



TRAINING COURSE

# BEYOND VISIBLE

LIGONCHIO (ITALY) 22–30 November, 2021

## INFOPACK

# ABOUT THE PROJECT

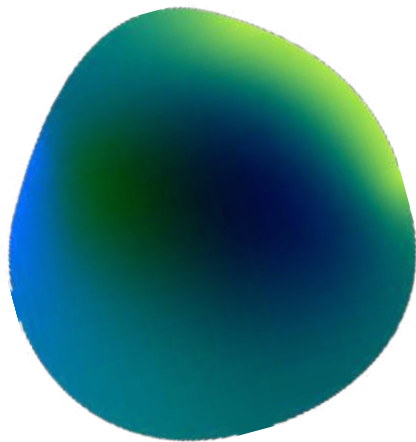
“Beyond Visible” is a project that aims at developing emotional awareness of the youth workers through the methodology of Sensory Labyrinth Theatre.

Sensory Labyrinth Theatre is an immersive form of applied theatre in which the audience is invited to experience the piece from within through a sensorial journey that leads to awakening the senses and an intense feeling of presence and connection. This is a base for creating a deeper connection with self and developing trust to others making a space for compassionate dialogue. Experiencing the creation of the Labyrinth is a small version of creating a dream society and therefore it can stimulate young people to think and act differently towards their environments. It's all about trust, connection, solidarity, togetherness and creation.

Before constructing a small labyrinth we will follow preparation workshops inspired by: Sensory Exploration, Storytelling, Mindfulness, Contact Improvisation – methods that are chosen to awaken the senses, raise self-awareness and body awareness, encourage non-verbal language and increase empathy.

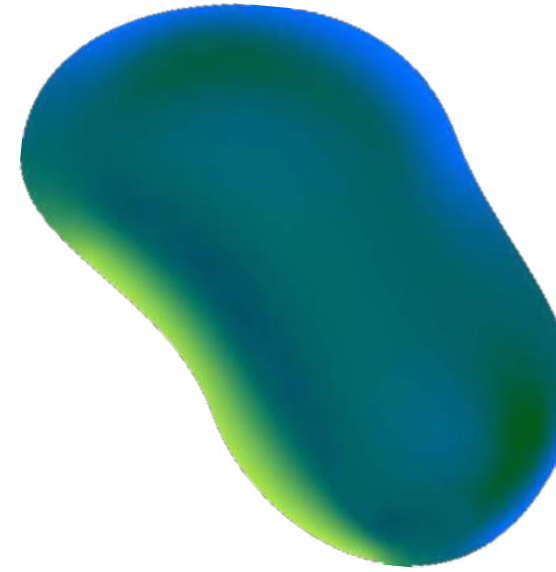
# OBJECTIVES

TO INTRODUCE THE  
METHOD OF SENSORY  
LABYRINTH THEATRE  
as a tool for community building



TO RAISE SELF-  
AWARENESS  
through body-mind  
connection and sensory  
awareness

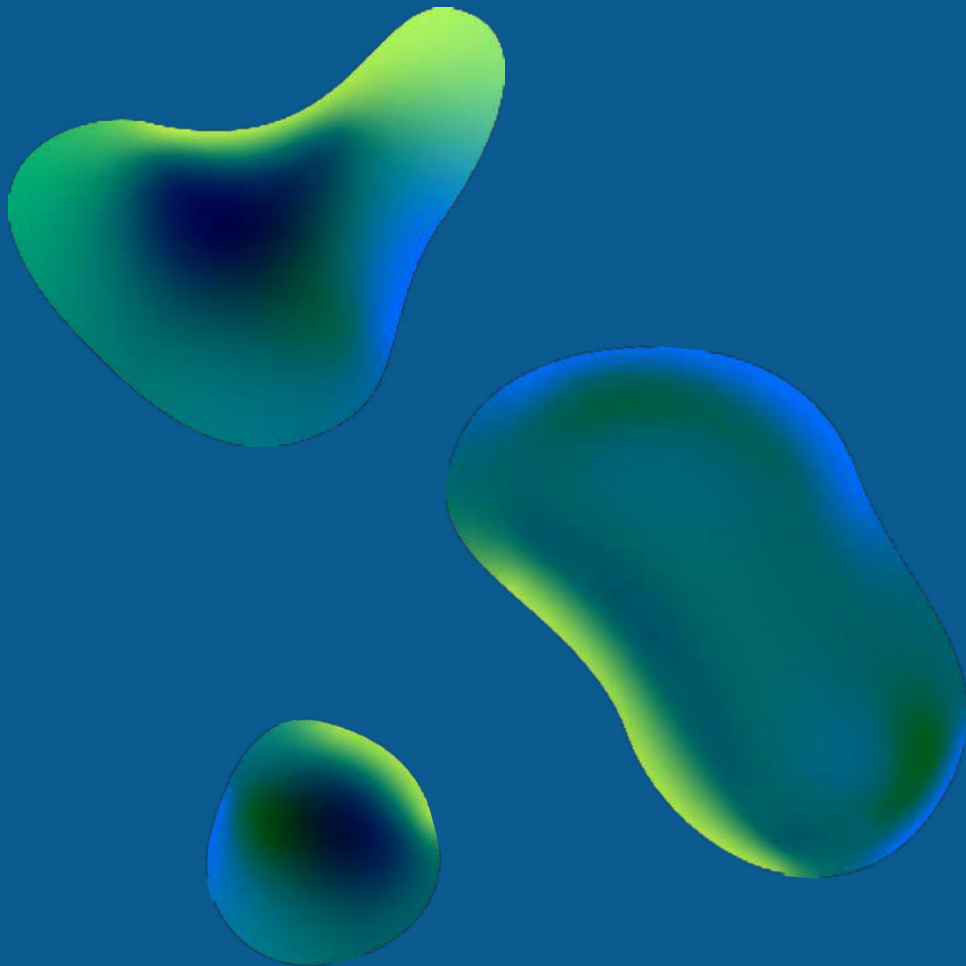
TO INCREASE A  
DEEPER LEVEL  
OF EMPATHIC  
and non-verbal  
communication skills



# PROFILE OF THE PARTICIPANTS

Youth workers, educators, teachers, youth leaders particularly interested in learning more how to work with emotions using creative tools. We are looking for engaged participants who are ready to explore their own emotions and share them with the rest of the group.

We will be working with body based activities and some of the activities will require participants to be blindfolded. Before applying, we ask you to be aware of your own capacity to engage and support yourself in this process.



# NUMBER OF PARTICIPANTS

The Training Course will involve 26 participants:

POLAND	3
LATVIA	2
ESTONIA	2
IRELAND	2
ROMANIA	3
SPAIN	3
ITALY	3
PORTUGAL	2
GERMANY	2
CROATIA	2
BULGARIA	2



# ACCOMMODATION

The Training Course will be hosted at **Ostello dei Balocchi** in **Ligonchio**, Italy. The structure is in a mountain area surrounded by nature.

The accommodation has shared bedrooms, a room for the indoor activities and a yard for the outdoor activities.



# TRAVEL

To reach Ligonchio, you can fly to Milan or to Bologna.

## MILAN

We will arrange a bus from Milan Central Train Station. We ask you to be there by 5PM on November 22nd.

From Milan (all airports), take the bus to the Central Station (Milano Centrale): from Malpensa to Central Station is about 1 hour (10 euro), from Bergamo Orio al Serio is 45 minutes (5 euro), from Linate is 30 minutes (1.50 euro). There are buses every 15 minutes.

## BOLOGNA

If you arrive at Bologna Airport, you can reach the Central Station in 7 minutes (8.70 euro).

<https://www.marconiexpress.it/en/>

From Bologna, take a train to REGGIO EMILIA. The train takes about 40 minutes (6 euros).

Please, check the schedule here: <https://www.trenitalia.com/en.html>

The bus, coming from Milan, will pick you up at 7PM

# FEES

To guarantee the best possible quality of the Training Course and increase the standard of the accommodation, you will be asked a **participation fee of 50€**.

In order to pay the **internal transport** (bus from Milan to Ligonchio and way back), we will deduct **50€** from the travel reimbursements.

Therefore, if your travel reimbursement is 275€, it is better to find flights in a range of 175€. So, the earliest you buy the tickets, the best it is.

BEFORE BUYING THE TICKETS, PLEASE WRITE TO [nobordersmilano@gmail.com](mailto:nobordersmilano@gmail.com) AND WAIT FOR OUR AUTHORIZATION.



# METHODS



Our methods are based on the self-directed learning approach, which means that participants will be responsible for their own learning and will be actively engaged in co-creating the learning experience. This approach assumes that you are aware of the way you learn the best and you can embrace ambiguity and uncertainty.

It's essential that you work with young people in your local community as a part of the project requires you to organise a local event as a follow-up.

This training aims at introducing Sensory Labyrinth Theatre and is designed more for people with little or no experience in the topic

# TRAINERS

## SANDRA GOJIĆ

Sandra is an embodiment trainer with a background in psychology and youth work. She is passionate about introducing the body in the learning process and understanding how the environment can support our learning. Her journey through different movement practices and body ways was one of compassion, kindness and learning to trust herself and others. She uses this experience and knowledge to support others to find their voice, inner power and a unique way of being.



## SYLWIA FEDERICO

Sylwia is an educator and group facilitator working in non-formal education for over 15 years. Recently she is mainly involved in body based activities and therapeutic practice through arts and movement exploring a mind-body approach for building resilience and emotional well-being. She is passionate about learning and she loves creating learning spaces that support people in their journey toward wholeness based on awareness, empathy, authentic connection and creative expression.



# CONTACTS

For any information about logistics and travels, please contact:

[nobordersmilano@gmail.com](mailto:nobordersmilano@gmail.com)

For any information about methods and activities, please contact:

[sylwiafederico@gmail.com](mailto:sylwiafederico@gmail.com)

# PARTNER ORGANIZATIONS



NGO Youth Club Active

[www.clubactive.eu](http://www.clubactive.eu)

ESTONIA



CENTRUL EDUCATIONAL DE  
RESURSE SI TRAINING

[www.certdolj.wordpress.com](http://www.certdolj.wordpress.com)

ROMANIA



ACTIVE BULGARIAN SOCIETY

[https://www.activebulgarianso-](https://www.activebulgariansociety.org/)

[ciety.org/](https://www.activebulgariansociety.org/)

BULGARIA



GRENZKULTUR GGMBH

[www.cabuwazi.de](http://www.cabuwazi.de)

GERMANY

RainbowED

IRELAND



YE TOO PONESE

[www.yetooponese.net](http://www.yetooponese.net)

SPAIN



UDRUGA GLUHIH I

NAGLUHIH NOVA GRADIŠKA

[www.ugng.hr](http://www.ugng.hr)

CROATIA



PERFORM

<http://www.perform.org.pl>

POLAND



PROPÓSITO INADIÁVEL

PORTUGAL

DONUM ANIMUS

LATVIA