



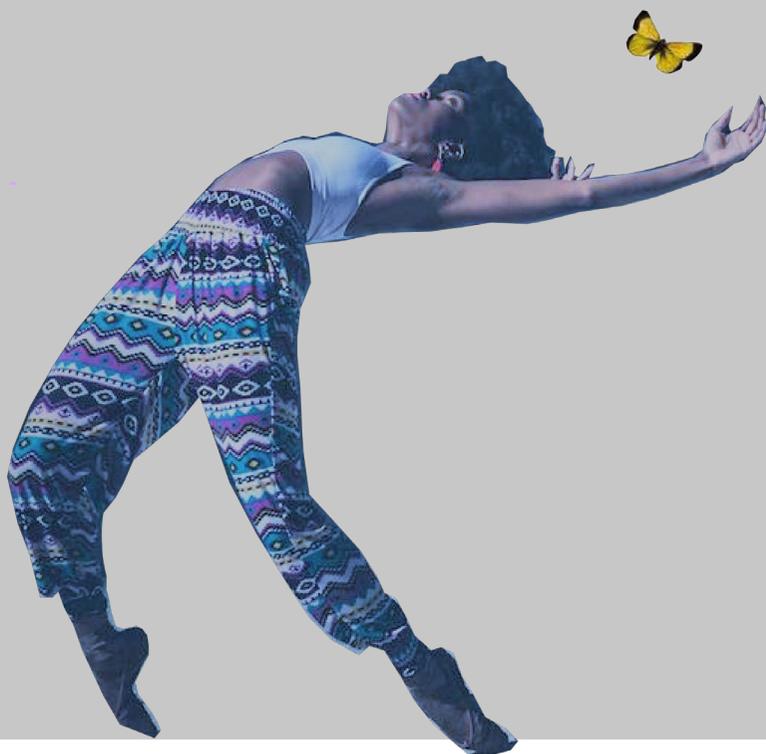
Erasmus+



# BODIES of CHANGE

Training Course - Embodied Arts Laboratory

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*September 10th - 20th 2020*  
(including travel days)  
**Rovinj, Croatia**

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## about the project

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Bodies of Change is a space for creativity, art and inspirational sparks where we will share Theatre, Dance, Circus, Body Expression and other **Embodied Arts** methods to be used in youth work as powerful tools for developing a sense of **Connection** and **Belonging** to our communities through an **Empathy-based** approach. The program is designed for two types of participants:

### **Embodied arts facilitators**

Those working with the body in a creative way (theatre, dance, movement practices, contact improvisation, circus, martial arts, street art, body expression, body work, impro techniques...) and that have experience facilitating in front of the group.

### **Youth workers**

Those working with young people at risk of Social Exclusion (including young people with disabilities, Roma community and with migrant backgrounds, LGBTIQ+ young people...) that are interested in Embodied Arts methods but don't have much experience and tools for applying them with their target group.



Our Training Course - **Embodied Arts** Laboratory is a meeting point for the Embodied Arts Facilitators and Youth Workers to share ideas, approaches, techniques and experiences with colleagues working with body methods and in the field of Social Change from all over Europe:

# You will have the chance to

## As an Embodied Arts Facilitator

- Receive training in Embodied Arts forms proposed by our Bodies of Change facilitators and by other colleagues from all over Europe
- Facilitate a workshop for sharing with the youth workers your area of expertise and to work together mentoring them for designing inclusive workshops for young people at risk of Social Exclusion.
- Receive professional peer-training and practice their facilitation and mentoring skills

## As a Youth Worker

- Receive training in different Embodied Arts forms by Facilitators from all over Europe
- Receive mentoring on how to design, implement and evaluate inclusive Embodied Arts workshops for groups of young people at risk of Social Exclusion.
- Get tools for adapting the Embodied Arts methods for meeting the needs of your target group
- Acquire successful new tools from every partner and bring them back to your organisations and local communities.

# T ESTIMONIALS

This Training Course - **Embodied Arts** Laboratory is the 2nd edition of a successful program focussed on Embodied Arts as tools for social change. Many elements of the program will be similar. From previous experiences, participants stated:

*"(This) is the perfect place to learn, try out and discover your own abilities about embodied art and also understand what is it about and how it can be used as an universal language for a purpose of inclusion, connection, personal development and changes in the society.*

*It is a magical time, with a lot of love, care, sharing and creativity"*

Estelle Berthelot, France.

*"You should participate because it gives you the opportunity to invent yourself and the world around you in a way it had not been before. It helps you to understand a lot about yourself and your emotions throughout your body. If you are looking for amazing people to share and gain new experiences in the domain of embodied arts and community building, this is your place to be."*

Tabea Sandmann , Germany.

*"(You) will find a safe space to be yourself, experiment with embodiment and create such a space for others. This is a place in which you learn how to make art with as little method as possible and as much human as there is."*

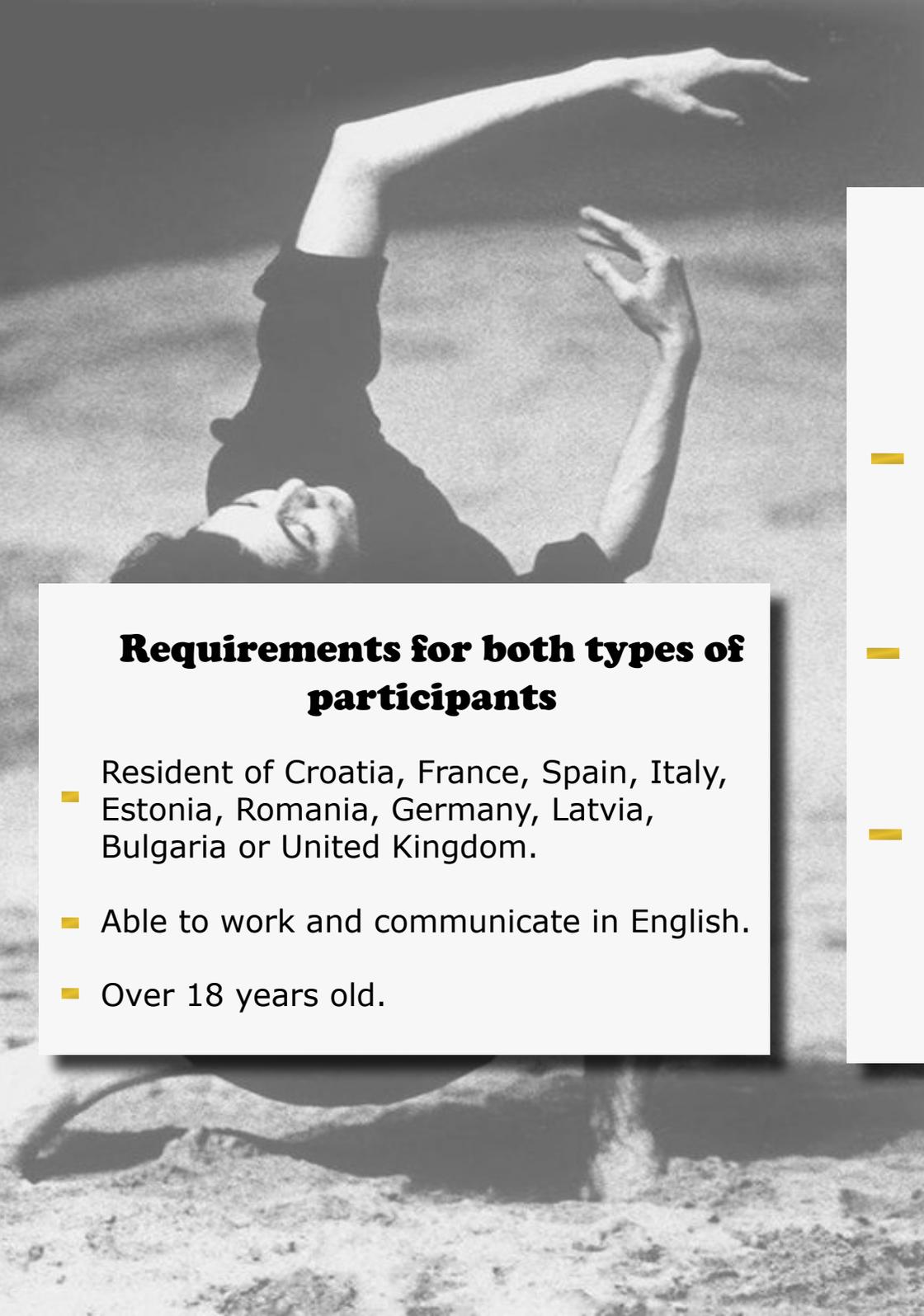
Paula Nutas, Romania.

# This Training Program is for you if you are:

## Youth Workers:

- Working directly with **young people at a Local Level**, specially if your target group is considered a minority and/or is at social exclusion risk (including young people with disabilities, Roma community and with migrant backgrounds, LGBTIQ+ young people...).
- You are **highly motivated** and **ready** to fully experience the theatre, dance, circus and movement sessions yourself. All that counts is your curiosity and enthusiasm, no need to have previous experience.
- You want to get **skills and techniques** of Embodied arts for including them in your daily work and want to learn tools for adapting the Embodied Arts methods for meeting the needs of your target group.





## Requirements for both types of participants

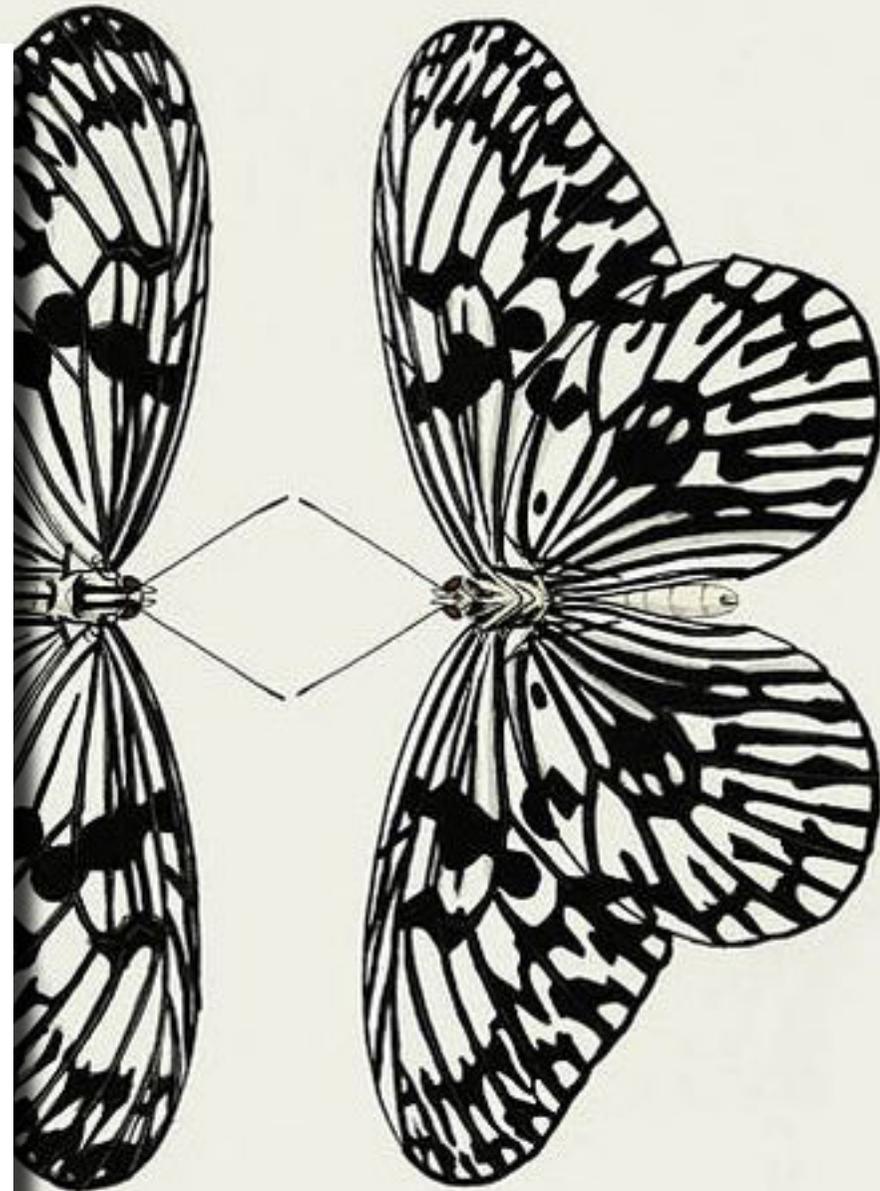
- Resident of Croatia, France, Spain, Italy, Estonia, Romania, Germany, Latvia, Bulgaria or United Kingdom.
- Able to work and communicate in English.
- Over 18 years old.

## Embodied Arts Facilitators

- You work with theatre, dance, movement practices, contact improvisation, circus, martial arts, street art, body expression, body work, impro techniques and have experience facilitating groups.
- You are **highly motivated** and **ready** to fully exchange Embodied Arts Methodologies and Techniques with colleagues from all over Europe.
- You want to **develop your facilitation skills** on Embodied methodologies, and to experience mentoring youth workers, supporting them to include Embodied methodologies in their work with youth at risk of social exclusion.

# Program / Methods

- ✦ This Training Program is based on an **Experiential Learning** approach, being highly participatory and interactive. We will have an **immersive** program full of experiences, movement and action. Our Team's approach is based on the **values** of compassion, empathy, authenticity, playfulness and generosity.
- ✦ In Bodies of Change we **co-create our learning experience together**. Your individual learning process will take place in a safe space and in a team-oriented and group-supported environment, guided by our facilitators.
- ✦ The non-formal education methods that we will use are **Embodied Arts** such as are Body Expression, Circus, Body Awareness and Movement practices among others; **Empathic Communication** based on the principles and intention of Marshall Rosenberg's "Nonviolent Communication" approach to compassionate living (NVC); together with individual and group reflection and conceptualization processes.
- ✦ Our **Embodied Arts** Laboratory will include workshops facilitated by participants (the Embodied Arts Facilitators) that will be prepared before the start of the project and shared during our program.



## **Gabriel Vivas Martínez**



Gabriel is an actor, trainer and researcher based in London, UK. He has received education and training in Social Theatre and Performance in countries such as Estonia, Italy, Malta and Poland. He has experience working with Theatre-Voice-Body Expression methods with minorities (young people with disabilities, young migrants and refugees, Roma community and LGBTIQ+ young people...) and oppressed groups in countries such as The Netherlands, Italy, Hungary, Romania, South Africa, and the UK. He recently finished his MA in Applied Theatre at the Royal Central School of Speech and Drama - University of London and is currently writing his PhD, about theatre and social change, in the same institution.

## **Jordan Herreros**

Jordan is a facilitator with experience in designing and facilitating experiential learning programmes for youth and youth workers in Spain, Estonia, Hungary, Czech Republic, Romania, The Netherlands, United Kingdom, Greece, Liechtenstein, France and Sweden. His focus is to create spaces based on compassion, empathy and honesty where authentic connections and meaningful learnings can emerge. His work is based on the principles of NVC (Nonviolent communication) and he trusts the body as the gate that lead us to connection - with ourselves and others.

SALTO Profile: <http://trainers.salto-youth.net/JordanHerreros/>



# Accommodation

Your home during the training will be the beautiful Centar M.A.R.E., a place that hosts socially vulnerable groups, especially the victims of mines. It is situated in a peaceful part of the town, with stunning panorama. The building is accessible and you will be accommodated in sleeping rooms that can be occupied by 2 till 8 people. Showers and toilets are common on every floor, you can also find a common social area and a dining area inside and outside the building. It is located within a 25 minutes walking distance from Rovinj city centre.



- ✦ The food provided during the program will be a healthy, compassionate and environmentally conscious diet: a balanced plant-based diet (with dairy options). We will have meals 3 times; 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 and setting tables will be shared by participants, as part of the sustainable living experience making it feel as a good place for us.
- ✦ Alcohol is not allowed in the venue, and in order to allow safety and space for connection with yourself and with the ones around you and for meaningful learnings to happen, we strongly encourage you not to consume alcohol at all during the whole length of the project.

# Implications of COVID 19 Pandemic

## **Travel to Croatia**

There might be some travel restrictions in place. You can find information about travel from which countries is allowed to Croatia on this page <https://reopen.europa.eu/enand who needs to stay in self quarantine>. The list is updated on a regular basis. Please check the availability of transportation from your country. Make sure to buy a ticket that can be refunded or rescheduled.

## **Cancelation conditions**

It is important for receiving the full amount of the EU grant that covers your free participation that we have the full number of participants. You can only cancel due to force majeure, e.g. you get very ill, in which case you are required to send us a medical certificate. This applies also if you develop symptoms of COVID19 prior to departure. In that case, you need to cancel your participation, also last minute, and send us a medical certificate.

If you wish to cancel for other reasons, you might be able to find another person to substitute you, and the partner organisation in your country might be able to help you with this.



## **At our training venue “Centar M.A.R.E.”**

We consider our training venue “Centar M.A.R.E.” including all their guests one household. Wearing a mask or social distancing is not required while we are at “Centar M.A.R.E.”, however, some participants may want to keep a distance. We expect everyone to be mindful of other people’s boundaries and respect everyone’s needs around this, and of course good personal hygiene. This arrangement may not work for people who are afraid to catch the virus, so make sure you are comfortable with these conditions before you confirm your participation.

## **If you are ill**

Only participants who show no Covid19 symptoms and have not been in contact with infected persons in the last 14 days can participate in the training, you will need to confirm this at arrival. If someone develops symptoms while we are there, they will need to stop participating in the training and stay isolated in a single room. Please make sure you have appropriate health insurance coverage in case you need medical support.

# f inancial arrangements



Participants are asked to contribute with a **Participant's Contribution of 60€** to be paid in cash during the registration at the beginning of the Training Course. We don't want money to be an issue stopping anyone from learning, so if you can't honestly afford to contribute with 60€ contact us and we are open to discuss alternative possibilities.

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 Bodies of Change, you will receive the **detailed conditions** of the reimbursement of your travel costs in the Confirmation Email.

# Travel Costs Reimbursed

COUNTRY

NUMBER OF PARTICIPANTS

TRAVEL REIMBURSEMENT

Spain	1	275 €
France	2	275 €
Germany	2	275 €
Romania	3	275 €
Estonia	3	275 €
Latvia	3	360 €
Bulgaria	2	275 €
UK	2	275 €
Italy	3	180 €
Croatia	3	20 €

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 Croatia.

If you are an EU resident, you can use the free European Health Insurance Card (EHIC) to allow you access to public hospital treatment.

Any possible costs of health and travel insurance can be included in total amount of travel reimbursement

To learn more, please go to [ehic.europa.eu/](http://ehic.europa.eu/)

# Timeframe of the project



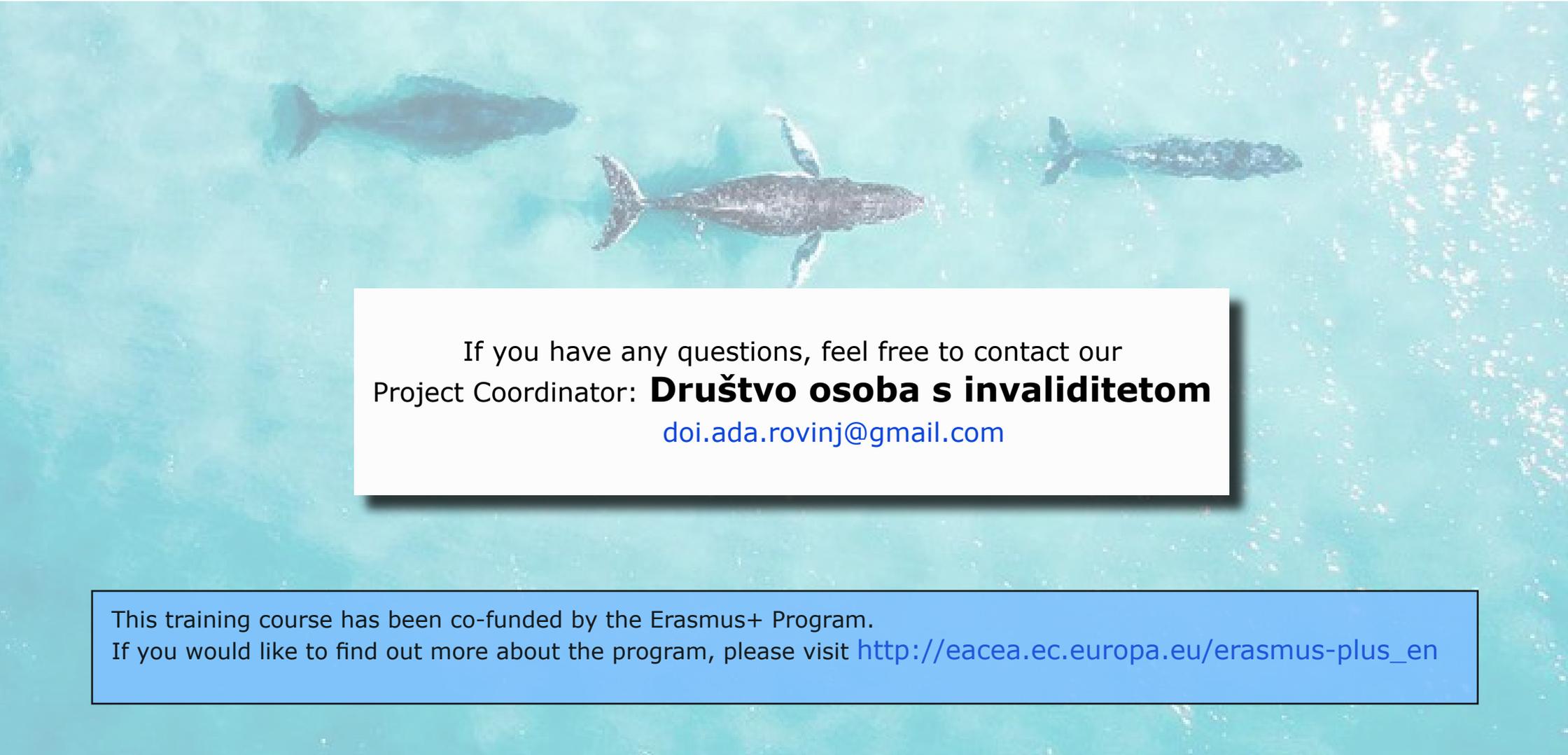
You are allowed to travel max. 1 day before or 1 day after the arrival and departure days. In case you decide to use that extra time, bear in mind that it will NOT be supported with food or accommodation. Should your stay be longer than 2 days, we will NOT be able to reimburse part of your travel costs.

## **How to apply**

Fill in the application form in

[https://docs.google.com/forms/d/1RFoiEoUXfHvQrqOIGCFxI\\_v3mAAmYo3MLdyjybDv2ow/edit](https://docs.google.com/forms/d/1RFoiEoUXfHvQrqOIGCFxI_v3mAAmYo3MLdyjybDv2ow/edit)

latest by **27th July 2020** at **11 pm** CEST time.



If you have any questions, feel free to contact our  
Project Coordinator: **Društvo osoba s invaliditetom**  
[doi.ada.rovinj@gmail.com](mailto:doi.ada.rovinj@gmail.com)

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](http://eacea.ec.europa.eu/erasmus-plus_en)