



Better Together

EMBODYING EMPATHY

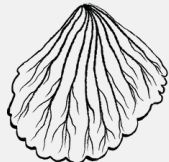
Training Course

Poland

2-10 May 2023

INFO PACK

nurt



Co-funded by
the European Union



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ABOUT THE PROJECT

"Better Together: Embodying Empathy" is a project designed to create space for youth workers to explore the topic of embodied empathy and cultivate empathy skill. The program is inspired by the Nonviolent Communication (NVC) principles and will include learning the basic concepts of NVC such as the language of giraffe, feelings and needs, requests, empathic listening or honest expression. NVC is a powerful tool for understanding ourselves and others, building empathy and resolving conflicts.

The emphasis of the training is placed on learning through practice and experience, with sufficient theoretical input to clarify the basic elements of NVC. The whole learning process will combine verbal activities with a wide range of practical exercises inspired by Contact Improvisation, Mindfulness, Dance and Somatic Methods so that participants will fully embody the whole learning experience.

ACTIVITIES



The training course programme is designed to explore the topic of empathy through the holistic process of embodying a nonviolent approach to communicating with self and others. We will explore how embodiment movement practices can support us in communication from a place of authenticity, even in the moments of doubts.

We will explore those topics by engaging in activities inspired by:

- dance, movement & body-work,
- somatic movement methods,
- artistic expression,
- mindfulness & listening to yourself,
- exercises inspired by NVC.



PARTICIPANTS

This training course is designed for youth workers - people who are directly or indirectly involved in youth work. The participants must have an interest in adopting the learnt material in their own work in the youth context, which means it's essential that they work with young people. The whole project involves online preparation, a 7-day training course with full presence, and the follow-up activities implemented & documented by the participants in their home countries. We are hence looking for participants who are ready to get involved in the whole process and are willing to learn and contribute, share their perspectives & experiences, and inspire each other through the duration of the entire project.

Important! The project is designed for people who are willing to increase their self-awareness and ready to share their feelings and their private stories in order to make their learning experience more authentic and profound. Although it's not a therapy some therapeutic tools may be used and there is a chance that some strong emotions can come to surface. If you are following any therapy please consult with your therapist if the project is right for you.

TC Language: English



PLACE

WATASZKA GUEST HOUSE

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, however you can struggle with internet connection or phone signal. Please take it on the account while applying for our project.



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 3 and 6 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 :)

<http://www.wataszka.com/>

PLANNING THE TRAVELS

GETTING TO THE TRAINING VENUE

STEP #1 getting to WROCLAW

You should get to Wrocław no later than 5 pm on 2nd of May 2023
Before buying any tickets please consult your travel option with us.
Tickets purchased without our acceptance, may not be reimbursed.

STEP #2 from WROCLAW to WATASZKA

We will organise a shared bus that will take all participants from the railway/bus station in Wrocław to the venue (chance to get to know each other).

GOING BACK HOME

STEP #1 from WATASZKA to WROCLAW

A shared bus will depart around 8 am (after an early breakfast) and will take all the group to the railway/bus station in Wrocław.

STEP #2 from WROCLAW back home

Please plan your travel, having in mind that we will arrive at the railway/bus station in Wrocław around 12 am.

Participants are responsible for their travelling and medical insurance.

PARTICIPATION FEE & REIMBURSEMENT OF TRAVEL COSTS

Thanks to Erasmus plus funding, the cost of participation in the project is only €80, which will be deducted from travel costs (please see next page).

GUIDELINES FOR TRAVEL AND REIMBURSEMENT:

- **REGULAR TRAVEL:** (by plane): Please remember that taxi and business class flight tickets will not be reimbursed, only economy class flight tickets, train tickets and bus tickets will be reimbursed.
- **GREEN TRAVEL:** We encourage you to choose green travel options which include: train, bus or carpooling. Green travel does not include planes.
- The reimbursement of the travel costs will be done in EURO, regardless of the currency indicated on the tickets, receipts or invoices.
- The money you will spend to get to Wroclaw will be reimbursed up to 3 months after the training course provided the active participation in the whole project & delivery of all the relevant documents (compilation of the final evaluation, mobility tool, dissemination activities, travel reimbursement form and sending all original tickets and invoices).

COUNTRY	NUMBER OF PARTICIPANTS	MAXIMUM OF REIMBURSEMENT FOR EACH PERSON*	
		REGULAR TRAVEL (by plane)	GREEN TRAVEL (bus, train, carpooling)
Italy	3	170 €	215 €
Austria	3	170 €	215 €
France	3	170 €	215 €
Romania	3	170 €	215 €
Spain	3	170 €	215 €
Lithuania	3	170 €	215 €
Croatia	3	170 €	215 €
Poland	4	75 €	105 €

*Maximum of reimbursement for each person is travel allowance defined by the Erasmus+ Programme minus 80 euro participation fee and minus 25 euro for the shared return bus from Wrocław to Wataszka.

If you have any questions concerning travel, please contact us on:
embodyingempathy.erasmus@gmail.com

TEAM

Meet the team. We all met at an international project, which resulted in our continued collaboration. The deep authentic connection has brought us to do this project. We share similar values: honesty, respect and support, and those guide us through our collaboration.

Embodying empathy means for us inviting empathy to our bodies, awareness and into our actions, making it more accessible whenever we need it. Our intention for our journey together in this project is to create space to explore empathy from inside-out and make it more present in our lives.



Sylwia Federico



Sylwia is an educator and group facilitator working in non-formal education for over 15 years. Recently she is mainly involved in body based activities and therapeutic practice through arts and movement exploring a mind-body approach for building resilience and emotional well-being. She is passionate about learning and she loves creating learning spaces that support people in their journey toward wholeness based on awareness, empathy, authentic connection and creative expression.

Magdalena Szymańska



Magda is a psychologist, trainer and project coordinator. She studied economics and psychology, and worked in a variety of fields ranging from non-formal education to recruitment and team management. She loves exploring ways of building more connection and understanding with oneself and others, and is constantly amazed by the power of mind-body connection. She will accompany participants in the journey through the fascinating world of self-exploration, communication and empathy. She will also support the participants before and after the training course with all the practical aspects of the project.



Angelika Mizińska

She moves between dance practice (improvisation, CI), somatics, yoga & movement techniques, education & art activism. She studied dance & performance, as well as culture management. She is a Somatic Movement Educator in training, studying Body-Mind Centering®. She works comprehensively in the creative sector in the area of contemporary art & non-formal education, combining her work with an ongoing exploration & life-long learning. She is continuously fascinated by movement & nature, interested in communication & nourished by creative collaborations.

CONTACT

If you have any questions, please email us.

It is the best way to contact us:



embodyingempathy.erasmus@gmail.com



APPLICATION PROCESS

If you wish to participate, please fill in the form:

<https://forms.gle/qn1MDJNnyFfvY1EW7>

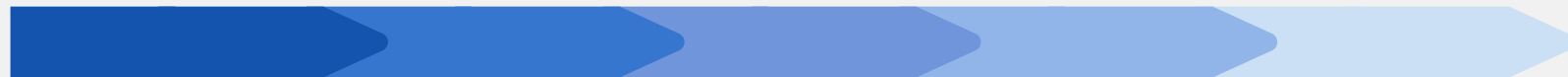
We will contact everyone who applies, but the number of places is limited.

TIMELINE

Deadline for applications:
24th February

Deadline for buying
tickets:
31st March

Project dates:
2-10 May



Selection process
deadline:
3rd March

Online preparation:
April

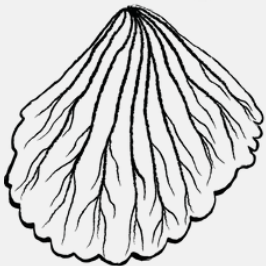
Follow-up activities
& Dissemination:
May-June

HOST ORGANISATION

NURT FOUNDATION POLAND

The Nurt Foundation supports independent, interdisciplinary art and the art of dance by organising regular artistic activities. The Foundation implements development and therapeutic projects disseminating somatic movement practices, psychosomatic therapy and alternative development, which are aimed at disseminating access to non-formal education. Established from the need to create a different way of thinking, acting and co-creating.

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FOLLOW US

@FundacjaNurt

PARTNER ORGANISATIONS

Socialinis efektas, asociacija
LITHUANIA



Innovation Education Lab
ROMANIA



Asociación Promesas
SPAIN



P.E.CO. - Progetti Europei
Di Cooperazione
ITALY



Begleitung für Lehrlinge mit
Migrationshintergrund
AUSTRIA



Association de Développement Rural
International du Bas-Ségala
FRANCE



EUTOPI
Medunarodna udruga mladih
CROATIA





Thank You

Looking forward to meeting you soon,
Angelika, Magda & Sylwia