

Mobility for Youth Workers

Embodied Intelligence

On line Edition

July 23,24,25 -30,31
Asociación Alternativa Ambiental
Calatayud, Aragón, Spain





About the Training Course

Mobility for Youth Workers/ Training Course - Partner Countries

Venue: On line

Dates: 23-24-25 and 30, 31 July 2021

Participating countries: Bulgaria, Czech Republic, France, Greece, Hungary, Italy, Lithuania, Netherlands, Poland, Portugal, Romania, Turkey, and Spain

Number of participants: 3 participants from each country

Partners:

Asociación Alternativa Ambiental

SDRUZHENIE BALGARSKI MLADEZHKI FORUM

EVROPSKE CENTRUM MLADEZE BRECLAV EUROPEAN YOUTH CENTRE BRECLAV Z. S.

Marion CHARRET

IHNILATES TOU FOTOS

Euroactive NGO Alapítvány

ASSOCIAZIONE CULTURALE JUMPIN

Vsl "uMunthu"

Stichting Drawing to Health

Europejskie Forum Młodzieży "FRATERNITAS"

Associação Nó Górdio

Institutul Roman de Educatie a Adultilor

ISTANBUL UNIVERSITESI - CERRAHPASA

The **objective** of the project is to improve the Embodied intelligence skills (ability to use own body to carry out activities, solve problems, express ideas and feelings) of workers, trainers and volunteers of youth organizations, to promote local and transnational initiatives. Supporting the empowerment and self-knowledge of young people in local communities, and exploring individual activities, values and beliefs in a safe and fair learning environment, that goes beyond countries, cultures and specific situations.

This training is designed for youth workers, trainers, educators, NGO leaders, and more generally for people who are willing to get these objectives:

- explore the expressive potential of the body through movement research, creative dance and body awareness- develop a strong presence through performative arts
- explore self directed learning techniques
- spend time outdoor for physical activities
- foster their sense of community through ritual based practices
- gather new tools and inspirations for their work and activities with Young people

We will acquire through the creation of a horizontal work platform (designed by trainers) and through non-formal education techniques, knowledge, skills and attitudes to develop the potential of our body intelligence. These techniques will help us support young people in our communities.

Also for the design of work proposals with dynamics that help enhance embodied intelligence in the framework of different environments and according to their needs, trying to solve challenges through small positive changes in our lives, relationships, participation in society and civil engagement.

In this course, we will introduce you to the main elements and principles of embodied intelligence - a contemporary pedagogical theory of learning, which emphasizes the use of the body in educational practice. In the embodied learning process, one's body becomes a laboratory through which one learns - through movement, touch, drawing, journal writing, reflection and other activities.

Embodied learning is a powerful tool to develop young people's social and emotional skills, sense of initiative and entrepreneurial mindsets and also to build more peaceful, connected and responsible communities. Moreover, the education that connects us with our bodies, gives us power - the ability to trust ourselves, navigate through difficult situations and changes, to know how to learn and bring to life our learning.

Embodied intelligence helps us know ourselves, know our resources, give value to our body, integrate body, soul, mind and listen and manage our emotions. It helps us navigate through difficult life situations and changes, knowing how to learn and bring to life our learning.

The course has been prepared by an international team of trainers who will share their experiences and the best practices of delivering body awareness, learning and movement based on non-formal learning programs, for young people.

The learning content is structured in different modules, structured in different sessions:

Introducing participants to the concepts and principles of embodied learning.

Embodied learning methods that help to develop social and civic skills, entrepreneurship and initiative.

Practical exercises for the participants to improve their own facilitation skills and boost professional development.

The course includes brief inputs from instructors, links to useful resources and methods that can be adapted for your work and most importantly, practical assignments. As you will discover, there are no right or wrong answers to the assignments - their purpose is to deepen an understanding of the topic, to encourage reflection and to develop and share ideas with other learners that will prove useful in your work.

To give visibility to the project, we will keep stakeholders and local institutions informed, and we will keep it active, participating in social networks.

The project will be evaluated using non-formal education assessment tools.

The project will be disseminated at local, national and European level. After the project, the partners will continue working in cooperation and network, giving guarantees of project sustainability.



Participants' Profile

- Participants on this project will be youth workers, current and future, and young people, in the development of specific skills and resources for promoting Embodied Intelligence as a tool for their day by day work and in their communities.

This vivencial learning experience will improve the quality of their work in youth organizations.

We want to put focus on participants who are:

- interested in the topic of the project
- capable to identify and analyse the needs of youth in their local community
- willing to participate actively and share knowledge, expertise and positive energy with the rest participants.
- capable to work in English language
- familiar with the concept of non-formal education and self directed learning
- willing to work with their bodies
- willing to continue and share the gained knowledge

On this project we are also going to include people with fewer opportunities , such as people coming from rural areas and the areas with not so appropriate educational system, the youth coming from the regions with economical obstacles social struggles, the young people who because of financial reasons are not able to release desired education - choosing all these groups participants will also have a chance to understand how to work with this particular groups of people and to break personal barriers.



Phases of the project

The project will have 3 phases:

- the preparation phase
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- the implementation of the main activities and
- phase of expanding the results and evaluation.

Activities will be developed through zoom platform (link will be provided) and facebook working group (private, only for participants and coordinators from the partner organizations).

Please, request for joining the group:

www.facebook.com/groups/embodyedintelligence2021/



Preliminary program

Embodied Intelligence TC - Alternativa Ambiental Spain							
	0 day	1st day	2nd day	3rd day	4nd day	5nd day	0 day
		Building Learning Community	Driving into Embodied Intelligence	Go depen in our desires and needs	Coming into Action	Learning Applied & Evaluation	
09:30 - 11:15		WelcomeOpening & Introduction Getting to know each other - Icebreakers	Energizing This is me Exploring body autonomy and own resources	Erasmus+ European Solidarity Corps Opportunities	Open Learning Space Mapping Gallery of persons and organizations, needs& desires	Collecting Learning	
11:15 - 11:30		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
11:30 - 13:00		Objectives & Programme Strenths, Weakness, Contributions, Expectations Challenges & needs Supporting from this training Group Contract "Embodied & Stronger" World caffe	Exploring our bones	This is me Exploring creative learning environments (self directed learning)	Embodied challenge: Sharing Connecting common needs	Experiences in our communities Applying Learning Outcomes in Erasmus+ Context	
13:00-15:30		Coffee break	Lunch	Lunch	Lunch	Lunch	
15:30 - 16:30		Embodied Intelligence	Exploring our muscles Exploring body	Bones, muscles and skins in dialogue	Exploring Resources	TC Evaluation Youth pass farewell party	
16:30 - 17:00		Reflexion groups	Reflexion groups	Reflexion groups	Reflexion groups	Reflexion groups	
20:00				Intercultural party (on line)		Dinner together (on line)	

Team: Marina Santo, Marga Veron



Hosting Organization

- Asociación Alternativa Ambiental is an NGO established in Calatayud, Aragón, Spain, working since 2003.

Our aims are :

- To support opportunities for Youth living in rural areas and depopulated territories.
- To encourage Youth people to develop their best talents in individual field, affective relations, social participation and integration.
- To promote entrepreneurship, social projects, innovative market niches and imaginative alternatives to traditional labor market.
- To develop solidarity and promote tolerance among young people, aiming at strengthening social cohesion in the European Union,
- To encourage mutual understanding and mutual respect between young people from different countries,
- To promote European cooperation in the youth field,
- To promote volunteering at all levels and forms,
- To inform, sensitize and activate youth in the field of environmental protection and healthy lifestyle,
- To promote participation and education of youth workers through non-formal learning methods
- To promote youth active citizenship in general and youth European citizenship in particular,
- To promote concepts such as peace, stability, security, democracy and protection of human rights

Asociación Alternativa Ambiental is NGO bringing together years of experience in the field of youth work as well as Erasmus+ program and international youth work. Our organization is focusing topics on many different things such as: Refugees and migrants, entrepreneurship, non-formal education, ecofeminism, local food and healthy lifestyle, ecologic agriculture and environmental preservation, rural and local development, heritage and patrimony. Contact: alternativaspain@gmail.com



Trainers

- We are super-glad to introduce you the experienced and amusing trainers of this virtual mobility that are responsible for the program and who will help you out to contribute and deliver your own experience in order to achieve the learning points and final products of the training.



Marina Santo is an afro descendent woman with european roots born in Brasil. She is a dance teacher based in Madrid. Interested in different movement research techniques and in the dialogue between contemporary dance and other arts forms, Marina works with different communities and develops her own projects in the educational field since 2010. Nowadays Marina researches about body intelligence and its development in regular schools by teachers in different subjects. She also keeps studying with various professionals about different dance and body awareness practises. Marina has her own digital school where she actively creates new programs to nourish the connection with the body through different online courses escuela.marinasanto.com



Marga Verón is an experienced trainer and educator from Spain. Marga has been involved in Youth projects since 2005, both locally and internationally, coordinating projects and trainings with different associations. She participates in the pool of trainers of Spanish NA, in Salto, in the pool of trainers of Youth& Work Strategic Partnership and in the LEAD -LXD -Learning to Design European pool . Marga has

developed her competencies in soft skills and learning design. Her main topics are social entrepreneurship, mentoring and self-knowledge and personal development, empowerment, improvement of affective relations, how to manage vital crisis in life, diversity and intercultural fields. She has been involved in rural way of living, slow food, real-fooding, traditional home-made food and other movements related to quality of food and healthy life.



The place and the venue

Due to covid situation, this training experience will be developed on line.

The project team 😊

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