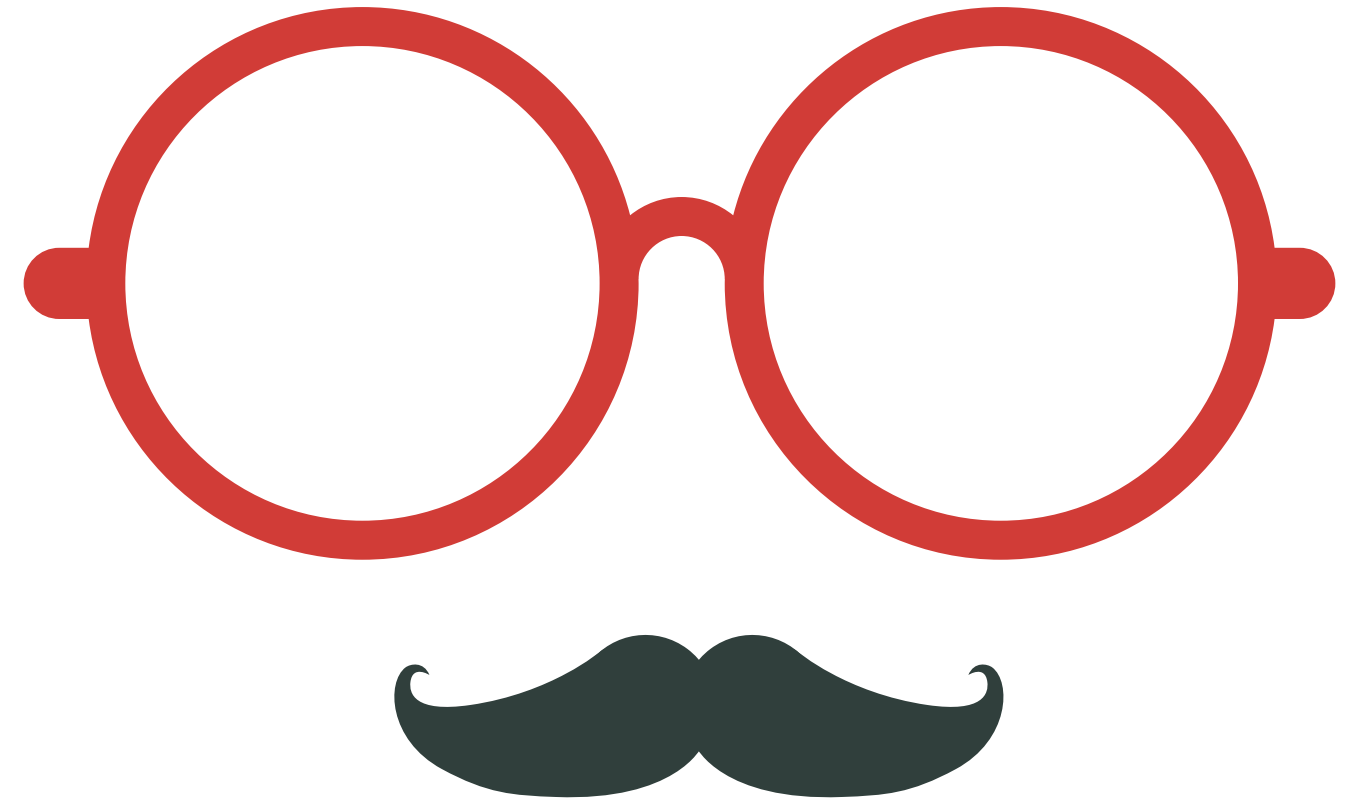


INFOPACK

The C Mime Training

Training course

14-22.09.2021 Murzasichle



The C

P R O J E C T

Erasmus+

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.



Erasmus+

Aim

Training course aiming development of the mime competences in field of clowning and promoting environmental awareness especially promoting eco-food industry.

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Objectives

- Developing competances in using the mime theatre methodolgy for youth work.
- Development competances in using clown methodology for youth empowerment.
- Developing competances in performing clowning and miming arts.
- Promoting youth empowerment and environemtnal protection.
- Engaging youth for taking climate actions.
- Promoting experiential learning, peer learning, non formal education.

Clown

The art of finding inner clown to understand him/her and to play with him/her, let by guided by inner clown to discover the world through clown's eyes, to forget about the borders, lines, to accept and tolerate everything and discover everything from the beginning. It will allow participants to understand the philosophy clown and its pedagogy, to know how clown works and how to play with it. Embracing the emotions, relations, connection with audience and with actors.

Improv

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.

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

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

Activities

What to remember when decorating

First part of training is dedicated to experiential learning where participant would develop their competences through the workshops based on miming, acting, clowning, improvising.

Second part is dedicated to development of performative art competences, to develop individual and groups sketches to present it, improve it and bring it to the audience. Learning how to promote important social aspects and fields within youth work especially promoting environmental protection, eco-friendly food industry, through performance and performing arts.

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 bedrooms (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 are going 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

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 October.

What requires preparation for those activities before the training.

Follow up activities

Organize 2 workshops in their local community with usage of clown methods (one in school another in youth organisation).

Lead a climate action in the local community or making clowning performance promoting environmental protection.

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).

Maximum possible extend of traveling earlier or later than the dates of the training*

12-22.09.2021

13-23.09.2021

14-24.09.2021

*there might be exception depend on the connections.

Selected participants could start to find a connection to Kraków. Please, send to us proposal of your travel (which includes travel company, time&date or 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

On 14th of September we are going to make the meeting point around 18 o'clock 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 o'clock in Cracow. On the 22nd of September we will leave our venue around 8 am in the morning, please plan your departure from Krakow after 12 o'clock. After our approval of your tickets proposals you can buy them and upload to our google drive.

The closest 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>).

Reimbursement

Travel reimbursement 245 euros.

The reimbursement is lower of 30 euros to cover the shuttle bus from the Kraków to the venue.

Reimbursement would be done in cash in the end of the project or via a bank transfer after the follow up phase. It will be discussed individually with each participants.

What to bring

- positive attitude
- clear mind without stress of doing some work/home task during the TC
- european insurance card,
- 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

Covid info

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:

<https://www.gov.pl/web/coronavirus/travel>

Covid info

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 resutls are usually in 24 hours)

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.

Covid Acknowledge

I acknowledge the contagious nature of the Coronavirus/COVID-19I further acknowledge that Fundacja innowacyjnej Edukacji has put in place preventative measures to reduce the spread of the Coronavirus/COVID-19. I further acknowledge that Fundacja innowacyjnej Edukacji 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.

I hereby release and agree to hold Fundacja innowacyjnej Edukacji 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 Fundacja innowacyjnej Edukacji, or that may otherwise arise in any way in connection with any services received from Fundacja innowacyjnej Edukacji.

I understand that this release discharges Fundacja innowacyjnej Edukacji from any liability or claim that I, my heirs, or any personal representatives may have against the Globers 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 Fundacja innowacyjnej Edukacji. This liability waiver and release extends to the project together with all NGOs members,

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