

# “Dance & Creativity as Tools for Youth”



## An Erasmus+ Training Course

in Napoli City Centre, Italy

from 23<sup>rd</sup> to 31<sup>st</sup> May 2026

Dear Friends,

we are glad to invite You to our intercultural training course

## “Dance & Creativity as Tools for Youth”

organised by the YMCA Parthenope ONLUS,

co-financed by the ERASMUS+ Programme.

We invite you to live this **creative adventure** with us!

The 9 days program (travel included) will take place in the vibrant  
Metropolitan Area of Napoli City Centre, in the South of Italy.



In this letter You will find all you need to know about its goals,  
programme and information about the practical arrangements.

We will gladly answer all your questions!

Looking forward to meeting You in Italy!

## About this training course...

"Dance & Creativity as Tools for Youth" expresses the main belief of the organizations gathered in this partnership: we achieve better results with youth when delivering activities and workshops based on dance which combined with multiple forms of arts.

Hence this "T.F.T.", a Training For Trainers using Art as an empowering Tool whose main themes are:

1) "Creativity, Art & Culture" because both the participating youth workers and the young people entrusted to them are lovers of them and do dance, performing arts and, more generally, creativity the focus of their interests. Although besieged by suffocating consumerism and the prospect of a job (when available) that is well-controlled and regulated, we believe in the arts as a key dimension for the realization of life, as an opportunity for growth and training, bearer and disseminator of positive and healthy values such as beauty, chorality, expression and joy. We see knowledge, sharing and learning of forms of art and culture as powerful tools for aggregation, producers of growth and inner and collective harmony.

2) "Quality and Innovation in Youth Work", since all the project partners, through questionnaires administered to their youth workers, future participants in the training course, have found the importance and need for new training activities and educational methodologies. The need to update oneself in a European context leads to the acquisition of new ideas and energy in youth work. We know that the artistic-training activities adopted by them in the realities of our partnership, however valid, will be able to improve by comparing themselves with the trainers and with their peers, thus integrating and expanding the training offer to a wider and more intercultural range of young beneficiaries. A training conceived in this way represents the opportunity for a special time, dedicated to act as an incubator for all those projects, ideas and intuitions often necessarily set aside by our participants and project partners and that now, instead, we would like to bring to light and make them grow and develop in all their creativity, away from the daily routine.

3) "Entrepreneurial learning - Entrepreneurship education", a very important aspect, in the medium and long term, within our partnership. Few people in the third sector and in particular in youth work manage to enjoy permanent contracts: most struggle between temporary contracts and project work, which is why it is necessary to acquire knowledge and skills in social entrepreneurship and restructure one's work environment. Training and updating oneself in an international context allows one to improve one's employment outlook, embracing one's social ethics and, at the same time, reducing the possibility of burnout linked to job insecurity.

Therefore, our objectives are:

- 1) to enhance the artistic-educational competences of the participating youth workers to allow them to grow personally, professionally and socially;
- 2) to promote, through dance and the performing arts, the dissemination of healthy values such as beauty, peace, solidarity and the common good expressed in outdoor and street performances in “the May of Monuments”, the art festival of Napoli;
- 3) to use dance and the performing arts as tools for non-formal education;
- 4) to facilitate the conception, management and evaluation by participants of new activities aimed at young people;
- 5) to improve the quality and quantity of youth work in our partnership;
- 6) strengthen the visibility and dissemination of our work.



## Who can participate

Participants of the training course "Dance & Creativity as Tools for Youth" are trainers, volunteers and youth workers coming from the partner organizations who take care of young people through theatre and other artistic activities for recreational, expressive and educational purposes.

We give priority to participants who are engaged in social inclusion issues, especially with migrants, war asylum seekers and young people with disabilities.

This training course is designed for people who wish to update and upgrade their competences, working methods and tool-box, especially in an international environment.

There is no age limit, even though we give priority to younger trainers, volunteers and youth workers with financial difficulties or without a permanent job.

## Partner organizations and contacts

Country:	Partner:	How many:	E-mail address:
Bulgaria	Folklore World Maritsa	4	katerinakaterinska@gmail.com
Italy	YMCA Parthenope ONLUS	4	info@ymcaparthenope.eu
Latvia	Theater Studio Dobele	4	kr.kleina@gmail.com
Macedonia	Dance Fusion Team	4	danceteamfusion20@gmail.com
Portugal	Go For It	4	goforitorganisation@gmail.com
Romania	Federatia YMCA Romania	4	alina.ymca@gmail.com
Spain	Social Dance Collective Spain	4	stan@socialdancecollective.org

## When

Dates of the training course: 23<sup>rd</sup> – 31<sup>st</sup> May 2026.

Arrival by	18.00	23/05/2026
Welcome Dinner	20.00	23/05/2026
Farewell Dinner	20.00	30/05/2026
Departure by	10.00	31/05/2026

We expect you to participate in the whole program in order to benefit from the Erasmus+ Programme financial contribution.

## Where

The accommodation where participants of the training will sleep is Pizza Hostel (<https://pizzahostel.it/>), which is in a strategic position, everything is near, in the historical center of Napoli, perfect for exploring the city and reaching our training facilities a few minutes away. The staff is welcoming and helpful, making the guests feel right at home. The facilities are clean and trendy, here are some pictures.



The dance training will take place, instead, in the premises of the cultural centre “Ex-Asilo Filangieri”

<http://www.exasilofilangieri.it/>



Please note that some activities are expected to take place in the city squares in the frame of the Napoli May Art Festival “Maggio dei Monumenti”, here's the last edition <https://www.comune.napoli.it/novita/maggio-dei-monumenti-2025/>

## How to get here

First of all, please buy your ticket ONLY AFTER you receive the confirmation from us!

Then, we strongly advise you to land in Napoli in the morning or early afternoon.

### **From the Airport of Napoli to the hosting accommodation “Pizza Hostel” (located in Via San Paolo, 44 CAP 80138 Napoli)**

Please take the bus (ALIBUS) to the metro&train station “Napoli Centrale-Garibaldi” (about 20 minutes), there you can find the Metro 2 to “Cavour” (5 minutes on foot from the hostel) or the Metro 1 to “Duomo” (10 minutes on foot from the hostel).

### **Contact numbers to call on arrival:**

Gianluca Iacuvella 0039 340 7821363 & Antonio Chiaese: 0039 3333369057 .

Please feel free to ask us if you need advice about any travel arrangements 😊

## The financial conditions

Subsistence & training costs are fully covered and free for all the participants.

Then, according to the Erasmus+ guidelines, we will reimburse up to 309 € to the participants travelling from abroad.

As for insurances, the European medical insurance card is valid also in Italy and all participants coming from EU country must bring it with them.



Here is a sample of an Italian medical insurance card.

Very important: If you cannot provide your original TICKETS, BOARDING PASSES and INVOICES clearly stating the travel company, your name, all the trip details and the exact costs covered, we will not be able to reimburse you.

## What to bring (essential)

- Passport or other official identification
- Tickets, insurance, boarding passes
- Comfortable clothes for living & training
- Sleepers, gym socks or indoor-only shoes (for the activity room)
- Towel and your personal hygiene products (soap, toothbrush, etc.)
- Medicine, if you take any
- Gastronomic specialties (cold food and/or drinks) to share with the other participants during the “intercultural nights”
- Smiles, willingness and good mood 😊

## How to Apply

If you want to join us in the training, send your application form, duly filled out, to your association (see contacts on page 5).

## We are looking forward to meeting You in Italy!

See you soon,

the Team of the YMCA Parthenope ONLUS 😊

### Contact numbers to call on arrival:

Gianluca Iacuvella: +39 340 7821363

Antonio Chiaese: +39 333 336 9057

Please feel free to ask us for any advice 😊

## TRAINING PROGRAMME

	Arrivals: 23rd May, Saturday	DAY 1: 24th May, Sunday	DAY 2: 25th May, Monday
08:30-10:00		BREAKFAST & TIDY-UP	BREAKFAST & TIDY-UP
10:00-13:30		Project Intro & Name Games Team Building: Our Values Expectations, Goals & Program	Ice-breaker/Warm-up Maria FUX Methodology Brainstorm Creation of Choreography
13.30-15:30		LUNCH & SIESTA	LUNCH & SIESTA
15:30-19:00	Participants' Arrivals Welcome Safety procedures	Ice-breaker/Warm-up National Dances & Local Contexts Daily Evaluation	Ice-breaker/Warm-up National Dances & Local Contexts Daily Evaluation
19.00-21:30	DINNER & FREE TIME	DINNER & FREE TIME	DINNER & FREE TIME
21.00-23:00	Informal Time	Focus Visit of Napoli by night	Intercultural night
	DAY 3: 26th May, Tuesday	DAY 4: 27th May, Wednesday	DAY 5: 28th May, Thursday
08:30-10:00	BREAKFAST & TIDY-UP	BREAKFAST & TIDY-UP	BREAKFAST & TIDY-UP
10:00-13:30	Ice-breaker/Warm-up National Dances & Local Contexts Focus on Youth	Ice-breaker/Warm-up National Dances & Local Contexts Focus on Challenges	Ice-breaker/Warm-up National Dances & Local Contexts Focus on Solutions
13.30-15:30	LUNCH & SIESTA	LUNCH & SIESTA	LUNCH & SIESTA
15:30-19:00	Ice-breaker/Warm-up Intercultural Choreography Daily Evaluation	Free Time Free Time Free Time	Ice-breaker/Warm-up Intercultural Choreography Daily Evaluation
19.00-21:00	DINNER & FREE TIME	DINNER & FREE TIME	DINNER & FREE TIME
21.00-23:00	Intercultural night	Free Time	Intercultural night
	DAY 6: 29th May, Friday	DAY 7: 30th May, Saturday	Departure: 31st May, Sunday
08:30-08:30	BREAKFAST & TIDY-UP	BREAKFAST & TIDY-UP	BREAKFAST & TIDY-UP
	Ice-breaker/Warm-up Final performance preparation Focus on Communities	Ice-breaker/Warm-up Follow-up & Dissemination Erasmus+ Programme & Opportunities	Greetings & Departures
13.30-16:00	LUNCH & SIESTA	LUNCH & SIESTA	
15:30-19:00	Ice-breaker/Warm-up Final performance rehearsal Daily Evaluation	Projection of training audio-visuals Final Evaluation Closing ceremony	
19.00-21:00	DINNER & FREE TIME	DINNER & FREE TIME	
21:00-23:00	Final performance	Night together	

## Learning to play, playing to learn: the experiential methodology

Learning by experience, personalised training and artistic techniques are working methods which all have one thing in common for us: playing. Playing allows us to access a state of freedom, creativity and exploration that is associated with the natural learning of childhood. Role-plays, structured experiments, simulation and arts are examples of games with experiential learning opportunities. Games can create a play frame, which makes the act of learning a dynamic and enjoyable process, which recalls the carefree playing time of childhood. Experiential activities can transform learning into adventure. Learning in this way is an emotional, physical as well as a cognitive experience. Movement and feelings stimulate the learning process. Playing involves both mind and body and can provoke an emotional response during the exercises. The exercises are designed to use social skills and make clear / illustrate concepts and theories. Almost any topic can be explored through games. Learning processes that involve the development of skills and behavioural change, such as group dynamics, communication, leadership, problem solving, teamwork, coaching, co-operation and decision-making are very suitable for gaming. Gaming is a working method which might create a paradoxical situation in which participants or a group might lose themselves. The objective of using gaming in this kind of training is to get more knowledge and skills to work with groups in the field of youth work and social work. Although this working method may seem enjoyable, it is not "only a game". It allows the players to use the freedom to experiment with new approaches and new behaviour and to acquire skills and knowledge. The players are asked to look at how they behave in the play. Therefore feedback and reflection are an essential part in this way of working. Playing games as a tool for learning is a serious play or 'playful seriousness'. Our training method is based on learning by experience. In our approach we invite participants to point out where they find themselves at that moment in the learning process, what they want to learn and how they want to develop themselves. It is focused on the experience of the individual and it is connected to the specific needs and the level of learning of the participant at that moment. The program is a tool for the participant and not the other way around. No matter how logical this may sound, in many formal learning situations the usual form of acquiring knowledge is 'learning

from lessons'. The knowledge should be reproduced / copied by the participant, without any personal interaction. 'Learning by experience' is different since it starts from the person him/herself, his/her behaviour, reactions and emotions. This method is often used in youth work and informal education. And more and more this method is being used in formal education and trainings for companies. The way, in which we like to organize and perform this international training, means that main objectives of the training have to be clear to the participants, as well as the outlines of the program and the target group. In this way we create a playing field for participants and trainers where we can play to learn and learn to play. Within the given group, you participate in the training for yourself and with yourself as an individual. The exercises (called 'processes' in our training context) will be done alternately alone, in pairs or in a group. The trainers will prepare the ground by giving plenary lectures. Some processes may involve talking, others listening or visualizing certain thoughts with your eyes closed. Exercises will be provided in combination with music, dance or play. Many processes will contain an element of surprise, the exact nature of which is not known in advance. So questions can only be answered by the participant him/herself, namely by experiencing his/her own reactions. With this training approach there is room for the experiences and wishes of the participants to influence the content of the program while it is taking place. We create the playing field and the participants make the play.

