



**DREAMS FOR LIFE,**  
with the support of **ERASMUS+ PROGRAMME**

Presents

The international training course  
**IMPROVe your Life!**

Taking place in CLUJ-NAPOCA, Romania  
**19<sup>th</sup>-26<sup>th</sup> April, 2015**



**Dear friends,**

Greetings from Romania!

We are happy to invite you to participate in the international training course **IMPROVe your Life!** which is dedicated to 21 youth workers willing to experience the method of improvisational theatre as a non-formal education tool. During six days of training, we will explore the potential of improvisation to foster innovative youth work, and develop the competency of creating attractive educational activities for young people. The training will take place in the beautiful 2015 European Youth Capital city of Cluj-Napoca, from 19<sup>th</sup> to 26<sup>th</sup> April, 2015.

This project is organized by Dreams for Life and co-funded by Erasmus+ Program. In this document you will find information you need to know about this training, including the training goals, the program and the practical information about accommodation, dates, countries included, financial conditions and others. Attached you will find the application form for the training.

We hope to answer all your questions and we are looking forward to seeing you in Romania soon!

*The organizing team*

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## Who we are?

**Dreams for Life** is a youth association from Romania, which operates in two important cities in Romania, Timisoara and Cluj-Napoca. Our organization unites young people that are passionate about non-formal education and active participation.

**Our mission is to support youth for following their true meaning in life, towards their personal development and the development of the community.**

We act upon the belief that everyone has a unique mission and path in life and that if they were to follow it, they would feel a positive change in themselves, as well as a sense of accomplishment. We mainly work with youth aged 15 to 25 years old and we have local and international projects. Dreams for Life has a significant background for educational programs that aims to develop youth at a personal and professional level. We use non-formal education methods to empower young people to become active and responsible citizens.

## What is IMPROVe your Life?

**IMPROVe your Life** is a training course dedicated to youth workers, striving to enhance the contribution of educational methods they use, for the professional and personal development of young people.

*But wait... what is IMPROV and how do we use it?*

Improv, or improvisational theatre is a form of theatre that doesn't use any prepared text or scenography. Everything is built spontaneously on the stage, based on the suggestions from the audience. It requires good skills of listening, attention, and team work and challenges the performer to become a better version of himself. It is both useful and entertaining. That's why we chose to transform it into an educational method and use it as a tool for youth development.

So, the aim of our project is **to train and empower youth workers to use improvisational theatre as an innovative tool to increase young people's employment chances.**

To achieve this, we have set the following *objectives*:

- ✓ *To support the acquisition of knowledge, skills and attitudes in improvisational theatre method.*
- ✓ *To increase the capacity of youth workers to innovate and improve their working methods with principles and tools from improvisational theatre.*
- ✓ *To develop the capacity of participants to offer improvisational theatre activities and programs that better respond to the needs of youth in their countries.*
- ✓ *Strengthen the cooperation and international exchange of good practices in the field of youth work.*

In this project there are 7 partner organizations involved: Dreams for Life (Romania), JASMA (Latvia), MTÜ Partnership for Active Learning (Estonia), Fundacja Sempre a Frente (Poland), Associazione Movimentamente (Italy), Stavanger kommune (Norway), Youth Horizons (Greece).

## Why IMPROVe your Life?

Well, the story goes like this... In 2013, we created ACTitude – The Improvisational School in Cluj Napoca. During the program, we discovered that improvisation is a very powerful method, and some of the youth taking part in the program, confessed that it had changed their lives.

So then we wanted to share it at an international level, organizing the learning event inside a Grundtvig Learning Partnership in July 2014. The good feedback of our international participants took us a step further. And now, we will share this method with **you** – like-minded youth workers/social workers/NGO members, in order to create a professional network to sustain, improve and innovate our work.

## When?

**Participants' Arrival day:** 19<sup>th</sup> April 2015

**Full working days:** 20<sup>th</sup>-25<sup>th</sup> (6 days) April

**Departure day:** 26<sup>th</sup> April 2015

If you plan to **arrive earlier** or **leave later**, and you need to find an accommodation, let us know, so that we can support you. Your expenses outside of the days of the training will not be reimbursed by the organizers. (Flights that are earlier or later with more than 2 days from the start/end of the training will NOT be reimbursed)

**Please inform the organizers before you buy the tickets** to check if the routes and the prices are ok with our budget.

## Who?

### Participants & Partner Organizations

The project “**IMPROVe your life**” is a training course which will bring together 21 youth workers from 7 countries: Romania (3), Latvia (3), Estonia (3), Poland (3), Italy (3), Norway (3), Greece (3).

**You are the right person for us if you:**

- are a professional youth worker and/or youth leader, mentor, project coordinator, volunteer coordinator, volunteer willing to begin a career in youth work.
- are interested in personal development tools, non-formal education, Erasmus+ projects, employability
- have an interest in theatre and/or improvisation;

- are willing to engage with innovative youth work methods, and equip yourself with new competences;
- are interested to develop attractive and innovative methods to use in your work with young people;
- wish to be part of a network of European youth workers with same professional interests;
- are over 18, speak good English and are willing to be an active participant for the entire duration of the course.

## Trainers Team

There will be two trainers facilitating this event who will support participants in their learning process and make sure that high quality training is delivered.

**Maria Carbutaru**, the project coordinator, is a trainer and youth worker with important experience in the non-formal education field. She has been a trainer for 6 years, working with youth on various projects. Her fields of expertise are: improvisational theatre, spokenword-poetry, public speaking, outdoor-education, art, culture and music. She is also the coordinator of Dreams for Life Cluj-Napoca.

**Adela Militaru** is working with Dreams for Life as a facilitator and youth coach. She has a background in psychology and her expertise is training groups on various personal development themes and coaching young people. She is also competent in organizing different educational activities, and together with Maria, has designed and delivered the ACTitude Improvisational School.

## Financial conditions?

Accommodation, food and training expenses are covered by Dreams for Life, for the duration of the training. There will be a contribution from participants, of 30 Euros per participant.

This amount of money will be taken from the travel costs that will be reimbursed after the training.

### Travel reimbursement & Insurances.

According to the Erasmus+ financial rules we will be able to reimburse a specific amount of money for each country, which is described in the table below. For some participants, depending on the destination and means of transportation, we can reimburse the full amount of travel costs. For other participants we can reimburse only in the limit of the specific amount of money.

Please pay attention to the figures and conditions.

PARTNER ASSOCIATION	COUNTRY	N° OF PAX	MAX. PER PERSON
MTÜ Partnership for Active Learning	Estonia	3	275 EURO
JASMA	Latvia	3	275 EURO
Associazione Movimentamente	Italy	3	275 EURO

Youth Horizons	Greece	3	275 EURO
Stavanger kommune	Norway	3	275 EURO
Fundacja Sempre a Frente	Poland	3	275 EURO

We are strongly recommending you to have insurance while you are in Romania. Each participant will be in charge of purchasing one, because no private insurance will be reimbursed.

**Very important:** your tickets have to be given to the organizers during the project. Therefore, if you cannot **provide your original tickets**, receipts and invoices clearly stating the travel agency, your name and the exact costs of the tickets, we will not be able to reimburse you.

If you want to come to Romania earlier/stay longer (for sightseeing etc.) you can come **only 2 days before** the training course starts. If you want leave later, acceptable are **only 2 days after** the course finishes. (It means you cannot arrive before Friday the 17<sup>th</sup> of April and leave later than Tuesday the 28<sup>th</sup> of April). In case your date of arrival or departure is more than 2 days before or after we CANNOT REIMBURSE your travel costs. **We are really sorry** for that, but it is one of the financial rules of the grant we have received, and there is nothing we can do about it.

### Where?

The training course will take place in Cluj-Napoca, a medieval city in the heart of Transylvania (North-West of Romania).

### HOW TO ARRIVE:

There is an airport in Cluj Napoca that you can reach from several European destinations. You can check the relevant website or contact us directly for suggestions on travel arrangements; we will gladly share more information with you.

A better option for some countries is to fly to the Budapest airport. From there, calculate 40 eur more (for both ways) to reach Cluj Napoca - it's a 6h ride by car.

If Bucharest International airport suits you better, you can reach Cluj by train (aprox. 11h time), and that would be around 45 eur (both ways).

Because some of the countries are not so far, you can take into consideration coming by car, train or bus. For any further details regarding transportation means, you can contact Adela at [adela.militaru@gmail.com](mailto:adela.militaru@gmail.com).

### What to bring?

- Comfortable clothes and shoes, suitable for warm-up exercises and some free movement. Please bring enough clothes, washing facilities are not provided.

- Your original tickets for the entire trip, the invoice of the travel agency (the price clearly indicated on the ticket), the boarding passes.
- Your travel insurance contract and a legible copy of it
- Your ID/passport and two clearly legible copies of it
- Your own medication
- Something typical about your country such as food, drinks, music (OPTIONAL).

Concerning *special needs (diets, medicine)* please, tell us beforehand if you need any assistance from us in this matter.

## How to apply?

If you are interested to join our project you should fill in the application form available in Salto platform until 13<sup>th</sup> of March.

## About Romania

With a surface area of 238,391 square kilometres (92,043 sq mi), Romania is the largest country in southeastern Europe and the twelfth-largest in Europe. We have been a EU member since 2007. Romania's terrain is distributed roughly equally between mountainous, hilly and lowland territories. The Carpathian Mountains dominate the centre of Romania, with 14 mountain ranges reaching above 2,000 m/6,600 ft, and the highest point at Moldoveanu Peak (2,544 m/8,346 ft). These are surrounded by the Moldavian and Transylvanian plateaus and Pannonian and Wallachian plains. Romania's geographical diversity has led to an accompanying diversity of flora and fauna.

Our currency is the Romanian Leu (RON): 1 Euro = 4.45 RON

### Prices in Romania

Prices in Romania are not so high and this is true for nearly every kind of goods, except for cigarettes, fuel, coffee and alcohol.

### Examples for prices in Romania:

Bread 500 g +/- 1,00 EUR

Beer 0,25 ltr +/- 2 EUR

Sandwich +/- 1,80 EUR

Softdrink 0,25 ltr +/- 1,5 EUR

Dish of the Day +/- 10 EUR

## Contact information

If you have questions, something is not clear or you want to know more about the training, you can use the contacts below:

Adela Militaru (Communications Responsible, Trainer)

[adela.militaru@gmail.com](mailto:adela.militaru@gmail.com)

0040-747-073558

Maria Carbanaru (Project coordinator, Trainer)

[carbanaru.maria@gmail.com](mailto:carbanaru.maria@gmail.com)

0040-749-521158

More details about Dreams for Life:

[www.dreamsforlife.ro](http://www.dreamsforlife.ro)

<https://www.facebook.com/DreamsforLife>



## IMPROVE YOUR LIFE – TRAINING PROGRAM

19.04	Day 1-20.04	Day 2- 21.04	Day 3- 22.04	Day 4- 23.04	Day 5- 24.04	Day 6-25.04	26.04
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Official opening  Introduction	Exposed body: expand your comfort zone through improvisation	IMPROVED competences: Partnership & Feedback for	Structure and freedom, in improvisation and youth work.	Reflection time  Intermediate evaluation	What do you bring to education?	Good bye activities and ceremony
	Break		Break	Break	Break	Break	
Arrival	Get to know each other	Expanded mind: expand your comfort zone through improvisation	IMPROVED competences: Spontaneity & Problem solving	Innovate your repertoire: attractive methods for youthwork	Questioning the labour market. Improvisation – what can you do?	Agora of methods  New ideas and common projects in Erasmus PLUS	Departure
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
Arrival	An IMPROVED Team – team- building	Improv principles: Attention, presence, concentration	Fuel up your creativity through improvisation	IMPROVE the community: preparation	Building skills for employable youth	Commitment  Evaluation. Closing	Departure
	Break	Break	Break	Break	Break	Break	
Get to know each other activities	Introducing Improvisational theatre as an educational method	Improv principles: Support, trust agreement	Developing self-confidence and self- empowerment	Improve the community: local event	Explore the local community	Certificate/ recognition moment	
	Reflection	Reflection	Reflection	Reflection		Reflection	
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
Welcome evening		Intercultural evening	Motivation inside show	Participants evening	Evening in the community	Goodbye party	

