

General idea:

The project is gathering 25 **participants that have already experienced the power of kinesthetic learning** or at least are very motivated to move and create. At least half of involved in this Training have been participants in a similar Training during past 2 years. This time we can focus the contents more on actual needs of participants that are related to their experiences of applying kinesthetic learning in practice and develop skills of introducing kinesthetic learning in youth work on the deeper level as well as use the potential of group to design and test some tools together.

Laboratory of Kinesthetic Learning will include:

(Re-)connection – through various movement exercises and conversations about so far experiences with using kinesthetic learning with young people – what has been the good practices and what - the challenges. Past experience together will easily bring us to the place where we can help and inspire each other to also identify our learning needs in terms of further development in order to be able to use bodily learning more effectively in the youth work.

The process of **creating** a dance performance – this process will include workshops, laboratory on such themes as: creativity as a process and life style, not an objective; diversity as a resource or “Ugly is Beautiful”; my identity, self expression, Listening to the body; performing art as a form of social activism. Together we will set the structure for improvised site specific dance performance which will be shared with the local young people, youth workers and others. We will use different specific places in town during the creative process. Let’s be aware that the performance is the process, not the result. In this case – the performance will be only one part of the “whole party”. A learning tool.

Practicing with local youngsters – this is the process of training the skills to design and facilitate concrete kinesthetic learning activities to reach the learning outcomes in one of the 4 competency areas (mentioned during the dance performance). The invited local youngsters will be “a real life audience” but also the support from other participants and trainers will be there. Feedback and recommendations for improvement will be provided for each session.

Documenting the experiences from the training and coming up with concrete ideas on how to share the outcomes with wider audience of youth workers and also how to involve more young people in kinesthetic learning.

Enjoying - this process will be present all 8 days. Besides the laboratory and analyzing work, movement will be present early mornings through the “wake up” sessions where we all will share our ideas about what is the best way to get into the motion and late nights through the JAM sessions where free dancing together will allow us to continue our self reflection through movement, to build the trust towards ourselves and others, to sharpen the awareness towards myself with others.

What next? After the training **every participant will be invited and asked to do some follow-up activity in own country** regarding the topic, document it and share the methods and experience. It will be used to **prepare a manual for other youth workers.**

Trainers: Ieva Grundšteine and Ilze Ziriņa

Practical info:

Participants

- Croatia 2
- Estonia 2
- Poland 3
- Portugal 3
- Czech Republic 2
- Spain (Building Bridges) 2
- Spain (Ballet Dansara) 1
- Italy 3
- Slovenia 2
- Bulgaria 2
- Latvia (Alūksnes NGO Support Centre) 2 + 2 (leaders)
- Latvia (Yard) 1 + 2 (trainers)

We are looking for 1 Estonian, 1 Croatian, 1 Spanish, 2 Italian, 1 Slovenian, 1 Bulgarian and 1 Latvian participant!

Travel

Participant should be in Riga on 1st May (hopefully until 4 p.m.). We as organizers will pick up the participants and bring to Alūksne. It takes around 3 hours to get to Alūksne.

Flights:

There is 1 proper airport in Latvia - **RIGA AIRPORT**. It is very close to Riga centre which is reachable by bus No. 22 (max 30 min, the ticket costs 2 EUR if bought in the bus and 1,15 if bought in the shop).

You can try to check also **KAUNAS** or **VILNIUS AIRPORT** in Lithuania as you can reach Riga quite easily by bus (around 20 EUR).

You can find direct buses here <http://www.flybus.lv/en/>

Or not THAT DIRECT buses here <https://ecolines.net/international/en> or <http://www.eurolines.lt/en/>

Buses:

If you wish you can try to reach Riga by bus. Check previous links for bus connections.

If you really want to spend some 4,15 hours in the bus to Alūksne (for some reason you are later or want to visit the amazing town before) you can check bus connections here <http://www.1188.lv/en/transport>

Participants from Estonia (if not coming by car) might go to Voru town as well and we can arrange a car to Alūksne.

Trains:

No train option. Do not bother to look for that one ☺

Here are the limits of travel costs:

- Croatia 275 EUR
- Estonia 180 EUR
- Poland 275 EUR
- Portugal 530 EUR
- Czech Republic 275 EUR
- Spain 360 EUR
- Italy 275 EUR
- Slovenia 275 EUR
- Bulgaria 275 EUR
- Latvia (Yard) 180 EUR

Accommodation

We are staying in 3 places:

- 13 people are staying in HOTEL "BENEVILLA" (2-3 per room). We will be the very first guests in this place as it is still in the creation process;
- 9 people are staying in GUEST HOUSE "IERULLĒ" (4-5 per room) http://visitaluksne.lv/eng/?page_id=2276
- 5 people are staying in HOLIDAY APARTMENT http://visitaluksne.lv/eng/?page_id=2276

All the basics (sheets, towels, bathroom, beds 😊) are included.

Meals

Breakfast, lunch and dinner (with few exceptions) will be held in HOTEL "BENEVILLA".

Some special needs regarding food please express in application form.

Coffee breaks will be organized in the place of each workshop.

Places of workshops

We will move and express ourselves in various spots depending on weather etc.

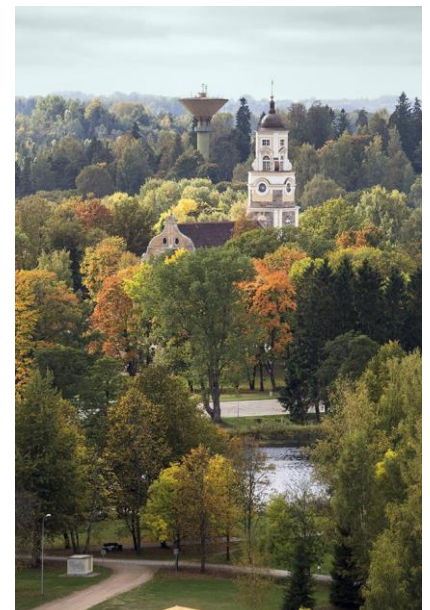


The safe place will be Alūksne Cultural centre but there is a lot of green space around.

All of these places are located in the centre of Alūksne town, almost on the same street so it will take just few minutes for you to reach each other, food and workshops.

About Alūksne...

Nice place. Small town with ~8000 people. Aluksne lake is in the centre where people actually swim. Historical places. Plenty of green space – parks, forests, meadows, squares. Calm and quite which means that there is no wild nightlife. But we are sure you will like it here!



Application form <http://ej.uz/LKL2017> should be filled until 10th May!

Contacts for practical info: Ilze Zvejniece, zvejniece.ilze@gmail.com, +371 28603522