



# Erasmus+

## **KA153 TRAINING COURSE - AUSTRIA Call for participants**

**Deadline to apply: 04.03.2024**

**Dates> 29/04/24 to 05/05/24**

**Performing Arts And Wellbeing (PAAW) - for Trainers**

**TO WHO: Trainers in the field of Non-Formal Education and wellbeing**

### **Why**

- to explore further the potential of trainers and facilitators using performing arts and the topic of mental health/wellbeing
- to develop further competences as trainers using performing arts
- to expand training work to the European level using performing arts

**KA153** - This Training for Trainers lasts 1 week and consists of:

- Online work before the residential training
- 1 residential week

### **Overall aim of the course**

The main objective of this training is to train trainers with the motivation to think about wellbeing using “performing arts and the topic of mental health.

### **The competences**

Participants will have the opportunity to further develop their skills as performing arts trainers. In line with the European training strategy under the Erasmus+ Youth in Action programme:

- Ability to understand and attend to individual and group learning processes in the performing arts.
- Ability to design workshops using performing arts and the topic of mental health/mental wellbeing.
- Ability to direct one's own learning (Learning to Learn)



## WHAT WE ARE LOOKING FOR:

Participants from Spain, Italy, Austria, Romania, Latvia and Croatia.

- Interested in creating interactive performing arts workshops and the topic of mental health/mental wellbeing
- Experienced in theatre using intercultural tools
- interested in training people to involve them in non-formal education activities.

## General OBJECTIVES

1. To create a framework of practices to be implemented in specific youth communities and contexts.
2. To develop youth workers in the creation of new tools using performing arts ordered by purpose (for teamwork, for reflection, for energising, for exploring a space, create trustful inspiring moments and settings, discuss about mental health).
3. To support participants in the creation of a tools-box as a resource for trainings as well as to elaborate their own workshops.

## PARTICIPANTS PROFILE

The participants we are looking for must be socially engaged and have all the possibilities to involve participants with the following characteristics:

- performing artists - experiential theatre and/or physical theatre and/or music and/or dance and/or visual artists.
- Fluent in English as a working language (being able to understand and communicate in English for the entire project);
- Interested in the topic of wellbeing.

**DISCLAIMER: Some of the activities involve physical contact in the respect of the participants, specifically during the energisers, team building, physical theatre and dance. If functional physical contact during the activities is not accepted, this project might not be right for you :-)**

**Organiser: JumBo** was established in November 2009 in Austria. **JumBo** is a NGO composed by a number of members, volunteers and supporters, created in order to promote youth mobility and the diffusion of non-formal education realizing intercultural exchanges, Training courses and other cultural projects in an international and European level. **JumBo** gives attention to social problems like racism, unemployment and any kind of discrimination.

**How to apply:** [https://docs.google.com/forms/d/1loWyKOWWwmhwOJhBde99BHYjk50d-ZpzgDMPrR5iGkdk/edit?usp=forms\\_home&ths=true](https://docs.google.com/forms/d/1loWyKOWWwmhwOJhBde99BHYjk50d-ZpzgDMPrR5iGkdk/edit?usp=forms_home&ths=true)

## Extra info

- Language of instruction: English
- Certificate: European Youth Pass
- Selected participants will have to pay a participation fee of €50 to JUMBO.
- Costs for board, accommodation and training are fully covered by the organisers.