

# **S. T. E. R.**

**28 March - 3 April 2012**

**Lublin, Poland**

**Training Course within Action 4.3. of Youth in Action programme**

**Dear participants,**

We are pleased to invite you to the "S.T.E.R." course from 28 March till 3 April 2012. We hope that after having read the description of the training course idea you be willing to take part in and then you will benefit from TC.

## **About the "S.T.E.R." course...**

S. - as a Socioterapy  
T. - as a Theatre  
E. - as Empathy  
R. - as Rhythm and Relaxation

The "S.T.E.R." course conceptions was developed by people believing that theater, socioterapy, rythm and epamthy cocetrnated communication is the best approach in work with youngsters especially those having difficulties with proper functioning in group of their peers. „S.T.E.R." is a six day training course : we won't have a lot of time but we hope it will be a good starter for further experiences of those intrested in personal development and wanting to improve their communication skills and set of practical techniques and methods when it comes to their work with youngsters.

## **TC's content:**

In this course you will work in partnership with a diverse range of people from across Europe who are interested in building and developing their socioterapy based techniques in work with young people. You will consider what socioterapy is and its assumptions. You will consider what skills are important when working with youngster especially those with difficulties, gain practical experience of applying socioterapy methods and creating a scenario of socioterapy workshops. You will look at different methods and techniques of theatre, mediation, rhythm and relaxation that might be applied in your work with youngsters.

There will be 19 participants from Youth in Action Programme Countries.

### Profile of the TC's participants:

- ☐ be aged 18 or over,
- ☐ be able to communicate and work in English,
- ☐ must be experienced in working with young people aged 13 - 21 as the professional or volunteer
- ☐ be interested in personal development and be ready for deep emotional activities
- ☐ be highly motivated to actively participate in the whole training and to contribute to the development of the programme and life of the group of the participants.

### About the venue and financial conditions:

The training course will take place in Lublin in Poland. Lublin is a city located in Eastern part of Poland. Participants will be provided board and lodging. Participants will be reimbursed on spot 70% of their travel costs according to the rules of the Youth in Action programme. There is 15 EUR participation fee.