



# INTERNATIONAL TRAINING COURSE

SEŃPÓLNO KRAJEŃSKIE, POLAND  
JUNE 30 – JULY 8, 2019

INFO PACK



Erasmus+

# GENERAL IDEA

*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.*

**4 thematic directions** that we will explore more during the training:

- identity and self-expression
- creativity skills
- accepting and appreciating diversity
- social activism

"BODY in ACTION!" 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.

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. Sharing what are the needs of young people in our youth work realities, assessing our current skills and tools to address these needs and exploring the potential of kinesthetic learning approach
2. Exchanging so far experiences with applying kinesthetic learning in youth work
3. Experiencing series of exercises with movement and contemporary dance in order to discover deeper power of kinesthetic learning and develop motivation to use it for holistic development - connecting body, emotions, mind and spirit of young people
4. Training the skills of designing and facilitating kinesthetic learning activities that develop concrete competences 4 thematic areas
5. Planning and implementing concrete follow-up activities involving kinesthetic learning with local young people in each participating country and exploring a ways to include it as an approach in youth work

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.

### PREPARATIONS (JUNE)

- DOING „HOMEWORKS“ PREPARED BY TRAINERS
- DISCUSSING FOLLOW-UP IDEAS WITH YOUR ORGANIZATION—HOW TO USE EXPERIENCE FROM THE TRAINING

### TRAINING (30.06—08.07. 2019)

- ACTIVE PARTICIPATION IN ALL PROGRAMME ACTIVITIES (INTENSIVELY FROM 9.30 UNTIL LATE EVENING
- WORKING ON MORE DETAILED PLAN ON FOLLOW-UP IDEAS

### FOLLOW-UP ACTIVITIES IN YOUR COUNTRIES (JULY—END OS SEPTEMBER)

- AT LEAST 2 FOLLOW-UP ACTIVITIES INVOLVING KINESTHETIC LEARNING WITH YOUR COLLEAGUES AND > 15 YOUNG PEOPLE

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

## PROFILE OF PARTICIPANTS

### 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



If candidates selected by partner organizations will not fit the criteria, we keep the rights to refuse such candidates.

# TRAINERS AND COORDINATOR

## 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>

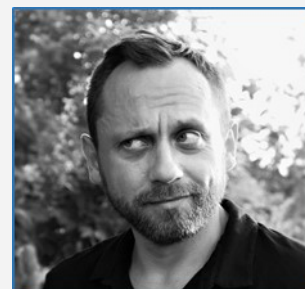


## Ilze Zirina (Latvia)

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: [www.dance.lv/eng/ilze-zirina-3](http://www.dance.lv/eng/ilze-zirina-3)

## Daniel Wargin (Poland)

Daniel is a member of the applying organisation: [Stowarzyszenie “Dorośli – Dzieciom”](#) (“Adults for Children” Association) from Sępólno Krajeńskie, Poland. Actively involved in youth work since 2005. Coordinator of EVS projects, Youth Exchanges and training courses.



# LOCATION

The training will take place in **Sępólno Krajeńskie** - a small town located in Kujavian-Pomeranian voivodship, about 350 km from the capital of Poland – Warsaw, with the population of about 10 000 inhabitants. Cozy, quiet, friendly place with the lake in the centre, surrounded by beautiful nature will be perfect place for successful learning process.





The main activities will take place in [HOTEL "JAN"](#) located at the bank of picturesque lake, surrounded by woods and very near to the town centre. Nice atmosphere, friendly surrounding and beauty of nature – everything in one place...

Meals will be provided in the same place. Bed clothes and towels will be provided too. Free WI-FI internet connection is available in the hotel.

**HOTEL ADDRESS:** 1 Leśna street, 1 Leśna street, 89-400 Sepólno Krajeńskie, Poland [https://  
hoteljan.com.pl/en/home](https://hoteljan.com.pl/en/home)

Some activities will take place in Sport Centre in Sepólno – in a walkable distance from the hotel.

**ARRIVAL** to the venue: **JUNE 30th, 2019**  
(preferably in the afternoon/early evening)

**DEPARTURE** from the venue: **JULY 8th, 2019**  
(in the morning)



**We kindly remind you that early accommodation and extra overstays will be your responsibility.**

# 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**.

Every participant or partner organisation should buy tickets and according to real ticket price we will reimburse travel costs but not more than you can see on table below. Travel costs will be reimburse just after the training. **Travel expenses will be reimbursed maximum at the amounts mentioned below - depending on travel distance and actual cost.**

Participating countries	Number of participants	€ per 1 participant
Latvia	5	275
Croatia	3	275
Bulgaria	3	275
Estonia	3	275
Greece	3	275
Portugal	3	360
Spain	3	360
Poland	5	0
<b>TOTAL</b>	<b>28</b>	

Most of you will probably arrive to [Warsaw Chopin Airport](#) but airports in [Gdańsk](#) or [Poznań](#) might be also good options (however in most cases the cheapest way is a travel to WARSAW). From Warsaw you will have to go to [Bydgoszcz](#) (train/bus tickets will be provided by organisers) and from Bydgoszcz we will pick you up to the training venue... Quite a long way but... worth all your time and efforts...

After selection results, when you will choose a flight connection, please consult it with: **Daniel Wargin** - [daniello13@wp.pl](mailto:daniello13@wp.pl) , +48 600062665. Please note that only when he gives you **"green light"** for the connection and price, you are allowed to buy tickets .

## 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 travelling tickets otherwise we will not be able to make any reimbursements
- Only public transportation will be reimbursed (e.g.: taxi at your own expense)

## 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 Poland, 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 on-line application form

until **May 13 (Monday)**:

[APPLICATION FORM](#)

CLICK HERE TO APPLY

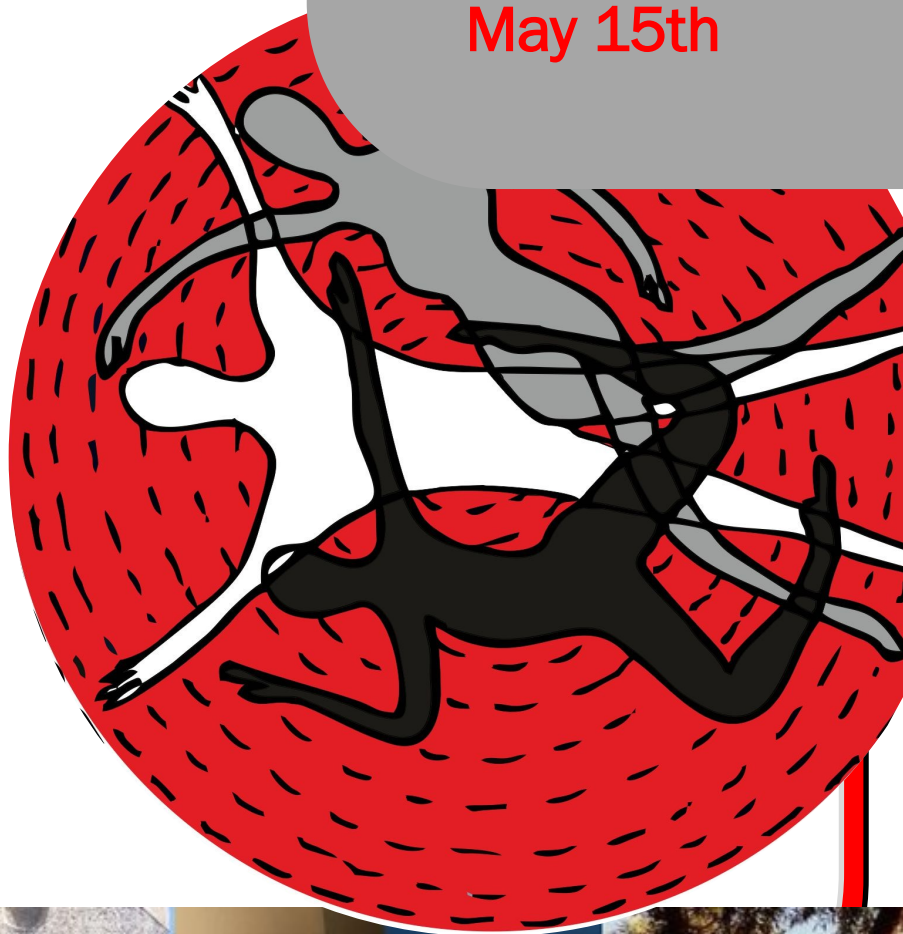


**Contact for  
practical info:**

Daniel Wargin  
daniello13@wp.pl  
+48 600062665

Selection results:

**May 15th**



Time / day	30 June	July 1	July 2	July 3	July 4	July 5	July 6	July 7	July 8	
8.30-9.15	Early morning warm-ups – "Get the flesh moving and open your mind"									
9.15-9.45	Breakfast									
10.00-11.30	Arrivals and informal getting to know each other on the way	Continuation of getting to know each other and ice-breaking Personal and professional background of participants	Short morning circle Experiential part (practical exercises): Diversity as a resource or "Ugly is Beautiful"	Short morning circle Experiential part (practical exercises): Performing art as a form of social activism	Summing up and Reflection on experience from the previous day's Performance Dividing in 4 groups for Lab phase - based on interests	Short morning circle Cross-check: How to design NFL activity with kinesthetic learning elements that develops concrete competences	Short morning circle Implementation of newly worked activities: Creativity as a process and life-style, not an objective	Short morning circle Ideas for kinesthetic learning at the local community Short intro to Erasmus+ and other resources	Farewell and departure of participants	
11:30-12:00		Coffee break								
12:00-13:30	Arrivals and informal getting to know each other on the way	Introduction to the training: objectives, NFL and kinesthetic learning approaches, programme objectives	Experiential part (practical exercises): Diversity as a resource or "Ugly is Beautiful" and Reflection	Putting together the Performance - the act of social activism - preparations in groups	Working in 4 thematic groups for the Lab phase	Working in 4 thematic groups for the Lab phase	Implementation of newly worked activities: Diversity as a resource or "Ugly is Beautiful"	Ideas for follow-up activities – individually, with organization and local youth and with other partners in the training		
13:30-15:30		Lunch								
15.30-17.00		Trust building and practical work through improvisation and movement: Creativity as a process and life-style, not an objective	Experiential part (practical exercises): "Listen" to your Body, My identity and my self expression	Putting together the Performance - the act of social activism - preparations in big group	Interactive town discovery	Working in 4 thematic groups for the Lab phase	Implementation of newly worked activities: Performing art as a form of social activism	Reflection on learning outcomes		
17:00-17:30		Coffee break								
17:30-18:30	Welcome and getting to know each other through first movement exercises	Needs of young people...the potential of kinesthetic learning approach	Input on reseraches on kinesthetic learning and bridges between contemporary dance and youth work	The Performance for local youth and discussion after it	Free time and having a rest	Implementation of newly worked activities (with some local youngsters): My identity and my self expression or "Listen" to your Body	Preparing/documenting the worked out methods for sharing	Summing up project, evaluation and closing		
18:30-19:30		Reflection groups								
19:30 -20:00	Welcome Night	Dinner								
20:30		Evening integration - JAM session 1	"Movement culture" evening	Free evening	Polish evening	JAM Session 2	JAM Session 3	Farewell evening		