



INCLUSION IN ACTION

3-phase Training Program for Youth Workers

March-July 2018
Hollókő, Hungary

About the project



In the search for **inclusion** and **empowerment** tools in youth work, Social Theatre and Body Expression offer an invaluable summary of exercises and dynamics that can help us to identify the social issues and challenges that our target group face, as well as the possible solutions to design and implement social actions. Theatre and movement give voice to the voiceless, and provides an inclusive and safe space that enables people to question stereotypes and prejudices.



The **impact** is not only visible in the **personal sphere** of socially challenged youngsters (self-knowledge, self-expression, empowerment and self-esteem) but also in the **social self**, allowing them to get to know each other and motivating connections with others, accepting and celebrating their differences and respecting diversity in their everyday lives.



Using the inclusive, engaging and universally understandable tools offered by **Social Theatre** and **Body Expression** methodologies, we can boost young people's confidence in their creative potential while fighting against the feeling of exclusion and invisibilization of their needs.

Structure of the project

1st PHASE

Training Course

29th March - 7th April 2018
(including travel days)

Hollókő, Hungary

IN AN 8-DAYS PROGRAM PARTICIPANTS WILL:

- Experience the power of Social Theatre and Body Expression themselves.
- Receive practical skills in designing, implementing and facilitating theatrical activities and embodied processes as tools for inclusion and empowerment.
- Adapt the methods to their target groups and create inclusive workshops for them, using Social Theatre and Body Expression methodologies.
- Create their action plans for the Local Action Phase.

2nd PHASE

Local Action Phase

April, May and June 2018
each partner country

DURING THE 3 MONTHS ACTION PHASE PARTICIPANTS WILL:

- Come back to their local organisations and put in action the gained knowledge and tools by implementing the inclusive workshops created during the 1st phase.
- Practice and improve their facilitation skills in Social Theatre and Body Expression methodologies, getting feedback from their target groups.

3rd PHASE

Capacity Building Meeting

7th-6th July 2018
(including travel days)

Hollókő, Hungary

DURING THE 4-DAYS MEETING PARTICIPANTS WILL:

- Present their Local Phase experiences to each other, sharing their target groups' feedback and the social impact accomplished.
- Deliver the inclusive workshops for their peers and improve them by getting feedback.
- Create the Inclusion in ACTION Manual, a detailed and powerful written resource with Social Theatre and Body Expression methodologies, including the workshops created and tested by the participants.
- Develop future projects working on social inclusion and empowerment of their target groups with the focus on using Social Theatre and Body Expression methodologies.

This Training Program is for you if:

You are **committed** to take part in the **5 phases** of the Training Program.You want to develop your **facilitation skills** on **Social Theatre** and **Body Expression** methodologies applied to your target groupYou are able to work and communicate in **English**.You are working directly with **young people at a Local Level**, specially if your target group is considered a **minority** and/or is at **social exclusion risk**.You are **highly motivated** and **ready** to fully experience the theatre and movement sessions yourself. All that counts is your curiosity and enthusiasm, no need to have previous theatrical experience.You are **resident** of Hungary, Spain, Croatia, Italy, Lithuania, The Netherlands, Slovenia or Cyprus.You are **over 18** years old.

Program/Methods

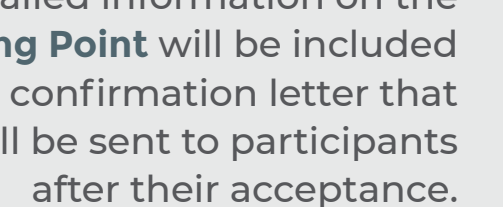
- This Training Program is based on an **Experiential Learning** approach, being highly participatory and interactive. During the 1st and 3rd phases of the program, we will have **intensive** 8-10 hours daily programmes, full of experiences, movement and ACTION!
- In Inclusion in ACTION you are the **creator of your own experience**, guided by the facilitators and supported by the group. Your individual learning process will take place in a safe space and in a team-oriented and group-supported environment.
- The non-formal education methods that we will use are **Social Theatre** (Theatre of the Oppressed, Impro and Community theatre), **Body Expression**, **Awareness** and **Movement**, along individual and group reflection and conceptualization processes.

Facilitators Trainers

GABRIEL VIVAS MARTÍNEZ



Gabriel is an **actor, trainer and researcher**. He has received education and training in **Social Theatre** and inclusion in countries such as Estonia, Malta and Poland. Currently he is the director of the "Escena Diversa" association's Arts program and works as a trainer of inclusive theatrical tools and body movement in different european countries. As a researcher, his lines focus on theatre as social intervention, theatre and functional diversity, pedagogical tools for social action and post-drama.

Jordan is a **facilitator, trainer and youth worker** who loves creating and facilitating experiential learning programmes for young people and for youth workers. He is currently collaborating with several youth organisations across Europe. Among his facilitation methods, he uses **Body Expression** and Movement as powerful tools for personal development in his educational programmes, creating a safe space for people to connect with themselves and to connect with others.

Accommodation

The 1st and 3rd phases of the program will take place in **Creative Space Training Centre** (<http://kreativter.hu>), situated in the UNESCO World Heritage Village **Hollókő**Fully vegetarian meals will be provided within this **accommodation** during the whole program. There is wireless internet connection in the house that you can use. You will be accommodated in 4 bedded rooms, each of them with its own showers and toilets. In the building of the group accommodation you can find the training room, common social areas and dining area.The house will be **self managed** by our group, which will be responsible for living together during the course. It is a normal part of our educational approach, and encourages community spirit, responsibility and sharing. Everyday tasks like cleaning and setting tables will be shared by participants, as part of the sustainable living experience making it feel as a good place for us.**Alcohol is not allowed** in the venue, and in order to keep yourself physically and mentally healthy for the intense training program, we encourage you not to consume alcohol at all during the 1st and 3rd phases of the program.Egyesek will rent a private bus that will bring you from Budapest to the venue and from the venue to Budapest on the arrival and departure days. More detailed information on the **Meeting Point** will be included in the confirmation letter that will be sent to participants after their acceptance.

Financial arrangements

Participants are asked to contribute with a **Participant's Contribution**, according to the possibilities of each participant, on a **sliding scale between 60 and 100€** to be paid in cash during the 1st phase of the Training Program, and valid for the 3 phases.This training program is **co-funded** through the Erasmus+ program, therefore accommodation, food, materials, and the travel costs up to the maximum allowed amount per participant will be fully reimbursed.

DETAILED CONDITIONS OF REIMBURSEMENT:

<https://egyesek.hu/en/travel-reimbursement-guide/>

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

Note that we already deducted 30€ in the table above from your travel grant to cover the cost of the **private bus** that will bring you from Budapest to venue and from the venue to Budapest on the arrival and departure days.To ensure participant's commitment through the 3 phases of the project, **reimbursement** of travel costs will be done after the 3rd phase. If covering the cost of the tickets for both phases in advance is an obstacle for you to participate, please contact us.**Health insurance** will NOT be provided or reimbursed by the mobility organisers. However, it is a mandatory requirement for all participants to provide your own health insurance cover you for the full duration of your time in Hungary. If you are an EU resident, you can use the free European Health Insurance Card (EHIC) to allow you access to public hospital treatment.To learn more, please go to: ehic.europa.eu/.

Timeframe of the project

APPLICATIONS DEADLINE: 7th February 2018**SELECTION RESULTS:** Until 10th February 2018**CONFIRMATION BY PARTICIPANTS AND BOOKING OF TRAVEL TICKETS:** Until 15th February 2018

1st PHASE

Arrival day: 29th March 2018**Start of the program:** 30th March 2018**End of the program:** 6th April 2018**Departure day:** 7th April 2018

2nd PHASE

April-May-June 2018

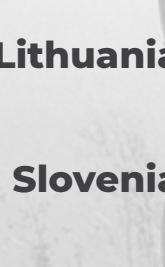
3rd PHASE

Arrival day: 1st July 2018**Start of the program:** 2nd July 2018**End of the program:** 5th July 2018**Departure day:** 6th July 2018You are allowed to **arrive or depart** max. 1 day before or 1 day after each phase. In case you decide to use that extra time, bear in mind that it will NOT be supported with food or accommodation. Should your stay be longer than 2 days, we will NOT be able to reimburse part of your travel costs.

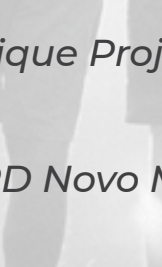
How to apply

Fill in the application form in http://bit.ly/InACT_Application, latest by **7th February 2018 at 11pm**.

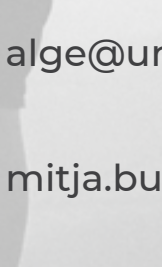
Before applying take into account that you need to work with a local group of young people for the Local Action Phase of the program. In case you are **currently not working directly with young people at a Local Level**, you can contact your sending organisation and find a way cooperate with their target group during Local Action Phase:



COUNTRY



ORGANIZATION



CONTACT

Hungary

Egyesek Youth Association

szevja.szloboda@egyesek.hu

Spain

Escena Diversa

artes@escenadiversa.es

Croatia

Association of hearing impaired Nova Gradiška

dianagrgat@yahoo.com

Italy

Vagamondo

infoyouthprojects@gmail.com

Lithuania

Unique Projects

alge@uniqueprojects.eu

Slovenia

DRPD Novo Mesto

mitja.bukovec@drpdnm.org

Cyprus

PlanBe, Plan it Be it

planbeyouth@gmail.com

The Netherlands

Olde Vechte

info.oldevechte@gmail.com

CONTACT DETAILS:

If you have any questions, feel free to contact our Project Coordinator: **Szevja Szloboda** szevja.szloboda@egyesek.hu.This training course has been co-funded by the Erasmus+ Program. If you would like to find out more about the program, please visit http://eacea.ec.europa.eu/erasmus-plus_enDesigned by: lacaravan.es