary school: IKASTOLA in Ascain, for their active participation in filming some of the videos and creating the show.
- The artists associated with Kiribil for their active participation in filming some of the videos: Gilles Chevillat, Tristan Ciaravino, Julie Cruse, Jean-Michel Dacharry, Fred Dejoie, Yvonne Donzel, Maider Elcano, Jocelyne Flores, Dominique Hidalgo, and Veronique Serre.
- The Cam Psychiatric Hospital in Prats and the GOXOKI nursing home in Bayonne for their participation in creating the show.
- Gilles Chevillat for the design and creation of the show's props.
- Aña-Mari Jolimont for the design and creation of the show's costumes.
- The BERROGAINIA artist residency in Labets-Biscay (64) for hosting the show's creative residency.

8/ THE ARTISTIC TEAM

The Art & Joy project team currently consists of three members who will be traveling to Ukraine in May 2026: Amaia and Fabrice, artists and facilitators of the art workshops, and Eric, a nurse and facilitator of the body-based therapy workshop.

Isabelle Forner was the videographer and director of the videos for the 60 games offered. Paxkal Indo, an artist and member of the Kiribil art company, was the musician and composer of the music that accompanies each video.

Maidier Elcano, an artist and member of the Kiribil company, participated in the filming of some of the videos and will be the project's communication liaison in France.

Amaia Hennebutte



Amaia is a children's author and illustrator, storyteller, actress, and founder of the Kiribil company, where she has served as artistic director since 2011. An artist of connection and sharing, she works to awaken the poetry and creativity that lies dormant within everyone. Inspired by Malraux—"Art is the shortest path from one person to another"—and Victor Hugo—"Beauty is more useful than utility"—Amaia champions a profoundly human and accessible art.

Driven by this conviction, she has led Kiribil to reach audiences with diverse and unfiltered perspectives: very young children, dependent elderly people, the sick, people with disabilities, and refugees.

Fabrice Jacob



A traveler at heart, his passion for photography and connecting with people has taken him to the four corners of the world, with extended stays in Asia and South America. These experiences have allowed him to forge close ties with distant cultures and local communities.

Sensitive to environmental issues, he was a pioneer and entrepreneur in the renewable energy sector.

Practicing martial arts and Chinese energetics since childhood, he has also shared this knowledge as an instructor.

His quest for rhythm and life led him to Indian and African percussion, which he studied in India, Senegal, and Bordeaux.

Today, as a photographer, musician, and actor, he uses his many talents to create an art of encounter and sharing. Resonating with Kiribil's humanist and artistic values, he joined the company in 2021.

Eric Sinké



After nine years as a professional firefighter, a humanitarian experience in Romania in 1990 marked a turning point in his career and led him to study nursing.

Graduating in 1995, he gained diverse experience before dedicating sixteen years to child psychiatry in a day hospital.

His humanitarian commitment continued through various missions: three months in Peru with Sol y Luna, followed by six multi-month missions in Ukraine since the beginning of the conflict.

He developed a holistic approach to care, integrating heart coherence and body-based therapy.

During his last mission in Ukraine, he worked on developing an innovative device: virtual reality headsets designed to alleviate anxiety among populations affected by the war.

Isabelle Forner



A professional in the audiovisual field for over twenty years, she graduated from the National School of Photography in Arles and combines audiovisual creation with the coordination of cultural and artistic projects. Her career blends authorial work, technical direction, and project management, in an approach that is both creative and collaborative, attentive to people and contexts.

She has produced films and photographs for institutions, private companies, and television networks in France, Asia, Africa, and Canada. Her artistic practice is expressed through

video installation projects and site-specific creations carried out within the framework of artist residencies or public commissions.

Paxkal Indo



Involved in Basque cultural creation for over 30 years, he began his career on stage as a musician. He quickly became a sound and lighting technician, working on numerous cultural projects. He was the stage manager for the first Errobiko Festibala festivals in Itxassou, for all the shows produced by ZTK (including Animalien Ihauteriak, Aitarik ez dut, Duda, etc.), and for all the Kiribil shows. A C4-T2 pyrotechnician for the company Pirotecnia VALECEA, he created the "electric and pyro" lighting for Zun by Pantxika Telleria and Christophe Hiriart for Lagunarte. He is now the head pyrotechnician for PIROTEK. He is also the stage manager for the Compagnie des Syrtes. He oversees the production of ZTK diskak and the publishing projects of ZTK liburuak.

Maider Elcano



Maider Elcano is an artist whose writing and video work explores the boundaries between reality and fiction, even venturing into science fiction. Her approach blends documentary and speculative storytelling, creating narratives where everyday life is distorted to reveal parallel realities. A graduate of the École nationale supérieure des beaux-arts de Lyon with a DNSEP (National Higher Diploma in Visual Arts) in 2011, she has developed a universe where text and image interact, constructing sensitive and immersive narratives. She also lends her communication and coordination skills to the development of cultural projects. Through the structuring, promotion, and dissemination of artistic initiatives, she supports cultural and artistic organizations.

Art & Joy

