**DANCE WITH ME – FEEL MY CULTURE**

**31th August - 6th September**

**Maritsa Municipality**

**Plovdiv**

**Bulgaria**

**Introduction**

At Maritsa municipality we – direction “Social policy, educating, protection of health, culture and youth ” work daily with schools, children and youngsters and we try to motivate them to be active participants youth activities and social life in local , national and international level. We try to help them to develop their interests and ideas, create projects that can satisfy their common needs.

This project is first international youth exchange created by the municipality and youth member of culture centres and NGOs.

The centre of the cultural and art activity in every village in the municipality is every single National Community Centre. Dedicated to their highly noble and patriotic activities, the National Community Centres continue the traditions and rituals typical for our region and keep alive our Bulgarian spirit.

The project is result of our willing to be part of the Europe Youth family with who we want to share our culture, heritage and future across the youth point of view and senses.

It is a fact that Bulgarian youth is not so active like the most of European Youngsters. Only 7% of Bulgarian youth are willing to take part in some organization, while in Denmark the share of active youth is 47%, and in France – 35%.

For years we have witnessed a growing number of inactive and sedentary youngsters.

To combat the young social indifference and sedentary lifestyle, we intend to create a youth exchange that will encourage all the participants to adopt and increase participation in the process of Intercultural dialogue and healthier lifestyle through the practice of traditional and modern dances and music using their senses. Dancing is an activity that involves the individual in many physical, psychological and social aspects. If practiced regularly, it can combat sedentary lifestyles and excellent tool for the social interaction.

**Theme of the project:** **Intercultural dialog and healthy lifestyle**

**Main goal:** To enhance intercultural awareness and promoting healthy behaviour through shared space of youth talent, sense and point of view on the dance floor.

**Concrete goals**

* Encourage Youth Exchange and cooperation between 60 young people and 12 youth leather from 6 different countries;
* Active participation involving their creative abilities, intercultural awareness, self – confidence, social integration skills and individual competences.
* Promote a conviviality space and sharing traditions, able to provide an understanding of cultural diversity ;
* Instill a passion for physical activity in young people, in order to combat sedentary lifestyle
* Encourage the practice of physical exercise as a way to prevent various diseases;
* Provide the local community the opportunity to participate in activities of social and community interest that close them to the process of intercultural dialog

**Methodology**

This program will be based on non-formal educational methods. Throughout the week every participant will have the opportunity to change experiences and, in doing so, get in touch with different cultures and ways of living. Traditional and modern dance and music will be used as a main way of contact and communication between the youngsters. During the program the participants will be able to present their culture to others through different specific activities.

Traditional dances and music are learned by ear and eyes and played by heart and sold. Playing and dancing together on stage create space of fraternity and curiosity to each other, facilitating discussions, interethnic dialog, and intercultural share.

Refer to all this emotions we think to share our culture heritage, present and future we should use all our sense – see, hear, taste, smell and touch.

There will be 5 active days to every partner association in which the participants of the group will use their sense;

**See** – sightseeing the old city of Plovdiv, museums, art school and university, daily life in youth centre. Photo hunting game.

Workshop “SEE” – Lets prepare together something that you want to show me who you are and your culture. Posters, collages, photos, presentation, performance and etc. Keep your eyes open to save shared memories with the other participants.

**Hear** - Meeting with popular singers and munitions of traditional music.

Visit the Concert opening The Autumn Salon of Arts.

**Workshop “HEAR”** - Music is one of the languages simpler and more involving for young people. We would like to give hospitality to young musicians or singers to share their experience, skills with the other participants.

**Taste** – Participants will be accompanied in visits in the area to learn about Bulgarian products and their production. Lunch and dinner in restaurants and places for cuisine outside. Visit of wins-cellar, dairy farm, bee-keeping.

**Workshop “TASTE”**- Cooking workshop will be hold in different places together with the participants and local youth. Each international group prepare traditional and the most popular for the each country meal. Known and prepared foods will be eaten together and shared with the local community, during a public event in the last evening (National Festival of folklore "From the source") of the exchange.

**Smell** – visit of producer, company and shops of essential oils. Rose valley.

**Touch** - Trough folk dances the physical contact with each other is primary. Through the physicality and the touch of the other, the participants will understand each other better; learn folk dances of Bulgaria and partner countries.

**Every day we will have workshops** about traditional dances so that every participant can learn more about different cultures and dances as a physical and social activity in these countries. Participants will teach each other traditional dances and in the end will create one common unique dance with elements of 6 different countries. Participants will use the united of dances from national popular cultures as ICL methods to present the understanding of intercultural dialog and great tool for intercultural education for learning and deep understanding the beauty of European diversity. The aim is to being provoked opened and respectful attitudes based on the equal value of the partners.

**Discursion** refers to the role of traditions folklore and heritage for intercultural dialog, youth participation and positive effects over youngsters and prevents various diseases and bed habits. Share the trends in modern music and dances in different countries. How to save and popularize the folklore?

**Preconference** – presentation of the project and partners and announce of the public performance.

**Participation** in National Festival of folklore "From the source", September 5, 2015 with the 15 -20 minutes programme presenting traditional dances, music, songs , customs, rituals and costumes of each country.

Performance of common dance show result of active artistic participation in the exchange for intercultural dialog.

**Workshops during the day of the festival** – Each country choose theme of the workshop and share with the local and participants in the festival who came from different regions in Bulgaria.

**Programme**

**DANCE WITH ME – FEEL MY CULTURE** is a youth exchange that will be held in Plovdiv and Maritsa Municipality between 31 of August and 6th September (7 days including traveling), and will include 60 youngsters from 6 countries + their 12 youth leathers. During the exchange non-formal education will be main method and the active participation of the youngsters will be required**.**

We offer to our partners and youth leaders’ common work on the project's programme and all the suggestions concerning project's operations in order to make everyone feel like hosts of the project and enjoy being part of it, learning new skills and getting to know other cultures.

We are applying with a programme concreted in Bulgarian activities, events and visits but respectfully invite youth leather and participants for their contribution with ideas and concrete programme of the activities, workshops they would like to involve all of us.

**Participants**

**10 Participants;** Participants aged between 13 and 29 years old;

Gender balance (5 girls and 5 boys);

Willingness to actively participate in all phases of the project;

Pre – intermediate or intermediate knowledge / good English;

**2 youth leaders;** No age limit

Good level of English.

**REIMBURSEMENT:** TRAVEL COSTS according to calculator supported by the UE (page nr 72 of Erasmus Plus programme guide) AND 100 % OF ACCOMODATION

DEADLINE: If we find suitable and active participants we will apply for the next call 04/02/2015. There is an option to apply for the call after this, because we planning the start of our activities on 01/08/2015 and the end on 01/12/2015.

**If you are interested to take part, please fill in and send the following documents to:**

[zmiyarova@maritsa.org](mailto:zmiyarova@maritsa.org)

- PARTNER INFO-FORM (INCLUDING PIC) duly completed.

- THE MANDATE to be signed by the legal representative of the organization (including stamp) and scanned. Please take care to put out all revisions and yellow highlights before scanning the mandate.