

C.A.S.T.!

Community building, Awareness raising and Social inclusion through forum Theatre!

KA1 – Mobility of Youth Workers / Training Course

Kalamata, Greece

04-11 June 2015

ID

Programme: Erasmus+

KA1: Mobility of Youth Workers.

Activity: Training course.

Partners: Youth organisations from both programme countries

Addressed to: members of youth organizations, youth structures (youth centres, info points etc), public authorities working with youth, social workers and volunteers in the sector of youth empowerment/ motivation.

Organiser: K.A.N.E., Social Youth Development (www.ngokane.org)

Dates: 04 – 11 June 2015

Project Description

*“Theatre is a form of knowledge; it should and can also be a means of transforming society.
Theatre can help us build our future, rather than just waiting for it.”*

- **Augusto Boal**

During the last years, the financial crisis all over Europe has created more “youth with fewer opportunities”, raising the unemployment rates in high percentages especially in the ages between 18-30. Youth are becoming demotivated, entering a negative psychological circle, which is reducing their employability skills and inhibits creativity.

In addition, one can observe in European Societies the augmentation of nationalism, the intensification of stereotypes (promoted also by the media), the increase of feelings of xenophobia and racism (targeting mostly people of different cultural backgrounds, immigrants, etc) and the increased marginalization and intolerance towards certain groups of people (Roma, homosexuals, people living in extreme poverty, etc).

Many youth organizations are asked to respond to these new needs and they are experimenting with new, innovative, methodologies

During this training course we would like to explore how Forum Theatre can be used in Youth Work as a tool for building a sense of community, raising awareness on current issues, promoting solidarity and social inclusion, and giving the motivation and will to the young people to become more active citizens and, as Boal himself said, “build their own future, rather than just waiting for it”.

What is forum theatre?

Forum theatre was developed in the early 1970's by Brazilian director Augusto Boal. Boal believed that theatre could serve as a forum for teaching people the strategies they needed to change their world. The main concept of forum theatre is that the concept of power is present in all interactions, exchanges and social arrangements. Boal posits a basic tension between the 'oppressed' and 'oppressor'. In Forum theatre these tensions are examined, challenged and altered as a method of rehearsing difficult situations/problems in advance - to understand how different strategies might be used in deal with complex social situations.

The goal of forum theatre is to make people more aware of some problems that they may have not considered previously. Forum theatre scenarios are designed to stimulate audience participation through discussion, interactive role-playing and shared experiences.

Objectives



- To introduce the participants to Forum Theatre and explore how it can be used as a tool in Youth Work
- To map the challenges youth are facing and the ways that youth work, using different tools, can

empower the young people in order to overcome them

- To promote the exchange of best practices and the transfer of innovation.
- To enable participants to reflect on the already successful good practices and develop new ones.
- To develop competences in setting up activities for young people from marginalized communities and analyze the challenges they face in their everyday work with youth with fewer opportunities.
- To share knowledge about the ERASMUS+ programme and create a network for the development of common projects in the near future

Financial



100% of
accommodation
is covered
(dinner)



3 **meals** per
day are offered
(breakfast, lunch,



100% of the **training costs** and training tools are covered



Travel costs to and from the venue (Kalamata, Greece) are covered according to the new Erasmus+ lump sums, Based on the travel distance per participant. Travel distances must be calculated using the distance calculator supported by the European Commission (http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm)

For participants from:

Bulgaria, Italy, Cyprus, Romania and Slovenia: max travel costs 275 euros/person

Estonia, Netherlands, Latvia, Lithuania, Spain and Portugal: max travel costs 360 euros/person

For the reimbursement of the travel costs, we will need in **ORIGINAL**:

- tickets
- boarding passes
- invoices
- e-tickets for the plane, where the price is clearly written
- Proof of payment - Receipt for paying by cash or account extract/credit card slip/bank statement from where to be seen the details of the transaction in case you will pay by credit card/bank transfer (for all plane, bus, train e-tickets)
- invoice from the sending organization (we will send you the template)

The reimbursement will be done **AFTER** the training course, upon reception by post of ALL the boarding passes, tickets, etc of the return travel as well as of the original invoice of the sending organization.

Getting there

IMPORTANT: REMEMBER TO KEEP ALL ORIGINAL TICKETS AND BOARDING PASSES. WE NEED THEM FOR THE REIMBURSEMENT.

Arriving at Kalamata airport

During the summer there are some flights coming to Kalamata airport. Usually they are charter flights, but there are also some regular flights (Ryanair flies in from Milano Bergamo and Easyjet from Gatwick).

Arriving at Athens airport

After landing to Athens Int. Airport go right outside the building and find the urban bus station. Then buy a ticket (5 euros) and find the bus **X93** which will transfer you to the **Kifissos intercity bus station** (X93 last stop is inside the bus station).

After finding Kifissos bus station in Athens, go to the ticket office named KALAMATA (or in Greek KAAAMATA), buy the ticket which costs 22,20 euro (one way) or 39 euros (return – **me epistrofi**).

After buying the ticket don't forget to send an **SMS** (text message) to Fotini with the time of your departure from Athens to **+30 6947770078**.

How else to get to Kifissos Bus Station:

By bus from the center of Athens: take the bus number **051** from Omonia square or Metaxourgio square.

Intercity Bus Timetable Athens - Kalamata:

ATHENS - KALAMATA

06:15, 07:30, 09:00 (fast), 10:30 (express), 11:45, 13:00 (express), 14:15, 15:30,
16:30(express), 18:00, 19:30 (express), 21:30

Normal: 3 hours and 15 mins

Fast: 3 hours

Express: 2 hours and 45 mins

Make sure that you arrive before 14.00 in Athens airport and you leave after 15.00 from Athens on your way back.

The City

Kalamata is the second-largest city of the [Peloponnese](#) in southern [Greece](#). The capital and chief port of the [Messinia](#) prefecture, it lies along the [Nedon River](#) at the head of the [Messenian Gulf](#).

Kalamata and the region around it has great historical and cultural value as well as natural beauty, being surrounded by both sea and the mountain of Taygetos.

The weather

The weather in Greece during June is warm and sunny. However, you still might need a light coat for the evening.

Before packing your clothes, check the weather forecast: http://www.meteo.gr/cf-En.asp?city_id=242

Accommodation

Accommodation will be in Hotel Byzantium in the centre of Kalamata: <http://www.byzantiokalamata.gr/> in rooms of 2-4 people.

To facilitate the intercultural dimension as well as the bonding of the group, **participants will share rooms with people from different countries.**

Towels and bed-linen are provided by the hotel.

Useful links

The organization:

url: www.ngokane.org

Facebook page: [K.A.N.E. Κοινωνική Ανάπτυξη Νέων/Social Youth Development](#)

The weather:

http://www.meteo.gr/cf.asp?city_id=15

<http://www.holiday-weather.com/kalamata/index.html>

About Kalamata:

<http://en.wikipedia.org/wiki/Kalamata>

[Map of Kalamata](#)

Useful links

K.A.N.E. office no: +30 2721110740

e-mail: fotini@ngokane.org

Looking forward to seeing you in Greece 😊