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I'M PROACTIVE

Training Course
"I'M PROACTIVE –
applied IMPROvisation for ACTIVE youth participation"

Gonio, Georgia, 26 October - 4 November 2024

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ABOUT THE PROJECT

The idea of this project is coming out from our personal formal and non-formal educational experience and more than 10 years of working with youngsters and adults, experimenting with a variety of practical educative methodologies and approaches, and, particularly, Improvisational Theatre.

“I’M PROACTIVE” is a unique training course, based on the [Improvisational Theatre](#) methodology, aiming to expand the applicability of Improv beyond the stage and the theatre – to the youth/social work, personal and professional development, and to life in general.

Therefore, the primary aim of the training course is to equip youth workers with Improv as the working practical tool for personal and professional development, the interactive and innovative method in youth/social work, and the efficient approach to life.

ABOUT THE PROJECT

For 8 days, 36 youth workers will deeply dive into the topic, playing, discovering and assimilating our working methods suitable for small and large groups. The goals of this activity are to reveal the applicability of Improv in social work dimension; to discover, how the Improv method and tools can be used for the aims of raising youth social activism, increasing active youth participation and involvement in civic life, promotion of alternative forms of participation, community development; to elaborate follow-up local projects ideas, based on Improv method and tools.

The learning by doing approach ensures many immersive activities, such as role-plays, simulations, short and long forms of Improv, performances, theatresports, jams and other theatrical techniques. We will have long debrief sessions on all the elements of each method, ensuring a detailed understanding and feeling for all participants.



OBJECTIVES

Throughout the training, moving in the direction:
practice -> debriefing -> awareness -> theoretical
inputs and support -> skills development, we want:

1

To provide the overview, understanding and feeling of
Improvisation Theatre as a tool for personal development and
method in youth work;

2

To develop self-awareness, self-expression and emotional
quotient (EQ);

3

To develop the ability to accept risks and not to be afraid of
mistakes;



4

To develop creative and critical thinking of youth workers;

5

To develop spontaneity, flexibility and ability to react and
adjust to any kinds of changing situations;

6

To develop public speech and self-presentation skills;

7

To develop improvisation, performance skills, establishing
connection and interaction with the group;

OBJECTIVES



8

To explore the applicability and expansion of Improvisation Theatre (as a method and a tool) use in online environment;

9

To discover and discuss various youth/social work issues in which Improvisation Theatre can be efficiently applied;

10

To elaborate and design follow-up local projects ideas aimed at the increase of active youth participation in civic life, raising youth social activism and community development with the help of Improv method and tools.



OUTCOMES AND IMPACT

The TC will have a sustainable impact on

- Participating organizations and youth workers (raising quality and bringing innovations to their youth work by the personal and professional development of the participating youth workers and by supplying them with innovative, interactive and efficient method and tools of Improvisational Theatre, applicable to a wide range of NFE topics);
- Outside of participating organizations, on local communities' and various target groups' development (by elaborating the local follow-up projects, aimed at the increase of active youth participation in civil life, raising youth social activism and community development with the help of Improv method and tools, particularly, applicable to online use);
- On youth work in general (by bringing innovations to youth work in general, enriching its "toolkit" with Improvisation Theatre methods and tools, which the dissemination activities will allow to wide-spread).

PARTICIPANTS

Participant profile:

- 18+ years old youth/social workers/leaders/NGO key staff;
- responsible, motivated and open to the new experience and learning opportunities;
- open-minded and flexible towards new knowledge, viewpoints and perspectives;
- with knowledge and experience in working with NFL programs (desirable, but not mandatory);
- ready to contribute to the project implementation: share relevant knowledge and experience, organize a workshop, lead a session, etc.;
- ready to implement the project results in further work;
- with good command of English.

After the selection, you will receive the participation agreement, stating your active involvement in all the project activities during the implementation stage and active contribution during the dissemination and follow-up stages. You will have to sign, scan/photo and upload the learning agreement along with your tickets and travel invoices before coming to the project.

In order to sign up for this training, please, carefully fill the application form!



36 participants from 8 countries:

Czechia4 participants
Norway4 participants
Poland5 participants
Romania4 participants
Armenia4 participants
Georgia5 participants
Republic of Moldova4 participants
Ukraine6 participants

PARTICIPATION

1

Full attendance and being on time at sessions is mandatory and it is a condition for reimbursing your travel costs.

2

Active involvement. We expect to have a contribution-based process, with consistent input from your experience. You are invited to share your relevant knowledge and experience in NFL, Improvisational Theatre or other social theatres' approaches, practical youth work with diverse target groups; to organize a workshop or facilitate a session on a relevant topic; to help us in organization process; etc.

3

Financial contribution. We will have one full day for exploring cultural and historical heritage and social community of Georgia. You are expected to contribute 40 EUR fee for organization of this day. This will be collected in cash upon your arrival.



4

The training course consists of two parts. During the first part, we will all together explore the principles, method and tools of Improvisational Theatre that we work with. During the second part, you will have the opportunity to organize your workshop on the relevant topic; and after that in small groups, you will elaborate and design follow-up local projects aimed at the increase of active youth participation in civic life, raising youth social activism and community development with the help of the acquired Improv method and tools.

PARTICIPATION



5

Dissemination and follow-up. After the training:

- each participating organization is expected to conduct one local workshop to share approaches, methods and tools, explored during the training, and/or launch the implementation of the created social project, then provide pictures from the activity and report on it;
- each youth worker is expected to contribute to the activities on dissemination of the Erasmus+ Programme, training course and learning outcomes, writing and sharing minimum one report and/or article about it in his social media and/or mass media.

6

After the selection, you will receive the participation agreement, stating your active involvement in all the project activities during the implementation stage and active contribution during the dissemination and follow-up stages. You will have to sign, scan/photo and [upload](#) the participation agreement along with your tickets and travel invoices before the project.

Please, carefully consider everything mentioned above before taking a decision to [join us](#) on this adventure!

VENUE AND ACCOMMODATION

Venue



Gonio.

Gonio – is a settlement near [Batumi](#), in Gonio-Kvariati district. It is located on the left side of the river Tchorokhi. Gonio is one of the popular Black Sea resorts in Georgia.

Our Guest House in Gonio is located 14 km from the Batumi Railway Station, 8 km from the Batumi International Airport.

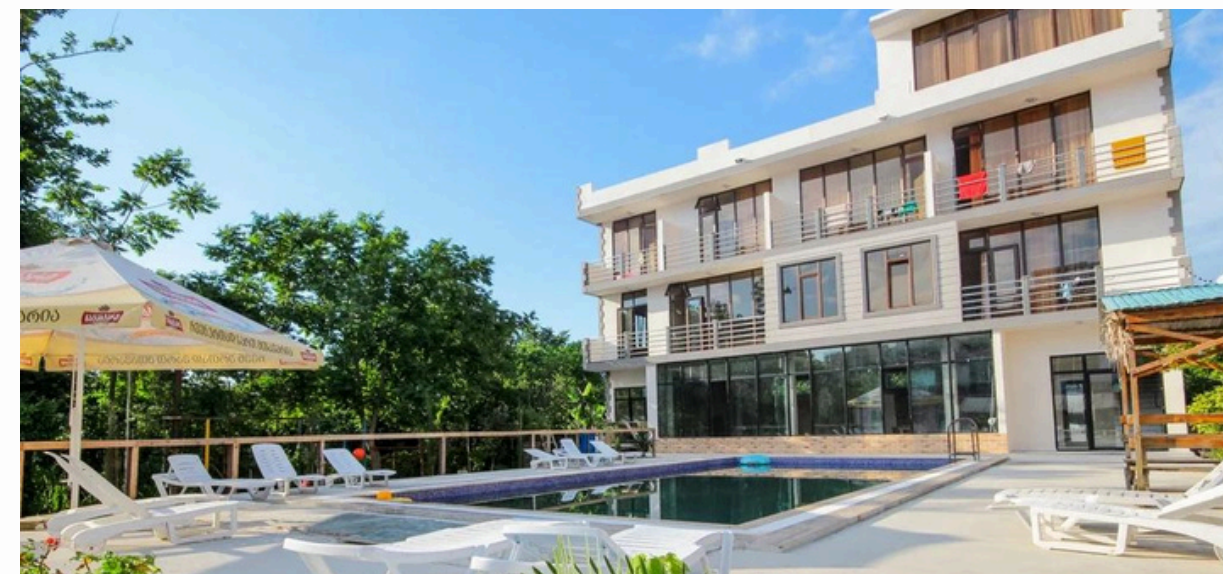
Accommodation

During the project we will live in a [Jujuna Guest House](#).
Address: [Gonio, Matata Motsikuli Street 56](#).

The rooms will be shared between 2, 3 or 4 participants of the same gender from different countries. The rooms have individual bathrooms. Bed linen and towels are provided.

We will be provided with breakfast, lunch and dinner.

There is a low speed Wi-Fi at the venue. In case you need high speed Internet, we recommend to get [e-simcard](#).



TRAVELLING



26/10 – the arrival day

04/11 – the departure day

According to the rules of the Polish National Agency, you can use 2 additional traveling days.

Remember that it's your own responsibility to organize your stay in Georgia during additional traveling days!

You can arrive/depart to/from Tbilisi, Kutaisi or Batumi.

Please, do not book any tickets until you get them confirmed by us!

Otherwise, we will not be able to reimburse you!

To confirm your traveling plan, before booking it, please, send your proposal to

vkozachun@gmail.com

chernayasophia@gmail.com

with the e-mail subject

"I'M PROACTIVE_Country_Name Surname"

TRAVELLING

If you arrive to Tbilisi:

You can easily reach the Tbilisi Central Railway Station / Central Station via public transportation. Bus stop is just in front of the Departure Terminal of the Airport, from where you can take the bus #337, which terminates at the Tbilisi Central Station. It will cost you less than 1 Euro, but you should have Georgian Lari (GEL) coins.

You can check more about Airport transfer [here](#).

From the Tbilisi Central Railway station, which is just behind of the Tbilisi Central Station, you can take train, probably, the most safe and shortest way to Batumi.

In order to get reimbursed, you have to book the 2nd class ticket (and still be in the travel budget).

You can book Tbilisi-Batumi train tickets online [here](#).

From the Batumi Railway Station, the best option is to order the [Bolt](#) or [Yandex Go](#) taxi via application to the project venue: [Gonio, Jujuna Guest House, Matata Motsikuli Street 56](#), which will cost you nearly 5 Euro for the car (you can also share the car with others).

If you still decide to reach Batumi from Tbilisi by bus, or you cannot manage to get train tickets, the Tbilisi Central Bus station is just next to the Central Railway Station, where you can buy the tickets on spot in the Ticket Office. After arrival to the Batumi Bus station, the [Bolt](#) or [Yandex Go](#) taxi is the best option to reach the project venue: [Gonio, Jujuna Guest House, Matata Motsikuli Street 56](#), which will cost you nearly 5 Euro for the car (you can also share the car with others).



TRAVELLING

If you arrive to Kutaisi:

Option 1: Booking in advance the bus ticket Kutaisi Airport – Batumi [here](#) and after ordering the [Bolt](#) or [Yandex Go](#) taxi via application to the project venue: [Gonio, Jujuna Guest House, Matata Motsikuli Street 56](#), which will cost you nearly 5 Euro for the car (you can also share the car with others).

Option 2: Booking in advance the train ticket Kutaisi Airport – Batumi [here](#) (just keep in mind that the Kutaisi Railway Station is around 2 km away from the airport).

From the Batumi Railway Station, the best option is to order the [Bolt](#) or [Yandex Go](#) taxi via application to the project venue: [Gonio, Jujuna Guest House, Matata Motsikuli Street 56](#), which will cost you nearly 5 Euro for the car (you can also share the car with others).

If you arrive to Batumi:

You just simply order the [Bolt](#) or [Yandex Go](#) taxi via application to the project venue: [Gonio, Jujuna Guest House, Matata Motsikuli Street 56](#), which will cost you nearly 5 Euro for the car (you can also share the car with others).

Check-in time: 15th October at the venue, after 15:00!

In case you arrive earlier, we cannot guarantee early check-in!



FINANCIAL TERMS AND CONDITIONS

Reimbursement

Please, save all the originals of your travel documents!

Your travel expenses can be reimbursed within the travel grant ONLY upon presentation of ALL ORIGINAL DOCUMENTS, stating your travel data and costs (boarding passes, tickets for plane/bus/train, invoices, payment checks, bank statements, etc.).

Please, [upload](#) all your DIGITAL BOOKINGS, INVOICES, BOARDING PASSES and/or SCANS (pictures/photos are not accepted!) of the HARD COPIES of your BOOKINGS, INVOICES, BOARDING PASSES to [the Google Drive folder](#) (inside, find the folder of your country, create your personal folder in your country folder, upload everything to your personal folder).

Keep in mind that you will be reimbursed after the project within next 6-12 months via bank transfer!

Financial contribution

You are expected to contribute 40 EUR fee, which will be collected in cash upon your arrival. This fee will be used to organize the day, devoted to exploration of cultural and historical heritage and social community of Georgia.

Your financial contribution will ensure the principle of co-financing of Erasmus+ Programme as well as your personal input and involvement into the project implementation.



Travel grant limits:

The maximum travel grant limit will be calculated individually according to the travel distance between the place of origin (city of departure) and the venue of the activity (Gonio, Georgia) by using [the Distance Calculator](#) supported by the European Commission:

0 – 9 km0 EUR
10 – 99 km28 EUR
100 – 499 km211 EUR
500 – 1999 km309 EUR
2000 – 2999 km395 EUR
3000 – 3999 km580 EUR

THINGS TO BRING



- Valid passport for travel;
- Travel/health insurance, valid in Georgia for the whole duration of the project (desirable, but not mandatory – it's on your own responsibility);
- All the required travel documents (all the tickets, invoices and boarding passes (preferably, the online check-in));
- Everything you need to share your relevant knowledge and experience, to organize a workshop or facilitate a session on a relevant topic (desirable, but not mandatory);
- Laptop (at least, one per country team – you will have the digital tasks);
- Something special to share during the intercultural evenings (not mandatory);
- Comfortable shoes, outdoor light clothes and backpacks, warm clothes (it might be warm during the daytime and chilly in the evenings within the period of the project);
- One or several different hats (we will need it during the activities);
- Flip flops or indoor shoes;
- Personal hygiene items;
- The medicine you may need.

PROGRAM

Day 1
Sun 27/10

Intro. Getting to know each other. Creating group atmosphere. *Applied Improv**.

Day 2
Mon 28/10

Step 1. Connection. *Applied Improv*.
Step 2. Concentration. *Applied Improv*.

Day 3
Tue 29/10

Step 3. Creativity. *Applied Improv*.
Step 4. Spontaneity. *Applied Improv*.

Day 4
Wed 30/10

Exploring cultural and historical heritage and social community of Georgia.

Day 5
Thu 31/10

Step 5. Risks & mistakes. *Applied Improv*.
Step 6. Storytelling. *Applied Improv*.

Day 6
Fri 1/11

Improv in youth work. NGO fair. Erasmus+ Programme. Sharing best NFE practices.

Day 7
Sat 2/11

Open Space. Development of the local projects for active youth participation.

Day 8
Sun 3/11

Presentation of the developed projects.
Impact planning. Final evaluation & feedback.

[*What is Improv, anyway?](#)

TRAINERS



Vladimir Kozachun

PhD studies in psychology, practical social and medical psychologist, psychological counselor, coach, trainer; Improvisational Theatre and Playback Theatre trainer and actor

trainer's profile



Sofia Chorna

PhD studies in psychology, practical social psychologist, psychological counselor, trainer; experience in social/youth work, NFE

trainer's profile



CONTACTS



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