



I-m-pro-fessional

Explore principles of Improvisation
Art Dance Music
Theater Movement
in youth work

Slovenia, 19.-28. March 2019

- Call for participants -

I-m-pro-fessional is an **8-day training course** which aims to introduce and explore principles of “improvisation” and experiment with practical and fun tools and techniques that can be readily used in daily life, creative work and in the other situations and places too.

Training own awareness, acceptance and sense of initiative can improve the quality of our days and the things we do. We will learn how to jump into the unknown and to respond properly to the needs of the diverse people and situations we are working with.

Why improvisation?

Improvisation serves to strengthen one’s confidence in himself and in his skills and abilities. It allows participants in training to experience visceral, ‘in the moment’ practice within an overtly reflective and supportive environment.

Furthermore, improvisation encourages one to actively seek the unfamiliar, rather than simply learn to cope with it. It also represents a more fitting response to the complexity of human relations in which youth workers operate and thereby help to preserve the integrity of process-based practice.

Who is this training for?

The training was designed for youth workers, volunteers, activists, trainers and other people who work with people, that want to refresh their skills and attitudes to their days, to other people, to work and to the world.

We aim to have an overall number of **19 participants** from the following countries:

Germany, Greece, Spain, Latvia, Czech Republic, Italy, Romania, Ireland and Slovenia.

The participants must be over 18 years and have a communicative level of English language, so that they can participate fully in a program that will be in English.

This training is for you, if you...

- want to explore and experiment with specific tools from non formal artistic fields (theatre, dance, creative expression),
- want to use and imply the learned skills in your professional work with people,
- are open to sharing your own skills and learning the skills with others,
- are motivated and willing to commit to work on the objectives of the training course and participate in the whole duration of the project (preparation, training course, follow-up activities).



What will you be doing?

During the training you will be:

- **collecting new inputs and inspiration** that renew motivations to act with commitment and new ideas.
- **refreshing curiosity and playfulness** in approaching your work in order to prevent burning out.
- **improving your trainers' skills** to be more efficient, adaptable, responding to issues and demands in your work.
- **widening your perspectives** and points of view to see new opportunities, create new patterns, and avoid situations of stalemate when working with people with different cultural background.
- **gathering specific tools** from non formal artistic fields (theatre, dance, creative expression) that are not easily accessible for all the youth workers.

By training your own awareness, acceptance, sense of initiative you can improve the quality of your actions. We wish to support you in finding ways to more efficient and creative approach through improvisation – by developing your skills to be fully present, listen, accept and act, by equipping you with new improv based tools that you can later on use in your practice.

Working methods

In the 8 days together, we will move, talk, listen, try, fail, try again and succeed. All in random (improvised) order.

We will be exploring the principles and techniques of **various improvisation-based methodologies**. From theatre improvisation and contact improvisation activities, going into more subtler improvisation with rhythm, music and dance, closing with creative storytelling.

The dramaturgy of the program, the red line connecting above mentioned activities, was developed around the [U theory of Otto Sharmar](#). It will guide us through a process that helps break through past unproductive patterns of behavior.

The course will also have a strong component based on the sharing of ideas, opinions, experiences and best practices, so if you consider joining the training, start thinking of some activities, you would like to propose.



Also, bear in mind that no artistic or impro skills are needed to attend the training.

The team

Antonio Cargnello - Antonio is an passionate trainer who loves to craft experiences for self development, group awareness, creative expression and pursuit of a wise and joyful freedom. He regularly facilitates workshops, for teenagers, students, youth workers and adults, using and mixing his expertises and experiences from theatre, contact impro, contemporary dance, martial arts and clowning.

More about Antonio:

<http://tinyurl.com/ AntoProfile>

www.teatroinvisible.it



Jana Stara - Jana guides people on their more joyful and satisfied versions of themselves. She teaches at university, facilitates trainings in forests and in the meantime enjoys contact and theater improvisation elsewhere. As a wellness coach and experiential trainer, she sees body in/and movement as an endless source of well-being and creative ways to “feel good and grow”.

More about Jana:

<http://tinyurl.com/ JanaProfile>

www.wellcome.cz



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bit.ly/IMPROject

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contact:

info@moave.si

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Andrej Dobes - Andrej is naturally curious kid exploring the universal magic of life on his travels around the world and in different roles in multi-culti educational youth projects and initiatives. His main passion and mission is experimenting with different methods and tools and trying to bring “mind-fool” and playful approach into youth work through nature, mindfulness and movement based activities. More about Andrej: <https://tinyurl.com/AndrejProfil>
<https://tinyurl.com/AndrejLinkedIn>

Spela Peterlin (Nayeli) – Her main interest is searching for connections and interactions between movement and life. Her main focus is Contact improvisation practice, where she is researching on ways how our bodies can relate to each other and build authentic connections and communication. As a psychologist and non formal education trainer she is offering workshops and trainings on the field of personal development through movement. She is founder of Moave organization. More about Nayeli: <https://www.facebook.com/nayeli.spela>



Hosting organization of this training:
Moave – Psychology in movement

The training is hosted by Moave – Psychology in Movement organization, *supporting authenticity, expression and growth through movement.*

More about Moave on:
www.moave.si or <https://www.facebook.com/moave.si/>

MOAVE
psycholog **IN** movement

Accommodation

The project will happen from **19th (arrival) to 28th (departure) of March** in **Youth Hostel Brežice in Slovenia**.

Links to the venue:

www.mc-hostel.si/

www.facebook.com/pg/mchostel/

Address:
Gubčeva 10a
p.p. 29 Brežice 8250



Costs

Participant contribution: 50 eur

The training course has been created with financial support from Erasmus+ programme. Accommodation, food and training program are provided.

The travel costs of the participants will be refunded after the training course (after participants send all their travel documents etc.) to this maximum amounts:

Germany, Greece, Spain, Latvia, Czech Republic, Italy, Romania, Ireland – 275 eur

Slovenia - 20 EUR

APPLICATION PROCEDURES AND DEADLINE

If you want to participate in this training course, please, fill in the application form available at this link:

<https://goo.gl/forms/SBqtRgX9JkTX5eau2>

The deadline for applications submission is **7th January 2019 (included)**.

The selections results will be published on **14th January 2019**.



Erasmus+

This course was supported through the Erasmus+ Youth in Action programme, Key Action 1, Mobility of youth workers. If you wish to learn more about the programme and its opportunities, [have a look here](#).

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