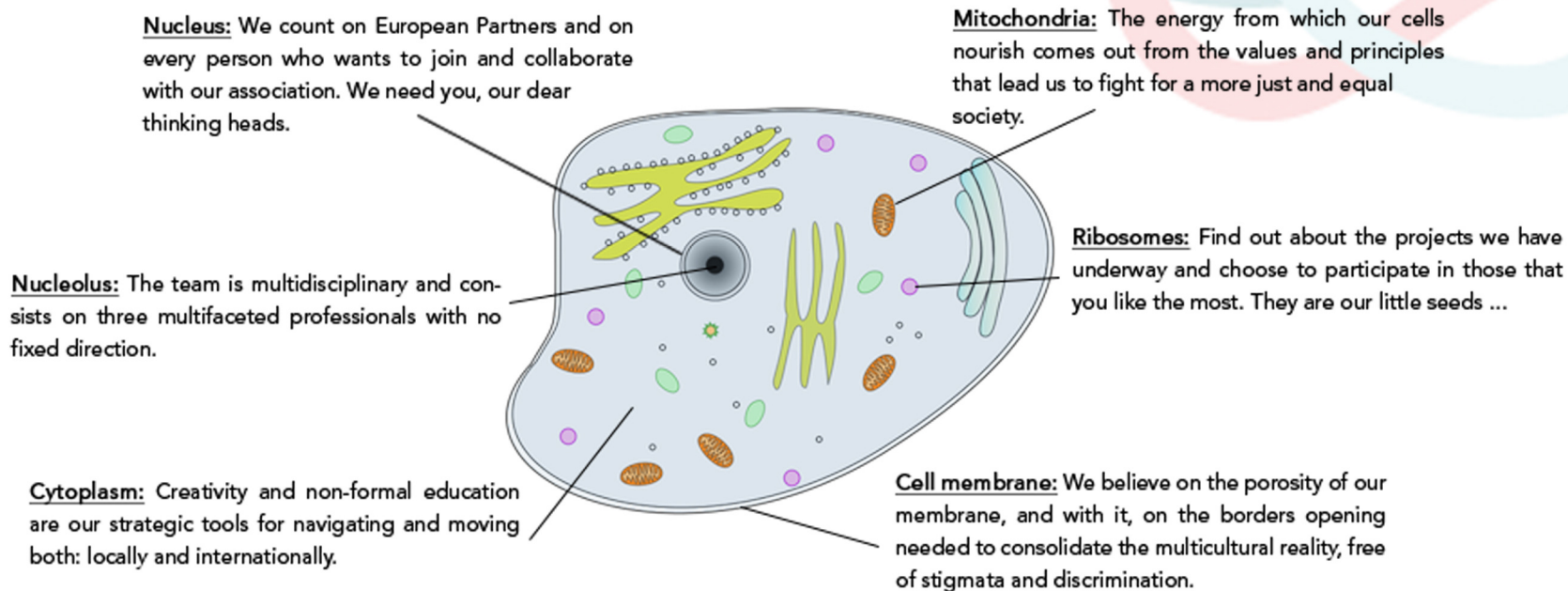


BODY, MIND & HUMAN BEINGS:
CONNECTIONS THROUGH MUSIC THERAPY
NOVEMBER 16TH – 23TH, 2022
SEGOVIA (SPAIN)

CÉLULAS DURMIENTES ASSOCIATION

Framed in the strategies of social movements that defend equity, respect, feminism and tolerance of all people regardless of their social status; this association aims to promote interculturality and gender equality through social action projects, cultural management, sensitization campaigns and educational intervention. It is aimed to empower youth and communities in order to find the tools to enable them to transform their own realities. As it is said, the organization believes that the key for transformation is to encourage effective social behaviour and values to make citizens responsible within their daily day and engaged within their communities.

In general, our projects have as the main goal, to offer a common safe space where the people can feel free to express themselves, to share skills, experiences and ideas, and where the equal relation between us brings the opportunity for dialogue and deep understanding.



TRAINERS



Dr. Alberto Acebes (*Trainer*)

As a music therapist and a practitioner of the Bonny Method of Guided Imagery & Music, I help adults and children to know themselves and to express their emotions. As a professor, I guide how we can make our relationships healthier and more inclusive through music. I love teaching and sharing moments so I have facilitated workshops and lectures in the US, Japan, United Kingdom, Canada and different parts of Spain.

www.albertoacebes.com | @musicoterapia_albertoacebes



Andrés Sánchez (*Trainer*)

Future music therapist, after a scholarship in Senegal in 2018 I started working with music and disability, inclusion and diversity with private organizations and government programs. I am a lover of listening and empathy, I move in the disciplines of songwriting, poetry, puppetry, theater and voice. I'm a cultural shaker.

I participate in European projects as a trainer and as a coordinator in Spain, Netherlands, Latvia or Germany.

www.pipasdecoco.com | @pipasdecoco



María Arias (*Trainer*)

María Arias Velasco. Born in Segovia currently works in this city and around the province. Music therapist, music teacher, oboe player, and early childhood music educator. She is part of the Global Leaders Program 2023 cohort, which prepares arts professionals to sustainably grow creative projects or enterprises that impact communities as a social agent of change. She loves music and everything related to this art such as movement, voice, active listening, or personal growth. Through this truly love she intends to defend the beautiful role that music plays in our lives and shows the importance of arts and co-creation for human being development.

PROJECT DESCRIPTION

Equal opportunities and social inclusion are a matter of vital importance at the international level, for each and every society. However, the reality in which we live is marked by social differences, unfavorable situations and events full of social injustice that make the work for the search for social equity become, at least, complicated.

In this context, this project was born with the idea of providing professionals working in areas related to intervention and social action of music therapy resources and tools. For this, it is proposed to carry out an intervention program for each participant in which they will use the techniques and resources learned throughout the training.

To this end, the objectives pursued are, in the first place, to know and use techniques and dynamics related to sound, music, voice, body language and music therapy aimed at achieving greater social inclusion. Secondly, create an intervention project applied to each participant, which will be carried out later in their usual work environment.

This project is intended for a maximum of 10 participants with a varied profile but who work in social intervention and action. Priority will be given to those who have motor, sensory or other difficulties or who are in some kind of unfavorable situation.

The activities are varied and divided into four main blocks: Presentation and closing, exploring musical resources (voice, body, instruments and song), exploration of music therapy methods and techniques (receptive and active) and, finally, design of an intervention program. The methodology of the activities will be active, where it will prioritize the experience of these activities in order to be able to apply it. Theoretical and practical sessions will also be combined in small and large groups.

PROJECT DESCRIPTION

With this project we hope that the participants acquire musical tools and techniques that they can use and share with their partners and with other associations. We also hope to create a book-summary that includes much of the learning that will be done throughout the project, along with reflections and other material that is considered relevant for the future.

Our workshop in **Segovia, Spain**, NOVEMBER 16th - 23TH, 2022, will invite youth workers and artists to lend their support to involve youth in music therapy and music tools.

The participants profile includes **youth workers, social workers, facilitators, pedagogues, artists, sociologists and gender equality activists** who has their residence in **Italy, France, Poland, Bulgaria or Spain**. However, all of them should have: a clear interest in the project, the desire to develop their own personal and professional knowledge, attitudes and skills on this subject and the desire to exchange, interact and work with professionals from different disciplines.

We will try to end the Workshop with a **FINAL PERFORMANCE / ACTIVITY WITH LOCAL COMMUNITY** to show tools or results about our Music Therapy Training.

LOCATION

The training is taking place in Spain, in a really lovely place called Duermevela Hostel, in the city of Segovia, in the region of Castilla y León.

SEGOVIA

Only 100km from Madrid, Segovia is a city that combines culture, history and youth. It has two universities (IE and University of Valladolid)

Here the wonderful Titirimundi puppet festival is held, music and film festivals are organized, and it has a lot of underground culture with musicians, painters, puppeteers and artists.

It has a beautiful historical center and worth seeing while taking a walk, incredible places from which to watch the sunset or sit and think and many bars where you can enjoy the typical and delicious tapas. You're going to love it.



 **SEGOVIA**
CULTURA HABITADA

LOCATION

YOUR HOME

Duermevela Hostel has 7 rooms with a total of 20 spaces in bedrooms of 2 or 4 people. All rooms include linens and secure lockers.

We also have a variety of common areas where you can meet other travellers, play guitar or just sit back and relax. There is a living room, a kitchen, an outdoor patio, a courtyard and a cinema room.

All meals will be prepared by a cook and served in the dining room. Your free time you could spend walking by the river, going to the center town, in hygge living room or enjoy yourself in the upstairs living-room. In the hostel there is wi-fi internet access and washing machine. We kindly ask you to bring your own toiletry and towel. The place have bed sheets.



LOCATION



workplace

Most of the activities are going to be carried out in the Duermevela Hostel, but some of them need larger spaces, where the musical activities do not disturb the neighbours of the hostel, for which the Segovia City Council has provided us with a room less than 20 minutes walk from our venue, a small church called San Nicolás.

We want to inform you about this because normally the workspace is in the venue itself, but in this case we will do some excursions during the training course to enjoy better prepared and larger rooms :)

TRANSPORT TO THE TRAINING

Before booking any tickets, send your tour proposal and budget to celulasdurmientes@gmail.com and wait for confirmation. Remember, DON'T BUY ANY TICKET BEFORE OUR CONFIRMATION.

Flights: The best way is arrive to Adolfo Suarez Madrid Barajas, from there you have bus and metro to Madrid inner city (bus or train station). There are less than 100 km to Segovia. From where you have train and bus to reach Segovia.

Coach: From anywhere, you can catch a Flixbus, Isilines, Eurolines or OUIBUS to Madrid or Valladolid. From there you will take a train or bus to Segovia, where we will meet up and go together to our home!

Book your train tickets here: www.renfe.com

You can also buy bus tickets from Madrid in www.avanzabus.com or from Valladolid in www.linecar.es

Please remember that you have to arrive at the training course on November 16 BEFORE 9 pm, and you will have to leave the venue on November 23 BEFORE 11 am.

If you have any doubt about transportation please contact us, we may help you :)



TRAVEL REIMBURSEMENT

We will be able to reimburse your travel costs up to a maximum amount of:

- 20€ for participants from Spain
- 275€ for participants from Italy & France
- 360 for participants from Greece & Poland

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.

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.

REIMBURSEMENT PROCEDURE

Here is what you need to do to be reimbursed for your travel costs:

- 1 - **confirm** your participation – send email to celulasdurmientes@gmail.com
- 2 - send your bank info (name of the bank, address of the bank, name of the account holder, SWIFT/BIC, IBAN), and your photo or scan of your ID/passport to celulasdurmientes@gmail.com
- 3 - keep all your original tickets (including tickets for public transportation) and boarding passes during your trip. We will collect them on your arrival day. If you won't have all of them we will be unable to reimburse you.
- 4 - after your return trip, send us reimbursement form (that you are going to receive later) with all your photographed or scanned return tickets & boarding passes by email to celulasdurmientes@gmail.com and after all the originals by post at:

Andrés Sánchez González
Calle Canónigo Juan 4, 4 E
24007 León
SPAIN

COVID SITUATION

We are so happy for your interest to join us in our project.

Even though, we would like to invite you to check out the COVID-19 restrictions that apply to your country and our way-of-doing. It's important to do it before you compromise within us :)

Now in Spain there is no obligation to wear a mask, so in principle we will not use it. If the restrictions change in November, we will adapt to the law.

We also don't want to risk our health. That's why inside Duermevela hostel, we are going to be strict with the people from outside. Once we are not "at home", each of us are responsible with what we do. Please, be responsible! We will look after oneself and each other fair enough!

We will follow the national regulations that are valid on the period the project takes place. We ask you to look at the restrictions to enter Spain from your country, it is your responsibility to carry all the necessary documentation to enter.

Please, ask us any information you need.

If a COVID incident happens during the course, CÉLULAS DURMIENTES will support you to organise all you need (testing, quarantine in different accommodation, etc).

PARTNERS

We couldn't do this amazing training course without the help of our partners:



NOMADWAYS (FRANCE)



Fundacja Artystyczna Perform (Poland)



Associazione di Promozione Sociale JOINT (Italy)



EVROPAIKO ETHELONTIKO KAI EKPAIDEFTIKO
KENTRO (Greece)

THANKS!