



Jaunatnes starptautisko
programmu aģentūra



FILM FORWARD

2-phases Training Program
8 - 15.03.2023, Zvīguļi, Latvia



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 and cause is the second thing we have to build (after our website). Nowadays technology allows us to create video productions without expensive equipment. Smartphones, laptops, and other low-cost gadgets can offer high-quality video productions.

Even more, visual media is one of the main forms of activism for advocating for LGBTQIA+ human rights and for many of the LGBT+ NGO's and youth workers, volunteers and activists who work with the LGBTQIA+ community, there is a lack of competencies, capacity and firsthand experience working with video.

For these reasons, Active Rainbow in collaboration with its partners are inviting you to Film Forward 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 23 more people, how to use video by creating yourselves a video for a Latvian-based non-profit initiative.

Film Forward is the proud **9th edition** of this specific methodology, and it makes its difference and unique entry, as it **aims to equip specifically LGBTQIA+ and allies youth workers with competencies to create social impact through videomaking.**

THE PLOT.

1st Phase – Training course

(8.03 - 15.03.2023, excluding travel days)

During the 8 days program you will:

- Get acquainted with media literacy
- Receive practical skills in filmmaking and namely how to create Social Promotion video in all stages (pre-production, production, post production)
- Explore ways to make it cheap through guerilla filmmaking tips
- Enhance teamwork skills under time pressure
- Explore different social issues of your choice during the daily video assignments
- Create a promotional video for a Latvian-based non-profit organizations/initiatives that work with LGBTQIA+ and other social issues in the country

2nd Phase – Local Action Phase

March - May 2023, with local actions in your country

During the 3-months local action phase you 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 your video creation skills.
- Disseminate your experience and gained competencies through an article/testimonial, and measuring the impact of your experience through a self-learning survey and the [Youthpass](#) certificate you will acquire.
- Disseminate the knowledge acting as a 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.

The Training Program is for you if you are:

- **a youth worker, young leader, mentor, volunteer, activist** and/or **staff member of non-profit initiatives**, interested in how to incorporate new technologies and video production in your work
- **part of the LGBTQIA+ community or an ally** and interested to expand your competencies in engaging LGBTQIA+ youth through visual media tools
- Eager to learn or develop further your skills in video making
- Committed to creating **2 social promotional videos** (one in Riga and one back home)
- Ready to participate in an intercultural environment and eager to **challenge yourself** in working on a high-speed training course full of practical assignments
- Eager to be inspired and work on your personal and professional development, so to **inspire in return** your target groups and communities
- Able to work and communicate in English
- **Over 20 years old** and resident in one of the participating countries

STORYLINE.

Preparation Phase:

Online Assignments

February 2023

1st Phase:

Training Course

08 - 15 March 2023

8 days in Zvīguļi, Latvia

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 4-6 | Scout, investigate needs and return to film the initiative. Edit the video.

Day 7-8 | Showcase results in public. Plan the Local Action Phase. End of the training.

2nd Phase:

Local Action

March - May 2023

in each participating country

Delivering at least 1 promotional video for your organization/initiative





THE GENRE.

During the Training, there are **morning & afternoon sessions** planned. Mornings are mostly focused on **video creation assignments and reflection**, while 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 materials that you will be working with back in your local reality.

Please note that the programme **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 (at your own costs) some days before or after the youth training.

THE 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 dynamic program containing several methods and work-formats added one on top of each other like lego bricks.

SHORT INPUT & PRACTICE

You will brush up on short theoretical input and you will be directly asked to implement them within a limited time frame.

ASSIGNMENTS & FEEDBACK

Expect to find yourself in many different multinational teams working together on a management, communication or brainstorming assignment within a set time frame.

VIDEO PRODUCTION

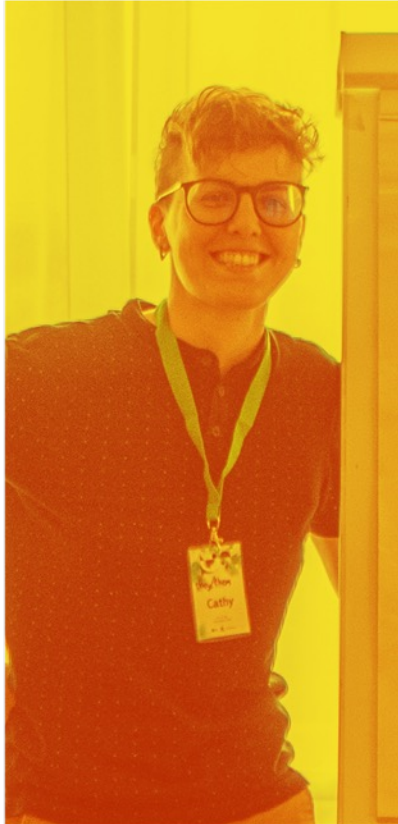
You will work with an international group in the production of a participatory video initiative.

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.

During the training, the individual learning journey will be Self-Directed by you, guided by the facilitators and supported by the group.

THE DIRECTORS.



Cathy Manousaki

Cathy are a professional youth worker, trainer, facilitator, project designer and manager, coach and mentor, with more than 12 years of experience in the field of non-formal education, volunteering and media-making.

They have a wide experience working with marginalized youth from different backgrounds, and specifically LGBTQIA+ youth, in Erasmus+, European Solidarity Corps volunteering and other educational programs, in the Netherlands, Greece, Latvia, Spain, Italy, Slovenia, Czech Republic, Croatia and more.

They are the Founder of Active Rainbow platform and co-founder of its organization in Latvia. They are a creative free spirit, who love working with people and contributing to their growth – a human rights activist, an experiential learner and a life explorer.



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.

THE ASSISTANTS.

The organizing Team

Our space for creation, exploration, filming forward and learning during the project is going to be cared and carried by an international team of youth workers and experienced professionals in Erasmus+ programs, in visual media making, in LGBTQIA+ education, coaching, mentoring, community development, experiential learning and the other methods used in the project.

The team behind this program, we are friends and colleagues that we know each other already for many years, since our life paths crossed in past projects. We have co-created and worked previously in educational programs, sharing our common values for personal and professional growth filled with love, generosity, dedication and the joy for creation, connection and impact making.





The Storyboard.

Arrival Day- 7.03.2023

Training Days - 8 - 15.03.2023

Departure Day - 16.03.2023

Days allowed to stay in Latvia:

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 traveling expenses yourself.

STUDIO.

Our home during the Training, will be at [the Zvīguļi guest house, conference and recreation center](#), located outside of Riga, near Inčukalna and Sigulda towns. The house is located in the territory of the Gauja National Park (the largest and oldest in Latvia) - with picturesque and untouched nature on one side and the Sigulda highway on the other.

You will be hosted in rooms with 2-8 people. All facilities and spacious common rooms are available. **The accommodation will be our home for the entire program, which means that we take care of it by ourselves and clean it daily.**

Catering will be provided by Active Rainbow. We will have our own cook and a small team preparing delicious food that will be mostly vegetarian and vegan.

The program has a strict no drugs policy. In case of disrespect, you might be asked to leave the program with no chance for reimbursement.





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.

PRODUCED BY.

Active Rainbow is an educational platform and community of people that celebrate personal growth and inclusivity. It is open, accessible, and welcomes everyone who is/are interested in non-formal learning, mobility opportunities, and contributing their verse to society. It's mission is to strengthen the implementation of Human Rights, improve the quality of LGBTQIA+ Education and the capacity of organizations around Europe to be inclusive and offer celebratory spaces in their youth work.

Founded in 2014, it is active in the field of youth work and implementation of learning programs already for the past 8 years, working on a local, national, European, and international level. Since 2020 the platform established its first base as an organization in Latvia. One of its mottos is learning made simple, yet significant.

Break the Couch is a group of ambitious people originated from Athens, Greece. They are young filmmakers interested in new media (online media, social media, crowd-funding, blogging, etc) and the way they 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.

They are also part of **Roes Cooperativa**, a social cooperative enterprise of the '20s created by professional trainers, social workers, project managers and informal groups aiming to create an alliance that hosts innovative, experiential and non-formal education approaches.



IN ASSOCIATION WITH.

Country	Organization	E-mail address
Italy	Cassero LGBTI+ Center	global@cassero.it
Slovenia	Moja Mavrica	iva.vanhoek@mojamavrica.si
Portugal	Collippo	collippo.org@gmail.com
Germany	Critical Queer Solidarity	thomas@cqs.berlin
Czech Republic	INspire	czechinspire@gmail.com
Estonia	Rõuge Noorsootöö Keskus	jaanika18.orav@gmail.com
Greece	Roes Cooperativa	projects@roes.coop
Latvia	Active Rainbow	info.activerainbow@gmail.com

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 contact us directly at info.activerainbow@gmail.com

Upon confirmation of your participation, you will get the confirmation letter with all the practical details regarding the online preparation phase and the training itself. Do NOT book your tickets unless you receive a confirmation letter from us.

BUDGETING.

1. General Costs

The costs of the activity including traveling, accommodation and food are covered by the co-funding of the Erasmus+ grant.

3. Sustainable Traveling

If possible and preferable for you, you are invited to use more ecological means of transport, such as bus and train, to come.

Keep in mind full information on practicals and ways to reach Latvia, you will receive if selected to participate in the program.

2. Travel Reimbursement amounts

Country	Travel Money up to
Italy	275 €
Slovenia	275 €
Portugal	530 €
Germany	275 €
Czech Republic	275 €
Estonia	180 €
Greece	360 €
Latvia	23 €

Travel Reimbursement Guidelines

The reimbursement takes place after the Local Action Phase, when all documents have been filled and collected, dissemination and local activities have taken place.

For reimbursement it is mandatory to send all your e-tickets, e-invoices, e-boarding passes, e-receipts. If e-documents cannot be issued, then original are accepted. Without these, travel costs cannot be reimbursed.

4. Participants' Contribution:

There is a 50 EUR fee for the Training Course to support the co-financing and implementation of the activities, which is paid in cash upon arrival.

A person is shown from the chest up, holding a smartphone to take a selfie. The image is heavily filtered with a warm, orange-red color. A white circular graphic is centered over the person's face, containing the text "Apply now!". The person's hair is dark and pulled back. The background is out of focus, showing what appears to be an outdoor setting with trees.

**Apply
now!**



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If you have questions, need clarifications or you would like to know more, contact us:
info.activerainbow@gmail.com or **(+371) 27 167 770** and we'll be happy to answer all your questions.



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[active_rainbow](https://www.instagram.com/active_rainbow)

