

THEATER BY NATURE

Training course for Youth Work

Info pack for participants

Arrival day: Friday 3rd February 2019
Departure day: Friday 9th 2019
El Rosario, Tenerife / Canary Islands - Spain

Dear participants!

We are looking forward to see you in February in Tenerife for our training course. We hope the time we are going to spend together will be full of meaningful conversations, experiencing new methods, and enjoying our company as well as the environment.

This offer of the training is for you if:

- You work with other people – as your target group and/or as your partners and professional colleagues.
- You have experienced conflict situations between people, and you would like to explore how to react in those situations in a nonviolent way, still being able to fully express yourself – from the perspective of a supporter/ mediator or yourself being involved.
- You are open to try different methods connected with body, voice, nature, drama to reflect on your needs, emotions, and the communication process.
- You are interested in self care, social care and care for nature.



About the THEATRE BY NATURE

This project anticipates developing competences of youth workers to communicate in a nonviolent way – acknowledging own and others' needs, recognising and expressing emotions, building peaceful relations with young people, and co-workers. We found an existing need among trainers, facilitators, youth leaders, and project coordinators to approach situations of conflict and misunderstanding in their work environment with a fresh perspective. Especially working with multinational and cross-cultural groups, youth at risk, migrants and refugees, where backgrounds, contexts and understandings might be so different, and may lead to frustrations in the communication process.

The THEATRE BY NATURE TC aims to have impact in two main areas:

- develop empathic attitude, by building a group ready to support each other, where participants will share their challenges, contact with their emotions and needs, go through experienced frustrations, and approach them as a resource for learning
- improve/ acquire knowledge and skills in Nonviolent Communication as a tool to deal with similar situations in the future including the connection with nature as a mirror of the different stages in communication.

PROGRAM

METHODS

Name of the project comes from two approaches which inspired us to develop the idea, which are our fields of expertise and professional development, and are the main methodologies upon which has been constructed the programme for the activities of the project. THEATRE refers to applied drama and theatre methodology, inspired by Augusto Boal, a theatre director, and community and social activist. NATURE refers to biocentric approaches based on Anthroposophy and Steiner education applied to the observation and relation of the different aspects of human relations, from the self care to the care for the environment.

The content to practise in those frames will be based on the Nonviolent Communication model developed by Marshall Rosenberg, a psychologist and mediator (for more info check www.cnvc.com). We will invite you to discover the meaning of needs and feelings for reaching a solution in a conflict situation which feels satisfactory for all the sides. We will practice honesty and empathy in communication. First, with ourselves, mapping the personal judgements, feelings and needs. Then, moving to the relations with other people and practicing to recognise what really stands behind their words, and how we can connect.

OBJECTIVES OF THE COURSE

- introducing the concept of Nonviolent Communication method developed by Marshall Rosenberg
- raising awareness about own needs and emotions, the ability to be in contact with them, to express them in verbal communication, and awareness about the meaning they bring to the communication process
- equipping participants with an attitude ready to listen to others' needs and emotions
- sharing experience of being in different challenging situations for peer supervision
- equipping participants with open and proactive attitudes towards conflict situations
- practising empathic, constructive communication and conversation
- practising conflict facilitation in groups and with individuals
- creating space for networking and peer support
- improving professional language skills for inclusive acting in a diverse environment, including linguistic diversity
- developing skills for observation, reflection and action in terms of conservation of the nature
- developing mindful attitude towards the relation between our needs and needs of the environment
- practicing daily habits to foster biocentric lifestyle applied to daily circumstances

Team of trainers

Marta Skorczynska
Main trainer
WICI
www.wici.org.pl



Ainhoa Lima
Co-trainer
Nomadways
www.nomadways.eu



David Perdomo
Coordinator
Isla CreActiva
islacreactiva.weebly.com



Language

During all the activities and at the Training Course we will communicate each other in **English**.

Travel instructions

You can choose different options **to come to Tenerife**, there are **two international airports** on the island, so depends on which airport you choose we will set a proper **meeting time**, according to your arriving times so tell us if you will arrive in a different timetable by fill your application form to take in mind your connections.

The north airport is closer to the venue, but the bus connection is good for both airports, so pick the cheaper option for you.



The venue : Food and accommodation

We will stay at Campamento La Esperanza, a youth camping center located in El Rosario, a village in the north mountains of the islands, in a camping area surrounded by pinewood forest.

We will have most of the meals during the training there, all covered by the project. When we will have some activities out, to simplify the logistic and **help to co-found the project, we will ask participants to cover only the costs of one lunch and one dinner by themselves.**

Once there we will explain the basic rules of the camping, like there is not allowed to drink alcohol, during the whole course or smoke at any place of the camping area.

If you have any allergy, medical or food requirement, please let us know to be able to offer a suitable diet for you.

You can check the facilities of Campamento La Esperanza at:

<https://www.youtube.com/watch?v=m6UEic0ErhQ>

Finances / Travel Cost

We have a travel limit cost per each country per person, and from that total cost of the trip, we will reimburse up to the maximum allowed according to the Erasmus+ distance calculator:

France 360€

Poland, Hungary, Greece, Bulgaria, Czech, 530€

Lithuania, Latvia, Romania, Curacao 820€

We will try to do the reimbursement as soon as possible after the training, and for that we need that all of you collect the original receipt of the plane tickets, as well as the boarding cards.

When we have checked all documents we will make one international bank transfer to each participant.

All participants must attend to the whole activities of the training, and follow the common rules, in order to receive back the refund of travel cost.

Informations and Links

Here you can check some information about our association, Isla CreActiva

<https://islacreactiva.weebly.com/>



www.facebook.com/AsociacionIslaCreActiva/?fref=ts

Here you can find some more information about the Canary Islands:

en.wikipedia.org/wiki/Canary_Islands

Contact

If you are selected, we will invited by email to this group, if you haven't receive the invitation, let us know and we can fix it

For anything else, you can ask to the coordinator of the training course.

Spanish Coordinator: **David Perdomo**
theaterbynature@gmail.com

Application and Deadline

If you want to participate in the selection process of this training you need to fulfill the application form before 20th december 2019:

<https://forms.gle/wVtGHus8Kw55J9NB7>

Selected participants will be contact by the beginning of january 2020.

This infosheet is not finished, some of the planned activities can change and will be completed and modified as we will gather more informations and prepare some more activities!!!!

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