



# DAILY REPORT

# IMPRODIGIOUS

ERASMUS+ TRAINING COURSE



*Dear readers,*

*you are about to read daily report from international Erasmus+ training course “Improdigious, which took place near Egio, Greece from 20th to 29th of May 2021.*

*To find out more about the project and for more inspiration on topic of improvisation in youth work please visit:*

<https://improjecttraining.wixsite.com/improject>

*Following pages contain day by day descriptions of training activities written by participants.*





Thursday, 20th of May

## Arrival & Opening

### Afternoon

Participants started to arrive at the venue after lunch, exploring the surroundings, making themselves comfortable in their accommodations and slowly meeting other members of the group. In the meeting room were prepared various stations with activities – inspirational corner with books, oracle cards etc., the musical corner with various instruments, the corner to create your own juggling balls, the playful corner with various props to juggle, play and have quality time - to tune into the creative process and create space for meeting others and enjoying the first moments in the venue.

### Evening

After the dinner the group gathered for the first time. Before the very first activity the facilitators opened the circle welcoming participants and introducing them basic information about the venue, next day's schedule, some practicalities and safety. Everyone introduced their name, country, and a little resume of the trip. The main activity of the evening consisted of individual sharing of the travel experience, naming an important moment of their journey. The evening ended with different stations where participants could explore their creativity through musical jamming, drawing, reading and open discussions.

## Friday, 21st of May

### Morning

We had an energizer and icebreaker by moving around the room avoiding eye contact, then little by little it escalated to meeting them, shaking hands, smiling at each other and making some sort of contact. Next we would use the voice to firstly say our names to the people we meet and then saying each other's names.

After having the first contact we moved to the next exercise by improvising in circle telling stories (one word per person), then we moved to the next level and split in couples doing the same and as we engaged and exercised with one another we made an improvisation in from of the other groups, making it our first performance.

### Afternoon

After lunch we had some free time for ourselves. Then we started the afternoon's dynamic energizer in circle followed by the personal and group introspection aiming to learn the meaning of the panic zone, stretching zone and the comfort zone based on how we feel and our opinion. Afterwards we split in the groups for the reflection time (permanent reflection groups) in which we expressed our realization and how the day went for each of us sharing our fears, wishes and expectations.

### Evening

When the evening came we had a mindfulness dinner and then we went to the common space and let ourselves free exploring our body each in it's own way with music. The dances then were becoming poses as we had to freeze when the music stopped, imagine and say what animal, plant, thing, person we felt like. Subsequently we walked around the room and when we stopped we found ourselves being in groups and tried to take action each and every one of as becoming the leader of a flock, exploring in and becoming one in the end. Finally we lied down on the ground and in circle in which we had to do the same thing as before but using sounds that the others would be following.

## Saturday, 22nd of May

### Morning

The morning session was focused on learning about how participants could use attention in different kind of ways. It included 3 different exercises. The first exercise was about letting their vision guide their bodies in the training area and see how the connection between their bodies and vision works. The second exercise was about perceiving space with closed eyes without trying to label the experience. The exercise continued by gradually opening the eyes and sensing the environment through movement, contact and light. The main sensory areas of the body were alternating to trigger the experience more. The third exercise was about dancing in couples. At first we had to observe our partner who started dancing and then try to find a way to follow the dynamic of the dance. Roles and angles of observation were changing.

### Afternoon

The afternoon session was focused on mindfulness practises. It was composed of three different exercises concerning gratefulness & mindfulness. In the first exercise the participant had to think about things that they were grateful for in their lives, the second exercise was about remembering and being mindful of the setting they were in and sharing this with a chosen partner. The third exercise was concerned about cooperation & perception of time and space. (The leader had opened eyes and guided the partner with closed eyes through the practise area using only available sensory perception ex. touch, smell & sound. The session closed with having to choose an area which they felt most connected with and stay in that area for 10 minutes and perceive what is arising in them)

### Evening

Tonight volunteers prepared a relaxing night with Eurovision contest.

Sunday, 23rd of May

## Morning

On this second day of the training the theme was Diving into the senses. We started with experimenting for ourselves, feeling the gravity and playing with it between left and right foot which lead into assisting each other going down with gravity. After exploring all together we coupled in pairs for an exploration of the other. We were assigned to take either the role of a planet or an alien, the alien was asked to close their eyes to explore the planet with the other senses. There was a common feeling of sensing more carefully, having curiosity and sharing intimacy, which lead to sharing it verbally with deep listening with reflective questions.

People felt moved, authentic, inspired, grateful and more.

We were invited to explore the senses during lunch, eating very mindfully, enjoying all the senses. The social encounters were becoming more mindful.

## Afternoon

Before entering the room for the afternoon we were invited to shake our bodies or part of our bodies and release some excessive energy, so as to be able to join in a more mindful way.

After a short energizer engaging our body and voice, we moved outdoors and formed trios.

The exercise involved the roles of a Model, the Sculptor, and the Clay. The Model would express a given concept by shaping their body and the sculptor would try to recreate the model's precise shape and expression with the Clay, without neither words nor touch. We all in the trios switched roles.

The next exercise was in pairs. One person was the mover that was invited to dance freely during the whole song. The role of the other person was to first witness and gradually dive into more impactful information through touch. There were three levels of impact, the dust/feather light touch, touching the flesh, and lastly the bones. We switched roles and had a brief sharing afterwards and then we were invited to leave the roles and both move and touch and gradually not only with our pair, but with anybody in the group.

At the closing of the afternoon session we were invited for about thirty minutes of self reflection. A list of reflective questions was provided to use if useful.

## Evening

The day has inspired us to start a jamming session in which each one of us had to find a unique sound and together we created a beautiful piece of music. After this we continued the musical program and we sang together, accompanied by guitar and drums.

Monday, 24th of May

## Morning

We started the day by checking the energy of the group. The first exercise was about feeling the group by filling in the space walking and then adjusting the speed to different levels from 0 to 10 and then back. We needed to feel the room and each other and find the common energy and adjust the tempo to each other.

Next activity was called the "Molecule". We created three groups that worked within each other. A unit, gathered together, without a leader and following the same movements and sounds. It was about finding the collective consciousness, to get out of the thoughts and create synchronized and harmonized movements. After the molecules, people spread around the room and stayed still. One person broke the stillness and started moving around, playing with the space, dancing. When they stopped, two other people, without speaking and any sign to each other, started moving and dancing. After they have stopped, the same continued for the numbers 3 to 7 and then back to one. The beginning and stopping of the movement was done in unison, without speaking, just feeling the other(s) person. Then we paired up and we continued with the same concept of the previous activity - moving, stopping and moving again, one person at a time. The pairs also responded to the environment by engaging with other pairs.

Finally, the group divided into performers and spectators. The pairs stayed the same and interacted with each other as in the previous activity but now knowing there is an audience and focusing on expression, impulses from other pairs and creation of a common scene, tablea, image. We swap the roles among the audience and improvisers.

## Afternoon

In the afternoon we start by spreading around the room and each participant will express verbally if they wanted to be lifted or fell down. People around support and take care physically of the person in the process of falling or lifting.

We gathered in pairs and a person put the hand in front of the pairs face and "hypnotised" his-her by leading the other person's movement.

The participants formed trios. One was guiding the other two by hypnotizing each of them with the palm of his/her hand. The participants switched roles so all of them tried to guide the others. Then, after the trios, everyone gathered around one person that guided all the group using different parts of her body and the whole group moved as one unit.



The participants formed different pairs to experience connection through guiding each other in the space. One placed the palm of their hand on the other's back, guiding the partner maintaining the contact and then they swapped the roles. The same pair then faced each other and imagined a crystal ball in the space between them.

They moved around keeping this imaginary ball safe. The activity continued with putting the weight on each other by grabbing each other's forearms and again, moving in the space. The pairs continued the same movements chest to chest, leaning towards each other even more. Last part consisted of embodying a word (eg. expansion, brave, needy etc.) while still keeping the connection and weight on each other.

Right after this experience, the whole group had a chance to gather around a birthday cake and FLOWER COMPOSITION to celebrate one of the participant's birthday.

## Evening

The afternoon programme continued after the dinner. Everyone was invited to put on their elegant clothes and get a taste of tango milonga.

## Tuesday, 25th of May

### Morning

We started the morning at a little bit slower pace as usual, gathering for breakfast and taking extra time for eating and spending quality time with each other over breakfast. When finishing the breakfast, we all moved to our daily tasks. We spend the next two hours focusing on reflecting and evaluating the first half of the program, tracking our learning progress and reviewing what activities we have experienced in the last days so we can use the learning in designing and implementing our own activities in the upcoming days.

### Afternoon

The afternoon was free for us to recharge and simply follow our own rhythms and needs and use the free time to fulfill them or we could possibly join an excursion trip to a nearby lake.

Most of us went to the mountains next to the most wonderful lake ever. The whole trip was magnificent and we all felt blessed. We got to take a day off and just goof around with each other. We swam, climbed trees, laughed, slept, sunbathed, ate watermelon and even got to skate. It was a really nice fresh air to step out the training and to connect with the participants in a non-formal way.

Our Icelandic group went on an adventure on their own being tourists. Exploring the beauty of the beach, finding a sacred yoga place for a workout, swimming in the sea, enjoying the local food and drinks and reflecting on everything that's been going on.

### Evening

Inspired by places we visited earlier during the day we gathered for the dinner with traditional greek dishes accompanied with greek music and later on as well traditional dances.

Wednesday, 26th of May

## Morning

As everyday, we started with Karma Yoga and everyone was doing their task. When finishing, the group group took everyone into the trip of the senses, consisting of an introductory activity where, with eyes closed, the group could feel and experience different smells, sounds and textures before entering the activity room.

Once inside, we were introduced into the activities for the next two days, that would be facilitated by ourselves. Before making the groups for those activities, we had the time to think individually about what we would like to show or represent if we were to choose. Then, we shared it with a simple phrase one by one in the circle. The groups were chosen randomly, with someone picking the names from a bowl.

As a result, we got 7 groups that would split in 5 sessions. Two of them in the same very afternoon, another in the evening, two more the day after in the morning, and the last two the day after in the afternoon.

## Afternoon

The afternoon started with the facilitation coming from the first two groups - The full experience of a spaghetti workshop and Evolution of places and spaces.

They presented their activities and the rest of the participants divided, so half of them would attend one of the activities and the rest the other. The activities developed can be found in the booklet which you can find on the webpage.

After finishing, everyone in the group had the moment for the feedback about the facilitation, starting from the participants and then from the trainers. Then, we gathered all together and explained to each other what our activity had been about.

## Evening

The final workshop invited all the participants to experience the Jungle again facilitated by Alba, Yannis, Sigrid and Jeremy. Please see the booklet for more details on this activity.

Thursday, 27th of May

## Morning

It's visible that the end of the project is knocking on the door. We are getting tired but at the same time we are connected as never before. The morning started with the gathering of the group group who brought people together to make them feel more relaxed and present.

In the morning, we had two sessions that the participants were facilitating for the second day. We had to choose between meditation in movement or splash of colours. The three key words for meditation in movement were joy, unity and energy. In a splash of colours we got to experience what it's like being colours and how to create a painting through that.

## Afternoon

After lunch we gathered in a circle to find out what the afternoon workshop would have been about.

It all started when the group group joined forces with the participants to sing and dance to release their energy before attending the sessions. One was about the four elements and the other was called mirror, mirror what do you see. In the first one we explored meditation, sounds and movement with the combination of the four elements. In the second one we had experienced daily life in an extraordinary way through movement, mirroring and mimicking.

## Evening

We had one of the few on stage impression activities. We did several different scenarios using words, body or sound. A lot of the people got to step out of their comfort zones and they loved it! The others really felt like they finally got the chance to shine in their comfort zone.

## Friday, 28th of May

### Morning

After the last care groups in the morning we gathered for the morning circle to start our last day of our journey together. Antonio and Georgia introduced the topic of the day and fluently guided us into the first exercise where we harvested our learning from the previous days and explored ways how we will apply what we have learned into our daily and working lives.

We continued the morning with sharing ideas about the dissemination of the training and with planning steps which we will take after coming home to spread what we have created together and learned during the past days.

Motivated and inspired by our common experience and strong stories we started to develop our future plans, initiatives and projects where we will implement what we have learned and work together with our fellow participants.

### Afternoon

We opened the evaluation of the project with relaxing drawing on one huge paper where everybody expressed their experience of the project through drawing. To close the exercise we walked around the paper and shared what are the meaning of each pictures and remembered the moments of past days.

The next part of evaluation was in written form where in each corner was placed one flipchart with various topic of evaluation where we could express our thoughts on the project, venue, activities, team, group and even write a message for future participants.

### Evening

The final evening was all about us as a group, expressing gratitude and appreciation towards each other, sharing last moments together, planning next meetings and slowly closing our common experience in this training course.