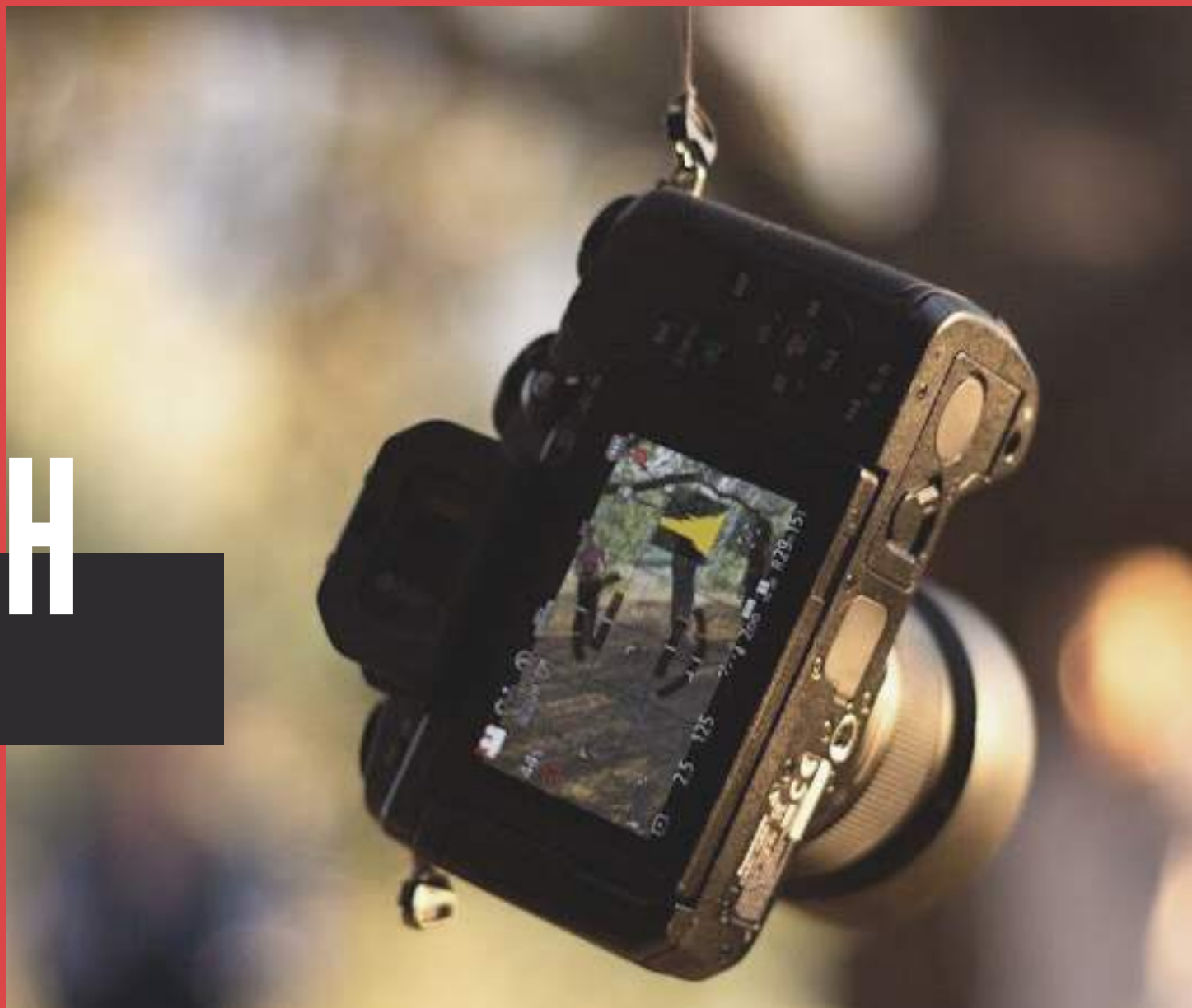


SEE ME THROUGH

TRAINING COURSE

DREZDENKO,
POLAND



Erasmus+

5 -14 November 2021
(including traveling days)

THE TRAILER

For all of us who are part of not-for-profit and social initiatives, it is always tricky to spread our message compared to for-profit initiatives. We are aware or we should become aware that branding and namely the video presence of our initiative is the second thing we have to build (after our website). Nowadays technology allow us to create video productions without expensive equipment. Smartphones, laptops and other low-cost gadgets can offer high-quality video productions.

For this reason, **LOTOS association in collaboration with its partners** are inviting you to **See Me Through** project. It is a 2 phase project where you will have the chance to learn how to build a social promotional video of your organization and/or initiative with low-cost equipment as well as to learn and experiment together with 31 more people, how to use video by creating yourselves a video for a Poland based non-profit initiative.

THE PLOT

PHASE ONE TRAINING COURSE

5-14 November 2021

During the 8-days program participants will:

- Get acquainted with **media literacy**
- Receive practical skills in filmmaking and namely how to create **Social Promotion videos** in all stages (pre-production, production post production)
- Explore ways to make it cheap through **guerilla filmmaking** tips
- Enhance **teamwork skills** under time pressure
- **Create a promotional video** for a Poland based Not for profit initiative

PHASE TWO LOCAL ACTION PHASE

November 2021 - February 2022

During the 3-months local action phase participants will:

- Come back to your local organisations and put in action the gained knowledge and tools by **creating a promotional video** for your organisation/initiative, practicing and improving their video creation skills.
- Disseminate the knowledge acting as multiplier and **share the skills** acquired during the Training Course by delivering media literacy workshops for youth in your organisations during the Local Action Phase.

THE ACTORS

This project is for you if you are:

- **Youth worker** and/or **staff member of non-profit initiatives**, interested in how to incorporate new technologies and namely video production in your work
- Eager to learn or develop further your **skills in video making**
- Committed to creating **2 social promotional videos** (one in Poland and one in your local environment)
- Ready to participate in an **intercultural environment** and eager to **challenge yourself** in working on a high speed training course full of practical assignments
- **Resident of** Austria, Bulgaria, Spain, Italy, Greece, Germany, Czechia, Romania, Cyprus and Poland
- Able to work and **communicate in English**
- **Over 18 years old**



THE STORY

DAY 1 & 2

Getting media literacy skills and tools and practice them instantly through media assignments.

DAY 3

Putting in practice media skills, creating the first social promotional video

DAY 4, 5 & 6

Scout, investigate needs and return to film the initiative. Edit the video

DAY 7 - 8

Showcase results
Plan the local action phase.
End of the training.



THE GENRE

The working hours and the program varies according the needs of the program. **Expect to work 12 to 14 hours** (including breaks and assignments).

There are **morning, afternoon and evening** sessions planned. Mornings are mostly focused in video creation assignments and reflection, afternoon and evening sessions for input and practice.

There is **no need for expensive media equipment, you will be working with your own media equipment resources**, learning how to create video productions with the same material that you will be working with back in your local reality.

Please note that the program **does not include touristic trips and free days** therefore in case you are interested in such possibilities we invite you to plan them for yourselves by arranging (on your own costs) some days before or after the training

ELEMENTS

This training program is based on an **Experiential Learning approach**, you will learn by doing and by reflecting upon what you did. Expect a fully dynamic program containing several methods and work-formats added one on each others as lego bricks building the content of the training.

SHORT INPUT & PRACTICE

You will get short theoretical input and you will directly asked to implement them within limited time frame

ASSIGNMENTS & FEEDBACK

Expect to find yourself in many different multinational teams working together on a media assignment within set time frame.

VIDEO PRODUCTIONS

You will work with an international group in the production of a social promotional video of a non-profit initiative

REFLECTION & SELF-ASSESSMENT

There are parts, where you can stop and look at your own learning path. This will happen in a small group context, in a plenary but also individually.

In **See Me Through** individual learning journey will be **Self-Directed** by you, guided by the facilitators and supported by the group.

THE DIRECTORS



PANAGIOTIS MAMOUZAKIS

is an experienced Trainer and Youth Worker with more than 10 years in the field of training and video making. He is the co-founder of "[Break the Couch](#)", a group of filmmakers focused on linking new media with the field of youth work. In his work, he uses new media (social media, video, photography etc.), assignments, games, outdoor activities and other work forms.



KATERINA MITRAKOU

is a forever seeker of knowledge and sworn DIYer, who denied her life as a lawyer and tuned in her real calling for making things and making things happen. During this journey, she studied video and 3D animation for a while, which won her heart because they always leave some space for a no-cost DIY solution. She delved into experiential learning after joining the Scouts and she became a trainer and district scout leader. In this pursuit of learning by doing she crafts literally everything, from educational games to usable pieces of art made of reclaimed fabrics.



MATTHIAS SCHRENK

is an example that everything is possible, all you need is will and determination to achieve your goal. He supervised more than 20 international groups, he just likes to share his interesting projects, solutions, ideas that have already caused a sensation around the world and have given many people joy and inspiration. He also has in-depth knowledge of how to prepare teaching content based on the needs of learners. He is also convinced that in the process of education and teaching, the 3-H method should be used, which equally applies to all three areas: head, hand and heart, i.e. knowledge, experience (practice, feeling with the senses) and feelings.

BUDGETING

01

Accommodation, food, training materials are provided.

02

Travel Reimbursement amounts: if you are coming from 20€ from Poland, 180€ from Germany, 275€ from Greece, Czechia, Austria, Bulgaria, Italy, & Romania and 360€ from Spain & Cyprus.

03

Travel Reimbursement procedure: You are going to be reimbursed by bank transfer once you provide all original documents of your travels only and once you successfully complete both phases of the project.

04

There is a participants contribution of 50€ paid in cash upon arrival

05

Covid19 related costs (testing, quarantine accommodation etc) are the participants' responsibility. We will provide sanitizing gels, masks and others

STORYBOARD



ARRIVAL

5th of November 2021 - All day

TRAINING DAYS

6th - 13th of November

DEPARTURE DAY

14th of November - Before 10:00

Days allowed to stay in Poland:

you are allowed to come max 2 days before the TC or leave max 2 days after the TC, but the total amount of the days that are not part of the programme is max 2 days. During these extra days, you have to find and cover your own accommodation and other expenses. If you decide to stay more than 2 days longer than the official programme, you will have to cover the travelling expenses yourself.

EQUIPMENT

It is essential to bring with you your personal equipment. **We will not provide the equipment** so the effectiveness of your personal learning and the training course itself can be increased if you work with tools **you already know and have**. Therefore bring with you:

- **Smartphone**, Video or Photo **Camera** with filming function (as professional as possible, preferably DSLR);
- **Memory** storage (or external hard drive);
- **Laptop** with photo and video editing software;
- **Media gadgets and props**: tripods, octopus pods, microphones, lights etc
- **Chargers, card-readers, cables** etc.



THE STUDIOS

You will be hosted and catered at the Eljian hotel and the training will take place at the same hotel, thus allowing participants to benefit of teamwork and exchanging good practices, etc.

<http://www.hoteleljan.pl/>



ACCOMMODATION

SEE ME THROUGH

CASTING

“

*If you want to join us
fill the application form*

here

PRODUCED BY



LOTOS

is a very young organization consists of 7 women of different ages. The association's activity is based on the ingenuity and creativity of its members. Their main goal is to integrate the local environment and its stimulation into action. They want to implement educational tasks in an innovative way, create pro-cultural and pro-social attitudes among children, adolescents and adults. We are the initiators of activities conducive to positive changes in the local environment. We want to promote artistic creation, arouse curiosity about the world and break stereotypes.



BREAK THE COUCH

is group of ambitious people originated from Athens, Greece. They are young filmmakers interested in new media (online media, social media, crowd-funding, blogging ect) and the way can be implemented in youth work. All these combined together with their will to learn and the decision to become active and creative brought the “Break The Couch” team to life.

IN ASSOCIATION WITH

If you want to receive more details about the project before applying, feel free to contact our partner organization from your country of residence or send directly the application form via the e-mail address you can find in the table below. Furthermore, you will get the confirmation letter with the practical details regarding the online preparation and the training itself. Do NOT book your tickets unless you receive a confirmation letter from us.

- **Cyprus:** KEY - Innovation in Culture Education and Youth - keycyouth@gmail.com
- **Bulgaria:** Smokinya Foundation - info@smokinya.com
- **Spain:** Ticket2Europe - ana.delvalle@ticket2europe.eu
- **Italy:** New Wellness Education - newwellnesseducation@gmail.com
- **Greece:** Roes Cooperativa - weare@roescoop.com
- **Austria:** wEUnite - projects.weunite@gmail.com
- **Czechia:** YOUnique z.s. - younique.organization@gmail.com
- **Romania:** Zig Zag Prin Romania - cosmina@zigzagprinromania.com
- **Germany:** klick e.V. - matthiasschrenk@web.de
- **Poland:** Lotos Association - seemethroughtc@gmail.com

SEE YOU "THROUGH" IN POLAND



SEE ME THROUGH

5 -14 NOVEMBER 2021
(INCLUDING TRAVELING DAYS)