

The Next Beat - Tamalpa Life Art workshop experience

20th - 31st. October, 2024 Vila Franca do Campo, São Miguel Portugal
2024-1-HU01-KA153-YOU-000239022

CALL FOR PARTICIPANTS!

For youth workers who are interested in developing new artistic approaches to creative
resourcing and self-development.



- I. **What is The Next Beat?**
- II. **Method, proposed programme and facilitator**
- III. **Current event details**
- IV. **Application form to be filled in**
- V. **Accommodation and board**
- VI. **Conditions: Reimbursement of travel tickets for participants/ travel budget**

I. **What is The Next Beat?**

Overview: "The Next Beat" is a comprehensive program designed to empower youth workers with the skills and knowledge to apply inclusive mental health practices and engage in peer support and youth leadership. The program includes two 10-day residential learning sessions, an online course "Art of Mental Wellness" via SALTO HOP - :<https://hop.salto-youth.net/courses/MentalWellness>, and a 12-month mentoring collaboration.

Objectives:

1. Inclusive mental health programs: Focus on understanding the mental health needs of underserved youth groups and of their youth workers.
2. Educate on how relationships and social connections impact mental health and development, providing strategies to foster meaningful connections.
3. Peer support and youth leadership: Train youth workers in establishing peer support networks and mentoring youth leaders to promote mental health advocacy.

Activities and Outcomes:

- Workshops and training modules: Develop skills to create safe, inclusive environments for all.
- Experiential education workshops
- Dissemination events: Share innovative mental health approaches at national and international online workshops.





- Comprehensive competence development: Engage in a complete learning cycle for ETS competence self-assessment.

Impact:

- Equip youth workers with the tools to address the mental health challenges faced by underserved youth groups.
- Promote social inclusion and resilience among youth.
- Foster a network of skilled youth workers dedicated to improving mental health and well-being in their communities.

For more details and to apply, visit our website with our last year programme (as an orientation example): <https://www.theorigoworkshop.com/yourheartbeats>

II. Method, proposed programme and facilitator

INTRODUCTION of the 10 days workshop experience:

This first 10 days workshop “The Next Beat I” Alive Arts will be introducing the Tamalpa Life Art Process®

Tamalpa Life /Art Process ® is an internationally recognised expressive arts approach, which combines movement, visual art, and creative writing to access the innate wisdom of the body and the transformative power of the imagination. This work supports personal, interpersonal and social change, teaching new models of health, education, psychology and art.

The Tamalpa Life Art Process offers embodied creative Life Tools to enhance personal growth and professional development. A holistic approach to support physical, emotional, mental health and Wellbeing.






Creative director of State Theta Galleries www.statetheta.com and Alive Arts, **Audicia Lynne Morley** FwSS RSMT RSME has been working in the field of movement based expressive arts for the last 30 years and is programme director for Tamalpa UK.

Check out our podcast with Audicia about her work here: <https://www.youtube.com/watch?v=7fBBjfqa46k>

The proposed programme (the schedule is subject to change):

 Proposed Programme The Next Beat I.

About Tamalpa UK:

Tamalpa UK is a social enterprise that launched in Folkestone's Creative Quarter in April 2012. It is one of five international "Tamalpa branches" invited by the Tamalpa Institute in California to teach the Level 1 Tamalpa Life Art® training programme. The other four branches to launch are in South Korea, Germany, Latin America and France. Tamalpa UK's programme maintains the high standards of an Approved Training Programme of the International Somatic Movement Education and Therapy Association (ISMETA). Tamalpa graduates who have completed all 3 Levels of the Tamalpa training meet all requirements to become Registered Somatic Movement Educators (RSME) and Therapist (RSMT)

More information: www.tamalpa-uk.org





III. CURRENT EVENT DETAILS

- Facilitator: Audicia Lynne Morley, Scotland www.statetheta.com
- **Arrival date: 20.10.2024**
- **Programme days: 21.10 - 30.10.2024**
- **Departure date: 31.10.2024**
- **Venue: Convento de São Francisco** <https://conventosaofrancisco.net/>
- Participants: 26 participants.
From **Hungary, Romania, Bulgaria, Georgia, Turkey, Serbia, Lithuania, Portugal, Spain, Italy**

PARTICIPANT PROFILE

- **Youth workers, trainers, social workers, psychologists, teachers.**
- Helping professionals working for **3-5 years** continuously on the field.
- Helping professionals/volunteers/members/staff of partner organizations.





- Having a medium / good level of English.
- Able to participate during the whole “The Next Beat I.” training course.

IV. HOW TO APPLY?

Till **5th of August** please fill in the online application form at:

<https://forms.gle/eejjhnG4PZXxpoDT6>

You'll be informed about the results of the selection by **7th of August, 2024** the latest.

V. Accommodation and board:

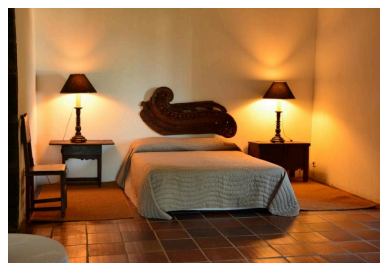
Venue of the event: Convento de São Francisco <https://conventosaofrancisco.net/>

Address: Avenida da Liberdade, Rotunda dos Frades s/n, 9680-101 Vila Franca Do Campo, São Miguel, Portugal

The Convento de São Francisco is a 17th Century Franciscan Convent. Set in São Miguel Island, in the Azores, this renovated property has an outdoor swimming pool and overlooks the Isle of Vila Franca. The comfortable rooms (2-3 people) at the Convento de São Francisco feature a private wardrobe, bathroom with free toiletries and views over the surrounding area, garden and the ocean.

The property features an outdoor swimming pool, surrounded by a small garden area with flowers and fruit trees. There is also a sunny terrace, where guests can use the loungers to take in the typically warm climate. Also featured is a bar area, where guests can have refreshing drinks and cocktails. There is also a lounge area, with sofas and a TV.





You are going to be provided **vegetarian food** (breakfast, lunch, dinner and some snacks) **and accommodation** for the whole period of the training. On the arrival day dinner will be the 1st meal to be served, whilst for the departure day breakfast will be served.

If you plan to arrive earlier or stay longer, remember to book your own accommodation!

VI. CONDITIONS

The Next Beat I. programme is financed by Erasmus+ and requires co- funding from your side. **All costs related to board and lodging will be covered by Erasmus+.** **Travel costs to Hungary will be reimbursed up to 100%** if you manage your travel in the allocated budget and upon the presentation of the tickets, invoices and proof of payment. Whilst from your side, there is a **60 EUR participation fee (contribution to the program) to be paid**. Further details will be sent to the selected participants.

The **allocated travel budget are as follows:**

Country of origin	Maximum travel budget / person
Hungary	395 EUR
Italy	395 EUR
Portugal	200 EUR
Romania	395 EUR
Spain	309 EUR
Bulgaria	395 EUR
Serbia	395 EUR
Georgia	580 EUR
Turkey	580 EUR
Lithuania	395 EUR





MORE about the organizer Origó Műhely:

The Origó Műhely/Origo Workshop was founded in 2021 summer as a registered Nonprofit LTD. organization, however many of its original members had already been developing and testing mental health and related non-formal (online and offline) methods for more than 10-15 years. The aim of the workshop/organization is to create space and time for well-being, recreation and resilience building for young people and for their youth workers, psychologists, social workers, teachers, youth leaders. Its ars poetica is to find inner balance, healthy relationships in life and in purpose (work), run sustainable life, and the ability to resource oneself and others.

Website: www.theorigoworkshop.com

About State Theta Galleries:

State Theta Galleries was founded in 2008 as a dedicated centre for the development of movement, health and the arts in East Lothian, Scotland.

The vision of the Galleries is to support personal, community, and professional development through offering high quality and diverse artistic programmes in the Creative and Healing Arts in addition to hosting Exhibitions, Special Events and a Complementary Health Practice.

www.statetheta.com

About Alive Arts:

Alive Arts is a creative social enterprise company based in Scotland supporting personal, professional and community well being through the arts, healing practices and indigenous wisdom teachings. Founded by Audicia Lynne Morley RSME RSMT to develop a synthesis of transformative practices and innovative approaches designed to enhance health and well being and Arts for Peace practices. www.alivearts.org

FURTHER INFORMATION

For further information please contact :

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