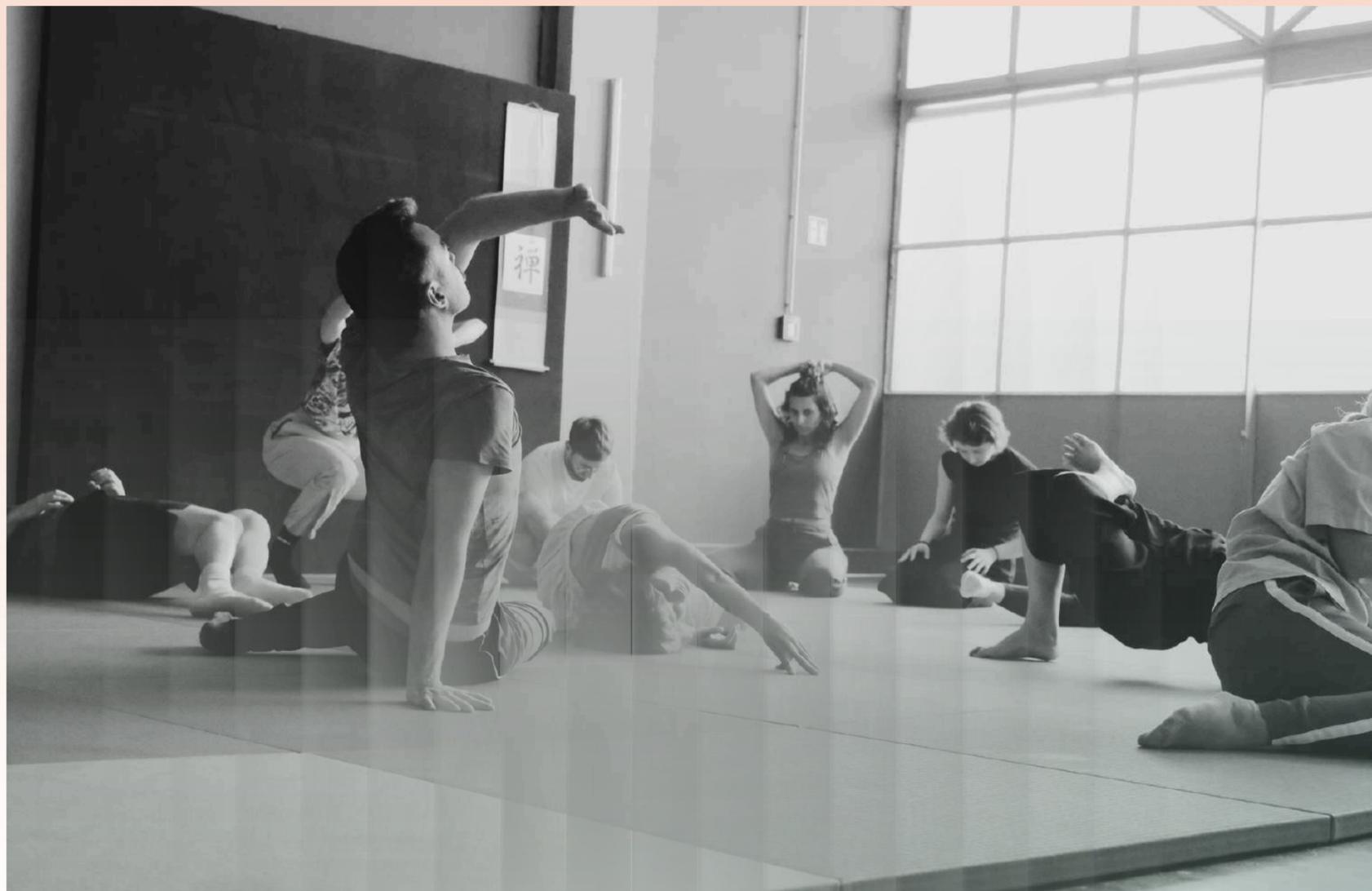


# **RHYTHMS OF MOVEMENT**

## **Dance and Embodied Learning in Youth Work**



**INTERNATIONAL TRAINING  
COURSE**

**BERLIN, GERMANY**

**25 APRIL - 3 MAY  
2025**



**Co-funded by  
the European Union**

# About The Project

This training course for youth workers explores dance and movement as tools for self-awareness, connection, and social reflection. Grounded in the idea that the body is a mirror of both the inner self and the surrounding world, the project investigates the two-way communication between body and mind and how movement can become a conscious, empowered act.

The training aims to support the reconnection of young people with their bodies in response to challenges such as information overload, fast-paced urban lifestyles, and limited contact with nature. It seeks to introduce movement as a playful and accessible practice, and as a gentle way to question habitual patterns and imposed rhythms.



# About The Project

Drawing from contemporary dance practices, the training will explore play, improvisation, and rhythm as ways to go beyond daily movement patterns and explore new physical and emotional relations. The project will explore both indoor and outdoor spaces as active partners in movement and learning processes. In the second part, participants will reflect on their learning and investigate how to create additional tools themselves as a form of offering, which they can further develop into methodologies and offer in their own youth work contexts.



# Project Objectives



- **Explore the body as a tool for reflection, expression, and learning in youth work contexts.**
- **Strengthen a sense of wellbeing through movement, supporting the empowered participation of youth.**
- **Reflect on contemporary challenges faced by young people in relation to body image and physical wellbeing.**
- **Develop and adapt simple movement-based creative tools and practices that can be offered to young people in different youth work settings.**
- **Develop capacities of participating organisations to contribute to international youth work at the European level**

# Accommodation

We will be staying in the hostel  
**Gäste Etage** in big dormitory  
rooms.

<https://gaeste-etage.de/en/>

Osloer Str. 12, 13359 Berlin



# Travel reimbursement

The travel costs will be reimbursed within after the project by bank transfer in euros. The travel distance represents a single-way distance from the place of origin to the venue, whereas the amount covers the contribution to the return travel to and from the venue.

- Please as read carefully travel guidelines of Lernlabor



Travel Distance	Green Travel	Non-Green Travel
10-99 km	56 EUR	28 EUR
100-499 km	285 EUR	211 EUR
500-1999 km	417 EUR	309 EUR
2000-2999 km	535 EUR	395 EUR
3000-3999 km	785 EUR	580 EUR

# Additional Information

The local currency is the euro; you can easily exchange to pay by cash or pay by card. You can arrive up to **7 days before and stay 7 days after the project at your own expense.**

**We ask for a participation fee of €80 (reduced fee €50 euros for people with fewer opportunities).**

\*Your sending organisation may add an administrative fee to cover the administrative costs of selecting and preparing participants.



# Trainers and Organisers



**Emmanouela Korki**

Emmanouela Korki, dancer, teacher and a founding member of the organisation Moon 10. She has a BA in Dance and a BA in Drama from Greece and has studied Hatha Yoga- at Sivananda school in Poland. She has attended many arts seminars and also had her training in outdoor activities, climbing and winter mountaineering under the Greek mountaineering federation.



**Hanga Czedulas**

Hanga is a project coordinator at Lernlabor, who recently completed her long-term ESC volunteership. With a background in theatre, contemporary dance, and graphic design, she brings a diverse creative perspective to her work. She is passionate about play and non-formal education as a tool for personal and social development.



**Nita Ivanishvili**

Nita is a project coordinator at Lernlabor and is experienced in organizing and coordinating Erasmus Plus and non-formal educational projects. She is an undergraduate student of architecture and current NC of EASA Georgia, with 4 years of experience in architectural and construction non-formal projects. Nita has a diverse volunteer engagement history in various communes, musical festivals, exhibitions, fairs etc.



# CONTACT DETAILS



For questions about the programme  
and learning content:

[hanga@lernlabor.berlin](mailto:hanga@lernlabor.berlin)

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