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PERFORM
FUNDACJA ARTYSTYCZNA

EMPATHY MATTERS

Embodying Nonviolent
Communication

Training course

Poland
24.05-02.06
2022





8-day-training course that offers space for learning and practising **Nonviolent Communication (NVC)** which is a powerful tool for understanding ourselves and others, building **empathy** and resolving conflicts. The tools and methods will combine verbal activities with a wide range of practical exercises inspired by **Contact Improvisation** technique so that participants will fully embody the whole learning experience.

Nonviolent communication is based on the work of the American psychologist **Marshall Rosenberg**. It has been described as a **language of compassion** that allows us to deepen our connection with ourselves and others. NVC can improve the way we communicate, increase the empathy and help us to create more meaningful and **authentic relationships**.

Embodying could be simply defined as integrated with your body. This means that apart from intellectual inputs and practising the language of NVC we will also **move** a lot and learn how to connect with and express our **needs and feelings** in an authentic way. We will learn the basics of Contact Improvisation as a way to understand better who we are, how we relate to others and how we communicate nonverbally.



During this training course you will:

- learn the basics of Nonviolent Communication (NVC)
- better understand your emotions and needs
- learn how to listen to others with empathy
- learn how to express and take responsibility for your needs
- learn how to listen to your body to understand better yourself and others



THE TRAINING IS FOR **YOU** IF YOU ARE:

an active trainer, facilitator, coach, mentor, teacher or simply a person who works with others who already have some previous basic experience in working with groups

committed to participate in the project through all the phases (preparation, TC and organisation of a follow up activity)

18 + and speaking fluent English

a resident of Poland, Italy, Estonia, Bulgaria, France, Romania, Greece, Spain, Latvia

TIMELINE:



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Preparation

May

Our journey will start with preparation of our language which means we will start to get to know each other and learn about the topic before coming to the venue

						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Training Course

24 May - 2 June

Arrival day

24 May

Activities

25 May - 1 June

Departure Day

2 June

30	31					
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Follow activities

June - July

After the TC, the journey continues with applying what you have learned back in your own local reality. All participants are asked to create a follow-up activity and to organise it within 2 months after the training course.

					01	02	03
04	05	06	07	08	09	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

WHERE?

Wataszka Guest House is located in the upper part of the village of Wójtowice in the Bystrzyckie Mountains, at an altitude of over 700 m above sea level. You can admire beautiful nature from the windows & feel it fully as soon as you step through the doorstep.

The house is large and spacious, which will allow us to work and rest comfortably. The cosy rooms with access to a bathroom will accommodate between 4 and 7 people and offer comfortable conditions to rest after intensive training days.

All meals will be prepared according to the original menu of the local kitchen, using only vegan & vegetarian fresh, seasonal ingredients. We will try to use as many organic and regional products as possible. You will be able to help yourself with coffee or tea during breaks and free time :)



TEAM



Paulina Orbitowska-Fernandez

She has finished postgraduate studies in Leadership in Education and Nonviolent Communication according to Marshall Rosenberg, Train the Trainer of Nonviolent Communication and Mediator studies, at Collegium Civitas in Warsaw, Poland. Finished Business and Life Coaching at the School of Empathic Trainers in Warsaw. She has attended numerous NVC courses with various international trainers. She has worked as a trainer since 2017. She has given numerous trainings for non-profit and business organizations, schools, teachers and parents.



Paulina Święcańska

A multidisciplinary artist who develops her and others' awareness through dance, music and painting. As a dancer and choreographer, she mainly works with techniques and bodywork methods, such as contact improvisation, authentic movement, floor work, animal flow and pilates. In music, despite her classical education, she works with improvisation. In painting with the VedicArt technique.

Sylwia Federico

Sylwia is a non-formal educator, group facilitator and cultural manager. She studied education and culture but most of her experience comes from 20 years of working in the field of non-formal education, designing and delivering educational projects that aim at developing human potential. Sylwia loves to create a safe space for people to reconnect with themselves and connect with each other. She supports them on their journey to wholeness through self discovery.



PARTICIPANT CONTRIBUTION AND TRAVEL REIMBURSEMENT

The training is funded through the **Erasmus+ programme**, thus accommodation, food, materials, the content, and the travel costs up to the maximum allowed amount are fully covered.

Participant contribution is on a sliding scale between 60-100 €. This should be paid in cash on the first day of the training course.

You will be reimbursed the exact amount of your travel expenses inside the limit assigned to your country if you provide us with ALL your travel tickets. Taxi and first class tickets are not covered. The cancellation insurance is included in this budget.

COUNTRIES

- Poland - 20 €
- Spain, Italy, Bulgaria, Romania, Estonia, Latvia, France - 275 €
- Portugal - 360 €

We ask you to come exactly on the day of the training and you can stay a maximum of 2 extra days before or after the exact days of the training course, otherwise, your travel will not be reimbursed. The start and end of your travel have to be from and in your country. In case you have any questions or doubts, feel free to contact us. If you decide to use that extra time, bear in mind that you need to take care of your own accommodation. If your stay is longer than the extra 2 days, we will NOT reimburse your travel costs.

There will be an organised bus to take you from Wroclaw to the venue.

Do not buy any tickets before our approval!

IMPLICATION OF COVID - 19

We are happy that you are interested in joining our project. Before applying though, we would like to invite you to check what it takes to participate in international events like this in times of COVID-19.

Therefore, it's very important that you are aware of all the implications that the restrictions can bring. Our aim is to hold the course without a mask, without risking our safety. We will have the whole house just for us and we will be surrounded by nature. We will be following the national regulations that are valid on the period the project is happening. Most likely, "Green Pass" will be needed, so make sure you will be ready to present it on the day of arrival.

If COVID tests are required to enter/exit the country, the participants are responsible to cover the costs. The same for the tests before departing, PERFORM will support with organising a testing process. If there will be any COVID incident during the course, PERFORM will support you to organise all needed processes (testing, quarantine in different accommodation etc).



PARTNER ORGANISATIONS

Fundacja Artystyczna PERFORM
www.perform.org.pl
POLAND



Associazione Joint
www.associazionejoint.org
ITALY



Asociación Cultural Células
Durmientes
www.celulasdurmientes.com
SPAIN



CÉLULAS DURMIENTES
ASOCIACIÓN CULTURAL

Active Bulgarian Society (ABS)
www.activebulgariansociety.org
BULGARIA



NGO Youth Club Active
www.clubactive.eu
ESTONIA



Donum Animus
LATVIA

Social Inclusion - Empowerment - Development
DONUM ANIMUS
Latvia

Organization for Reconciliation (OR)
www.facebook.com/ORconciliation
FRANCE



Animepaf
www.animepaf.org
PORTUGAL



Friends of Children in Romania
<http://friendsofchildreninromania.org/>
ROMANIA



DO YOU WANT TO JOIN ?



APPLICATION FORM

<https://forms.gle/vSJLx6DNBNvpC3bK9>

CONTACT

erasmus@perform.org.p

ORGANISER

www.perform.org.pl

APPLICATION DEADLINE: 18 March 2022

SELECTION DATE: 23 March 2022

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