



*Training course*  
**DOLL IT!**

09-17.11.2022





At local level organisation is implementing the NFE workshops in the local schools for human rights education and youth empowerment mainly through the theatrical methodology.

At international level, we are organising diverse youth exchanges and training courses co-funded by Erasmus+ and Polish-Lithuanian Youth Court. Mainly we concentrate on topics of youth empowerment, tolerance, promotion of human rights, improvisation theatre, physical theatre, ecology and protection of the environment.



Developing participant's competances in using storytelling through puppet theatre and body expression as a tool for youth work in context of human rights (promotion and protection), social inclusion, youth radicalism (anti-radicalism action), intercultural dialogue.



# About

The project Doll IT will gather 27 participants from Poland, Bulgaria, Italy, Denmark, Spain, Lithuania, Croatia, Greece and Portugal who will develop their competencies under the eye of two trainers in field of using the storytelling through puppetry theatre.

Participants will develop their competencies in field of human rights, intercultural learning, radicalism, social inclusion through the nonformal education workshops based on experiential learning. Participants will develop the puppetry theatre performance and present it in the last day to the online community.



# *Aim of the* **PROJECT**

The aim of the project is to develop participant's competances in using storytelling through puppetry theatre and body expression as a tool for youth work in context of human rights (promotion and protection), social inclusion, youth radicalism (anti-radicalism action), intercultural dialogue.

# *Table of* **OBJECTIVES**

We are going to train you in usage of theatre methodology, storytelling and puppetry to promote social inclusion, human rights and lower youth radicalism.

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**THEATRE METHODOLOGY**

**STORYTELLING**

**PUPPETRY THEATRE**

**SOCIAL INCLUSION**

**YOUTH RADICALISM**

**HUMAN RIGHTS**



# *The* **OBJECTIVES**

Developing participants competances in using storytelling and theatre methodology as a tools for youth work.

Developing participants competances in fields of human rights, social inclusion, youth radicalism, intercultural dialogue for youth work.

Creating the online video-gallery with the performances of puppets theatre and body exression aiming promotion of human rights, social inclusion, intercultural dialogue, tolerance.

Giving possiblity to participants to share their experience and learn from each other about human rights, social inclusion, youth radicalism, intercultural dialogue.

Increasing participants self-development, soft skills, language competances, self esteem and key competances.

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# Participants PROFILE

communicative level of English  
age limit minimum 20 years old  
active youth workers, leaders daily working with youth  
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 make the follow up activities





# OUR

**Storytelling** the art of telling the meaningful story with the moral and meaning which would be engaging and exciting for the listener.

**Theatre** activities focusing on acting in different forms to give a life to the artificial role of the character who would be created and manipulated by the participants.

# METHODOLOGY

**Puppet theatre** methodology aims to develop competences of manipulating the puppets, creating them and using for the performance, bringing them to the life and manipulate to tell a story and be real.

**Mime and physical theatre** methods will guide participants to the awareness of their own body, to understand the body language and their capacity in body movement.



# ACTIVITIES

During the training participants will take part in the workshops based on experiential learning and theatre methodology. They would learn about human rights, intercultural learning, radicalism, social inclusion through non-formal activities. They would discover and practise diverse theatre methods (puppetry theatre, visual theatre, physical theatre) to prepare the final performance of the project.

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 o'clock, with 2 coffee breaks and lunch break).



**NON FORMAL  
EDUCATION**



**EXPERIENTIAL  
LEARNING**



*our*

# PARTNERS

Youth Act – Poland

ROES – Greece

Check-IN – Portugal

Youth Initiatives – Bulgaria

Tavo – Lithuania

Oriel – Italy

Syncro synergy – Croatia

Passion Udflugt – Denmark

Globers – Spain



**DOLL IT**



# 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 workshop room in the next building. In the venue there would be a canteen which will provide the meals (breakfast, lunch, dinner) and coffee breaks.



DOLL IT

# LIVING CONDITIONS

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 activities we will walk in the workshop room barefoot or in socks (so take some warm socks if you get cold easily).

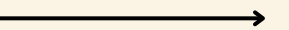


# *Active* **PARTICIPATION**



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 in the local community-
- 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 ACTIVITIES

The dissemination of the project is one of our priorities. After the project participants are obligated to make follow up activities till the 12th of May. What requires preparation for those activities before the training.

Follow up activities:

Organize 2 workshops in their local community using tools and methods from the training and involving 20 participants per national team

Write the article about the training and participants reflection in English and national language /one per country/.

Prepare the poster for the training course. /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. →



# what to BRING

- European insurance card,
- insurance for traveling in Poland
- positive attitude
- clear mind without stress of doing some work/home task during the TC
- comfortable clothes and shoes for the workshops which will take place mainly indoor,
- warm socks for the workshop room
- cosmetics, soap,
- traditional food, drinks and souvenirs for intercultural evenings



DOLL IT





**DOLL IT**

# *your* **TRAVEL**

Due to environmental protection we would recommend to lower the carbon emission during the travel (promote train/bus transportation, direct flights).



**CHOOSE**



**YOUR**



**BEST**



**DOLL IT**

# *your* **TRAVEL**

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Selected participants could start to find a connection to Kraków. Please, send to us proposal of your travel (which includes travel company, time & date of arrival and departure, price), later you should wait for our confirmation to buy them. Tickets bought without our confirmation will be not reimbursed.

More about the 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.

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

7-17.11.2022

8-18.11.2022

9-19.11.2022



# *your* **ARRIVAL**

On the 9th of November we are going to meet around 18 o'clock near the main train station in Krakow. Then we will go with the 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 Krakow. On the 17th of November 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 ticket proposal, 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>).



**ARRIVAL & DEPARTURE**



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# *The* REIMBURSEMENT

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Reimbursement process

Reimbursement of the tickets would be done after finalizing all tasks by participants (up to the national limits):

- filling in the reimbursement form and send it to us till 30th of November 2022
- sending all boarding passes and tickets to Youth Act-hosting team till 30th of November 2020
- organizing the workshops using non-formal methods developed during the project in your local community till 30th of December.
- filling in the questionnaire after the activities till 30th of November
- sending the diary of your experience after the project till 30th of November
- promoting the project and its results on-line through related task after the training till 30th of November.



# *The* REIMBURSEMENT

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When all participants will finish all task we would start to reimburse your travel costs by sending one transfer to our partners organizations or to one representative from the country. Later partners will make transfer to each of participant.

The transfers would be send by the 10th of December or 10th of January. If the participants within their national teams will not accomplish all follow up tasks and not send all of the documents to the hosting organisation the travel reimbursement would be consider as voluntarily contribution to the project.

Costs of insurance, Covid tasts are not reimbursed.

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## REIMBURSEMENT

245

Euro

Greece  
Bulgaria  
Lithuania  
Italy  
Croatia  
Denmark  
Spain

330

Euro

Portugal



Maximum travel reimbursement for each country.

\*the 30 euros from the reimbursement is dedicated to the costs of shuttle bus from Kraków to venue and back.

**DOLL IT**

*Covid*

# **ACKNOWLEDGE**

I acknowledge the contagious nature of the Coronavirus/COVID-19I further acknowledge that Youth Act foundation has put in place preventative measures to reduce the spread of the Coronavirus/COVID-19. I further acknowledge that Youth Act foundation 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.

**DOLL IT**

# *Covid* **ACKNOWLEDGE**

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I hereby release and agree to hold Youth Act foundation 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 Youth Act foundation, or that may otherwise arise in any way in connection with any services received from Youth Act foundation.

I understand that this release discharges Youth Act foundation from any liability or claim that I, my heirs, or any personal representatives may have against the Youth Act 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 Youth Act foundation. This liability waiver and release extends to the project together with all NGOs members, partners, and participants.



*stay in touch*

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