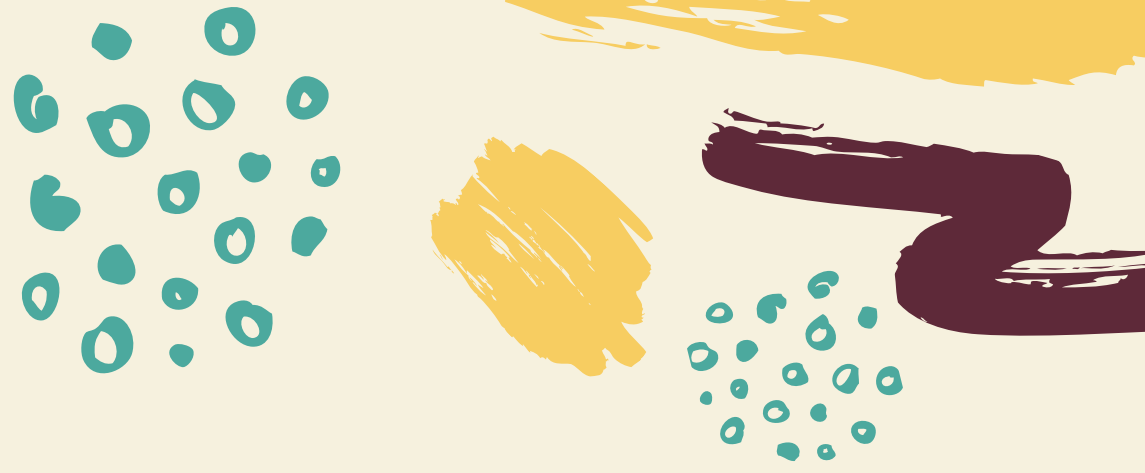




Follow the Impulse



of Your Inner Artist

TRAINING COURSE ORGANISED BY EGYESEK YOUTH ASSOCIATION
WITH 2 ACTIVITIES

7 - 14 MAY 2019, HOLLOKO, HUNGARY

10 - 17 JULY 2019, OMMEN, NETHERLANDS



Erasmus+



Olde Vechte
Foundation



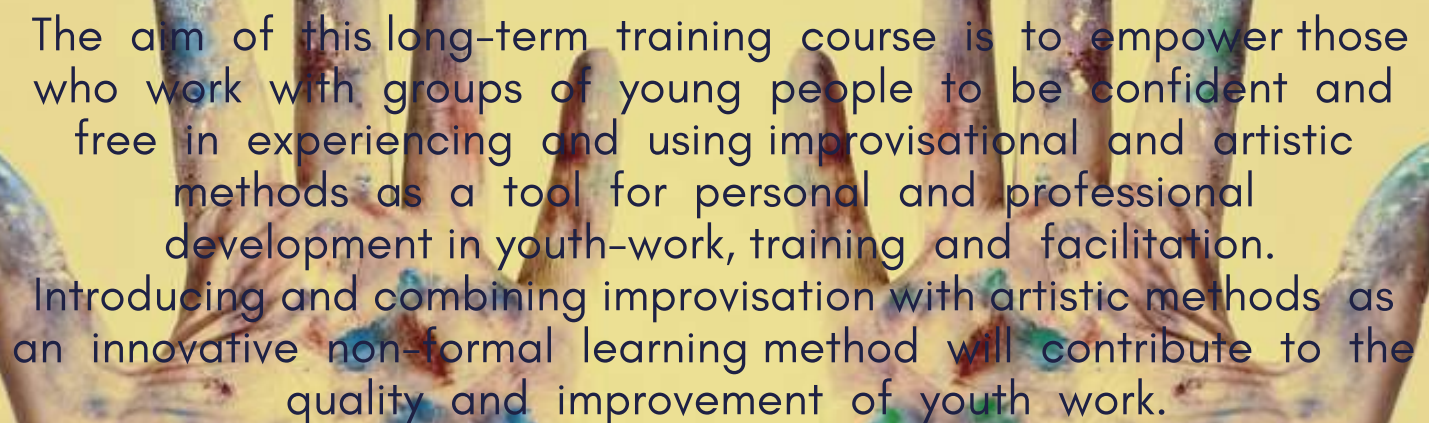
Context ↪

In the field of non-formal education and youth work, artistic forms of expression are significant tools for self-development, self-exploration and self-discovery. They support us to connect with ourselves and with others. In formal educational settings, young people are required to focus on their performance. They are afraid of making mistakes, which generates and increases inner anxiety and blocks their creativity.

The project focuses on improving group learning processes applying improvisational and artistic methods by welcoming mistakes with a positive attitude, strengthening self-confidence and freeing creativity. Holistic approach to learning will be used combining different elements of arts such as movement, drawing, music, visuals, and theatre. We will have the opportunity to work with our inner dancer, painter, musician, performer and storyteller.



↪ Aim



The aim of this long-term training course is to empower those who work with groups of young people to be confident and free in experiencing and using improvisational and artistic methods as a tool for personal and professional development in youth-work, training and facilitation. Introducing and combining improvisation with artistic methods as an innovative non-formal learning method will contribute to the quality and improvement of youth work.

Objectives



to rediscover improvisation skills of youth workers/educators/trainers through artistic methods (theatre, dance, music, painting)



to learn and experience how to use artistic methods while working with young people to improve and foster self-confidence and release their creativity



to reflect on their own learning as youth worker through the experience of artistic methods (connection to the inner artist)



to create a space for the participants to design, implement and evaluate experimental learning activities



to create a network for sustainability of the idea by cooperating and creating new projects

Who are we looking for?

This training is for you if you...

- ➔ are a youth worker, youth leader, member or volunteer of youth organization
- ➔ are a teacher, educator with/ without formal education background, youth trainer, mentor
- ➔ work with youngsters on local, national or/and international level
- ➔ are eager to learn something new, contribute with your experience and knowledge
- ➔ are playful, active and simply believe in the power of non-formal education



Structure

There will be 2 training courses in 2019 for the same participants, one in Hollókő (Hungary), the other in Ommen (Netherlands). There will be a practical/online phase in between.

The **2nd phase** will be practical. Each participant will implement their ideas on the theme in the local youth work.

The **1st phase** will focus on learning and experiencing artistic methods and developing improvisational skills that will guide to personal and professional development as well as developing idea(s) for the online learning or local community work.

In the **3rd phase**, the group reconnects, shares experience, goes deeper into artistic methods and youth work and reflects on their identity as trainers, facilitators and youth workers.

Applicants are required to take part in **both** activities and all phases!



Trainers

GOHAR GHANDILYAN

Gohar is a youth project coordinator, trainer and facilitator with a professional background in peace studies. She has held training courses on personal development and movement, peace education, human rights, inclusion, civil courage, gender equality etc.

GERGELY KISS

Geri is a trainer and facilitator in both business and youth sectors. His special fields are improvisation, creativity, entrepreneurial mindset and interpersonal communication. He is a member of Grund Theatre in Budapest.

Venues

The participants will stay in Creative Space training center in Hollókő, Hungary.

Hollókő is a small village located in North-Hungary, 100 km from Budapest. It is part of the UNESCO World Heritage. Creative Space is equipped with 4 bedded rooms which all have its own showers and toilets. In the building of the group accommodation, you can find the training room, dining area, common social areas. (<http://kreativter.hu/en>)

Activity 1

Ommen, Netherlands, is a small city approximately 130 km from Amsterdam and about 20 km from Zwolle.

The rooms in Olde Vechte Mansion have 2-4 beds, shared bathrooms and toilets. Training room, kitchen and common social area are in a separate building in a proximity to the accommodation. (<https://oldevechte.com/>)

Activity 2

More detailed information on how to reach the place will be included in the infopack that will be sent to the participants after their acceptance.



Travel reimbursement for Activity 1 (Hungary)

Hungary

20 EUR

Austria, Croatia, Czech
Republic, Romania
Slovakia

180 EUR

Greece, Italy
Netherlands
Poland

275 EUR

Travel reimbursement for Activity 2 (Netherlands)

Netherlands

20 EUR

Austria, Croatia, Czech Republic,
Hungary, Italy, Poland,
Romania, Slovakia

275 EUR

Greece

360 EUR

The amount of the reimbursement will be calculated based on the distance between the participants' legal address and the venue of the program.

We reimburse train, flight and public transport tickets only if the used ticket and invoices are provided!

We ask you to NOT book any tickets until you get the confirmation on the application!

Practicals

We cover

accommodation
food *
cost of the program
travel cost up to the limit **

Participants cover

travel cost above the limit
100 € contribution for both
activities ***

* According to the diet participants indicate in the application form

** Egyesek will provide a shuttle bus for Activity 1 from Budapest center to the venue of the program and then back to Budapest after the training. The cost is 25 € which we deduct from the original travel reimbursement limit.

*** We ask the contribution to cover the cost of the extra program we have prepared to make this training course even better experience!

The procedure and conditions are further described here:

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



PARTNERS

COUNTRY	NUMBER of participants	PARTNER	CONTACT PERSON	EMAIL
Austria	3	GRENZENLOS - INTERKULTURELLER AUSTAUSCH	Daniela Fellingner	daniela.fellinger@grenzenlos.or.at
Croatia	3	Udruga Prizma	Silvestar Petrov	info@udrugaprizma.hr
Czech Rep.	3	kulXtreme	Martin Hložek	kulXtreme@gmail.com
Greece	3	SOLIDARITY MISSION	Anna Cheimona	training@solidaritymission.org
Hungary	4	EGYESEK IFJUSAGI EGYESULET	Dávid Abonyi	abonyi.david@egyesekek.hu
Italy	3	Cooperativa Sociale Muovimente	Mafalda Morganti	mafaldamorganti@gmail.com
Netherlands	4	STICHTING DE OLDE VECHTE	Marco Vlaming	info.oldevechte@gmail.com
Poland	3	Fundacja Youth ACT	Filip Krajniak	youthactoffice@gmail.com
Romania	3	Asociatia Education Studio	Maricica Carbunaru	carbunaru.maria@gmail.com

Only participants from the above listed countries are eligible for this project!

Applications

1. Fill in the application form
2. Contact our partner organisation from your country!

You can find the link to the application below. All the applicants are required to fill it in, otherwise their application can't be taken into consideration.

Deadline: 20 March 2019

Final date of selection: 29 March 2019



<https://www.surveymonkey.com/r/followtheimpulse>

IF YOU HAVE SPECIFIC QUESTIONS ABOUT THE TRAINING, YOU ARE WELCOME TO WRITE TO US AT

FOLLOWIMPULSE@GMAIL.COM