

Layers of communication – infopack

23th. August – 1st. September 2021 Prenčov Slovakia



Project description:

Layers of communication is a **8 days training course** (+2 days travel) for youth workers, trainers, mentors, coaches and other supporting professions. This training will offer various methods and tools for cultivation of **body communication, emotional communication** and last but not least even **verbal communication**, with special emphasis on **compassion, collaboration, respect, and support**. Training will improve leadership competencies of participants and their ability of authentic expression, communication and conflict prevention.

This training is providing various methods like **Nonviolent communication** methodology, **art-therapeutical approach**, performing arts (e.g. **clowning**) to improve participants emotional, and body awareness in communication, and to help them for long-term development of EQ. This is important competence for all supporting and leading professions like trainers, youthworkers, mentors, project managers, community builders but same methods can be offered to clients of these professionals, mainly to young people. It is important skill to read which emotions and feelings are hidden behind the words, or even if words are missing. Also it is important to deliver message in an acceptable way.

Trainers:

We are happy to host a special trainer **Istvan Van Heuverzwyn** from Theatre moderne. Istvan is a professional clown, and official trainer of non-violent communication. He has developed combination of these two approaches to a specific way of education towards more compassionate and emotionally sensitive behavior, emotion, stress and conflict management

and more. You can find more about his school here:

[English](#)

[French](#)

Our guide on journey through Artterapeutic approach will be **Martin Gavalier**. Martin is working in various art and craft fields (woodcraft, pottery, drawing, creative writing) and he connected all these interests by official certification in Art therapy. He will share with us various ways of non-verbal artistic communication.

Our training will be enriched by lecture about Emotional intelligence (EQ) by **Zuzana Relovska**. Zuzana is a professional psychologist working in HR field and having her own praxis. We will also absolve several tests on emotional intelligence and receive some tips on individual improvement.

Supporting guide for personal learning process and Erasmus+ structure is **Marian Mazag**.



Aim:

Our general aim of this training is to bring various methods and tools for cultivation of compassionate, collaborative, respectful and supportive communication in the level of verbal, emotional and body expression.

Objectives:

- To develop skills and get knowledge related to providing effective youth work and training activities with special emphasis on empathic communication
- To develop skills and competencies based on non-violent communication methodology
- To practice and develop empathic body-language communication
- To develop skills and competencies for communication in various artistic fields using art-therapeutic methods
- To provide participants with various exercises supporting development of emotional intelligence (EQ) for further individual work
- To create a network of close minded youthworkers and trainers, who can share results of their common attitude

Outcomes:

After this training participants will improve generally in communication skills and competencies in three levels - non-violent communication (compassion, collaborative approach) emotions, feelings and body-language (clarity, awareness, ability to communicate them), other ways of communication (art) Participants will learn to open up a dialogue using empathic listening, develop new relational skills, learn to manage frustrations and tensions in order to gain confidence and build well-being (at work). We will focus on discovering how the non-violent communication process can serve professional and personal relationships. We also expect that participants will acquire the foundations of Compassionate Communication, develop a quality connection with oneself and others, learn to know how to make neutral observations to open a judgment-free communication and learn to know how to express their feelings and needs responsibly. Also they will learn to manage difficult emotions and become aware of bodily indications. We will also use several artistic and clown-theatre features and methods. The clown is a character who experiences and shares empathic humanity by taking into account the other's reactions. This training will allow participants to expand their own range of communication tools to optimize relationships with others. It allows them to refine bodily awareness, gestures, and emotional expressions in a unique way. Clown dynamics and compassionate communication, inspired by Nonviolent Communication (NVC), are lifestyle tools to aid participants in living with kindness towards themselves and others. This brings other expected learning outcomes. Participants will become more connected with one's partners and audience, and interact better, integrate compassionate communication and clown techniques into one's behavior, know how to express and be conscious of the nonverbal and nonviolent language of others and be connected to the present and dare to express vulnerability. Another level, where activities of training are focused is art as a way of communication. We will focus mainly on visual arts and pottery.

Venue:

Venue is in Slovak native [village Preňčov](#), [nearby UNESCO town Banská Štiavnica](#). Environment is offering various backgrounds for indoor and outdoor activities. Permacultural settlement of ARTKRUH and cooperation with local community is motivating towards environmental and social sensitivity among participants. It is offering the experience of deeper personal and social interactions and sense of belonging to community in rural environment.





We do our best to create inspirational, trustworthy and productive social environment.

About us:

Civic association ART KRUH is corporation of artists, craftsmen, creative and common people. Our mission is to promote **harmonious coexistence with nature**, preservation and development of traditional values in accordance with **cultural heritage** and nature of the country. Our activities aim to contribute to local and regional development and **sustainability**. Our main target group is youth (but also adults and children) that we aim to motivate to active, creative and sustainable life-style in the **rural areas**. We are founding **permaculture center of non-formal education** "Golden hill", to create a space in which would be people able to educate, self-realize and self-know themselves through creative, cultural, artistic and also everyday-life activities. Besides that we are providing local museum "Black kitchen" with traditional way of cooking and living.

Accommodation:

We can offer you more types of accommodation; **here you have possibility to sleep in:**

1. Hostel "remeslny dom"(22 beds) for those who prefer hostel there are shared rooms with their own toilets and showers. Rooms size varies between 2 – 6 bed rooms.



2. We have two mobile houses „Maringotka“ (4 beds each) which is in garden of ARTKRUH settlement. Our place is cozy, very close to the nature, based on principles of permaculture. Here are also beds with mats, bonfire just behind the door, comfortable outdoor showers with hot water, and garden with fruits and vegetables all around.



3. Village house For those who want to live in a simple way in old traditional stone house, with beautiful green garden, just next to Artkruh settlement,



4. Forest apartment – (4beds) is a place for those brave and really natural. It is an army tent equipped with carpet and beds with mats. It is located in the back garden 200 m from our settlement in the forest, so you can hear all the natural diversity living around.



Travel costs:

| | Country | Travel reimbursement |
|---|-----------|----------------------|
| 1 | Greece | 275 |
| 2 | Estonia | 275 |
| 3 | Italy | 275 |
| 4 | France | 275 |
| 5 | Spain | 275 |
| 6 | Austria | 275 |
| 7 | Lithuania | 275 |
| 8 | Portugal | 275 |
| 9 | Slovakia | 20 |

Costs:

All costs connected with training, traveling (see the limits above), food and accommodation are funded by Erasmus + program. **Voluntary participants fee** is added in a range between 40€ and 100€ according to participants possibility to support Artkruh's mission. Fee should not be obstacle for attending training.

Rules for entering Slovak republic (covid restrictions)

Please be aware that we are still in special regime of regulation for international travelling. All member states of European union are green in Slovak covis semaphore. Therefore rules for entering the country are following:

- At the latest immediately upon entering the territory of the Slovak Republic, the arrivals are obliged to register at <http://korona.gov.sk/ehranica>. By confirming the registration, they must be able to prove themselves upon entry and during their stay in the territory of the Slovak Republic.
- When arriving by air, it is also necessary to fill in the form at <https://www.mindop.sk/covid/>
- If someone develops symptoms of COVID-19 after entering the country, he is obliged to report it to his general practitioner or pediatrician; if he does not have a doctor in the territory of the Slovak Republic, he shall report it to the doctor of the relevant self-governing region
- Upon arrival, a home quarantine is ordered, which ends with the receipt of a negative RT-PCR or AG test, which can be performed immediately upon entering the country (ie on the first day of isolation).

- If the person does not take the test, the quarantine ends in the case of an asymptomatic course when the 14th day is completed.

The obligation of domestic quarantine for a person from abroad as well as a person from the same household does not apply to:

1. vaccinated persons (14 days after the second dose of mRNA vaccine, 28 days after the first dose of vector vaccine, or 14 days after the first dose of any vaccine if administered within 180 days of passing COVID-19),
2. persons who have passed COVID-19 not more than 180 days ago,
3. persons under 18 years of age.

YOU CAN APPLY [HERE](#)

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We are looking forward to hearing from you! 😊



ART KRUH



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