



# Mindfull impro

## INFOPACK



9 - 16 April 2024  
Dobczyce, Poland



Co-funded by  
the European Union



# Erasmus+

Erasmus+ is the European Union program for education, training, youth and sport. Programme aims to modernise education, training and youth work across Europe. It offers exciting opportunities for participants to then study, work, volunteer, learn and train abroad in Europe.

More info at:

[Erasmus +](#)

[Short video](#)



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# Hosting team

The hosting organisation is Youth Act created by experienced youth workers from Wieliczka. The aim is to promote diverse, non-formal educational methodology for youth work, promote environmental protection, social inclusion and youth empowerment at local and international level.

At local level, the organisation is implementing the NFE workshops in the local schools for human rights education and youth empowerment, mainly through the theatrical methodology.

At international level, we are organising diverse youth exchanges and training courses co-funded by Erasmus+ and Polish-Lithuanian Youth Court. Mainly we concentrate on topics of youth empowerment, tolerance, promotion of human rights, Life action role-play, ecology and protection of the environment.



[Our website](#)

[Facebook page](#)



# About the project

24 youth workers and 2 trainers will meet between 9th and 16th of April 2024 in Dobczyce to develop their competencies in methodology for empowering youth through improvisation theater and mindfulness.

Participants will learn principles of improvisation theater, mindfulness techniques and will try to connect those two approaches for youth empowerment.

They will have dedicated yoga activities in the mornings and meditation practices in the evenings.

# Our goal

We created the project to encourage thinking out of the box in terms of creating and developing the methodology for youth work and more holistic approach for the educational activities. Our team is a big fan of improv methodology and we realized that there is plenty of space for mindfulness in terms of being at the moment in the space with the other actors.

# Aim

The aim of this project is to increase the competencies of youth workers in the field of youth empowerment through improvisation theater and mindfulness methodology



# Objectives

- 1 developing competencies of participants in using improvisation theater in youth work and education for empowerment and competencies development
- 2 developing competencies of participants in using mindfulness in youth work and education to reduce stress and anxiety, increase focus on attention, work with emotions and increase self-awareness
- 3 developing competencies of participants in field of non-formal education and experiential learning
- 4 developing activities based on improv and mindfulness methods for non-formal education and formal education purposes
- 5 developing participants competencies, soft skills, supporting the personal and professional growth
- 6 developing the methods and tools for youth empowerment based on improv and mindfulness
- 7 promoting social inclusion, youth empowerment, peer learning, NFE





# Participant's profile

- youth workers, youth educators, youth leaders
- communicative level of English
- age limit minimum 18 years old
- motivation to experience NFE methodology
- motivation to experience and learn about impro methodology and mindfulness
- motivation to take active part in all workshops during the activity
- willing to promote the project during all phases via social media
- willing to make the follow-up activities

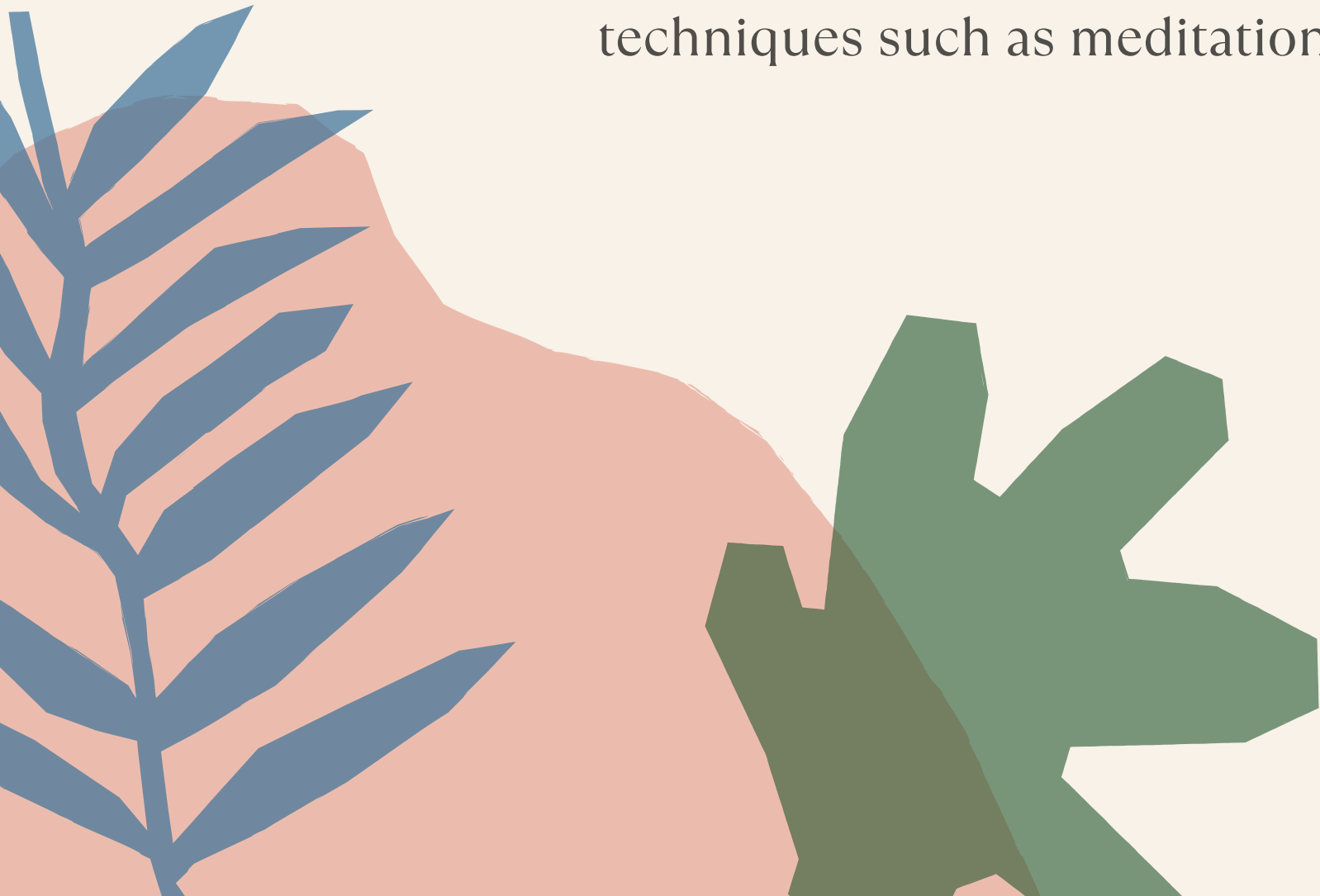
# Methodology

Improv is a theater approach where actors develop scenes without a script. Actors are developing the scene based on accepting what is happening around, taking care of the partner and being involved more and more in the action. This background of the improv is a great base to teach about active citizenship and empower youth to take their chance and develop their ideas in real life. Moreover, improvisation activities develop soft skills and attitudes like verbal and non verbal communication, team work, public speaking, self confidence, self esteem, flexibility, adaptation to changing situation, not giving up after failure.



# Methodology

Mindfulness is the practice of paying attention to the present moment without judgment. In the context of the training, mindfulness is used to help youth workers develop self-awareness, reduce stress and anxiety, and improve focus and concentration. Participants learn different mindfulness techniques such as meditation, breathing exercises, and body awareness exercises.



# Learning approach



The leading learning approach during the training course would be experiential learning (D. Kolb), participants will go through the learning process which is following the cycle of experience, analysis, conceptualization and practice.

To learn more about the Experiential learning you can take a look at our Methodology Box from Improve e english project:



[Edu Library](#)

[YT tutorial](#)

The slide features decorative elements in the corners. The top left corner has a stylized pink flower with a yellow stem and leaves. The bottom right corner has a blue leafy plant with green stems. The title 'Activities' is centered in a large, dark serif font.

# Activities

Generally the activities would have three stages: exploring main methods (Improv and mindfulness ), learning about Non - Formal Education (the principles of NFE, how to create the educational workshops) and the practice phase (developing and implementing the workshops by participants).

Daily there would be at least 6 hours of workshops and time for reflection. (everyday we will start workshops at 9:30 and finish around 19 o'clock, with 2 coffee breaks and lunch break). In the morning there would be open Yoga practise and in the evening meditation practise.



# Activities

## sample of the timing

7:00 - 8:00 Yoga practice \*  
8:00 - 9:00 breakfast  
9:30 - 11:00 I workshop  
11:00 - 11:30 - Coffee break  
11:30 - 13:00 II workshop  
13:00 - 15:00 Lunch break  
15:00 - 16:30 III Workshop  
16:30 - 17:00 Coffee break  
17:00 - 18:30 IV workshop  
18:30 - 19:00 Reflection  
19:00 - 20:00 Dinner  
20:30 - 21:15 Meditation practice \*

The timing will be adjusted to the conditions and venue capacity.

\*those are proposed hours for Meditation and Yoga practices





# Partners

## **POLAND**

Fundacja Youth Act

## **LATVIA**

Europium

## **GREECE**

You in Europe

## **PORTUGAL**

Podeser NGO

## **ESTONIA**

SEIKLEJATE VENNASKOND

## **ROMANIA**

Aryas

## **ITALY**

Oriel

## **SLOVENIA**

Mladinsko drustvo Bakheros





# Venue

The training course will take place in Dobczyce, a small village near Kraków. Participants will stay in bedrooms (2-3 people in rooms with the same gender) with bathrooms. All activities will take place in the workshop room in the next building. In the venue there is a canteen which will provide the meals (breakfast, lunch, dinner) and coffee breaks.

Venue







# Active participation

By taking part in this project, you are confirming that you are going to be active in all phases of the project:

- preparation before the training course,
- taking part in all workshops during the training course,
- preparation and organizing the workshops for youth workers after the training course
- promotion of the project on social media before and after the training
- acomplish all tasks connected with dissemination of the project and its follow up phase

Participants after attending the full training course will receive the YouthPass certificates.



# Follow up activities

The dissemination of the project's results is one of our priorities as it increases the impact of our project. After the project participants are obligated to make follow up activities till the 25th of May:

- organize 2 workshops in their local community (one for 15-20 youth, second for 10-15 youth workers)
- write the article about the training in English and national language (one per country)
- promoting the project on the Social media (Facebook and Instagram)
- promoting the results of the project
- write personal diary about your learning journey
- sending all travel documents and reimbursement documents before 25th of May

# What to bring

- European insurance card,
- insurance for traveling in Poland
- positive attitude,
- clear mind without stress of doing some work/home task during the TC,
- comfortable clothes and shoes for the workshops which will take place mainly indoor,
- cosmetics, soap,
- traditional food, drinks and souvenirs for intercultural evenings (If you like to)
- personal medicine (as our team can not provide any kind of medicine to participants)
- your yoga accessories if you like to, we will provide the mats and cubes if needed



# Travel

Selected participants could start to find a connection to Kraków. Please, send to us a proposal of your travel (which includes travel company, time & date of arrival and departure, price), later you should wait for our confirmation to buy them. Tickets bought without our confirmation will not be reimbursed. More about the reimbursement process in the next section.

Tickets should be bought at low fare prices, only second class.



# Travel - standard

You can come to Poland 1 day before or/and after the main activities, however we can not cover expenses of your venue and meals before or after the activities.

Maximum possible extent of traveling earlier or later than the dates of the training\*

09.04 - 17.04.2024

08.04 - 17.04.2024

08.04 - 16.04.2024

\*considering standard travel

Countries entitled only to standard travel: Portugal, Greece



# Green travel

The Green Travel is a dedicated budget for the travels which are based on low - emission means of transport such as bus, train, car (but not driving car alone). For participants who are coming with Green Travel to the project there is higher travel reimbursement.

If you come with Green Travel to the project your travel can start up to 2 days before the training and finish 2 days after the training, however we can not cover expenses of your venue and meals before or after the activities.

Countries entitled to take green travel: Estonia, Italy, Latvia, Romania, Slovenia, Poland.



# Reimbursement limits

## **POLAND**

180 EUR

## **GREECE**

265 EUR

## **ESTONIA**

265 EUR/ 310 EUR green travel

## **ITALY**

265 EUR/ 310 EUR green travel

## **LATVIA**

265 EUR/ 310 EUR green travel

## **PORTUGAL**

350 EUR

## **ROMANIA**

265 EUR/ 310 EUR green travel

## **SLOVENIA**


265 EUR/ 310 EUR green travel

\* **10 euros** from the reimbursement is dedicated to the costs of the shuttle bus from Kraków to the venue and back.

# Reimbursement process



Reimbursement of the tickets would be done after finalizing all following tasks by participants (up to the national limits):

- sending all boarding passes and tickets to hosting team till 25th of May 2024
  - implement all of the follow up activities till 25th of May 2024
  - fulfilling the questionnaire after the activities till 25th of May 2024
- 




# Reimbursement process



When all participants will finish all tasks we would start to reimburse your travel costs by sending transfers to each participant.

The first transfers would be sent within 2 weeks from the deadline for uploading all materials from follow up activities (only if the participants accomplished all follow up activities).

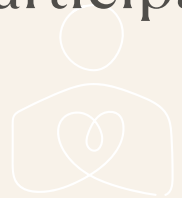
In case of not fulfilling all follow up tasks activities or not sending all documents to the hosting organization, the participant's travel reimbursement would be considered as a voluntary contribution to the project.



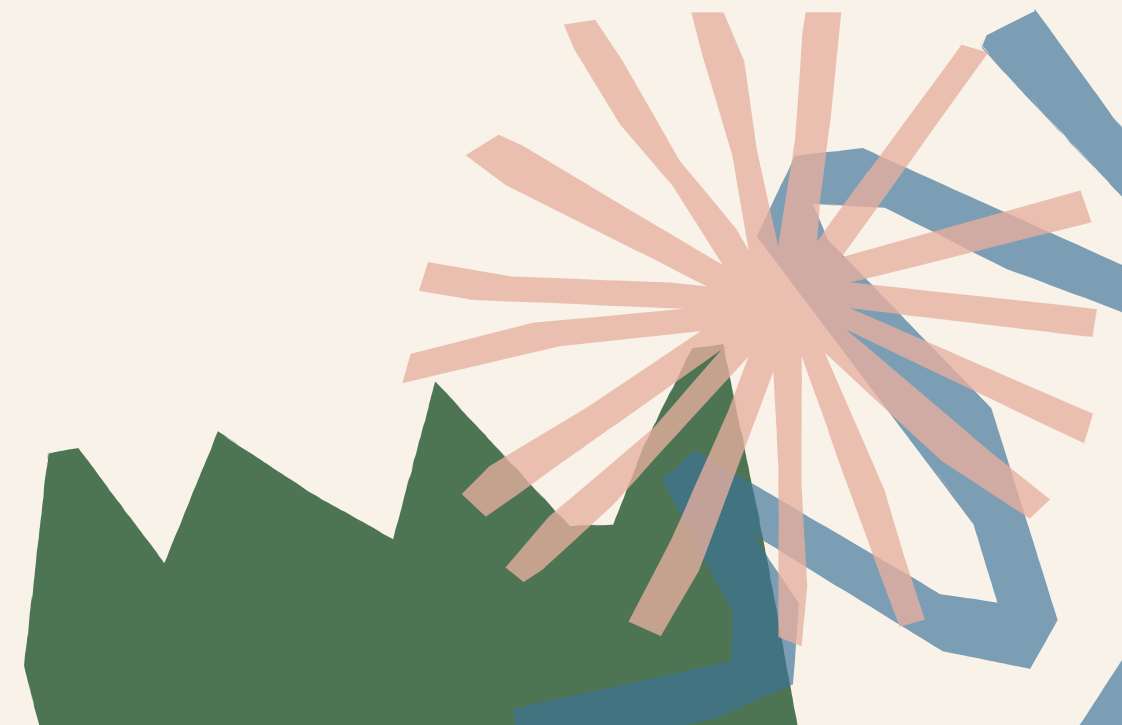


# Participation fee

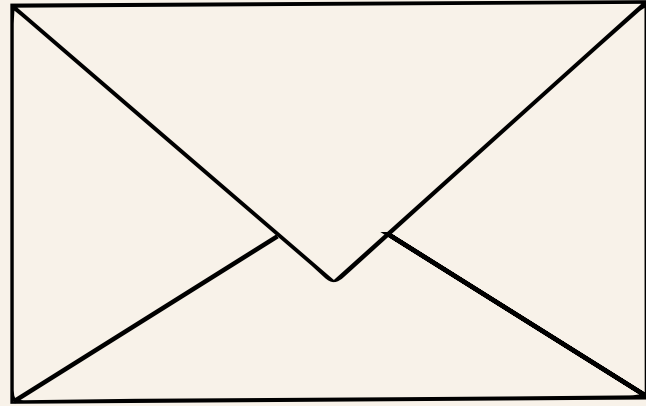
Participants coming to the training would be asked to pay a **50 euros** contribution to the project in the first days of the training in cash.



The participation fee is participants contribution to the organisation of the project.



# Contact



[youthactteam@gmail.com](mailto:youthactteam@gmail.com)