



Lime

light



3-phase Training Program for
Youth Workers and Educators

September 2018 - January 2019
The Netherlands & Liechtenstein

● About

In the search for **inclusion** and **empowerment** tools in youth work, Social Theatre and Body Expression offer an invaluable summary of exercises that can help us to identify the social challenges that young people in the LGBTQ+ spectrum have to face in nowadays society, as well as the possible solutions to design and implement social actions. Theatre and movement can empower and motivates us for **activism**, and provides an inclusive and safe space that enables people to question stereotypes and prejudices.

The **impact** that these dynamics can have is not only visible in the personal sphere of young people (self-knowledge, self-expression, empowerment and self-esteem) but also in the **social self**, allowing them to get to know each other and motivating connections with others, accepting and celebrating their differences and respecting diversity in their everyday lives.

Using the inclusive, engaging and universally understandable tools offered by **Social Theatre** and **Body Expression** methodologies, we can boost LGBTQ+ young people's confidence in their creative potential while fighting against the feeling of discrimination, judgement and oppression.

● Structure

4th - 13th September, 2018
(including travel days)

Ommen, the Netherlands

1st phase

Training course

In an **8-day** program participants will:

- Experience the power of Social Theatre and Body Expression themselves.
- Receive practical skills in designing, implementing and facilitating theatrical activities and embodied processes as tools for inclusion and empowerment of LGBTBIQ+ young people.
- Adapt the methods to their target groups and create inclusive workshops for them, using the acquired Social Theatre and Body Expression methodologies.
- Create their action plans for the Local Action Phase.

● Structure

October, November,
December 2018

each partner country

2nd phase

Local Action phase

During the **3 months** action phase participants will:

- Come back to their local organisations and put in action the gained knowledge and tools by implementing the inclusive workshops created during the 1st phase.
- Practice and improve their facilitation skills in Social Theatre and Body Expression methodologies, getting feedback from their target groups.

● Structure

2nd - 7th January, 2019
(including travel days)

3rd phase Capacity Building Meeting

Liechtenstein

During the **4-days** meeting participants will:

- Present their Local Phase experiences to each other, sharing their target groups' feedback and the social impact accomplished.
- Deliver the inclusive workshops for their peers and improve them by getting feedback.
- Create the Limelight Manual, a detailed and powerful written resource with Social Theatre and Body Expression methodologies, including the workshops created and tested by the participants.
- Develop future projects working on social inclusion and empowerment of LGTBIQ+ young people, with the focus on using Social Theatre and Body Expression methodologies.

● This Training Program is for you if:

You are **resident** of Liechtenstein, Spain, Latvia, Italy, Czech Republic, The Netherlands or Slovakia.

You are working directly with **LGTBIQ+ young people** at a Local Level

You are **committed** to take part in the **3 phases** of the Training Program

You are **highly motivated** and **ready** to fully experience the theatre and movement sessions yourself. All that counts is your curiosity and enthusiasm, no need to have previous theatrical experience.

You want to **develop your facilitation skills** on Social Theatre and Body Expression methodologies applied to your target group.

You are able to work and communicate in **English.**

You are **over 18 years** old.

● Program/Methods

This Training Program is based on an **Experiential Learning** approach, being highly participatory and interactive. During the 1st and 3rd phases of the program, we will have **intensive** 8-10 hours daily programmes, full of experiences, movement and action under your Limelight!

In Limelight **you are the creator of your own experience**, guided by the facilitators and supported by the group. Your individual learning process will take place in a safe space and in a team-oriented and group-supported environment.

The non-formal education methods that we will use are **Social Theatre** (Theatre of the Oppressed, Impro and Community theatre), **Body Expression, Awareness** and **Movement**, along individual and group reflection and conceptualization processes.

● Facilitators/Trainers



Gabriel Vivas Martinez

Gabriel is an actor, trainer and researcher. He has received education and training in Social Theatre and inclusion in countries such as Estonia, Malta and Poland. Recently he's been awarded with an scholarship for research in the Royal Central School of Speech and Drama of the University of London. He works as a trainer of inclusive theatrical tools and body movement in different european countries. As a researcher, his lines focus on theatre as social intervention, theatre and functional diversity, pedagogical tools for social action and post-drama.

Jordan Herreros

Jordan is a Learning Facilitator who loves creating and facilitating experiential learning programmes for young people and for youth workers where meaningful learnings can happen. He is currently collaborating with several youth organisations across Europe. Among his experiential learning methods, he uses Body Expression and Movement as powerful tools for personal development in his programmes, creating a safe space for people to connect with themselves and to connect with others.



● Accommodation

The **1st phase** will take place in the group accommodation of **Olde Vechte Foundation**, situated in Ommen, The Netherlands.

We will be hosted in Zeesse building, where you will be accommodated in sleeping rooms that can be occupied by 2 to 6 people and the showers and toilets are common on every floor, you can also find a common social area and a dining area inside the building and outdoor common spaces within the group accommodation. There is Wi-Fi connection and a washing machine and a dryer that you can use. The accommodation is located within a walking distance from Ommen city centre

The food provided during the program will be a healthy, compassionate and environmentally conscious diet: a delicious plant-based diet. We will have meals 3 times a day prepared by our cooks; smaller coffee breaks will be available during the day.



The house will be **self managed** by our group, which will be responsible for living together during the course. It is a normal part of our educational approach, and encourages community spirit, responsibility and sharing. Everyday tasks like cleaning will be shared by participants, as part of the sustainable living experience making it feel as a good place for us.

● Accommodation



Inside the group accommodation, there is a 150m² training room with wooden floor, fully equipped for our movement sessions.



Alcohol is not allowed in the venue, and to allow space for connection with yourself and with the ones around you and for meaningful learnings to happen and in order to keep yourself healthy for the intense training program, we encourage you not to consume alcohol at all during the 1st and 3rd phases of the program.

*The **3rd Phase** will take place in Liechtenstein, detailed information about the venue will be provided to the selected participants.



Financial arrangements

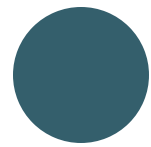
Participants are asked to contribute with a **Participant's Contribution**, according to the possibilities and decision of each participant, on a **sliding scale between 30 and 60€** to be paid during the 1st phase of the Training Program, and valid for the 3 phases.

This training program is **co-funded** through the Erasmus+ program, therefore accommodation, food, materials, and the travel costs up to the maximum allowed amount per country will be fully reimbursed.

In case you are selected to participate in Limelight, you will receive the **detailed conditions** of the reimbursement of your travel costs in the Confirmation Letter.

To ensure participant's commitment through the 3 phases of the project, **reimbursement** of travel costs will be done after the 3rd phase. If covering the cost of the tickets for both phases in advance is an obstacle for you to participate, please contact us.

Health insurance will NOT be provided or reimbursed by the mobility organisers. However, it is a mandatory requirement for all participants to provide your own health insurance cover you for the full duration of your time in The Netherlands and Liechtenstein. If you are an EU resident, you can use the free European Health Insurance Card (EHIC) to allow you access to public hospital treatment. To learn more, go to ehic.europa.eu/



Financial agreements

Travel Costs Reimbursed
for each phase (1st and 3rd)

1st phase

3rd phase

Country	Max amount reimbursed per participant	Country	Max amount reimbursed per participant
Liechtenstein	275	Liechtenstein	20
The Netherlands	20	The Netherlands	275
Spain	275	Spain	275
Czech Republic	275	Czech Republic	275
Slovakia	275	Slovakia	275
Latvia	275	Latvia	275
Italy	275	Italy	180

● Timeframe

Phase 1

Arrival day: 4th September 2018
Start of the program: 5th September 2018
End of the program: 12th September 2018
Departure day: 13th September 2018

You are allowed to **arrive** or **depart** max. 1 day before or 1 day after each phase. In case you decide to use that extra time, bear in mind that it will NOT be supported with food or accommodation. If your stay be longer than 2 days, we will NOT be able to reimburse part of your travel costs.

Until 16th July 2018

13th July 2018
midday

Until 19th July 2018

Selection results

Applications
deadline

Confirmation by
participants and booking
of travel tickets

Phase 2

October - November - December 2018

Phase 3

Arrival day: 2nd January 2019
Start of the program: 3rd January 2019
End of the program: 6th January 2019
Departure day: 7th January 2019

Fill in the application form **HERE**, latest by 13th July 2018 at 13:00 pm.

How to apply

Czech Republic

Liechtenstein

Latvia

Italy

Slovakia

Netherlands

Spain

Asociace DICE

Verein Flay

re:view

Vagamondo

Saplinq

Olde Vechte Foundation

WeGO

asociace.dice@gmail.com

info@flay.li

annamarijaberzina@gmail.com

info@vagamondo.info

lubomir.lajcak@saplinq.org

info.oldevechte@gmail.com

annamarijaberzina@gmail.com

If you have any questions, feel free to contact our Project Coordinator: Anna Marija Bērziņa to the email - annamarijaberzina@gmail.com

Before applying take into account that you need to work with a local group of young people for the Local Action Phase of the program. **In case you are currently not working directly with young people at a Local Level**, you can contact your sending organisation and find a way cooperate with their target group during Local Action Phase



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This training course has been co-funded by the Erasmus+ Program. If you would like to find out more about the program, please visit http://eacea.ec.europa.eu/erasmus-plus_en