



CALL FOR ISLAND-BASED PARTNERS

Water Gems

EMBODIMENT FOR SOCIAL INCLUSION

TRAINING COURSE • SPAIN • SPRING 2020

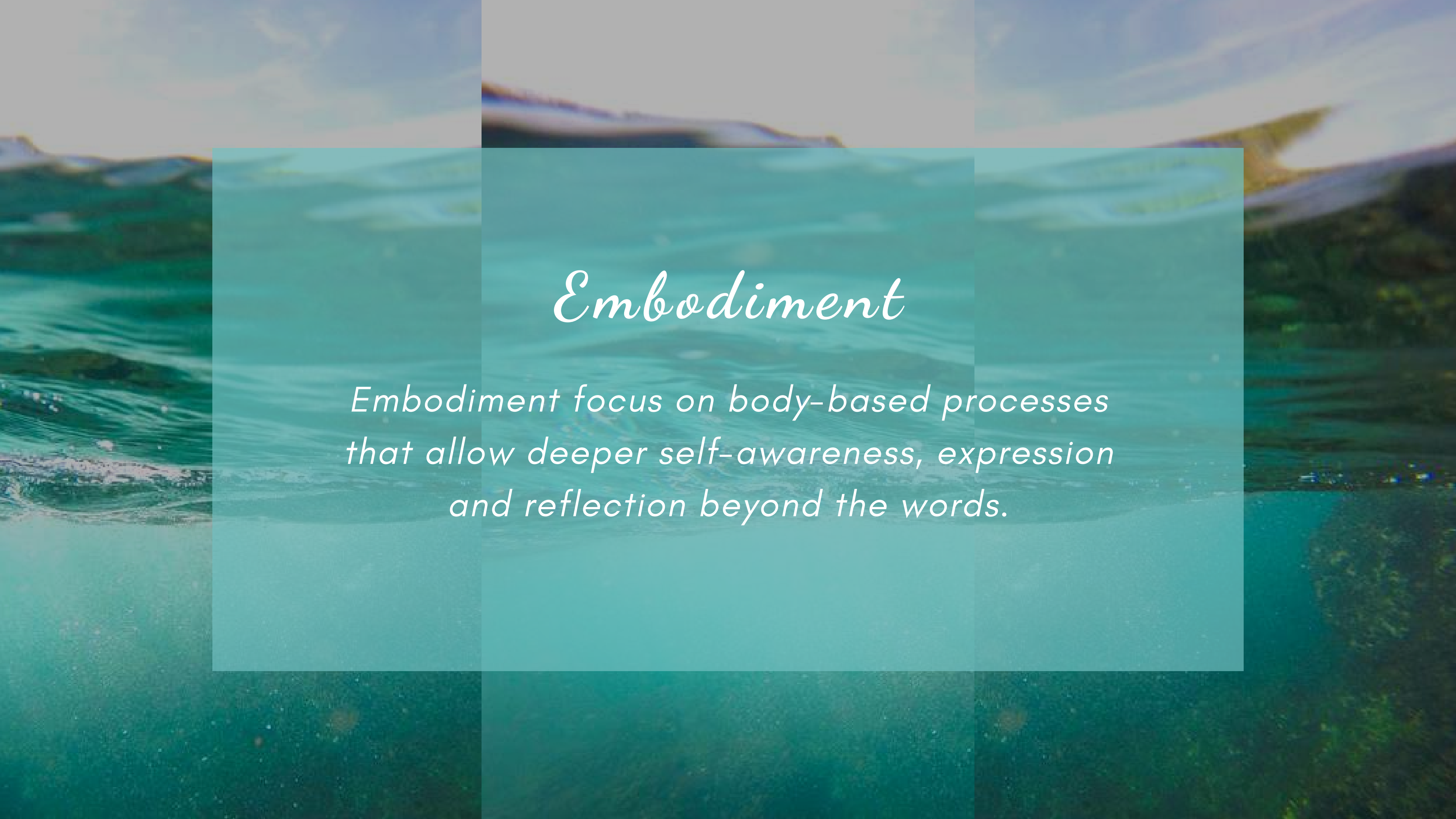
About

Water Gems project aims to connect youth organisations from various islands and offer their youth workers innovative somatic method: **embodiment**. & space to exchange their **positive practice** on social inclusion.

Why islands?

The **geographical context** in which the youth worker and youth organisation are working has a huge impact on their target groups. **Living on an island** can bring a lot of advantages as well as lack of various opportunities (economical, social, educational..) for young people.

We would love to hear what is the reality in your youth work and create a tailor made project for you. Therefore we ask you to **fill in this questionnaire** so we can answer to your specific needs.

The background of the slide is a photograph of a beach with waves breaking onto the shore. A semi-transparent teal rectangle is overlaid on the image, serving as a backdrop for the text.

Embodiment

*Embodiment focus on body-based processes
that allow deeper self-awareness, expression
and reflection beyond the words.*

The activities

We will create different learning processes, founded on the principles of **body awareness** and **body movement, storytelling** and **theatre** among others.

The activities will be based on non-formal and **experiential learning** methodologies with a strong participant centered approach. By the end of the training, the youth workers will have tools to support the **self-awareness** and **self-expression** of the young people they are working with. All with the vision to encourage their **integration into society.**



Program Elements

BODY AWARENESS SESSIONS

reconnect with self & build rapport to others with principles of butoh, yoga, tango, contact improv, dance

BODY MOVEMENT & MEDITATION TECHNIQUES

increase the awareness of own body and optimize energy management

POSITIVE PRACTICE EXCHANGE

working on topics of diversity, tolerance and inclusion through non-formal methods

Project's Build-up

Water Gems TC will last 7 days in Spring 2020, there will be 3-5 youth workers per country and a participation fee of 50€.



PREPARATORY LOCAL ACTIONS

Selected participants will get support to organize a small local action/online campaign in their national group to get prepared for the training course and start engaging their target group.

TRAINING COURSE

Program is built up in a way that youth workers that they will experience and explore tools by themselves and gain practical tools that they can use with their target groups. We will also put a lot of focus on exchange of good practices among participants and connecting to the local project.

FOLLOW UP

In a timeframe of 2 months after the TC, participants take actions in their national groups so they spread their takeaways from the Project in their local community and bring new methods to your organizations.

Participant's profile

We would like to invite 30 participants that are active in youth work and excited to use embodiment with their target groups.

- ✓ 18+ years old
- ✓ Able to communicate in English
- ✓ Working in the field of youth, especially with fewer opportunities
- ✓ Having a strong interest in Water Gems TC and ready to fully participate in all 3 phases
- ✓ Active, energetic and curious



Partner's profile



LOCATION

Island-based
organization and
working on the
local level

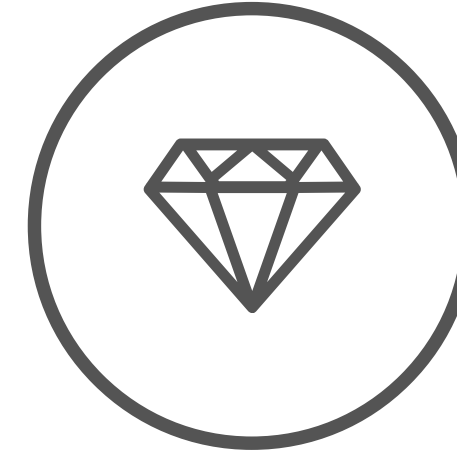
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TARGET GROUP

Organization
supporting
youngsters with
fewer opportunities

...



METHODS

Using or considering to
use embodiment as a
method of empowering
young people in your work

Partner's role



Assign a contact person that will be in charge of the smooth and prompt communication between us



Spread the call for finding the fitting candidates by using the infoletter and registration form created by us



Select participants according to the profile. Send us the list of your selection within the given deadline so we can confirm their participation by sending them confirmation letter



Disseminate, evaluate and exploit the results of the project within the network of your organisation



Support the visibility of the project by promoting these results through your social media accounts, websites and whatever other means you have available



Provide organisational support to the participants in implementing preparatory & follow up activities

The team

VERONIKA PAVLOVA

Veronika is a trainer, facilitator and coach working in the non-formal field since 2014. She has worked with more than 1000 participants of all age groups combining embodied learning methods with personal growth processes. Veronika sees body as a powerful tool for self-awareness and self-expression that leads towards empowerment and fulfilment in our everyday interactions.



DESPOINA RAFAILIDOU

Despoina believes that the main source of knowledge is experience. The last 4 years she creates and coordinates projects for teachers, adults and young people around the topics of embodied learning and nature-based education. Her vision is to offer a learning environment that is fun and transforming for everyone involved.

About Atlas

ATLAS is a local-based association from Gran Canaria with the vision to create a space for learning, empowerment and social inclusion, which is achieved through our goals:

CULTURAL HUB

To give opportunity to local artists to share their art with the local community through performances, workshops, fair-markets, at ATLAS facilities

NETWORK

To support and connect local initiatives, NGOs and social and cultural movements on the islands

ERASMUS+

To introduce youngsters from the islands Erasmus plus projects and stimulate their active citizenship

VOLUNTEERING

To host international volunteers and support them with their integration in the local community. Like this also the locals interact with different cultures and gain a new perspective of the world.

The target group of all of our activities is young people of Gran Canaria, the local community, NGOs, social entrepreneurs, travellers and visitors of the island regardless of the age, gender, nationality, physical limitations, religion, cultural differences, educational and social background.



Are you interested to join?

Please fill in **this questionnaire**
until 15th of September 2019.

*If you have any questions, you can write us at
atlas.laspalmas@gmail.com*