



INFOLETTER

DANCE in ACTION!

22nd August 2011 – 31st August 2011

Hungary



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WHAT?

Dance in Action!

Background: Poverty and social exclusion is an instant problem in Europe. People can be excluded by the reason of social background, economical situation, learning difficulties, religion, race etc. We would like to take part in prevention of above mentioned problems in giving an opportunity to **trainers and youth workers to gain and exchange best practices and develop their knowledge at the field of experiential learning**. Experiential learning is a tool for approaching youngsters and develop their social skills.

Aim: The long-term goal of our association, and our project is to support the integration of youth who are living without family and prevent them from poverty and unemployment.

Integration occurs with common learning and understanding, through joy and playfulness. Our aim is to promote dance and movements as a tool for youth workers, social workers of our region in order to have an effective tool in their hands to deal with orphanage youth, or youth with behavioural problems.

In the recent time we have dealing with orphan kids or kids with behavioural problems. We realized that dance, music gives a great connection to them, and body expressions enables us youth workers to have a **great time with the kids**, to have **common learning** and to achieve personal development. Therefore the need for the above course, Élményakadémia is the organizer, experienced international dance teacher team are running the course.

Inspiration:

we live our everyday life in frames - **frames** that given by the society, our parents, friends, peer people who are surrounding us. Frames that are defining how we should get along with people, think about relationships, friendships, work, world - the values how we should live our life. Our aim is to discover our frames together with dance and movements.

With the **Dance in Action!** dance course our intention is to create **freedom** in mind and body. Free dance and body movements are liberating us to **connect** to our intuition, and to connect to others in a pure way.

40% dance techniques - 40% self experience - 20 % own performance = practically 12 hours dancing a day

The 10 days Dance in Action! course will be held from 22nd-31st August, 2011 in Hungary, at Galyatető. Participating countries are: Hungary, Romania, Greece, Slovakia, Portugal, Spain, Italy all together 26 participants are invited to go through on the following processes: dance basics: techniques; self experience: body and movements, theatre, rhythms and sounds, contact improvisation; own performance – international workshops, hip-hop and street styles voluntary project with orphan youth. International dance trainer team runs the project with the method of integrated dance therapy: focus on holistic view of body, soul and mind, and have the concept of that all our internal processes are expressed through our body (posture, flexibility) and can be stimulated from outside, and works with exposure.

As a result we expect to gain higher awareness of body and actions and giving an effective tool for the youth workers to have a bigger impact to youth they are dealing with in their job. This course is a first step toward acquire dance as a tool for integration through self-development.

THEMES & PROGRAMME

Themes

Self-expression, communication, body language, spontaneity

Self-awareness

Creativity

Freedom, trust, confidence and courage

You in a relationship, you in a team

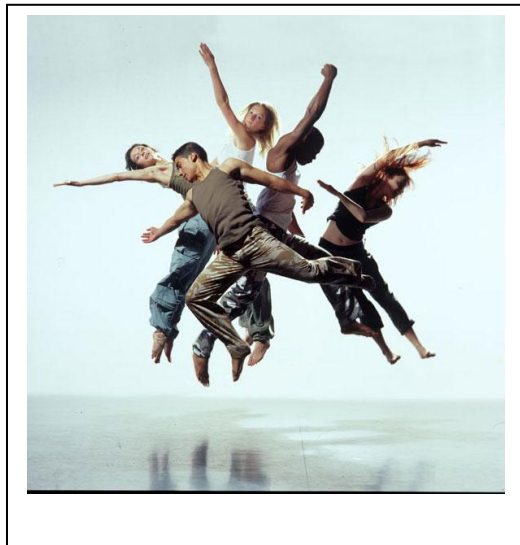
Diversity of connection

Leadership and active participation

Improvisation

Programme

Programme will be specified after the selection has done.



Things you can count on:

Processes from movement, dance and theatre

Tricks and techniques from contemporary dance

Contact dance

Inspiration through nearby forests

Solo – night in the forest

Prepare a public performance – you will all do something you never did before, even if you did perform already

Public performance tour and aftertalk with the audience

PARTICIPANTS & TEAM

Participants:

countries: Outward Bound Slovakia (2), Outward Bound Romania, PRELES Slovakia (2) Associacao Cidadania Viva Portugal, Élményakadémia Közhasznú Egyesület Hungary, Celtas Terraes Spain, Global SOMA Greece, La Citta' del sole Italy.

age limit: 18 + years

We can have **4 participants / country**.

experience: you are indoor trainer, social worker, youth worker, working with groups of different age and target.

Trainers:

Alex Tsiamoglou - dancer and trainer – Global Soma, Greece

Ágnes Laszlovszky – psychologist, art expression method – Élményakadémia, Hungary

Kunhegyesi Ferenc – dancer, painter - Hungary

Organizer:

Zsuzska Juhász – Élményakadémia, Hungary

if you don't fit any of the above criteria:

We have a limited amount of places available for people who are from other countries. If you are one of them and really really want to come, contact Zsuzska Juhász with a plan about how you will cover your travel costs, whether and how you can contribute to the costs of the training as well. In this case the cost of the training is 200 Euros and reimbursement of travel costs is not possible.

We suggest that you do your own fundraising, look up local funds from your country, search for the opportunities of study and adult education grants, e.g. the Grundtvig, the Leonardo and the Erasmus programs.

Dates

Arrival till	18:00	Sunday 21 st August, 2011
The program starts	09:30	Monday 22 nd August, 2011
The program finishes	22:00	Wednesday, 31 st August, 2011
Departure till:	12:00	Thursday, 1 st September, 2011

Arrivals and departures

We are asking you to arrive on the date given above, to the accomodation of the course:



Galyatető – Fogadó a Táncoló Kecskékhez

If you arrive 1-2 days earlier or leave later, please arrange your own accommodation for the extra time.

We expect you to participate on the whole course! (It means coming later or leaving earlier is not allowed!)

Venue

The course will take place in Galyatető, Hungary.

In the accommodation there are 2- 3-4 bed bedrooms with shower.

How to get there?

Arrange your trip to arrive on time at the arrival day!

Take a flight from your country till Budapest Ferihegy Airport.

Catch a bus till Kőbánya-Kispest (metro station) and go with the metro **BLUE** till Deák Ferenc tér!

ATTENTION! You have to buy ticket for the vehicles. For each journey one ticket!

In Hungary you have to buy ticket also for the public transportation *in advance* and you can valid it on the bus *before you start your journey*. At the metro station you can valid your ticket before the escalator. On the airport you can buy ticket at the newspaper stand and it costs 320 huf/piece.

From Deák Ferenc tér You change metro line to the **RED** one and go till Stadionok station.

At Stadionok station go to the ticket officer at the bus station and ask a ticket to Galyatető! Watch out there are buses go there directly 2 times a day on Sunday. Time schedule is: 8:15; 16:45. There are also opportunities to travel with stopover at Gyöngyös, please check at: <http://www.menetrendek.hu/cgi-bin/menetrend/html.cgi>

What to bring?

We are asking you to bring certain clothes for your physical safety, personal hygiene of yourself and the other members of the group.

Take care that you have enough clothes for ten days of intensive movement. We will do a lot of exercises outside, also sit on the floor in the training room. Consider that we will move many times a day between the accommodation and the forest around. This time of the year the weather is unpredictable, it can be from 20 – 30 degrees, wind, rain or hot sunshine as well... There is no washing machine at the accommodation – of course you can handwash.

Checklist:

- Towels, also extra ones for use during the programme
- Water bottle
- Warm clothes for outdoor & indoor activities and for after-movement times
- Long sports trousers - for both boys and girls it is obligatory that your trousers are at least knee length, covering your knee, min. 2 pairs
- T-shirts / tops for physical movement (girls: sports bra!)
- Socks made of a material that is healthy and breathable.
- Indoor shoes for dance and physical activities: holds your feet, and allows maximum flexibility.
- Backpack or smaller bag for your daily equipment
- Raincoat
- Outdoor sports shoes
- Sleeping bag – for sleeping outside (1 night programme)
- Music of different atmospheres and rhythms, without and with lyrics.
- MP3 players
- Any accessories that you use for sports, dance, or theatre.
- Your own medicines
- Your own bandages, protection stuffs, creams etc.



Documents

- passport or other official identification
- bills and tickets described in the attachment

COSTS

Élményakadémia covers the following costs:

- accomodation
- food
- the costs of the programme
- maximum 70% of the travelcosts of foreign participants, funded by the Youth in Action Programme, according to the conditions described in the attachment.

For this we received grant from the Youth in Action Programme, for participants from the countries mentioned above, 18 + years.

Participants cover the following costs:

- The rest of your travelcosts from your living place to the project venue -30%
- Your own insurance
- 80 EUR participation fee

In the EU grant we will receive a certain amount of money for reimbursement 70% of your travel costs if you join to the training from one of the partner countries. The amount of this is limited, please see the maximum of it in the table below.

Country	Number of participants	Max. travel cost 100% in EUR	Max. reimbursement 70% in EUR	Participant's contribution in EUR
Slovakia	4	80	56	80
Romania	3	100	70	80
Hungary	4	25	17,5	80
Italy	4	300	210	80
Spain	4	300	210	80
Portugal	4	300	210	80
Greece	3	300	210	80

There is a participant's contribution for the training, it is 80 Euros for everybody *from all the countries participating in the course.*

Participants: until 1st July, 2011.

Send your filled in application form to Zsuzska to the following address:

juhasz.zsuzska@elmenyakademia.hu

If you have any physical limitations, disease and/or use medicine we need to know about, indicate it on the application form. If you are a vegetarian, or have a special diet, let us know, indicating what you cannot or don't want to eat, and also what you CAN eat, so that we can arrange suitable food.

Do not buy tickets till you get a confirmation letter.

Selection will be done by 5th July, 2011.

Until 6th of July you will receive the confirmation letter. Then you will have 1,5 month to buy your ticket and confirm that you are coming. We will only take you serious, when you bought your ticket.

The ones not selected in the first round will be on the **waiting list** and as soon as there is an empty place, we will contact them.

Selection will be done according to the contents of your application forms, and the criteria given above taking into consideration the geographical, age and gender and social background-based balance of participants.

Note that by filling in and sending us your application form, you state that you have read, understood and accept the contents of this information letter.

We are looking forward to see you in Hungary!

Élmenyakadémia

website: www.elmenyakademia.hu

The project has received for grant form the Youth in Action Programme of the European Community.

Information on the Programme is available at http://europa.eu.int/comm/youth/index_en.html

However the content of the project doesn't necessarily reflect the opinion of the EU

and the Hungarian National Agency.

The project is not under the responsibility of these institutions.



Attachment 1 // CONDITIONS OF REIMBURSEMENT

By law and the funding rules of the Youth in Action Programme we need to keep certain administrative procedures. We are asking for your support and cooperation in keeping these rules.

Please make sure that you read and understand the conditions and the procedure.

Conditions of reimbursement:

- Only if you participate in **the whole program** can you get the reimbursement.
- **Save your original tickets and receipts, invoices and all related documents,** because you can only get reimbursement for costs of which you can prove the amounts with original tickets and receipts. Only the amount written on the ticket will be reimbursed – that is, if you want your return ticket to be reimbursed, you have to give it to us. We cannot reimburse anything that you buy *after* the training.

ALL the following ORIGINAL documents will be needed:

- all your tickets and boarding passes
- invoices of buying your tickets described below
- passport or ID

What is an invoice?

This is a document, signed and stamped by the seller.

It needs to be for the following address as buyer:

**Élményakadémia Közhasznú Egyesület
1082 Budapest
Leonardo Da Vinci str. 44/23.**

It must contain Élményakadémia name, the starting and finishing place and the date of the of the journey and the price of the ticket. Whatever official is your paper, **if these data are not on it, you can not get it reimbursed!!!** Use your name from your passport, no nicknames!

E-tickets:

An e-ticket is NOT an invoice! If necessary, call the airline/train company/etc., explain them the situation and ask them to give you a receipt/invoice with the data given above. If you buy tickets online, take care that you tick the box indicating that you want an invoice, and you fill in the address of Élményakadémia where the invoice has to be sent by the airline company.

Invoices of tickets that you buy in Hungary are called ÁFÁS SZÁMLA (this is how you ask for it)

Reimbursement will be in HUF and it will be done **by bank transfer.** The exact procedure is described below. The exchange rate we will use is defined by the National Agency of the Youth in Action Programme.

Reimbursement procedure for participants funded by the Youth in Action Programme:

1. The amount of the reimbursement will be calculated as follows:

We take the 70% of your travelcosts between your hometown and Galyatető, only those costs of which you have the tickets and invoices. From this we will calculate your reimbursement.

In case your costs exceed the limits given below, the maximum amount you can get is calculated from the 70% of your allowed limit. Limits are given below. Based on the receipts you give us, we will exchange your costs into euros and from euros to HUF.

2. **You will check the calculation and sign a document** stating that you checked and you accept the amount, the bank account number where it will be transferred and that you agree that the bank costs are covered from it and that you will send us back the original tickets, documents and invoices within 1 week from your arrival home.
3. You will **leave with us all the original documents** that you don't need for your journey home. During the training we will make copies of your documents, so that you can still use your ticket for the way home.
4. You **send us back all the original documents** within 1 week from your arrival home.
5. As soon as we receive all original documents from your country and the money arrives from the National Agency, we send you your reimbursement by bank transfer. We will **do 1 bank transfer/country**, either to your sending organisation or to the account of one participant from that country. Bank cost is approx 10€ /transfer from our bank, you need to check yourself if it costs anything from your bank or not. Bank cost will be taken from the amount by the bank. We have no separate funds to cover them, so this bank cost is yours. For the bank transfers we need these data from each country: bank account number, IBAN number, account owner name, bank name and address, SWIFT/BIC code

If you come with a funding which is different from the Youth in Action Programme:

The amounts, the criteria and the procedure goes according to the funding rules will be different. This is subject to personal agreements with each person concerned.