



SONGS FOR HEALING

12 th - 19 th March 2025

Training Course in Cercedilla, Madrid, Spain

This Training Course aims at giving youth workers tools for conflict transformation through songwriting and music composition.



Erasmus+

— Objectives

- Utilize music lyrics as a tool for contemplating our societal context and environment.
- Encourage creative expression and collaboration to connect participants .
- Enhance the exchange of perspectives and artistic disciplines among participants.
- Provide moments of personal and group reflection to promote self-awareness.
- Develop empathy skills through dynamics that strengthen trust among participants.
- Improve active listening skills through musical improvisation exercises.



Activities

- Reflection and Self-awareness Activities
- Empathy and Trust-building Activities
- Creative Writing
- Active Listening through Improvisation and Non-verbal Communication
- Jam session
- Final showcase in open mic format of songs composed during the TC



Methodology

- Theatre and body movement
- Visual art
- Roleplaying
- Non Violent Communication
- Peacebuilding and peacekeeping

Profile of participants

- Age: over 22 years old
- Active or with great interest in the topics of songwriting and peacebuilding
- Musician or experience using music to dynamize groups of people
- Actively working with youth or groups of people
- Willing to share and apply your learnings back home
- Able to follow the activity in English
- Committed to take part in all project activities (preparatory, event and follow-up) and to be present during the whole duration of our activities.



— *Dissemination*

- Compilation of songs written during the project
- Commitment to share a post about the project and Erasmus+ on your social media

— *What to bring*

- Copy of the insurance: Each participant is responsible for arranging their **own health and travel insurance** for their stay in Spain. We strongly recommend having travel and health insurance during the project dates to avoid trouble. It is inexpensive and worthwhile.
- Instruments (if possible)
- A notebook
- Comfortable clothes
- Sport shoes
- European Health card
- ID



Albergue "El Colladito"

The Youth Exchange takes place at El Colladito Hostal in Cercedilla, 50 km from Madrid, it is located in the Sierra de Guadarrama, Madrid.



The food

The participants will have 3 meals and 2 snacks per day. If you have any specific need concerning food, please let us know (in the form) in advance and asap. We will have vegetarian and vegan option.



— Talasa's team



Blanca Sevilleja holds a double degree in Tourism and Commerce and has 12 years of cello training at a conservatory in Madrid. Her work in music, theater, and circus arts, combined with her leadership in Erasmus+ projects, gives her the skills to guide participants in crafting and expressing their own stories through various disciplines.



Cristina Imaz is a singer-songwriter, International Relations enthusiast, activist, and has experience in communication. As an Erasmus+ facilitator, she's all about using design thinking to spark creativity and problem-solving. She believes that narratives have the power to shape our realities and strives to inspire new futures through her lyrics and music,

Travel Budget



Spain - 40€



France - 220 €



Greece - 315€



Portugal - 200€



Rumania - 315€



Poland - 220€



Germany - 220€



Turkey - 315€



Armenia - 500€

As we follow sobriety policy on this project, alcohol and drugs are not allowed.



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Blanca Sevilleja Rodríguez



asoc.talasa@gmail.com



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