

ORGANISED BY



TRAINING COURSE - KA1 MOBILITY OF YOUTH WORKERS

SAY, ACT: NEVER THIS AGAIN!

S.A.N.T.A.

Tackling mental health through
Storytelling, Playback Theatre and
Stand-Up Comedy

FUNDED BY

Erasmus+



21ST - 28TH JANUARY 2023
SLUŇÁKOV, OLOMOUC (CZECH REPUBLIC)

PROJECT SUMMARY

"Say, Act: Never This Again! - Tackling Mental Health" is a 7-days training course that wants to explore tools and methodologies based on performative arts and personal narratives aimed at empowering young people by improving their communication skills and supporting them in the process of making their voices heard and open up about mental health challenges.

The training will be realised using a range of experiential learning opportunities, non-formal educational approaches and a wealth of youth work theory and practice to actively engage and develop the skills of the participants.

The project will take place in the Czech Republic, close to the city of Olomouc, in the beautiful ecological centre Sluňákov from the 21st to the 28th of January 2023 (travel days included). It will involve 24 participants and 3 trainers from 9 different European countries (Czech Republic, Germany, Greece, Italy, Netherlands, Poland, Romania, Slovenia and Spain).

As of today, there is a widespread need in youth work for quality youth empowerment work which is driving more and more youth workers to search for tools which would support their target groups to express themselves, reclaim the ownership of their own narratives and learn the value of sharing individual stories in a community dimension where the exchange can happen safely and in a positive environment, as opposed to the (online or offline) spaces where this can happen in a toxic and confrontational way.

Our course will be highly interactive, we will apply each methodology on the spot, and participants will have many chances to challenge themselves in and out of their comfort zones to develop new awareness and skills.

OUR GOALS AND OBJECTIVES

The objectives of the training course are:

- to explore the concept of "transformational storytelling", how to use storytelling as tool for innovation to change and self-development;
- to understand how storytelling, playback theatre and stand up comedy skills can be used as creative methods to let youth express, address and open up about mental health challenges;
- to develop an action plan for participants to engage their youth in their organisation's context as well as the regional and European level;
- to implement the lessons learned and action plans in the partner organisations and virtually share and evaluate the activities organised.

THE TEAM OF TRAINERS



ROB VAN LEEUWEN
(NETHERLANDS)



MAFALDA MORGANTI
(ITALY)



CARMINE RODI FALANGA
(ITALY / CZECH REPUBLIC)

PARTICIPATION AND DISSEMINATION

By applying to this course, **participants commit themselves to actively participate in the whole process**, including:

- to read all the information carefully;
- to communicate timely with the organisers;
- to prepare adequately for the training course;
- to take actively part in the full duration of the activities;
- to participate in the evaluation process after the course;

Dissemination is a crucial area of the E+ project lifecycle. It gives the opportunity to communicate and share outcomes, thus extending the impact of a project. Sharing results, lessons learned, outcomes and findings will enable a wider community to benefit from a work that has received EU funding.

You will be encouraged and required to actively take part in the dissemination of the project during and after the course.

We will offer you tips and space for coming up with ideas and planning.

ACCOMMODATION

The training course will take place in the Czech Republic, close to the city of Olomouc, in beautiful ecological centre Sluňákov.

The accommodation will be in shared rooms – there are mostly double rooms and 2 dormitory-type rooms. Shower and toilets are shared (some of the rooms have their separate shower + toilet), towels and linen will be provided.

Our group will be responsible for living together during the course. It is a normal part of our educational approach and encourages community spirit, responsibility and sharing. Everyday tasks will be shared by participants, as part of the "sustainable living" experience.

The arrival and registration will be carried out until 5:30 PM on January 21st.

The programme will start at 6 PM.

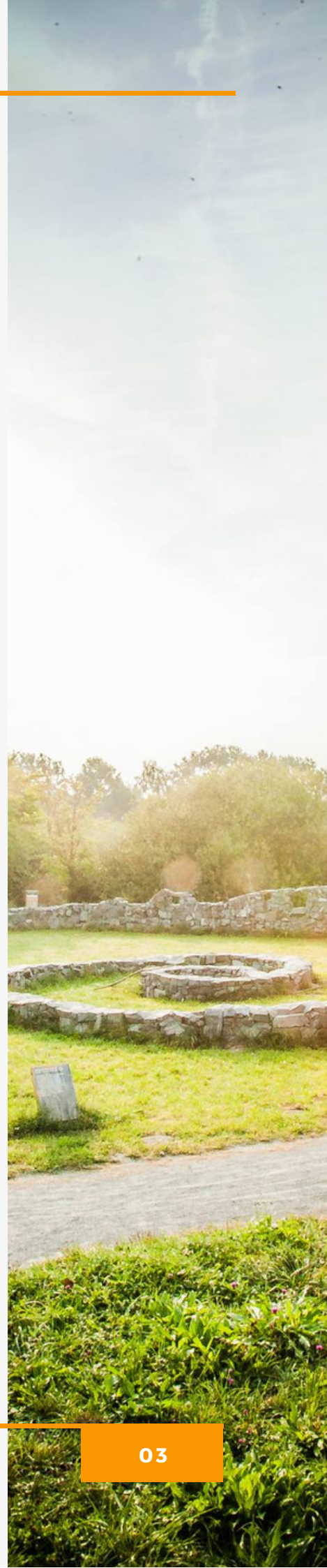
The end of the course is scheduled on January 27th with a farewell party, so that all of us will leave on January 28th, after breakfast.

Our programme includes half a day free and we will offer some options for sightseeing limited to the surroundings. No trip will be organised to visit Prague or the nearby other main cities you might be interested in visiting. If you want to organise yourself and take a few days extra for your own leisure time, this is possible. You can take up to extra 2-3 days (before OR after the course) and still be eligible for a travel reimbursement (not more).

The accommodation costs for those extra days will be fully up to the single participants.

TO BE ABLE TO ATTEND THE COURSE FROM BEGINNING TILL THE END IS ONE OF THE BASIC CONDITIONS FOR PARTICIPATION, SO PLEASE ARRANGE YOUR TRAVEL TO BE THERE ON TIME.

IN CASE OF ANY COMPLICATIONS, PLEASE LET US KNOW AS SOON AS POSSIBLE.



ARRIVALS AND DEPARTURES



Participants can travel by train or bus either directly to Olomouc, and or travel/fly to Prague, Vienna or Bratislava - which all have excellent connections to Olomouc.

It takes approximately 3 hours to get to the venue from Prague train/bus station, plus another approx. 45 min for the trip airport - train station. From Vienna and Bratislava it is approximately 4 hours. We would like to kindly ask you to arrange your arrival in the early afternoon in order to arrive on time for the beginning of the programme.

If you land/ arrive to Prague there are 3 different train companies that provide trains from Prague to Olomouc:

ČD: www.cd.cz/eshop/
Leo Express: www.le.cz
Regiojet: www.regiojet.cz

All three companies have their sales points in the main train station in Prague, so they will provide you with all the information. You can check in advance your schedule [here](#) (there is a version in English).

From Olomouc you can reach Sluňákov:

- **by local train:** from Olomouc to Horka nad Moravou. The train takes 20 minutes, and from the train station it is 10 minutes on foot;

- **by bus:** from Olomouc city center you can take local bus 18 and 20 direction Horka from the stops Tržnice and Náměstí Hrdinů. In Horka your stops are "Horka" (BUS 20) or "Horka,škola" (BUS 18). Bus takes 15 minutes and costs 20 CZK. Centrum Sluňákov is at the end of the village at the right side;

- **by taxi:** you can also take a taxi from Olomouc train station. To Slunakov the ride should costs about 300 CZK (12€). The precise address for the taxi driver is:

**Skrbeňská 669/70
783 35 Horka nad Moravou**

If you want to call a taxi you can try City Taxi Olomouc (800 223 030) or Student Taxi Olomouc (800 262 626).

TRAVEL REIMBURSEMENT

The course is co-funded through the Erasmus+ European programme. We can reimburse only the cheapest transportation possible and only public transport, 2nd class fares. Taxi is not refundable, as well as private cars. For the reimbursements, we will need:

1. An invoice with the itinerary of your trip, the names of the passengers and, very important, the price of the ticket. Usually all this information is available on the e-tickets for flights or on the confirmation email.

2. All your original travel tickets and receipts (train and bus tickets) which you wish to have reimbursed. We cannot provide reimbursement without the original of these documents, so it will be your responsibility to take good care of them.

IMPORTANT: WE CAN REIMBURSE YOUR FLIGHTS, ONLY IF YOU PRESENT US YOUR BOARDING PASSES!

IN CASE OF USING MOBILE APP FOR CHECK-IN, PLEASE REMEMBER TO SAVE THE BOARDING PASS, OR TAKE A SCREENSHOT OF THE BOARDING PASS -THEY ARE AUTOMATICALLY DELETED FROM THE MOBILE APP AFTER SOME TIME.

The following list shows how much is the maximum allowed per person for a full return (two ways) journey, so please try NOT to spend more than this:

CZECH REPUBLIC, GERMANY, POLAND, SLOVENIA

180€ (210€ IF MORE THAN 50% OF THE JOURNEY IS MADE USING GREEN MEANS OF TRANSPORTS)

GREECE, ITALY, NETHERLANDS, ROMANIA, SPAIN

275€ (320€ IF MORE THAN 50% OF THE JOURNEY IS MADE USING GREEN MEANS OF TRANSPORTS)

IMPORTANT: to determine where you are from, in this programme **residence** is the counting factor, not nationality. This means that we can support the participation of somebody living in Poland (or Greece, Spain, etc) **as long as they travel from and to that country**, no matter what nationality is shown on their passports. Please, don't ask for exceptions ("I'm originally from Czech Republic but now I live in Belgium can I travel from there?"), as these are the rules and unfortunately we cannot change them!

The reimbursement will be done after the end of the project, after we successfully get all the tickets and boarding passes also from your trip back home. Consider 4-6 weeks while we process all the documents and organise the transfers. More information about when and where to send the tickets, and the relevant reimbursement form will be given during the training course.

TRAINING FEE

The participation to the course foresees:

- an **on-the-spot participation fee** (to be paid in cash) on a sliding scale from 30€ to 80€;

You will get a receipt if requested on the training course.

PARTICIPANTS WILL BE FREE TO CHOOSE THEIR CONTRIBUTION ACCORDING TO THEIR OWN PERSONAL FINANCIAL POSSIBILITIES AND THE VALUE THEY SEE IN 7 DAYS TRAINING PROGRAMME.

USEFUL INFORMATION

· Providing information on special needs, does not remove the participant's personal responsibility for ensuring their own health and safety.

· Pack your own phone and laptop chargers, and travel adaptors according to the local standards;

· Internet is available on the venue place, but the signal can be subject to drops. Do not plan important online meetings or deadlines to be met during the course, which will be quite packed anyway;

· Obtaining a full insurance (travel risks, medical, injuries) is the participant's responsibility;

· Pictures, videos, images taken at the course, as well as the materials produced during the activities, can be used to document the activity in reports or websites or social networks, or for promotional material;

· Pack clothes which also suitable for outdoor activities;

CONCERNING THE MEALS, A VEGETARIAN AND A NON VEGETARIAN OPTION WILL BE PRESENT AT ALL TIME. WE CANNOT CATER FOR OTHER INDIVIDUAL REGIMES. SPECIAL NEEDS REGARDING ALLERGIES AND INTOLERANCES WILL OF COURSE BE TAKEN CARE OF. THERE WILL BE A FRIDGE AVAILABLE TO THE GROUP FOR STORING, IF NEEDED, ANY FOOD YOU BRING WITH YOU TO SUPPLEMENT YOUR SPECIFIC DIET.

THANK YOU FOR UNDERSTANDING.

CONTACTS



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Vice Versa CZ