



# In touch with the world

**Erasmus+ training crouse**



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**In touch with the world was an 8-day Erasmus+ Training Course designed to invite participants in the practice of Contact Improvisation as a unique lens for the development of crucial social skills and personal growth. With this project, we wanted to present the technique of contact improvisation and its philosophy to youth workers and offer them innovative tools for social education and youth work activities.**



*Contact Improvisation goes beyond the realm of dance;  
it becomes a powerful medium through which participants can  
enhance their skills in communication, trust-building, empathy, peacebuilding,  
contemplative presence and more.*

# Introduction

*This booklet is designed to guide through the principles and practices of contact improvisation (CI) and explore how this unique dance form can be a valuable tool in youth work. This course introduced a methodology that emphasises physical connection, improvisation, and the nurturing of healthy, supportive relationships. In a world where physical contact is often misunderstood or restricted, Contact Improvisation provides a space where participants can safely explore the relationship between their own bodies and those of others. Without competition or goal-oriented outcomes, CI encourages a deep sense of trust, empathy, and mutual respect. It is a practice driven by the natural forces of gravity, creating a dynamic interplay between movement, touch, and awareness.*

*The aim of this course is to equip you, as a youth worker, with the tools to use CI as a means to provide space for personal growth, improve mental health, and facilitate inclusion. By engaging in movement and physical touch.*

## **This booklet**

outlines a week-long experience where participants engaged in embodied movement practices of Contact improvisation principles. The activities, carefully curated and deeply intentional, built upon each other, progressively encouraging participants to explore the many facets of their bodies, relationships, and the spaces they inhabit.

Each day's practice focused on different themes, with particular emphasis on presence, fluidity, balance, trust, and the dynamics between chaos and harmony. Through Contact Improvisation, participants were able to develop social and personal skills that are crucial for both professional youth work and day-to-day interpersonal interactions.

## Daily flow

### Day 1: Grounding and Presence

The first day set the stage for the entire journey by focusing on grounding, self-awareness, and non-verbal communication.

- **Morning Activities:** Exercises such as standing in stillness and engaging in non-verbal interactions (like whispering names and performing mindful handshakes) emphasized a return to the present moment. These early activities were foundational in cultivating a sense of collective presence and connection without reliance on verbal communication.
- **Afternoon and Evening:** The afternoon session explored the fluidity of movement, where participants embodied elements of water and allowed their bodies to respond organically. The evening provided a space for free movement, reinforcing the importance of fully inhabiting one's body and space.

### Why This Flow?

The exercises focused on slowing down, grounding, and cultivating deep awareness in the present moment, creating a solid foundation for the exploration of more complex interactions and movement patterns in the coming days.

### Day 2: Balance and Synchronization

The second day shifted focus toward exploring balance, stability, and the delicate interplay between tension and release.

- **Morning Session:** Activities such as balance exploration, walking practice, and the “elastic band play” encouraged participants to test their limits and play with their body's stability. These exercises were designed to challenge the body while encouraging a sense of groundedness and internal strength.

- **Afternoon and Evening:** The sessions continued the theme of interdependence and connection, with activities like eye contact circles and the “Second Skin Exercise” helping participants explore sensory perception and intuitive movement. A reflection circle allowed for processing sensations from the day.

### **Why This Flow?**

The day built on the grounding and awareness of Day 1, introducing physical challenges that required participants to stay connected to their own bodies while interacting with others in synchronized movements. This encouraged the development of trust, presence, and dynamic communication.

## **Day 3: Trust, Intuition, and Deepening Connection**

Day 3 delved deeper into trust and intuitive movement.

- **Morning Session:** The morning activities, such as massage exercises and crawling for connection, explored the power of touch, support, and intimate communication between partners. These exercises asked participants to trust their partners and intuitively respond to their bodies' needs.
- **Afternoon Session:** Partnered weight and resistance exploration allowed participants to play with force, balance, and the flow of energy between two bodies. The afternoon was about supporting and being supported, while the evening jam allowed for free expression.

### **Why This Flow?**

By Day 3, participants were ready to deepen their exploration of connection through trust and non-verbal support. The body's natural instincts to move, support, and connect were allowed to emerge more freely.

## **Day 4: Rooting and Reaching**

Day 4 emphasized grounding in the present moment and reaching toward the future, while exploring collective movement and support.

- **Morning Session:** Group activities like the human snake and tree connection exercises allowed participants to find grounding through collective movement and deeper engagement with nature. These activities explored the duality of rootedness and freedom.
- **Afternoon and Evening:** The next session focused on shifting balance and lifting techniques, creating a space for both physical and emotional support. Participants engaged in exercises that required lifting and supporting each other in ways that bring out trust and group cohesion.

### **Why This Flow?**

Rooting in the present, yet reaching for the future, symbolises the ongoing journey of self-awareness and connection. The physical acts of support and collective movement helped to point out the evergoing group dynamics and the importance of shared experience.

## **Day 5: Introspection and Flow**

Day 5 created space for individual introspection, deep connection with the body, and the flow between inner and outer worlds.

- **Morning Session:** Activities like the solo reflection, where participants reflected on their personal needs, allowed for individual exploration before returning to group dynamics.
- **Afternoon Session:** The dynamic flow exercises and group interactions explored spontaneous, responsive movement. This session reinforced the importance of remaining in tune with one's own body while being sensitive to the rhythms and movements of others.

### **Why This Flow?**

Day 5 encouraged participants to integrate personal reflection with group interaction, helping them find a balance between self-awareness and shared experience.

## **Day 6: Giving, Receiving, and Listening**

Day 6 emphasized the exchange between giving, receiving, and listening.

- **Morning Session:** Exercises focused on attunement, such as giving and receiving through body support, explored how movement can be a reciprocal exchange. The physicality of these exercises heightened participants' ability to listen deeply to each other's needs, intuitively supporting one another.
- **Afternoon Session:** The impact of words on movement demonstrated how external stimuli (such as spoken words) can influence embodied expression. The session also incorporated compression and weight-bearing activities that offered deeper insights into the physical experience of space and support.

### **Why This Flow?**

The day's activities created a space for participants to explore the balance between control and surrender in their relationships with others, honing their ability to listen deeply and respond with presence.

## **Day 7: Chaos and Harmony**

On Day 7, the focus shifted to exploring the tension between chaos and harmony.

- **Morning Session:** The trio exercises and sound meditations helped participants explore dualities within their movement—fluidity versus structure, noise versus silence. The voice exploration further deepened this theme by revealing the harmonic and disharmonic qualities in movement.
- **Afternoon Session:** Participants explored performance improvisation in groups, relating contact improvisation to life's complexities. The day concluded with a New Moon ceremony, symbolizing new beginnings and the planting of intentions.

### **Why This Flow?**

Day 7 explored the tension between order and chaos in both movement and expression. The activities allowed participants to explore these dualities and how they show up in both their bodies and the world around them.

## **Day 8: Integration and Reflection**

The final day was about integrating all the experiences from the week and reflecting on personal growth and transformation.



- **Morning Session:** Free dancing and reflective activities helped participants internalize the lessons learned, allowing them to reconnect with their bodies and the group in an organic, uninhibited way.
- **Afternoon Session:** Participants revisited their river drawings from Day 1, symbolizing their journey and the flow they wish to continue on. The workshop concluded with a jam and a final word-sharing circle.

### Why This Flow?

The final day provided space for participants to reflect on their entire journey, integrating their learnings and insights into their physical practice. The closing jam symbolized the culmination of their week-long exploration, reinforcing the importance of embodying everything they had discovered.





## Conclusion

**In Touch with the World** provided a rich educational experience where Contact Improvisation served as a tool for developing social and personal skills.

*The flow of the activities encouraged participants to explore and embody concepts of trust, communication, presence, and connection—skills that seem very important for youth work and community-building. By moving through a progression of exercises that deepened the connection to oneself, to others, and to the world around them, participants were invited and encouraged to integrate these skills into their personal and professional lives. The impact of this week-long journey hopefully extends beyond the practice of movement and it offers tools for peacebuilding, empathy, and self-awareness, which are essential for any social education endeavor.*



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