

Dance tools for inclusion



“Dance tools for inclusion” is Erasmus + KA 1 project funded by European Union. Project coordinator is NGO Urbana mladež (Urban youth) from Zagreb, Croatia, while partners are Gor (Slovenia), Asociaió Pirineus Creatius (Spain), Dom Kultury “Zacisze” w Dzielnicy Targówek m.st. Warszawy (Poland), Fondazione Teatro della Città di Livorno Carlo Goldoni (Italy), Obshtinski Mladejki dom (Bulgaria), Asociacija Apkabink Europa (Lithuania), HELLASFORUS (Greece), Asociatia Umanitara FAM (Romania), Tmelník z.s. (Czech Republic), SYTEV (Slovakia)

Dates of project activities are 28.10. - 04.11.2016., Zagreb, Croatia.



Erasmus+



Programme co-funded by the
EUROPEAN UNION

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SUMMARY OF PROJECT:

Dance is a universal art form that helps people to express themselves no matter what the cultural background is, age or education. Through dance form body stays healthy, it develops kinesthetic awareness, improves social skills and cognition. It also reduces stress and helps to express feelings. Dance movement is also used to improve motor skills and brain function. Dance environment also increases creativity and imagination, cooperation with peers and fitting into a new community. With this art form, young people can organize public presentations of their work. Presentations can be organized in theaters or exterior space for example they can be placed in a different context such as performing in public. In that way, their work can be presented to local community and the spectators can be more familiar with dance. Through presentations, young people are developing self confidence that helps them in other life situations.

Youth workers who offer dance education in small communities are mostly self taught in need for new ways of teaching methods. With improving their knowledge, they will be able to provide better quality of their dance classes. Project goal is introducing new ways of teaching in dance art form and introducing new methods and dance tools. With new dance methods and tools we will empower youth workers to express through dance art form and use it to start new activities or complement ones they already have in their organisations.

Teachers will explore and expand capacity of their way of teaching and share good practices. In this methods and tools we will combine creative, social and physical abilities with focus on how to transfer knowledge to young people.

The need is to give competences to youth workers who work with dance activities but didn't have the opportunity or financial support to educate themselves professionally in this field. There are many self taught teachers who want to teach young people dance, but there are lack of opportunities in their hometown. We are also targeting youth workers who are interested in introducing dance activities to their organization, but don't have professional competences and capacity. With our dance methods and pedagogical approach, we will empower them with methods and tools of advanced quality that will make efficient outcome in their teaching methods and on young people. Acquired methods and tools will help partner organizations objectives to further develop activities, offer new perspectives, and opportunities to local youth. It will contribute to partner objectives to include young people in organisations with giving open workshops, public performances or dance events. Acquired competences on this project will bring new ideas for experimenting with already existed knowledge of youth workers.

Objectives of the project are;

- * To explore the needs of youth workers in dance activities
- * To share knowledge, experience and good practice of teaching dance
- * To introduce participants to innovative and transferable methods and tools to improve the quality of teaching, training and youth work in dance activities
- * To raise awareness on importance of dance activities and how it affects young people's social, physical and mental level
- * To promote the networking within the Erasmus+ Youth in Action by creating cooperation opportunities for youth work organisations within dance activities

CULTURAL ASPECT:

Another aspect of the project is work on convergence of cultural diversity between our countries. With intercultural nights, presentation of our cultures and traditions and spending time together we are strengthening unique European identity.

Participants tasks;

* This tasks are part of active participation and project, which means it is obligated to participate in them as well

- 1) **All participants (except Croatia and Slovenia) have to arrive one day before start of activity; on 27.10.2016.** and can depart on 04.11. or 05.11.2016. Participants from Croatia and Slovenia have to arrive on 28.10.2016. before 10h.
- 2) Participants from every partner organisation need to research and make presentation on interesting online sources, articles, videos and good practice cases of innovative dance methods and tools which they will present in group discussion in Zagreb.
- 3) Participants can also bring some promo material of their countries, culture, their organization and traditional food and drinks from their countries for the intercultural evenings.
- 4) During mobility participants will have to design and plan the educational sessions on topic of dance tools from our training course and present it in their organizations.
- 5) Participants have to participate in result sharing after mobility when they go home. Example; share with partner organizations, colleagues and friends web links to project results, multimedia, etc. Share this links on social networks, through email, etc.

IMPORTANT INFO;

Project coordinator

Urbana mladež; Roberto Mesir (FB), +385 91 1987 510, rmesir@gmail.com, Skype: roberto.mesir

The European Health Insurance Card

Everybody has right to European Health Insurance Card – get one before coming to Croatia.

The European Health Insurance Card (or EHIC) is issued free of charge and allows anyone who is insured by or covered by a statutory social security scheme of the EEA countries and Switzerland to receive medical treatment in another member state for free or at a reduced cost, if that treatment becomes necessary during their visit (for example, due to illness or an accident), or if they have a chronic pre-existing condition which requires care such as kidney dialysis. The term of validity of the card varies according to the issuing country. More info on <http://www.nhs.uk/chq/Pages/1073.aspx>. We also recommend to take additional health insurance.

Please do bring;

Warm and comfortable clothes and clothes for exercise,
Personal laptop (if you have one),
Personal photo camera (if you have one).

Youthpass

At the end of a project you will get Youthpass. More about Youthpass here www.youthpass.eu

Accommodation

We are staying at Funk Lounge Hostel at address Rendićeva 28 (Zagreb), +385 1 555 27 07

Link for hostel; <http://www.funklounge.hr/> For better intercultural experience participants will be accommodated in rooms by 4, mixed by countries.

Funk Lounge is a friendly, clean and modern hostel that welcomes all travelers on a mission to explore Zagreb.

Enjoy the laid-back atmosphere of our hostel and let your stay in Zagreb begin with beautiful smiles, free welcome drink and funky music at our hostel's bar! Hostel is centrally located within a walking distance to Old Town of Zagreb, Zagreb's most beautiful park Maksimir, city Zoo and football stadium.

Croatian Tourism Website; <https://www.tourist-croatia.com/>

Travel and travel expenses;

Participants from Croatia, Slovenia, Czech Republic, Slovakia will get reimbursed up to 180 € of travel expenses based on real price of the ticket.

Participants from Spain, Poland, Italy, Bulgaria, Lithuania, Greece, Romania will get reimbursed up to 275 € of travel expenses based on real price of the ticket.

All above that costs participant will pay by themselves. Keep your travel tickets, boarding passes, invoices, etc. because without these documents we are not able to reimburse travel expenses. Travel expenses cover public transportation (economy class) and car in situation if there is 3 or more participants coming by one car.

Urbana mladež, coordinator organization will transfer travel expenses to your sending organization and they are the ones who will give you your travel expenses back. Travel expenses will be reimbursed one month after activity and to get them you will have to do all participants tasks, including ones before and after mobility as stated under participants' tasks numbers 4 and 5.

Travel routes;

BUS

- If you come **by bus** take tram number 7 in direction of "Dubrava" and it will take you directly to the Funk lounge hostel. You need to get out at the tram station called "Jordanovac". It is 7th tram station after you get in at Main bus terminal. At this station there is bank called "Zagrebačka banka" so it will be easy to recognize it. From this station you can see "Dublin pub" and behind it is Funk lounge hostel (Rendićeva 28B).

TRAIN

- If you come **by train** take tram number 4 in direction of "Dubec" and it will take you directly to the Funk lounge hostel. You need to get out at the tram station called "Jordanovac". It is 10th tram station after you get in at Main train terminal. At this station there is bank called "Zagrebačka banka" so it will be easy to recognize it. From this station you can see "Dublin pub" and behind it is Funk lounge hostel (Rendićeva 28B).

PLANE

- If you come **by plane**, take bus from airport which takes you to the Main bus terminal. Then take tram number 7 in direction of "Dubrava" and it will take you directly to the Funk lounge hostel. You need to get out at the tram station called "Jordanovac". It is 7th tram station after you get in at Main bus terminal. At this station there is bank called "Zagrebačka banka" so it will be easy to recognize it. From this station you can see "Dublin pub" and behind it is Funk lounge hostel (Rendićeva 28B).

CAR

- If you come **by car**, come directly to Funk lounge hostel (Rendićeva 28B). If you need some help with directions let us know and we will help you.

Travel insurance

- We recommend to take travel insurance for days of activity. If you need help with choosing one please let us or your sending organization helps you with it...

Participation fee

We have participation fee which is 50€ regular and 30 € for students, unemployed or participants with low standard of living, low income, dependence on social welfare system or in poverty. If you fall under one of this categories please let us know. Participation fee will be deducted from your travel expenses.

Every participant is obligated to actively participate in all activities. In a case of missing out more than 10-15% of activities participants travel expenses won't be reimbursed and participant is risking getting expelled from the project and sent back home on their own expenses.

INFO ABOUT CROATIA



BASIC INFO ABOUT CROATIA

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| <p>Official name: Republic of Croatia Location: Central Europe. Surface: 56542 km² Territorial sea surface: 31067 km² Population: 4,551,000 Capital: Zagreb, 641 km² (population close to 1 million) Government: multi party parliamentary republic since 1991 Major cities: Zagreb, Osijek, Rijeka, Split Official language: Croatian Currency: 1 Kuna(HRK) / 1€ = 7.5 kn (approximately) Electricity: 220V, frequency 50HZ, European plug with two circular metal pins Country Dialing Code: 00 385 Flag: red, white and blue horizontal stripes with Croatian Coat of Arms in the center Croatia is a Central European and Mediterranean country, bordering Slovenia in the west, Hungary in the north, Serbia in the east and Bosnia and Herzegovina in the south; the country also has a long maritime border with Italy in the Adriatic Sea. These borders total 2,028 km altogether. Croatia has an unusual shape (similar to a croissant) that is unlike any other country in the world. The language we speak is Croatian, and the official script we use today is Latin.</p> | <p>Important numbers in Croatia International country code for Croatia +385 Public Emergency Centre – 112 / Police – +385 192 Ambulance +385 194 / Fire brigade +385 193 Roadside vehicle assistance – +385 987 National Search and Rescue Centre – +385 9155 A single countrywide number for all emergency situations – +385 112 General information +385 981 Local and inter-city telephone numbers +385 988 International telephone numbers +385 902 Weather forecast and road conditions +385 60 520 520 Taxi +385 1 12 12 / + 385 1 14 14 Croatia Airlines +385 62 777 777 Croatian Automobile Club (HAK) – +385 1 4640 800 Croatian National Tourist Board – +385 1 4699 333 Croatian Angels (a single telephone number throughout Croatia from which tourist information can be obtained, available in Croatian, English, German and Italian) +385 62 999 999 Exchange Rates – +385 60 552 552 Telecommunication information +385 60 101 101 International operator +385 901 International Directory Enquiries +385 902 Time +385 95 Semiautomatic awakening +385 9100</p> |
| <p>ZAGREB Zagreb is the capital of Croatia and also the largest city in the country. It is situated in the north-west of the country, along the Sava River with a population of almost one million inhabitants. It is the political, economic, cultural and scientific center of Croatia.</p> | <p>CROATIAN LANGUAGE PACK To get yourself introduced with Croatian language visit http://ielanguages.com/croatian.html Croatian I Tutorial: Basic Phrases, Vocabulary and Grammar</p> |

Urbana mladež (Urban youth) - Croatia, Zagreb



Urban Youth is a nonprofit organization whose main goal is participation of young people and development of their potential. We are organizing and implementing programs, projects and activities in the field of non-formal education and self-education, multimedia, urban culture and music and sports. Through all projects we put the emphasis on issues of education and increase employment, addiction prevention and suppression of violence and prejudice. Urban Youth Association is guided by the principle of youth for youth – our leaders and members are young people with strong desire to change community for better.

Urbana mladež; facebook.com/urbanamladez, facebook.com/pmpstudiozg, urbanamladez.hr

Športno kulturno društvo Gor (Slovenia)

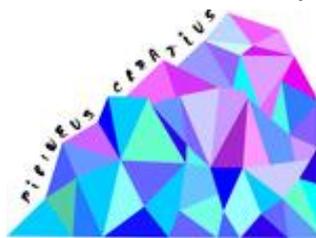


Sports and Culture Society GOR is a voluntary, independent, public and non-profit association of individuals who unite for the joint development and breeding of Hip Hop culture and this basically: dance (breaking, popping, locking, and electric boogaloo), street art (graffiti art), music (DJ) and Rhyme poetry (MC).

Sports and Culture Society GOR was founded 17. 1. 2013, but the establishment represented only at the end of a long process of establishment of the team, which began in 2008 in an abandoned factory Rog.

The motive behind the creation of the association was certainly an event Cypher To The People, which combined active creators of hip hop such as: SunnySun (Balance Crew and Wudisban); Geth (Wudisban); Bakto dj, DJ Woo-D and DJ Sushi (All Good Foot DJ'S); Kpow (RDYO); Azo, Ahim, mother, Kol (all clan in 1107); Rex (Zek Crew) Sushi, Widi, Cuk, Gerbec, Kranskee (all FlowFromBelow); Alma (Balos Diner) and other already-established groups and individuals. Willingness to creating a common event openness in agreeing, the team that drew at the end of the caves and of course, all lovers of culture, the care of an incredibly positive and constructive energy (from people to people). This energy is generated GOR.

Associació Pirineus Creatius (Spain)



Pirineus Creatius is a non-governmental organization from the heart of Catalan Pyrenees. Our aim is social inclusion of young people of rural Pyrenees through artistic activities and creativity. The team has been organizing workshops and cultural, international youth events and exchanges in Alt Urgell region of Catalan Pyrenees since 2014, first as an informal youth group, after finishing their EVS in La Seu d'Urgell, and now as an association. Creative Pyrenees actively collaborates with other local entities in areas of theatre, music, dance, visual arts and sport.

Dom Kultury "Zacisze" (Poland)



Center of Culture "Zacisze" is local public body. Since 1968 we have been gaining our experience on the field of cultural and civil activities. Hence our organization is absolutely unique organizing various authorial and educational events and implementing projects granted by the European Funds. Our main purpose is creates friendly, cultural relationship with the inhabitants of Zacisze Estate, Targówek District and even the City of Warsaw. It's not easy in this industry area. Targówek as a one of the three district in Warsaw was included in Warsaw's Revitalisation Programme. It's means that most of youngsters are excluded because of unemployment, poverty and criminality theirs families.

Every year we prompt, stimulate and work out various new forms of educational and artistic activities that are conducted by our professional staff. Our offer consists of variety of meetings, concerts, workshops, contests, festivals. The purpose of these actions is integrating our community – children, teenagers, adults, students of University for Elderly People and the Siberian. We give them a chance to spend their free time in the most creative way, to present their skills and abilities and to learn how to derive from the tradition of Polish European and Global Culture.

Fondazione Teatro Goldoni (Italy)



The Goldoni Theatre Foundation promotes performing arts and theatre activities in the Province of Leghorn (Tuscany, Italy). The Goldoni theater is the only great historical theater in Livorno that survived the ravages of World War II (in the early years of the twentieth century there were more than 12 theaters in the town). The Goldoni theater was born in the heart of the Renaissance city as was desired by the de'Medicis: the oldest noble European family. The Foundation develops a cultural policy where the theatre season and all the productions are part of a more important process towards active involvement of citizens. In this direction, the Foundation supports cultural projects in the schools: theatre stages for students; special attention is given to educational opportunities

for the new generation of artists. The Foundation created a relevant network of cultural organizations in the province of Livorno and assumed an active role in the town in order to promote the awareness of art activities and heritage. Objectives of the Foundation are both cultural and social (education, training events, projects with schools and EU organizations). Among significant projects: social projects with disadvantaged groups, art projects for children, theatre productions, concerts, exhibitions and workshops for actors and not professional actors. One of the most important activities of the Goldoni theater are their in-house operatic productions. These are major productions that have been produced in Italian theaters and abroad: Bonn, Athens, and Bastia for example.

The theater also offers a variety of young artist program for opera singers in collaboration with long-term international projects. Among them are, "Young Ambassadors of the Opera" with the Opera of Montreal and the Operatic Workshop dedicated to Pietro Mascagni and Opera Studio. The Goldoni Foundation not only offers operatic training but also offers training in other areas of the performing arts such as acting, dance, musical theater and white voice choir training. There is training for all levels and ages. The theater can also accommodate public or private companies and associations who want to organize conferences, conventions or meetings.

Obshtinski Mladejki dom (Bulgaria)

Municipal Youth Center (MYC) – Ruse was founded in 1996 as a center for strengthening social contacts between young people. It provides opportunities for young people in the city to be included in useful activities in their free time. The main activities of the MYC – Ruse are focused on information for young people, culture and the arts, informal education, ecology and sport. MYC – Ruse organizes and participates in international, national and local competitions, festivals and tournaments. Information and counseling center for young people is found on the territory of MYC Ruse, where the young people can ask about anything that interests them.

Asociacija Apkabink Europa (Lithuania)



„Apkabink Europa“ is non-governmental organizations which work on the building of a civil society and establishing a rule of law in Lithuania. Our NGO is created to serve as a learning organization that gathers trainers, youth and social workers, youth policy makers, experts, and volunteers with different levels of competences to be actively involved in the creation of civic activities with European dimension and with benefits for their local communities. Our goal is to encourage young people who may otherwise be involved in unproductive and potentially damaging activities, such as street crime, to take an exploratory journey into the world of arts, including dance, drama, music and fashion, thereby providing an outlet for their creativity. “Apkabink Europa” provides a supportive environment to allow young people to develop their talents and skills. The support provided helps to prepare them for finding suitable education and/or employment both in the artistic field and outside.

The objectives of the association:

- To promote Cultural diversity and tolerance;
- To foster creativity among young people;
- To promote member local administrations, offers counselling and information, organizes micro regional, national and international meetings;
- To involve people with fewer opportunities in international projects;

- To support and promote local initiatives;
- To support and promote youth involvement and voluntary work in the benefit of the communities;
- To cooperate and fight against racism, discrimination and corruption.

An important objective is to promote actions and activities which will stimulate young people to develop a better life for them and their peers, raising awareness, help public institutions on specific issues regarding young people, developing partnerships on the field of Erasmus+ and involving youth in rural life, promoting, supporting and rewarding youth.



Our organization has been founded with mission to raise the active and responsible involvement of youth into social, cultural and educational life of the communities. “Hellas for Us “ deals with young people to help them develop their talents and skills , giving them opportunities to engage in useful activities. We organize seminars, conferences, exchanges, summer camps in the field of sports, environment, human rights, active citizenship and culture in our country and abroad. Through these actions we try to broaden the understanding and enhance the perception of belonging to the European community, as well as the feelings of equality between persons regardless of their religion, race and social background.

We believe that active and responsible involvement of youth into social, cultural and educational life of the communities can be achieved through development. At the same time we believe that capability of young people to be very creative and spontaneous represent the key of a better future for Europe.

Our main objectives aim to:

- develop young's people initiative;
- create a proactive attitude toward education among young people;
- bring awareness over European and universal values in the field of education as the main foundation for a better life;
- to implement the practices used within the frame of non-formal learning to as many levels as possible in order to bring efficiency in the youth interaction with the social, cultural and educational environment;

Asociatia Umanitara FAM (Romania)



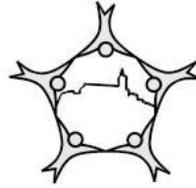
The humanitarian Association FAM (family) is a non-profit Romanian organization that was founded in 1992. The association is located in Gura Humorului, in the north-east of Romania, in Bukovina.

Through its main aims, our Organization, Fam, is trying:

- to offer to disadvantaged young people by life, opportunities for to spend their free time in a pleasant way, for participate, at their choice, in group activities, cultural, sportive, local and internationals, etc.
- to provide for young opportunities that contributes at the creation of the confidence in their future, in their own forces and in the society.
 - to provide opportunities for young to learn, to be trained, for a better, righteous, and civilized life etc.

Youngsters are coming from the schools of our city and surrounding villages and, are usually a part of the disadvantaged groups by fate. The main aim of FAM is: preparing children and young people disadvantaged by fate for today society, through alternatives for spending leisure: group activities etc. This humanitarian NGO, "FAM Association" begun its activities, in 1992, in order to address to children starting with ages of 5 years old and continue with teenagers and young people, the volunteers . They are coming from our city and surrounding villages and, are usually a part from the disadvantaged groups by fate. At FAM the children and youth are participating during leisure, in various workshops, in activities organized in groups : learning languages, choral music, guitars, folk dances and sportive, cultural and sportive activities; conserving environment; trips, club activities : carnivals, contests, etc... training activities for and with volunteers, fundraising campaigns, hiking, camps, expeditions, various collaborations with Scouts from France and with volunteers from Luxembourg etc. The FAM association has come a long way in its development through educational and cultural activities in order to develop creativity but also increase the employment opportunities of beneficiaries and volunteers. The young people were able to learn to tinker in the field of mechanics, electronics, computer, painting etc. In addition, young artists were supported by offering cultural activities: painting, quilling, origami and music courses such as singing, guitar lessons and violin etc. FAM also offers sports activities such as, table tennis, football, badminton, skiing and Latin, sportif and folk dance. During all these years, youth exchanges, France - Romania and Luxembourg - Romania were organized, as well as summer camps for the underprivileged. "The Human Adventure" continues today, thanks to members of the Humanitarian Cooperation Luxembourg, the FAM employees, sponsors and especially the volunteers who are committed to support, in all forms, "the family." FAM is the place where, for nearly a quarter century, more than 11,000 young people (especially from families with different social problems), Gura Humorului and the surrounding area come on their own to spend their time free. Alongside the organized activities, youth will also find people who offer them a listen and support for personal problems. Today about 200 children and youth are enrolled in the association. During five years were organized visits with children and youth, in the frame of a partnership with the sport club Etoile Bleu from Saint Cyr sur Loire, France and once was also invited the Fam chorale. Meantime, were developed two projects of the association's choir, incurred in attending to two music festivals, in Italy and in Poland, and another two projects in Luxembourg(music & folk dances). Under the "Youth for Europe" program, our NGO has collaborated with the high school "Aline Mayrisch" from Luxembourg and was focused on communication, on training and development of a European consciousness, both at the youth from Luxembourg as for those from our association. We have developed also partnerships and youth exchanges with the Maison Familiale La Grange Colombe from Rambouillet- France, in the crafts field, music & folk dances. During the years 2004-2014, our association had developed different programs with a NGO from Holland. Some of our volunteers and the youth workers, were involved over the time in training courses or exchanges organized under the last program, Youth in Action, but also in the new Erasmus+, both in our country as in Hungary, Poland, Czech republic.

Tmelník z.s. (Czech Republic)



Tmelník

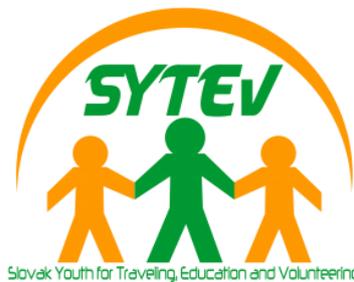
...místo pro mladé

Tmelník z.s. is a youth civic initiative formed into an NGO. Our main aim is development of competences of youngsters and young people through non-formal education, intercultural learning, youth participation and inclusion.

Tmelník is a civic platform open to everyone. We work with youth mainly in the age of 15-25 from all over the Czech Republic. We support our target group to be active, gain experience, try and learn something new, regardless of their economic, social or cultural background. Our staff works on coaching and mentoring enthusiastic young people who would like to initiate and develop youth exchange or other project on various topics, and we also offer them the opportunity to become part of other youth projects and activities.

We have implemented several projects under YiA and E+ as well as projects financed by other national units. Locally, we furthermore organize various workshops, debates, happenings and other events and meetings initiated by the young people themselves. Our NGO was officially registered in February 2011 by the core members of informal group of young people called "Tmelník – youth initiative".

Slovak Youth for Traveling, Education and Volunteering (Slovakia)



Organization is focus on recovery of society through charity and learning – education activity by introducing christian and moral values. Aim of organization is support and development of activities on the local, national and international level in area of non-formal education, using free time, cultural-social and volunteering practise for community of youth people. Target group are teenagers and youth people from 13 – 30 years old. Organization consists from 4 main people (managers), 15 youth workers and more than 200 members/volunteers. Organization is covering informal groups of youth people and is cooperating with schools.