

IMPRO O **DRAMA** 2.0



Training Course
Murzasichle | Poland
25.08-04.09.2021

Goal

Through this project we want to increase the youth empowerment at local level through training the youth workers, teachers and youth educators in theatrical non-formal methodology as improvisation theatre, mime, physical theatre.

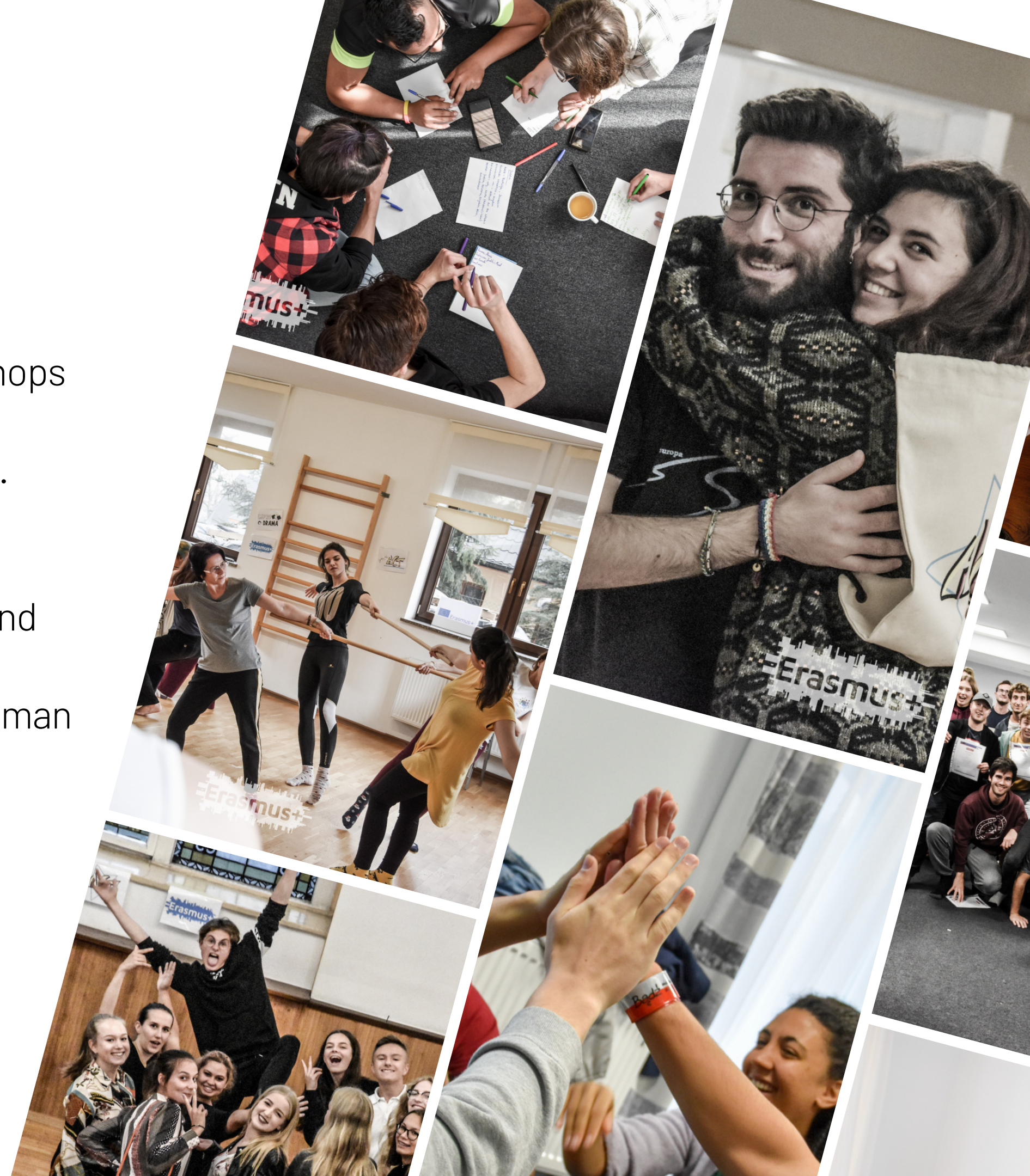
During the training course participants will take part in non-formal educational workshops and activities which will help them to develop their competencies in using the theatrical methodology for youth empowerment and develop their trainers competencies. The activities will focus on increasing their competences regarding to non-formal education approach, theatrical methodology, facilitation of NFE workshops, designing and implementing the workshops, creating the workshops for non-formal and formal educational background.

Youth Act

At local level organisation is implementing the NFE workshops in the local schools for human rights education and youth empowerment mainly through the theatrical methodology.

At international level we are organising diverse youth exchanges and training courses co-funded by Erasmus+ and Polish-Lithuanian Youth Court. Mainly we concentrate on topics of youth empowerment, tolerance, promotion of human rights, Life action role play, ecology and protection of the environment.

www.youthact.website
fb.com/youthactpoland
Instagram @youthactpoland
YouTube Youth Act Poland



Erasmus+

This project is co-funding by
Erasmus + programme.



Erasmus+ is the European Union
program for education, training,
youth and sport.

Programme aims to modernize education, training
and youth work across Europe. It offers exciting
opportunities for participants to then study, work,
volunteer, learn and train abroad in Europe.

Aim

The project IMPRODRAMA 2.0 aims to integrate theatrical methodology as nonformal educational approach to non-formal and formal education system for youth empowerment at local level.

FB page of the project:
www.fb.com/improdrama

Objectives

- Developing participants competences in proficient use of non-formal education instruments and tools of theatrical methodology for youth empowerment.
- Increasing participants competences in field of using diverse theatrical methodology as physical theatre, mime, improvisation theatre, visual theatre for youth empowerment.
- Introducing to participants the values and principles of experiential learning as nonformal education approach for youth empowerment
- Providing the possibility to create, develop, implement and improve the educational activities for youth empowerment based on theatre methodology
- Discussing and developing the ways of integration the theatre methodology as non-formal education activities to the formal education system.
- Increasing the soft skills, language skills and competences of participants.
- Promoting social inclusion, solidarity, tolerance and intercultural dialogue.
- Increasing the networking and partnership between partners and professional networking of participants
- Promoting the Erasmus+ programme and Youthpass as recognition of competences gained during the NFE activities.

Participants profile

communicative level of English
age limit minimum 20 years old
active youth workers, leaders daily working with youth
active teachers from formal education institutions
motivation to experience NFE methodology
motivation to take active part in all workshops during the activity
willing to promote the project during all phases via social media
willing to improve the quality of their education methods use in
work with youth
willing to make the follow up activities

Methodology

Improvisation theatre

Improv is based on accepting what is happening around, taking care of partner and being involved more and more in the action. This background of the improv is a great base to teach about active citizenship and empower youth to take their chance and develop their ideas in real life. Moreover improvisation activities develop soft skills and attitudes like verbal and non verbal communication, team work, public speaking, self confidence, self esteem, flexibility, adaptation to changing situation, not giving up after failure.

Physical theatre and mime

The art of telling the story without the words but with body movement and facial expression through classical or modern approach. Participants would discover the world of mime, physical theatre, to communicate without words, to feel and share their emotions, be connected with the other at the moment, to be vulnerable, to share personal stories, to build the relationship, trust, solidarity, cooperation. Participants will experience the power of the movement and non-verbal communication through body, to understand the body language and the basics of the movements, increasing competences to use it for youth work

Visual theatre

Using materials, matter, objects, items in a form of expressing emotions, states of mind, storytelling. Animating objects to create worlds, stories, characters conveying universal message readable by audience. Viewers can identify themselves in the stories presented, relate to the author, who searches in order to express their feelings, emotions, needs, fears, stories. Through the visual theatre viewers and creators can get familiar with the process of working with material, explore beauty and fragility together with stability and volatility as metaphors. Participants will experience basic puppetry methodology as a tool for youth work, self exploration, self care.

Activities

First part of training is dedicated to experiential learning where participant would develop their competences through the workshops based on improvisation theatre, physical theatre and mime methodology.

Second part is dedicated to development of trainers competences in creating, developing and implementing the workshops based on theatre methodology. Participants will learn about structure of the NFE workshop and experiential learning. Participants will implement their workshops during the training after what they would receive the feedback from the participants and trainers.

Daily there would be at least 6 hours of workshops and time for reflection. (everyday we will start workshops at 9:30 and finish around 19 oclock, with 2 coffee breaks and lunch break).

Venue

The training course will take place in Murzasichle the small town in the Tatra mountains, near Zakopane (the winter capitol of Poland). Participants will stay in badrooms (2-4 people in rooms) with bathrooms. All activities will take place in the workshops room in the next building. In the venue would be canteen which will provide the meals (breakfast, lunch, dinner) and coffee breaks.

All together we will take care of our space where we will live, work and learn therefore we need to keep the place clean and useful for our activities. During the theatrical activiites we will walk in the workshop room barefoot or in socks (so take some warm socks if you get cold easily).

Living condition

Active participation

By taking part in this project you are confirming that you agree to be active in all phases of the project:

- Preparation before the training course,
- Taking part in all workshops during the training course,
- Preparation and organizing the workshops about non-formal methods together with your national team after the training
- Promotion of the project on social media before and after the training
- Accomplish all tasks connected with dissemination of the project and its results

Follow up activities

The dissemination of the project is one of our priorities. After the project participants are obligated to make follow up activities till the 20th of September. What requires preparation for those activities before the training.

Follow up activities:

- Organize 2 workshops in their local community with usage of theatre methods (one in school another in youth organisation).
 - Write the article about the training and participants reflection in english and national language (one per country).
- Promoting the project on the Social media (Facebook and Instagram)
 - Promoting the results of the project
- Write personal diary about their learning journey.

travel

Due to ecology and environmental protection we would recommend to lower the carbon emission during the travel (promote train/bus transportation, direct flights).

Selected participants could start to find a connection to Kraków. Please, send to us proposal of your travel (which includes travel company, time&date of arrival and departure, price), later wait for our confirmation to buy them. Tickets bought without our confirmation will be not reimbursed. More about reimbursement process in next section.

Tickets should be bought by low fare prices, only second class. You can come to Poland in total 2 days before or after the main activities, however we can not cover expenses of your venue and meals before or after the activities.

travel .2

On 25th of August we are going to make the meeting point around 18 oclock near the main train station in Cracow. Then we will go with shuttle bus to our venue (the cost of the shuttle bus will be reduced from the travel reimbursement limits). Plan your travel to be before 18 oclock in Cracow. On the 4th of September we will leave our venue around 8 am in the morning, please plan your departure from Krakow after 12 oclock. After our approval of your tickets proposals you can buy them and upload to our google drive.

The closests airports to Kraków are in Kraków, Katowice, Warszawa.
From those cities you can take the train to Kraków
(check out the schedule at: <http://rozkladpkp.pl/en>).

Travel Reimbursement

Travel reimbursements would be made in cash in the end of the training course. The travel limits are reduced with 30 euros to cover the costs of shuttle bus which will take you from Kraków to our venue.

150 euros

Slovakia

245 euros

**Latvia
Greece
Italy
Bulgaria**

**Spain
Cyprus
Turkey**

330 euros

Portugal

what to bring

- positive attitude
- clear mind without stress of doing some work/home task during the TC
- european insurance card /valid insurance for the travel
- comfortable clothes and shoes for the workshops which will take place mainly indoor,
- warm socks for walking barefeet in the workshop room
- cosmetics, soap,
- traditional food, drinks and souvenirs for intercultural evenings

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Covid & Arrival

People arriving to Poland from Schengen zone, EU members or Turkey need to be vaccinated (14 days after the second dose) or need to have negative results from the test against the Covid-19 (made not earlier than 48 hours before arriving to Poland) translated to English or Polish.

You can also make the antigen or PCR test after arrival to Poland (at the airport) to avoid the quarantine.

Rules of entering Poland:

www.gov.pl/web/coronavirus/travel

Please check if your insurance cover the expences for the tests.

In case you insurance does not cover the expences for covid test, those could be reimburse along with the travel costs up to the travel limit.

Please check the condition for traveling back to your country from Poland.

We can not cover your expences related to the quarantine in Poland in case you got positive results.

Keep in mind that the PCR test you can do only in Kraków after the training course, keep in mind that by searching for the tickets back to your country and if you need PCR tests (which results are usually in 24 hours)

Tests

Covid

Due to unstable situation with COVID-19 it's OBLIGATORY to have a health insurance and travel insurance. Participants are themselves responsible to get a travel insurance. If there's anyone who uses medicine should bring with themselves. We don't give any medicines and we don't cover insurance fees.

We hope that situation with Covid-19 will not affect our event and we all be meeting very soon.

During the TC we will take care of safety (e.g. fever measurements and usage of sanitizers) and follow the recommendations announced by Polish Ministry of Health, if any by that time. We would kindly ask participants to bring their individual protection (e.g. masks) and any other medicine they feel needed.

Acknowledge

I acknowledge the contagious nature of the Coronavirus/COVID-19 I further acknowledge that Youth Act foundation has put in place preventative measures to reduce the spread of the Coronavirus/COVID-19. I further acknowledge that Youth Act foundation can not guarantee that I will not become infected with the Coronavirus/Covid-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, venue staff, and other participants.

I acknowledge that I must comply with all set procedures to reduce the spread while attending my appointment. I attest that:

- * I am not experiencing any symptoms of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
- * I have not traveled internationally within the last 14 days.
- * I have not traveled to a highly impacted area within the last 14 days.
- * I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.
- * I have not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non-contagious by state or local public health authorities.

Acknowledge

I hereby release and agree to hold Youth Act foundation harmless from, and waive on behalf of myself, my heirs, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of the Youth Act foundation, or that may otherwise arise in any way in connection with any services received from Youth Act foundation.

I understand that this release discharges Youth Act foundation from any liability or claim that I, my heirs, or any personal representatives may have against the Youth Act foundation with respect to any bodily injury, illness, death, medical treatment, or property damage that may arise from, or in connection to, any services received from Youth Act foundation. This liability waiver and release extends to the project together with all NGOs members, partners, and participants.

CONTACT

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