

Infopack

Performing Community

Training Course

29 may - 4 June 2025, Lisbon - Portugal





The “**Performing Community**” Training Course provides an opportunity for youth workers, youth leaders, educators, facilitators, trainers, volunteers, and activists to acquire artistic skills for designing and implementing a performance *for* and *with* the community. Working with methods such as **community theatre**, **participatory drawing** and **upcycle art**, the participants will create a **performance for the community** in Carnide (Lisbon), and will be equipped to use the explored methods back in their local context and daily work.

The **objectives of the TC** are:

- To explore community theatre, participatory drawing and upcycle art as innovative methods in youth work.
- To provide youth workers with practical/hands-on experience in creating a performance *for* and *with* the community.
- To develop youth workers’ collaboration and teamwork skills when creating artistic community projects.
- To equip youth workers with adapting tools for applying the methods back in partner organisations, responding to the realities of every local context.

The **profile of the participants:**

- +18 years old;
- Natural or resident in EU member states and third countries associated to the programme and third countries not associated to the programme (region 3);
- Good working level of English;
- Commit with an active participation in all activities of the project (preparation before TC, during the TC and local implementation after the TC);
- Able to commit to the full extent of the residential training in Lisbon, Portugal (arrival on May 29th and departure on June 4th 2025);
- Interested on the topic of the training and able to integrate it on their regular work;
- Youth workers, youth leaders, educators, facilitators, trainers, volunteers, mentors and activists able to develop a multiplying activity after the residential training in their own communities, and share the results of it with hosting organisation and fellow participants;
- Able to take a 15 minute online meeting - if pre-selected - 24th or 25th February 2025

The **selection criteria** for the participants:

- Their work is based on supporting others' (many times facing social challenges) and facilitating group process;
- Decided to bring creative methods into their daily work, inviting their target group to express themselves artistically;
- Ability to develop and learn through this experience, considering the offered contents;
- Interest in community theatre, participatory drawing and upcycle art;
- Ability to work in international teams, respecting different cultural backgrounds and lived experiences.

HOSTING ORGANIZATION

The Spin Association is a non-profit, non-governmental development organization, whose aim is to promote intercultural understanding, intercultural dialogue, sustainability as well as active and participatory citizenship and lifelong learning. We do it by promoting international mobility programs and other international cooperation projects. The Spin Association has been an applicant, partner, hosting, coordinating and/or sending organization in over 300 successful international events in the past 14 years (both EU and non-EU-funded).

Our activities included international youth exchanges, volunteering, internships, training courses, seminars and summer camps. Spin has also organized countless information sessions about European mobility opportunities.

The NGO is also an active member of the Local Youth Council and participates in the Community Meetings of the Carnide area of Lisbon. We are officially recognized by the Portuguese state as a Development NGO and a public utility organization, currently with over 350 associated members.

THE TEAM



The TC will be runned, on a logistic level, by Spin's team (both staff and ESC volunteers).

The pedagogical team will be composed by:

- **Gabriel Vivas Martínez** (He/Him) - Social Theatre facilitator, researcher and activist whose work combines theatre, movement, and social transformation.
- **Anu Loureiro** (he/him and they/them) - youth worker and cultural producer, with interest in trash curation.
- **Daniela Nunes** (she/her) - youth worker and facilitator on Human Rights Education as well as illustrator.

VENUE



The TC is going to take place in Carnide, a district located in the northernmost part of Lisbon (around 45 mins away from the city centre by public transportation), and more specifically in Bairro Padre Cruz, a public housing neighborhood which gathers people from different nationalities and backgrounds some of whom live in poor and disadvantaged conditions.

The activities will happen in and around the neighborhood mainly between Spin's office and Spin Hostel (Community Center) because we are committed to improving the neighborhood's conditions and the social involvement of the local people.

All facilities are about 2/3 minute walking distance from the venue (pharmacy, market, library, cultural center, restaurant...).

You can also find one of the biggest European urban art galleries in our neighborhood (and we will be happy to show you around)!



ACCOMODATION



Spin Hostel is a social project of the Spin Association and it is supported by the local council, Junta de Freguesia de Carnide. It is one of the first “social hostels” in Portugal and it is mostly used to host groups of young people coming to Lisbon for intercultural exchanges, training courses, study visits, and for some other social and educational international activities.

Spin Hostel is small and not luxurious and we are all in charge of taking care of the space and have to function as a **community** for the extension of each project: make sure you clean after yourself, ensure everyone is comfortable around the space(s), help out during meals, take care of it as it was your home!

The hostel is situated right next to our office in Bairro Padre Cruz, a public housing neighborhood located in the northern part of Lisbon, about 45 mins from the city center.

The working spaces will also be in the Community Center where Spin Hostel is situated and can change due to the reality of a shared space.

Address: Rua do Rio Tejo, no 7, 1600-746, Lisbon, Portugal

Phone: (+351) 217 145 520

Website: <http://hostel.a-spin.pt/>



ACCOMODATION GUIDELINES PEASE, READ CAREFULLY!!!



- Participants will be staying in 8-bed dorms (female, male and mixed gender) with shared WC.
- We will provide bed sheets but it is necessary to bring your own towel and bathroom supplies.
- You may also want to bring a little padlock in case you wish to secure your belongings in a locker, you can also hire one for an extra fee of 2€.
- In the hostel, there is a free Wi-Fi internet connection. Please remember that one of the objectives of the project is for you to meet and get to know other people in your free time.
- Every participant is responsible for their own belongings. The organizers of the project cannot be held responsible for any damage to or loss of personal items.
- We suggest you do not bring any valuables to the project (laptops, expensive cameras/equipment, jewelry, large sums of money, etc.).
- All breakfasts & dinners and nearly all lunches will be served at the hostel. The meals will be adapted to your allergies/special dietary needs according to what is specified in your application form. Be aware though that at Spin, the menus are mostly made of Vegetarian/Vegan dishes.
- You should try to bring enough clothes for your entire stay.
- There is no hairdryer at the hostel.
- Hostel curfew is at 1 a.m. (this means that the hostel gate is closed between 1 a.m. and 7 a.m.). There can be no loud noise made at the hostel during the curfew hours.
- All participants are responsible for keeping the hostel clean. It is strictly forbidden to eat in the rooms.

Spin Hostel recycles trash. The recycling bins are located in the kitchen.
The room bins should only contain non-recyclable garbage.

TRAVEL BUDGET

Each country has a limit travel budget according to Erasmus + funding rules determined by the kms between departure point and venue of the project ([distance calculator](#)). In case of using more sustainable means of transportation (shared car, bus, train, bike..) participants are entitled to "green travel budget" .

KM	GREEN TRAVEL	NON GREEN TRAVEL
10-99 Km	56€	28€
100-499 Km	285€	211€
500-1999 km	417€	309€
2000-2999 km	535€	395€
3000-3999 km	785€	580€
4000-4999 km	1188€	1188€

REIMBURSEMENT RULES

The travel expenses reimbursement is subject to submitting the travel reimbursement forms and original travel documents, as well as fulfilling the participation requirements.

The maximum reimbursable amounts for each country have to be respected.

NOTE: Please use only public transportation and economy class. Taxi costs or other transport methods different from public transportation are not eligible costs.

REIMBURSEMENT RULES



The **documents you will need to provide** us include:

- Original boarding passes (or pdf if you check in online)
- Invoices, receipts and travel bookings with date of purchase
- ALL return tickets (sent by postal mail upon return to your country, or by email in case of online tickets; no scans will be accepted)

Travel arrangements:

- Make sure you have the hosting organization's approval for your travel proposal before buying the tickets.
- Make sure to provide your own travel insurance. Lost/wrong purchased flights will not be reimbursed.

The **participation requirements you are expected to fulfill** are:

- Mind that you cannot arrive after the program starting day (29th May) and depart earlier than on the departure day (4th June).
- Your travel expenses will be reimbursed only in case you actively participate in all activities of the program.
- You must complete the official Erasmus+ evaluation form/online survey upon return to your country or any requested multiplying event.
- Able to develop a multiplying activity after the residential training in your own community, and share the results of it with hosting organisation and fellow participants.

The reimbursement will be carried out by bank transfer (in one transfer, preferably to the partner organization), after the Training Course finishes (up to 90 days after) provided that all the documents have been submitted (invoices, tickets, etc.) and that the evaluation form has been filled.

HOW TO GET TO THE VENUE



Here's the easiest way to get to our incredible Spin Hostel:

1) Lisbon Airport has direct access to the metro (red line), so follow the displayed indications. One 60-minute ticket costs €1,85 (plus €0,50 for the rechargeable card that you should keep with you until the end of the program). Since the same card is also valid to use on buses, we advise you to charge it with 2 tickets (so in total you should pay 4,20€).

Also, make sure you keep all the receipts (the card is not enough, we need the printed paper receipt from the machine for reimbursement).

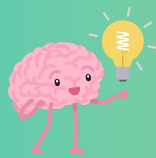
2) Take the metro in the direction of São Sebastião.

3) In the metro you will have to change to the green line. You should get off at Alameda station and change to the green line towards Telheiras. Note that to change lines, you don't need to buy another ticket, the purchased ticket allows you to change lines, so you don't have to get off the metro station.

4) Take the metro in the direction of Telheiras (last station of the line).

5) Leave the metro station at Telheiras and go to the bus stop at Rua Prof. Francisco Gentil and then catch the 747 bus (direction to Bairro Padre Cruz).





TO KEEP IN MIND

ARRIVALS

Arrivals should happen FROM 5pm at the venue (in Lisbon) on 29th May and departures after breakfast on 4th June 2025. Having dinner all together (8pm) would be also very nice!

ACCOMMODATION AND FOOD

Accommodation and food are fully covered within the days of the Training Course by Erasmus+ Program. Any dietary/allergy need should be communicated in advance.

TRAVEL

Travel according to the established budget for the distance between the venue (in Lisbon) and the country of origin (city of departure) with approval of hosting organisation. Each participant can arrive OR depart to/from Portugal up to 2 day before or after the Training Course as long as can provide for itself in terms of accommodation and food.

Travel insurance is of each participant's responsibility. Lost/wrong purchased flights will not be reimbursed.

REIMBURSEMENT

Reimbursements have a limit amount per country and depend on:

- Active participation during the full extent of the project (29/05/25 to 04/06/25);
- Provide original invoices and other relevant information/documents;
- Submit official Erasmus+ evaluation form/online survey upon return to your country;
- Able to develop a multiplying activity after the residential training in your own community, and share the results of it with hosting organisation and fellow participants.

To be paid up to 90 days after the project by one bank transfer per country.

PROGRAMME

This Training Course is based on an **Experiential Learning** approach, being highly participatory and interactive. We will have an immersive programme full of methods' exploration, creativity and collaboration. The **non-formal education methods** that we will use are **community theatre**, **participatory drawing**, and **upcycle art**; together with individual and **group reflection** and **conceptualisation processes**.

Due to the short duration of the TC, the programme is designed to run in intense morning and afternoon sessions, with short breaks in between.

Day 1 will be dedicated to getting to know each other and exploring the methods, Day 2 to deepen in the creative methods and start preparing the community performance. Day 3 will be devoted to working on the final performance in small groups. Day 4 will be about presenting the performance and engaging with the local community, and Day 5 will be about reflection, closing, and celebration.

The programme does not have, therefore, a free day, although our team will ensure that participants will have time to rest, recharge and restore their energy. If you already have your own tools/outlets for inner balance/self regulation, such as journaling, walks... be prepared to take advantage of it during free time!

HOPE TO SEE YOU IN LISBON!



IN CASE OF NEED, PLEASE CONTACT
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