



## Info pack

Training course for educators on how to consciously empower young people through kinesthetic learning approach and different movement, improvisation and contemporary dance exercises

# Move to Be Moved and Move Others

20th - 28th October 2019

Şirince (~40 km from İzmir), Turkey

*! Kinesthetic learning is the process that results in new knowledge (or understanding) with the involvement of the learner's body movement (Galeet BenZion).*

“Move to be Moved and Move Others” is a unique type of training that gives an opportunity for people that work with youth in non-formal settings to explore the power of kinesthetic or bodily learning tools in order to bring innovation to their youth work and be more effective in empowering the young people.



*Movement and consciousness of bodily learning usually opens new “channels” and “connections” in learners, generating new feelings, thoughts and helping people to become more open, self-aware, spiritual, creative and to realize their full potential. Through body we project and receive a lot of information that can be useful for learning. Besides, activities that involve moving can attract young people that are not appealed by “traditional” NFL methods.*

With this project we are discovering experiences and good practices from contemporary dance field and exploring how to apply it to work with young people. Contemporary dance is not only about art and creative expression, but it is first of all about being holistic (focusing on connection between mind, body, emotions and soul) and helping each person to find their OWN-authentic way of being and full potential and interacting with others through movement and dance.



## Objectives

1. Practical part: Experiencing series of exercises with movement and contemporary dance, discovering own body opportunities, becoming more self-aware and developing creative way of expression and developing personal motivation to use kinesthetic learning approach.
2. Analyzing the experience: Becoming more aware about the power of kinesthetic learning for promoting holistic development - learning from own emotions and also discovering it from theoretical point of view.
3. Conceptualizing: Exploring opportunities for including kinesthetic learning and contemporary dance as an approach and/or a tool in youth work and discovering what competencies it could develop in young people.
4. Developing skills on designing and implementing non-formal learning activities for/with youth that would be based on consciously chosen kinesthetic learning elements that develop concrete competences.
5. Sharing experience from the training course and developing ideas on follow-up activities on using kinesthetic learning in youth work in local and international projects.



## Preparations (September)

- Doing "home-works" prepared by trainers
- Discussing follow-up ideas with your organization - how to use experience from training

## Training (20-28 October)

- Active participation in all programme activities (intensively – from 9.30 until late evening ;))
- Working on more detailed plan of follow-up activities

## Follow-up activities in your country (winter 2019/2020)

- at least 2 follow-up activities involving kinesthetic learning with your colleagues and >15 young people

**!! By involving in this projects, it is crucial that participants realize that we expect their active involvement not only during the training, but also in preparation activities and also follow-up activities.**

## Profile of participants

To achieve the objectives of the training, it is highly crucial that suitable participants are selected. Please see the criteria for candidates.

Participants applying for this project should be:

- **Involved in working with young people on the regular basis** (youngsters 13+) in some youth center, organization, as youth workers, local activists, educators that provide non-formal learning, etc.
- **With no/not much experience with contemporary dance/choreography**
- **Interested** to explore new tools of youth work, willing to move and dance, develop their competences as youth workers and meet peers from other countries
- **Ready to actively participate in the whole project** (preparation, training course itself with a **very busy daily programme** and follow-up September-November)
- **Ready to organize at least 2 special follow-up activities** using the experience from this training (individually or together with another person from the same country) **within 2 months after the training with their local youth and youth work colleagues**
- **Fluent in communication in English**



## Working language: English

From each country we expect 3 participants. If candidates selected by partner organizations will not fit the criteria, we keep the rights to refuse such candidates.

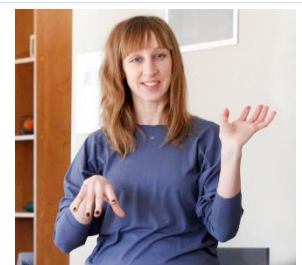
- 🇮🇹 **ASSOCIAZIONE CULTURALE JUMPIN**
- 🇧🇬 **SDRUZHENIE EVROPEYSKI PROEKTI V BALGARIA**
- 🇸🇰 **Iniciativu un sadarbibas apvieniba "Pagalms"**
- 🇪🇸 **ASOCIACIJA AKTYVUS JAUNIMAS**
- 🇹🇷 **DADYA YOUTH COUNCIL**
- 🇵🇱 **Stowarzyszenie Sztukater**
- 🇪🇺 **Center for education and development**
- 🇩🇪 **KULTUR & ART INITIATIVE EV**

## Coordinators and trainers

The main coordinator of the project is Kultur und Art Initiative e.V.. NGO has been very active in the youth field by trying to bring together young creative people who want to make their contribution in local communities.

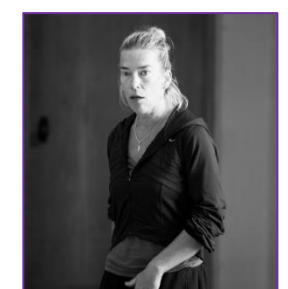
### Ieva Grundšteine (Latvia)

Ieva has been working in the youth field since 2001 and last 9 years is an active trainer of non-formal learning in the field of youth - as a local and European project initiator and manager. She has carried already more than 100 international trainings for different target groups (youth workers, teachers and others). Ieva is involved in regular contemporary dance exercises as a learner (hobby-level) since 4 years and has applied kinesthetic learning in her training several times. She is a member of pool of trainers of Latvian NA: <https://www.salto-youth.net/tools/toy/ieva-grundsteine.1858/>



### Ilze Zirina (Latvia)

Ilze is a member of the Association of Professional Contemporary Dance Choreographers of Latvia. She has received an MA in choreography in 2007. Since 2007 she is a dance teacher in Latvian Culture College and Latvian Academy of Culture. She has an extensive experience in non-formal dance education in Latvia and also on international trainings. She is also a professional dancer, performer and contact-improvisation expert: <https://www.dance.lv/eng/ilze-zirina-3/>





## Accommodation - Place of workshops

We are staying in the Tiyatro Medresesi located 5 minutes from Şirince. All participants will be expected to share the dorm rooms with several people and a bathroom between several rooms. Workshops will be organized in the Tiyatro Medresesi, which is an international research, creation and performance center.

<http://www.tiyatromedresesi.org/en>



## Meals

Breakfast, lunch and dinner will be served in the Tiyatro Medresesi. Please send special needs regarding food in the application form.

Tee breaks will be organized in the place of our workshop. We will expect each country to contribute with national snacks to one of the tea breaks (for example, German tea break...).



## Transport and financial conditions

The training course will be implemented in the framework of EU “ERASMUS+ Program. The accommodation and food will be covered fully.

Nevertheless, the organizations/participants should be ready that they will have to invest own money in buying the tickets to Izmir and reimbursements will be done only AFTER participants have implemented their follow-up activities and informed about them the main coordinator. So, as follow-up activities might take some weeks to implement, be ready to receive the reimbursements around the end of December 2019.

### 3 participants from each Country

#### IMPORTANT!

- Make sure you have a valid (not expired) ID card or a valid Passport
- Make sure to have your European Health Card in your wallet, but we also recommend travel insurance
- Keep all your boarding passes, invoices and traveling tickets otherwise we will not be able to make any reimbursements
- Only public transportation will be reimbursed (e.g.: taxi at your own expense)

Once you have chosen a flight connection, please consult the main coordinator. Please note that only when he gives you “green light” for the connection and price, you are allowed to buy tickets.

Travel cost reimbursement will be done after the training to the account of the partner organisations. In order to do so all tickets should be saved and also planned follow up activities (dissemination) implemented and documented.



## Personal insurance

Insurance cover for personal effects is the responsibility of the individual participant. Participants are expected to provide themselves adequate medical and travel insurance to cover the period of your stay in Turkey, which we strongly recommend. Neither our organization nor any venue used during the event will be responsible for claims against loss of or damage to personal property.

## How to apply?

To apply, submit your application form online **before 20th of August** online: [https://forms.gle/](https://forms.gle/Ka5zPGFGFFvkxpgK6)

[Ka5zPGFGFFvkxpgK6](https://forms.gle/Ka5zPGFGFFvkxpgK6) Selection of participants based on criteria set above.

Contact for practical info:

Kultur & Art Initiative e.V.  
 Charles-Lindbergh-Ring 10  
 32756 Detmold  
[www.kultur-art.com](http://www.kultur-art.com)  
[info@kultur-art.com](mailto:info@kultur-art.com)

## Preliminary programme

Time / day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
8.30-9.15	Early morning improvisation – "Get the flesh moving and open your mind"								
9.15-9.45	Breakfast								
10.00-11.30	Continuation of getting to know each other and ice-breaking  Personal and professional background of participants	Morning circle (sharing and questions)  Experiential part (practical exercises) and debriefing after that: "How is identity situated in the body"	Morning circle (sharing and questions)  Experiential part (practical exercises) and debriefing: "What I have and what am I missing?"	Morning circle (sharing and questions)  Bridges and common values of contemporary dance and NFL	Morning circle (sharing and questions)  How to design NFL activity with kinesthetic learning elements that develops concrete competences	Morning circle (sharing and questions)  Implementation of newly worked activities (with some local youngsters) Feedback and evaluation	Morning circle (sharing and questions)  Needs for kinesthetic learning at the local community Short intro to Erasmus+		
11.30-12.00	Coffee break								
12.00-13.30	Introduction to the training: objectives, NFL and Experiential learning approaches, programme  Kinesthetic trust-building exercises	Experiential part (practical exercises) and debriefing after that: "How is identity situated in the body"	Experiential part (practical exercises) and debriefing: "What I have and what am I missing - creativity and competency development through kinesthetic learning"	Creativity challenge - visiting local youth dance group to observe how they work with youth	Work in groups to prepare the NFL activities for youth involving kinesthetic learning	Implementation of newly worked activities (with some local youngsters)  Feedback and evaluation	Ideas for follow-up activities – individually, with organization and local youth and with other partners in the training		
13.30-14.30	Lunch								
14.30-15.30	Personal learning objectives and setting up Learning Diary (Youthpass framework)	Time for personal reflection on learning	Time for personal reflection on learning	Excursion	Time for personal reflection on learning	Summing up and evaluation of the production part of the training	Reflection on learning outcomes		
15.30-16.00	Coffee break								
16.00-18.00	Official opening and getting to know each other  Kinesthetic team-building exercises and debriefing Principles of cooperation	Experiential part (practical exercises) "The border between movement and dance?"  Theoretical intro on contemporary dance	Experiential part (practical exercises) and debriefing: "Movement and contemporary dance in public space"	Excursion	Work in groups to prepare the NFL activities for youth involving kinesthetic learning	Time for personal reflection on learning  Preparing/documenting the worked out methods for sharing	Summing up the learning outcomes (Youthpass), evaluation and closing		
18.00-18.30	Reflection groups								
18.30-19.15	Dinner								
20:00	Welcome Night	Integration evening	"Movement culture" evening	Free evening	Turkish Evening	Free evening	Barbecue evening	Farewell evening	

Farewell and departure of participants