



*An international training course
on kinesthetic learning*



INFO PACK

General idea:

The general idea of this training course is to provide a chance for people that work with youth (youth workers, youth leaders, educators that work with young people outside formal education settings) **to experience and discover elements of various movement exercises and contemporary dance that could be used as a valuable tool for providing new non-formal learning opportunities for youth.**



Kinesthetic or bodily learning is often one of the most neglected ways of learning, so, discovering the power of it and developing skills on how it could be used in the youth work would provide a great quality improvement and innovation to the field.

The training course will be based on Experiential Learning approach and will include:

- Practical part: Experiencing series of exercises with movement and contemporary dance, discovering own body opportunities, developing creative way of expression and developing personal motivation to use kinesthetic learning
- Analyzing the experience: Becoming more aware about the power of kinesthetic expression and learning – learning from own emotions and also discovering it from theoretical point of view
- Conceptualizing: Exploring opportunities for including more elements of kinesthetic learning and contemporary dance in youth work
- Developing skills on designing and implementing non-formal learning activities for/with youth that would be based on consciously chosen kinesthetic learning elements
- Developing concrete ideas on follow-up steps on using kinesthetic learning in youth work in local and international projects

Participants:

24 youth leaders and youth workers active at the local level from Latvia, Portugal, Greece, Estonia, Croatia, Italy, Belgium, Spain, Czech Republic, Poland (see more precise division by countries at financial conditions part).

Working language:

Working language will be English. All participants should have good level of English skills not only to be able to understand the language, but also participate in discussions and act as independent facilitators of activities and learning process in English.

Location and dates:

Arrival to TC venue: **APRIL 11, 2016**

Departure from TC venue: **APRIL 19, 2016**

MOVE
'em **ALL**

Location: **Sępólno Krajeńskie, POLAND**

Sępólno Krajeńskie it is 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 “Jan” hotel 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...

Participants will be located 2-3 beds rooms. Meals will be provided in the same place. Main activities will take place either in the hotel or in different place in walkable distance from the hotel.



HOTEL ADDRESS:

1 Leśna street
89-400 Sępólno Krajeńskie

<http://www.hoteljan.com.pl/> - only in Polish but you can take “ a virtual walk” there

Financial conditions:

The training course will be implemented in the framework of EU “ERASMUS+” Programme (mobility of youth workers, key action 1). The **accommodation and food will be covered fully. Travel expenses will be reimbursed according to real costs of tickets (not extending flat rates depending on travel distance):**



Partner organization	Country	Number of participants (including trainers and support stuff)	Distance in kilometers	EUR for 1 participant
Association for Initiatives and Cooperation "Yard"	Latvia	2	500 - 1999 km	275.00
Association of Professional Contemporary Dance Choreographers in Latvia	Latvia	2	500 - 1999 km	275.00
Rancho Folclórico de Chãos	Portugal	2	2000 - 2999 km	360.00
ProAtlântico - Associação Juvenil	Portugal	2	2000 - 2999 km	360.00
Eesti People to People	Estonia	2	500 - 1999 km	275.00
Pozitivni i sretni	Croatia	2	500 - 1999 km	275.00
COMITATO GEMELLAGGI	Italy	3	500 - 1999 km	275.00
Swira	Belgium	2	500 - 1999 km	275.00
You in Europe	Greece	2	500 - 1999 km	275.00
ASOCIACION BUILDING BRIDGES	Spain	2	2000 - 2999 km	360.00
Centrum pro pomoc detem a mladezi	Czech Republic	2	500 - 1999 km	275.00
Stowarzyszenie „Dorośli – Dzieciom”	Poland	5	0 – 99 km	0.00
TOTAL		28		

With receiving this info pack, you are expected to start checking the options for tickets to finish the procedure of buying **tickets the soonest possible** (to make sure that they are still cheap 😊)

The best option to come to Poland is to take a flight to WARSAW airport (you can also check POZNAŃ, GDAŃSK or BYDGOSZCZ).

We recommend www.skyscanner.com for flight search.

TRANSPORTATION IN POLAND

From Warsaw (or other city) you will have to take a train/bus going to BYDGOSZCZ but these tickets will be reserved and bought by us, so please **DO NOT** buy them, we will send you tickets on your e-mails.

BONUS TIP

As during the project we will not have much time for sightseeing, if you would like to see more of Poland, you can arrive one day earlier or leave one day later (on your own expense) but then make sure that you receive “a green light” from us for that.

Once you have chosen a flight connection, please consult it with: **Daniel Wargin** - the main coordinator – 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

Coordinators and trainers:



The main coordinator of the project is an organization from Sępólno Krajeńskie, Poland Stowarzyszenie „Dorośli – Dzieciom” („Adults for Children” Association). This NGO has been very active in the youth field for many years.

The training will be implemented by two experienced trainers:

Ieva Grundšteine (Latvia)

Ieva has been working in the youth field since 2001 and last 6 years is a 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 85 international trainings for different target groups (youth workers, teachers and others). Ieva is a member of pool of trainers of Latvian NA and also EVS trainer with SALTO EECA.



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 has been a dance teacher in Latvian Culture College and Latvian Academy of Culture. She has an extensive experience in informal dance education in Latvia and also on international trainings.



Insurance:

All participants are required to make their own travel insurance for the time of training course.

How to apply?

To apply, you must send us your application form **by Friday, February 26th** the very latest to e-mail: daniello13@wp.pl

When we will confirm your participation in the training course, you will be asked to check the travel options, consult them with Daniel and buy the tickets.

Further information:

As soon as we get the list of all participants, we will keep you updated with all the new information regarding the project. We will create a Facebook group to enable our communication more smooth and invite you to join it.

Should you have more questions, please do not hesitate to ask. We are looking forward to meet all of you here in Poland.

SEE YOU SOON!!!

Your

MOVE'EM ALL *Team*

Time / day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	
8.30-9.15	Arrivals	Early morning improvisation – “Get the flesh moving and open your mind”								Farewell and departure of participants
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+ and other resources		
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 and debriefing	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 to Bydgoszcz or Toruń	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 – agreed by participants	Experiential part (practical exercises) and debriefing: “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 to Bydgoszcz or Toruń	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	Polish Evening	Free evening	Barbecue evening	Farewell evening		