

Egyesek Youth Association

presents

# FRIENDS OF GRAVITY

TRAINING COURSE

1 – 10 May 2013.

Hollókő, Hungary

## CONTENTS

WHAT IS FRIENDS OF GRAVITY?.....	3
WHO IS IT FOR? .....	3
THEMES: Dance, movement and performance as tools for personal and community development.....	4
METHODS & PROGRAM ELEMENTS.....	5
WHAT CAN YOU PRACTISE & LEARN HERE?.....	8
WHO WILL YOU WORK WITH? .....	9
VENUE .....	10
APPLICATION, SELECTION & CONFIRMATION PROCEDURE.....	11
DATES .....	12
COSTS .....	13





## WHAT IS FRIENDS OF GRAVITY?

**Friends of Gravity** is an 10-day training course for youth workers, volunteers, active youngsters and dancers, who are interested to work with techniques of dance, physical movement, performance-creation, in order to bring a change in their communities, or develop competences of their own, their peers and target groups.

**The purpose** of the workshop is to explore dance as a tool in competence-development and youth work. We offer personal experience and practice in using methods and techniques from contemporary dance, physical movement and performance as a tool in local-level, community-based youth work work.

## WHO IS IT FOR?

The training is for YOU if you work with groups and use methods of non-formal education, *or* considering to do so as a career option as professional *or* as volunteer – e.g. in community work, cultural work, sports, dance, theatre, circus, art, creative expression, youth work or any other form of education, and

- you want to dance
- you are over 18 at the start of the training
- you are a registered inhabitant of Greece, Romania, the Netherlands, Latvia, Turkey, Lithuania, Bulgaria, Croatia and Hungary:
- you are physically and mentally ready to take 8-12 hours of physical movement/day in the training. If you are not sure, please consult your doctor, and contact the trainers and/or the coordinator of the workshop.
- you are willing to live, learn, play, experiment and explore in a multicultural group with diverse social, generational and professional and experiential background

## **THEMES: Dance, movement and performance as tools for personal and community development**

In our lives and in our cultures we all have developed certain patterns of thinking and behaving - the same way, we have patterns of how we move. Few of them we are aware of, and many more are running like an unconscious routine, like a hidden choreography, ruling our thoughts, feelings and actions. In the variety of situations life brings along, these patterns can either serve us, or not. To become able to create the impact we want, we need to explore these patterns, become aware of how they function, improve them and learn to add new ones.

Dance is a powerful and enjoyable way to do so.

### **Body awareness:**

Our patterns of thinking, feeling, reacting are reflected in our posture and movement, in what we sense in our bodies, how we relate to people, space, time, rhythm and music. By working with the body we can discover a lot of things that the mind is hiding. Have you ever experienced that changing the way you think, changes the way you move? Have you ever thought of changing the way you move and to see what insights, thoughts and feelings it brings? Your body, the space and time you use are pure physical facts – it can be very easy and obvious, maybe also confronting, joyful, funny and playful to rely on this fact. Realising that body and mind are actually one is a crucial point in personal development. Becoming friends with gravity, space and time are also.

### **Performance:**

Going through the creation process of a performance as a group, practicing, rehearsals and shows is an intense and unique process where you can experience what dynamics a group can go through while production, reaching a common goal within a certain timeframe. All this put into the context of local community offers you the chance to see how an important issue or a message can be dealt with and transferred in a way that it is relevant and involving the local communities.

### **Dance and movement in a group:**

Working together on the dancefloor also offers the opportunity to discover our patterns related to people, culture, society, target groups, communities. Doing physical exercise or dance together – regardless whether it is hobby, professional, one-time or regular – has a great effect on groups. It can improve cooperation, create joy and fun and may offer an enormous amount of information on group dynamics - the functioning, energy and atmosphere of a group, the dynamic development of people's roles and relationships. Questions may arise and your own movements bring the insights about your role, your impact, the way you express yourselves, your working style, and how does it all contribute to the flow of a group.

## METHODS & PROGRAM ELEMENTS

80-90% of the program is pure practicing and improvement, 8-10 hours of physical movement/day. Professional instruction, debriefing and coaching will be provided by the trainers.



### WORKSHOPS FOR SELF-DISCOVERY

Playful dance and movement processes, through which you can explore how you handle interactions, partnerwork and teamwork, and you can experiment with handling them in a different way. Exercises alone, in couples and in groups, with music, sometimes physical objects, free dance, contact improvisation.

### GYM

Physical training, practicing the basics, tricks that are never told in the “beginners and hobby classes” although owning them makes dance easy and improvement fast. The techniques we work with come from the basics of contemporary dance and sports, practicing them brings along the opportunity to create a connection between your mind and your body, increase your awareness, and lets you explore, discover, improvise and enjoy. You will also learn about basic anatomy, working with your body in a safe way, warm-up, stretching, walking, standing, rolling, crawling, sliding, rhythm, posture, entering, exiting, practicing and building phrases.







## **REHEARSALS & PERFORMANCES**

You will make a performance from zero, in small groups of mixed nationalities, and one with the whole group too. You will come up with its basic idea and message, design, choreograph, practice and improve it in your rehearsals. Members of the organising team, who did a similar workshop before will support the preparation by using videos, giving feedback and asking questions. Trainers will be available for extra consultations and coaching. The performance will be shown in different locations in the nearby cities – cultural centres, a high-security prison and public spaces.

## **WORKSHOPS BY PARTICIPANTS**

Optional opportunities to share techniques, dance styles, best practices you are good in. You can bring in any kind of dance and any theme connected to performances, as long as someone comes to your workshop, the floor is yours to share experience and learn from each other

## **OPEN WORKSHOPS WITH THE LOCAL COMMUNITY**

Some of the workshops will be open for local young people to join, as well as we will visit their community spaces to do workshops there, together with them and they will also become the audience of the performances.

## LEARNING QUESTIONS:

Every day you will have opportunities to share your insights, experiences and questions in small groups and in plenary. In these sharing's we will mostly work with questions - our favourite ones start with **HOW CAN I...** Every morning there is time to work with your questions. You will also set a learning question for yourself, which keeps your learning process focused all through the 8 days and supports you to learn something that you can also integrate into your work after the workshop, at home. We will put this into the framework of the 8 key competences.

## DAILY PROGRAM

- Day 1.** arrivals and registration, information about the program, locations and the schedule, getting to know each other, our backgrounds and motivations, creating a system for working together
- Days 2-4.** morning gym, workshops for self-discovery: interactions; workshops for inspiration: creating phrases and choreographies, space, tempo and rhythm; videos for inspiration
- Days 5-8.** morning gym continues; rehearsals of the small groups and the big group, participants' workshops; open workshops with local youngsters; night workshops: jams, special wishes, on day 8.: general rehearsals, last preparations for the performances
- Day 9.** company tour: public performances at several locations; chillout and celebration
- Day 10.** summarizing the learning outcomes, identifying what you take home; final evaluation; closing jam



## WHAT CAN YOU PRACTISE & LEARN HERE?

The workshop offers a practical, easy to follow process promoting an active, healthy lifestyle on the level of the individual and the community, and many opportunities to improve key competences such as initiative and entrepreneurship, social and civic, learning to learn, cultural awareness and expression:

- **personal skills:** creativity, self expression, connecting to others, flexibility, observation, listening, creativity, practicing, stamina, discipline, focus, leadership, initiative, involving people, handling diversity, setting goals and priorities, planning, organising, evaluating progress, memory
- **performance:**
  - how to work with a topic relevant for a community
  - basics of creating a dance performance with a team
  - how to put a message into a performance
  - stage logistics: handling sound, light and props
  - using photos and videos as a tool of feedback
- **dance:**
  - tricks & techniques of contemporary dance: e.g. rolling, sliding, turning, jumping, lifting
  - contact improvisation
  - building phrases and choreographies
  - physical exercises to keep your body healthy
  - safety – warm up, stretching, posture, breathing, balance, walking,, safe movement and clothing
  - body awareness
  - orientation in space and time and in relation to people in movement





## WHO WILL YOU WORK WITH?

### Participants

This is an open call training course, with priority given to participants sent by the partners of the Friends of Gravity project. We have a few places open for people coming on their own initiative, from all countries listed above and of all ages, with different conditions based on whether they are supported by the Breakaway project, or they need other grants to cover their costs.

No previous experience in dance is needed, the only condition is to have a body and to be ready and willing to work with it. The method is highly experiential, based on active physical participation. The learning process is designed as a whole and this requires full-time participation. Arriving late, leaving early and missing workshops is not allowed.

### Trainers

The trainers of the workshop are *Alex Tsiamoglou* from Greece and *Krisztina Győry* from Hungary, both are trainers of a European network called *the International Synergy Group* for 9 years. Alex is a professional dancer and dance instructor. Krisztina is a personal development trainer, youth worker and coach. They both have many years of experience in working with multicultural groups, community work, using a variety of non-formal educational methods. They have been developing the program and the methods of the so called „*synergy dance training*” together with the participants of the program since 2007, having guided the core program 6 times so far.

A team of volunteers will assist the trainers, they are people who did one of the previous versions of the program and want to improve their skills further by supporting the participants, mainly in logistics and the coaching of the performance rehearsals. Many of them are dancers themselves.

### Organiser

Egyesek Youth Association is one of the leading independent youth NGOs in Hungary, member of the informal network called International Synergy Group. Egyesek has 15 years of experience in local youth work as well as designing, guiding and organising non-formal learning projects, such as community service, exchanges, volunteering, internship programs, training courses and workshops. You can find further information at [www.egyesek.hu](http://www.egyesek.hu).

## VENUE

The workshop will take place in the village of Hollókő, Hungary.

Accommodation, meals and some program parts will be in Creative Space Training Center (31. Orgona str., Hollókő, Hungary, [www.kreativ-ter.hu](http://www.kreativ-ter.hu) ).

Most workshops will take place in the newly built theatre of the village, which has a wooden floor, a stage, professional sound and light. It is 12-minute walk from the accommodation. The accomodation also has a training room with a dancefloor, suitable for rehearsals and workshops.

The house is a special group accomodation, ready to serve the needs of non-formal educational processes. There are several community rooms and a huge garden for groupwork and socializing. Participants will stay in 4-6-bedded rooms with separate toilet and shower each. Wireless internet connection and a washing machine are available. To ensure the full privacy of the group, the whole house will be rented exclusively for the participants of the workshop.

The principle of the house is that this is our home for the program, and each participants contributes daily by doing light housework suvh as doing dishes, keeping the community areas clean and tidy. In order to save energy, we ask you to bring your own sheets or sleeping bag, in order to save costs and energy. On request in advance it is possible to rent sheets and a blanket 5€/person, to be paid on spot.

The village is part of the Unesco World Heritage. All sights are within a 30-minute walk range, easily accessible in the breaks.



## APPLICATION, SELECTION & CONFIRMATION PROCEDURE

Deadline: 1st of March 2013

Send your application form to the following address:

[dance.egyesekek@gmail.com](mailto:dance.egyesekek@gmail.com)

*Selection will be done and confirmation will be sent by 5th of March 2013.*

The ones not selected in the first round will be on the waiting list and as soon as there is an empty place we will contact them. 13

We will take care that the age, gender and intercultural diversity of the group is ensured.

### **Special needs:**

If you have any physical limitations, allergy, disease and/or use medicine we need to know about, indicate it on the application form. If you are a vegetarian, or have a special diet, let us know, indicating what you cannot or don't want to eat, and also what you CAN eat, so that we can arrange suitable food. Please, tell us beforehand if you need any assistance from us in this matter.

### **Selection criteria:**

- balance of the group concerning age, gender, social background and experience
- contents of the application form must show clearly, with specific, personal and practical examples, how your personal learning objectives fit into the objectives of the workshop.
- **We do NOT consider general answers that are typically used in application forms! We might contact you back and ask for details and clarification. All this is done in order to prepare you well and to ensure that we create a valuable learning process.**

**The ones not selected in the first round will be on the waiting list and as soon as there is an empty place, we will contact them.**

### **Confirmation:**

When you are selected you will get the **CONFIRMATION LETTER**. Do NOT buy tickets before you get the confirmation letter.

In this letter you will receive further information and instruction on:

- how to plan your flights, when to arrive in Budapest
- how to get from Budapest to Hollókő
- how you can leave on the departure day
- what are the earliest flight times you have a realistic chance to reach
- list of equipment, clothes, documents to bring with you for the workshop

When you receive the confirmation letter, you will have 2 weeks (10 working days) to buy your return ticket and let us know the exact date and hours and dates of your arrival and departure and send us the scanned copies of your tickets. If you don't buy your ticket and/or don't let us know the data in time, we consider your application automatically cancelled and call the next person from the waiting list.

### **DATES**

Arrival day	1st May until 15:00 Budapest
Start of the program	1st May 19:00 Hollókő
End of the program	10th May until 22:00 Hollókő
Departure day	11th May until 12:00



### **Arrivals and departures:**

We are asking you to arrive on the date given above, to BUDAPEST!

We organise a common bus to you from Budapest to Hollókő, and the way back from Hollókő to Budapest.

On 1st May there is no bus after end of the program , and the 1st bus is going in the morning at 7 o'clock , you will arrive to Budapest earliest 9 o'clock on 11th May! From the bus station in Budapest you need at least one hour to get to the airport. Do NOT book your ticket earlier (if you are confirmed)

You are not allowed to leave the 10 days long program earlier or come later, we expect you to participate in the whole program!

If you arrive 1-2 days earlier or leave later, please arrange your own accommodation for the extra time.

A trip to Budapest or other touristic venues of Hungary is **NOT** part of the program. If you would like to visit these places, arrange your travel in a way that you come 1-2 days earlier than the program start or you leave later.

## **COSTS**

### **Egyesek covers the following costs:**

- accommodation
- food
- the costs of the program
- 70% of the travel costs of foreign participants, according to the conditions described in the attachment.
- visa costs(if you have an invoice from it!)

### **Participants cover the following costs:**

- The rest (30%) of your travel costs from your living place to the program venue.
- Your own insurance
- Participants' contribution: 80€ /participant To be paid in cash in € on arrival.
- We organised a common bus to you from Budapest to Hollókő (on 1st May) and after the end of the training from Hollókő to Budapest (on 11th May) it has a cost. It is 2000 HUF and it is has to paid on arrival in HUF. It is slightly cheaper and much more comfortable than public transportation.

<b>Country</b>	<b>Number of participants/Country</b>	<b>100% of travel costs (€)/Person</b>	<b>70% of travel costs (€)/Person</b>
<b>Croatia</b>	<b>4</b>	<b>85</b>	<b>59</b>
<b>Turkey</b>	<b>4</b>	<b>475</b>	<b>332</b>
<b>Latvia</b>	<b>3</b>	<b>376</b>	<b>263</b>
<b>Romania</b>	<b>4</b>	<b>225</b>	<b>157</b>
<b>the Netherlands</b>	<b>3</b>	<b>340</b>	<b>238</b>
<b>Greece</b>	<b>3</b>	<b>500</b>	<b>350</b>
<b>Lithuania</b>	<b>3</b>	<b>376</b>	<b>263</b>
<b>Bulgaria</b>	<b>4</b>	<b>282</b>	<b>197</b>
<b>Hungary</b>	<b>4</b>	<b>0</b>	<b>0</b>

The procedure and the conditions of the reimbursement are described below in the attachment nr.1.

Please read it carefully and if you have questions, contact us in advance.

### **REIMBURSEMENT**

In the grant we will receive a certain amount of money for this purpose, which we are not allowed to exceed. These amounts are based on the costs our partner organizations told us when we wrote the application. Amounts given are for return tickets between your place of living and Hollókő.

We reimburse public transport tickets and taxi costs from Budapest or from cities where you change transportation only if they fit into your limit and you bring the invoices of them.

If you have any further question you can contact Norbi Hochsten at [dance.egyesek@gmail.com](mailto:dance.egyesek@gmail.com) e-mail address.



We are looking forward to see you in Hungary!

EGYESEK YOUTH ASSOCIATION

[www.egyesek.hu](http://www.egyesek.hu)



The project has received for grant form the Youth in Action Programme of the European Community. Information ont he Programme is available at [http://europa.eu.int/comm/youth/index\\_en.html](http://europa.eu.int/comm/youth/index_en.html).

However the content of the project doesn't necessarily reflect the opinion of the EU and the Hungarian National Agency. The project is not under the responsibility of these institution

#### PARTNER ORGANISATIONS:



Marmaris Youth Club  
Turkey



Global Flow  
Netherlands



Synergy Lithuania  
Lithuania



*Τρόπος ζωής για μια ζωή*

Kokodoko Informal Group  
Bulgaria



## Attachment 1./Reimbursement conditions

By the Hungarian bookkeeping law and the funding rules of the grant program we must keep certain administrative procedures. We are asking for your support and cooperation in keeping these rules.

**Please make sure that you read and understand the conditions and the procedure.**

### Conditions of reimbursement:

Only if you participate in **the whole program** can you get the reimbursement.

Save your **original** tickets and receipts, invoices and all related documents, because you can only get reimbursement for costs of which you can prove the amounts with original tickets and receipts. Only the amount written on the ticket will be reimbursed – that is, if you want your return ticket to be reimbursed, you have to give it to us. We cannot reimburse anything that you buy after the training.

### ALL the following ORIGINAL documents will be needed:

all your tickets and boarding passes

invoices of buying your tickets described below

passport or ID

Official document from the bank or travel agency stating the exchange rate from your currency to Euro and/or HUF of the day you buy your ticket.

### What is an invoice?

This is a document, signed and stamped by the seller.

The invoice of flight ticket must contain your **name, the starting and finishing place and the date of the journey and the price of the ticket**. Whatever official is your paper, if these data are not on it, you **can not** get it reimbursed!!! Use your name from your passport, no nicknames!

For all the other tickets that you buy in Hungary you need a special invoice, called ÁFÁS SZÁMLA, you need to ask for it when you pay. It needs to be for the following address as buyer:

**Egyesek Ifjúsági Egyesület**  
**1137 Budapest**  
**Radnóti M. u. 4-6. I./14.**



**E-tickets:**

An e-ticket is NOT an invoice! If necessary, call the airline/train company/etc., explain them the situation and ask them to give you a receipt/invoice with the data given above. If you buy tickets online, take care that you tick the box indicating that you want an invoice, and you fill in the address of Egyesek where the invoice has to be sent by the airline company.

A simple receipt printed by the cassa, only containing date and amount is NOT an invoice, amounts proved by such receipts WILL NOT be reimbursed..

Reimbursement will be done after the training, by bank transfer. We do not reimburse any costs on spot.  
The exact procedure is described below. The exchange rate we will be the rate of the day we receive the grant.

**Reimbursement limits per country**

In the grant we will receive a certain amount of money for this purpose, which we are not allowed to exceed. These amounts are based on the costs our partner organizations told us when we wrote the application.

Amounts given are for return tickets between your place of living and Hollókő.

We reimburse public transport tickets and shuttle bus costs from Budapest or from cities where you change transportation only if they fit into your limit and you bring the invoices of them for both way (retour tickets).

Countries and limits:

Country	Number of participants/Country	100% of travel costs (€)/Person	70% of travel costs (€)/Person
Croatia	4	85	59
Turkey	4	475	332
Latvia	3	376	263
Romania	4	225	157
the Netherlands	3	340	238

<b>Greece</b>	<b>3</b>	<b>500</b>	<b>350</b>
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<b>Bulgaria</b>	<b>4</b>	<b>282</b>	<b>197</b>
<b>Hungary</b>	<b>4</b>	<b>0</b>	<b>0</b>

**Reimbursement procedure:**

1. *The amount of the reimbursement will be calculated as follows:*

*We take the 70% of your travel costs between your hometown and Hollókő, only those costs of which you have the tickets and invoices. From this we will calculate your reimbursement with the €/HUF exchange rate of the day we receive the grant.*

*In case your costs exceed the limits given below, the maximum amount you can get is calculated from the 70% of your allowed limit. Limits are given above.*

*Based on the invoices you give us, we will exchange your costs into euros and from euros to HUF.*

*In case you want that we exchange your currency directly to HUF, you need to bring an official document, signed and stamped original from the bank or the travel agency, showing the official exchange rate from your currency to HUF of the day when you bought your ticket/visa/insurance.*

2. **You will check the calculation and sign a document** stating that you checked and you accept the amount, you give the bank account number where it will be transferred and that you agree that the bank costs are covered from the amount of the reimbursement, and that you will send us back the original tickets, documents and invoices within 1 week from your arrival home, by registered post.
3. You will **leave with us all the original documents** that you don't need for your journey home. During the training we will make copies of your documents, so that you can still use your ticket for the way home.
4. You **send us back all the original documents** within 1 week from your arrival home by registered post.

*As soon as we receive all original documents from your country and the grant arrives from the funder, we send you your reimbursement by bank transfer. We will **do 1 bank transfer/country**, either to your sending organization or to the account of one participant from that country. Bank cost is approx 10€/transfer from our bank, you need to check yourself if it costs anything from your bank or not. Bank cost will be taken from the amount by the bank. We have no separate funds to cover them, so this bank cost is yours.*

**For the bank transfers we need these data from each country:**

**bank account number, IBAN number, account owner name, bank name and address, SWIFT/BIC code**