

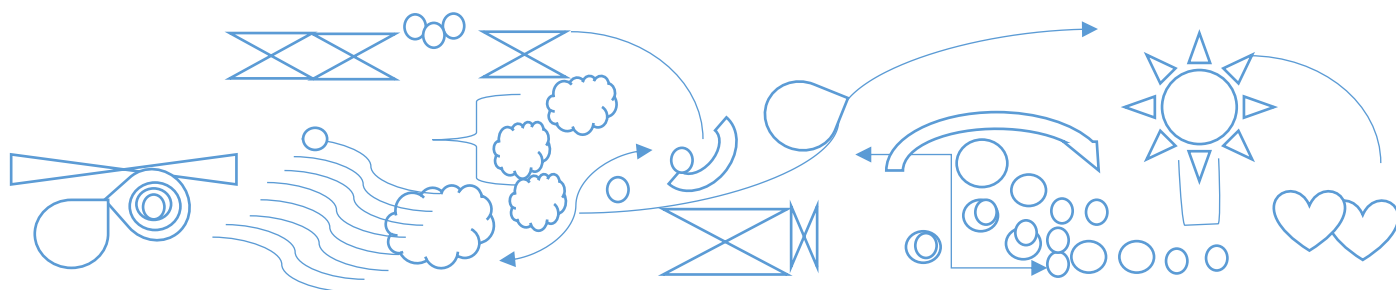
SENSE AND SENSIBILITY

Infopack

Dear reader!

If you are reading these lines, it means that you are considering to apply for the international training course “Sense and Sensibility” that is taking place in beautiful Kazimierz Dolny, Poland, in the month of September.

We would highly recommend you to read the InfoPack carefully before starting the preparation for the training. The following document was created to cover all the questions that might arise and be important for you, before the project takes place.



SENSE AND SENSIBILITY

Training course within Erasmus+ programme

(2017-2-PL01-KA105-039058)

Date: 15-24 September 2017

Duration: 9 days+1 travel day

Place: Kazimierz Dolny, Poland (to be confirmed)

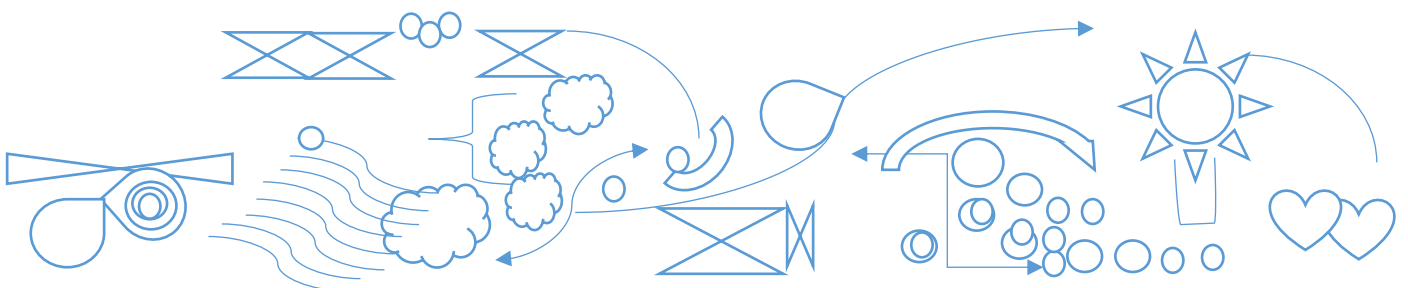
❖ PROJECT DESCRIPTION

With 33 participants from 10 partner countries (Poland, Romania, Croatia, Italy, Finland, Lithuania, Portugal, Spain, Turkey and Greece) we will explore, in a unique, sensorial travel, the meaning behind creative citizenship. We will use corporeal and sensorial communication, learn the importance of play, understand the wisdom beyond ancestral rituals and traditions, and practice silence as a necessary condition for communication. We will investigate the relationship between body memory, sensorial languages and theatrical creation and learn how we can apply the Sensory Labyrinth Theatre methodology in our own community.

Inspired by the work of Theatre Anthropologist Enrique Vargas, and further developed by director Iwan Brioc, Sensory Labyrinth Theatre is a participative arts process that leads to the creation of a one time, unique performance. In Sensory Labyrinth Theatre there is no easy line that can be drawn between the audience and the players. The stage is everywhere including in the shared moment, so the observer and the observed become one. The “spectators” are invited to take an active role as they become travelers in a symbolic and oneiric journey.

Project objectives:

- To introduce the participants to SLT methodology and explore how it can be used as a tool in youth work, with a focus on building a sense of community and develop creative citizenships
- To raise participants ability to communicate non-verbally and sensorial and to practice mindfulness



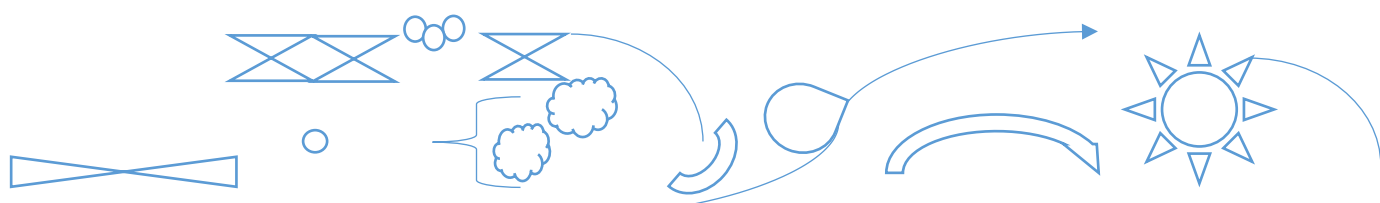
To explore the application opportunities of the methodology in engaging, motivating and generating a sense of community for young people coming from different disadvantaged groups, with a focus on youth with migrant history and refugees

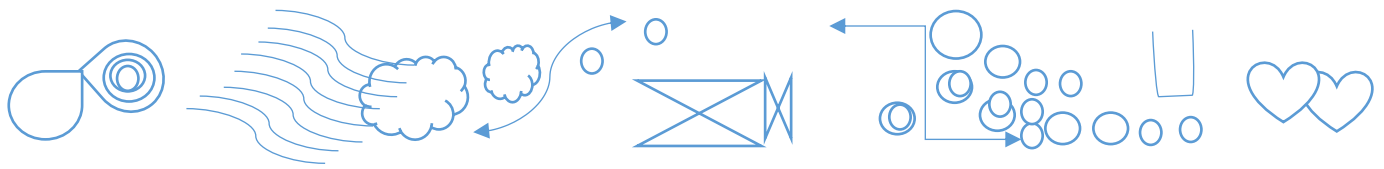
- To invigorate a dialogue in international non-formal education community about innovation in youth work approaches through participative arts
- To share knowledge about the ERASMUS+ programme and to create a network for the development of common projects in the near future

The activities foreseen in the training course are inspired by various fields and specialisations: applied arts and participative theatre, meditation, mindfulness and other Eastern practices, non-formal education and theory of change, development psychology and community theories.

❖ PARTNER ORGANISATIONS

FUNDACJA INSTYTUT DZIALAN TWORCZYCH (Poland)	www.instytutdt.pl
Nykarleby stad (Finland)	www.nykarleby.fi
Sensum (Croatia)	udrugasensum@gmail.com
P.E.CO. - PROGETTI EUROPEI DI COOPERAZIONE (Italy)	www.peco.genova.it
Asociatia EDU 2 GROW (Romania)	www.edu2grow.wordpress.com
Socialinis veiksmas (Lithuania)	www.savanoriai.org
Refugee Volunteers of Izmir -ReVi (Turkey)	www.revifamily.org
Teia em Rede- Associação Cívica e Cultural (Portugal)	projeto.teia@gmail.com
Asociatia MINIREACTOR (Romania)	www.reactor-cluj.com
FUNDACION GENERAL DE LA UNIVERSIDAD DE ALCALA (Spain)	www.fgua.es
Dikaioma Koinsep Entaxis (Greece)	www.dikaiwma-koinsep.gr
Edu2grow (Portugal)	http://edu2grow.wordpress.com





PROJECT TEAM

Aida Sosic- (project trainer) coordinator and trainer for "Compania de Teatru Labirint" Romania, a cultural organisation that promotes Labyrinth Theatre in Romania, by organising performances, trainings and workshops. Actress and lead singer in the band "Aida si noi". Part of the "Republic of Imagination" Sensory Labyrinth Theatre training network.

Bogdan Nechifor- (project trainer) actor, graduate of "IL Caragiale" Theatre University from Bucharest. He is accredited by CNFPA as a trainer, and has participated in numerous courses and workshops as a trainer, in Romania and abroad. He has won many awards for acting and for labyrinth theater performances in Romania. Currently, he is a trainer in theater improvisation classes - The Improvisation School "Fara Frintere" and Labyrinth Theater trainer in the Romanian National Agency's programme- Nonformal Education Laboratory and at the Risk and Lifestyle -Seminar of Non-formal Educational Methods, Luxembourg. Part of the "Republic of Imagination" Sensory Labyrinth Theatre training network.

Dana Solonean – (project coordinator) coordinator of international projects, volunteer coordinator, trainer and activist with over 6 years of experience in youth field. In the years 2013-2015 - trainer in the field of volunteer management (Poland, Slovakia, Moldova, Georgia). Project coordinator of international mobilities under the Erasmus Plus : "Colors Behind the Rainbow" (Lodz, 2014) "The others is us" (Lodz, 2016), Leaderboat (Lodz, 2015). Local and international volunteer coordinator in Poland and Peru. She has extensive experience in the field of non-formal education.

❖ PROJECT TIMETABLE

15.09.2017	Arrival day
16.09.2017	The place of being The first day has the purpose of getting to know each other, building group trust and getting closer to our training's topic. By using games such as "The object chooses the subject" the participants get to know one key concept of the TC: reality is a picture we paint as we live it.
17.09.2017	The Journey to Now From cultural rituals to personal storytelling, in this day we play with the concepts of time, space and the story behind them, aiming to bring our participants in the present moment, ready to immerse in Now.
18.09.2017	Sensitisation The participants pass through exercises and dynamics that challenge the way they perceive reality. It is an invitation to open the other senses and to learn to expand their inner and outer working-landscape.
19.09.2017	Awareness

Body awareness, body memory, and sensorial languages are being explored in the first part of the day, by using meditation techniques (breathing and walking meditation). Later, the participants have their first attempt to create and experience sensory journeys.

20.09.2017 Encounter
Participants learn about the unique cultural and natural heritage of the region, exploring the possible locations for the training's final performance, as well as the main topic. In "Context creates the encounter" session we feel the poetics of darkness and become aware of how that context chooses the experience.

21.09.2017 (Cre)activity
The whole day is centred about preparing , individually or in small groups, a moment in the final performance for members of the local community from Kazimierz Dolny.

22.09.2017 Connecting
The day of the final performance and of connecting. In the morning session-Chi Kung exercise to connect with our own and each other's energy field and experiment on interacting with this energy alone. The afternoon is dedicated to preparing, rehearsing, performing and reflecting upon our Labyrinth Theatre play.

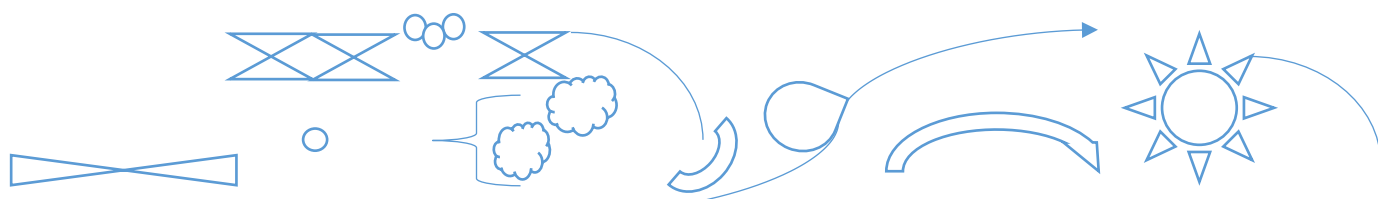
23.09.2017 Growing
Going to the meta-level we reflect upon the past week and take the experience we lived and try to tame it, to define it, in order to use it in our work. The day is centred around creative citizenship and using Labyrinth Theatre as a tool for supporting the integration of young people coming from groups at risk of exclusion

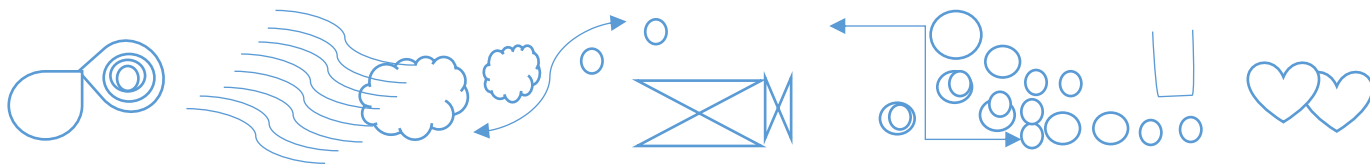
24.09.2017 The journey continues
The day for networking, sharing past experience on applied arts and creating future plans and joint proposals. The day ends with the evaluation of the whole project and with an empowering closing round. Departure, in the afternoon

❖ PARTICIPANT PROFILE

We are searching for youth workers that have the motivation to know and implement SLT methodology in their work. In particular this training course is aimed at: non-formal educators, volunteers, volunteer coordinators, community managers, school teachers, social educators, plastic artists, storytellers, actors, musicians and university students from related disciplines (education, pedagogy, theatre).

Participation to our training does not require acting preparation and we are open to all people who have experiences in different artistic fields but also to those who have never had previous artistic experiences and want to come into contact with sensory language.





Criteria for participants:

- the participants should be directly involved in youth work, active within the partner organisation
- be capable to prove interest and high motivation in actively attending in all stages of the project: preparation, implementation and follow-up. The participant should be prepared to share a legend or ritual from their country
- priority is given to youth workers that have never participated in a mobility within E+
- should have possibility to use practically the knowledge they get as a result of the training course in their organisation, in their field of work or, at least, to be able to prove their intention in doing so in the future
- have the potential and need to develop training competences and act after the course as a multiplier. The participants should organise in country groups a small follow up activity, after their return, connected to SLT methodology (workshop, event, etc.)
- show initiative and willingness to self-direct their own learning process.
- be able to run training courses in English.

We welcome participants with fewer opportunities (social, geographical, or other type of obstacles). This is specially the case for participants from Romania (MiniReactor), Turkey, Croatia and Portugal (Teia em Rede).

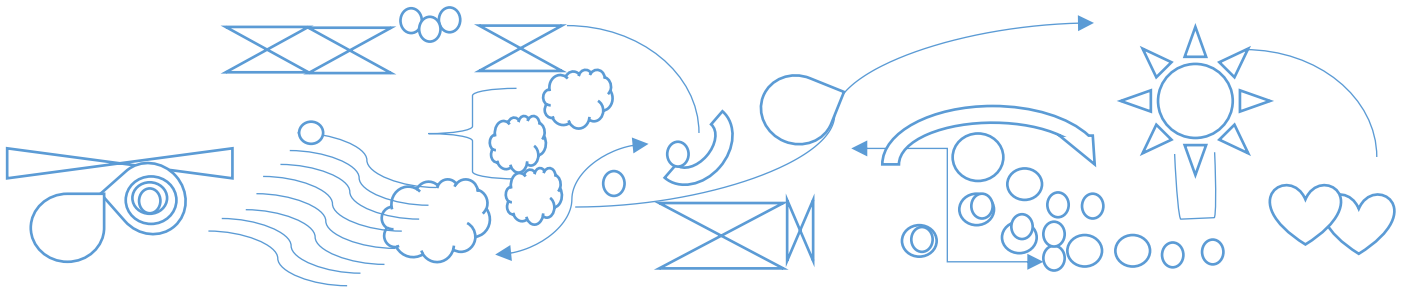
❖ TECHNICAL AND FINANCIAL INFORMATION

Town of Kazimierz Dolny

Kazimierz Dolny is a small town in central eastern Poland, on the right (eastern) bank of the Vistula river in Puławy County, Lublin Voivodeship. It is considered one of the most beautifully situated little towns in Poland. Kazimierz Dolny is also, the art center in Poland. Many painters retreat to this small town to paint and sell their work. Galleries can be found in almost every street, offering for sale sculptures, stained-glass, folk art, and fine art.

Time Zone

Poland is located in the UTC+2 hours during standard time.



Currency

The currency of Poland is zloty (PLN). There are ATMs and currency exchange spots available in the town, although some concrete conversions may not be accepted in some of them.

Phone

It is important that you change the protocols of your mobile telephones for their correct functioning during your stay in Poland. The international phone code for Poland is +48.

Weather conditions

The month of September is the beginning of autumn so the weather should be still warm and sunny. The medium temperature for June in Poland is 16 °C. You might expect some periods of rain. We recommend to check the weather forecast before you pack your luggage :)

Visa

As a European Union member, VISA is not requested for entering Poland but participants who are not part of the EU countries (Turkey) are expected to start the Visa arrangements. Both sending and coordinating organizations will support in this process.

Training Course Fee

There is no TC fee!

Health & travel insurance

There will be NO insurance provided. The participants originating from EU countries are benefiting from their European Health Insurance card. Participants are responsible for assuring extra health and travel insurance. Also, it is very important that you notify us of any health risk or possibly necessary medicines, special food arrangements (as vegetarians, intolerances, etc.).

Travel arrangement

Kazimierz Dolny it is situated in the central eastern part of Poland. To get here you can consider the next airports:

1. Warsaw (Modlin or Chopin) – the most convenient option
2. Lublin

From Warsaw there is Modlin bus that takes you straight to Kazimierz Dolny (<https://www.modlinbus.pl/>). There are several other cheap buses connecting Lodz with other Polish and European cities, such as Polski Bus (www.polskibus.com). Train is also an option, you can find timetable here: <http://rozkładpkp.pl/en>

Participants are expected to **arrive on 15th of September** and **departure on 24th of September**. Further details and support information about the travel to Lodz and inside Poland will be provided when the ticket buying procedure will begin.

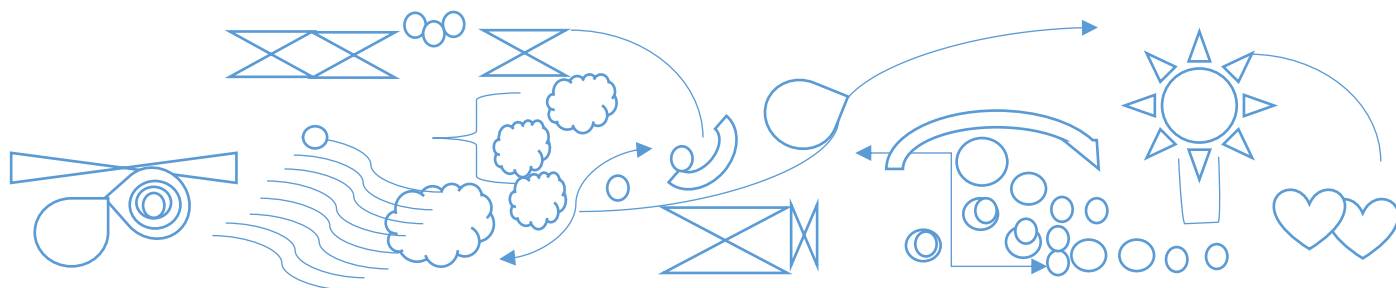
❖ FINANCIAL CONDITIONS AND TRAVEL COST REIMBURSEMENT

Accommodation and lodging covered by 100% by Erasmus + Programme. These expenses will be covered only from the seminar official date of arrival till the departure date.

Country	Number Participants/country	Travel cost limits/both ways
Finland	3 participants	275 eur
Croatia	3 participants	275 eur
Italy	3 participants	275 eur
Lithuania	3 participants	180 eur
Romania	2 participants	275 eur
Turkey	3 participants	275 eur
Portugal	2 participants	360 eur
Spain	3 participants	360 eur
Greece	3 participants	275 eur

NOTE! Please read carefully!

- Before buying your tickets, please remember your cost limits.
- Before booking the flight, make travel arrangement confirmation with us
- According to Erasmus+ rules money for travel will be reimbursed according to the real cost you spent, up to the amount given above per country, but not more
- The reimbursement will be made by bank transfer after the training.
- Please keep all ORIGINAL: confirmation of reservation, tickets, bills, invoices, receipts, boarding passes/cards. If you are travelling by plane we will need all those documents!
- Bring all documents that you already have for the TC in Poland (we will collect them).
- We would like to stress out that returning travel documents should be sent to us as soon as you arrive back home.
- Missing documents won't be reimbursed !!!



SELECTION AND PARTICIPATION

Each organisations is responsible for selecting their participants based on the application form attached.

The participants are assuming responsibility to actively participate in all seminar sessions and to prepare a **follow up activity** in their country, connected to SLT methodology

Organizers contact

Dana Solonean: dana.ferso@gamil.com +48736946965

Thank you for the attention and see you soon :)!

