



An Erasmus+ & Landesmusikakademie, Cooperativa Immaginaria Training Course

3rd – 10th December 2015

Berlin, Fez- Germany-



Dear Friends,

we are glad to invite You to our intercultural training course

“Lovearth through Art: an interdisciplinary approach for social inclusion”

organised by Landesmusikakademie Berlin and Cooperativa
Immaginaria,

co-financed by the ERASMUS+ Programme.

We invite you to live this **creative adventure** with us!

The 8 days long program will take place in Berlin

In this letter You will find all you need to know about its goals,
programme and information about the practical arrangements.

We will gladly answer all your questions!

Looking forward to meeting You in Germany!

About this training course...

" [Lovearth through Art: an interdisciplinary approach for social inclusion](#) " is a training course which aim is to give to the participants the opportunity to learn, share and develop new methods of social inclusion for young people through art.

We achieve better results with youth when delivering artistic activities and workshops based on dance, music & theatre.

"LovEarth Through Art" is a concept born and developed in Italy, starting from 2009. The first idea was to create musical instruments out of garbage, passing through the idea that people is part of the environment and it's possible to involve more and more people through art, sharing experiences, creating new piece of art. After 2 projects in Italy ("LovEarth Through Art", "LovEarth Through Art II") our team realized the third project in Berlin, with the Landesmusikakademie ("LovEarth Through Art, musical activities for youth workers), specific on music. The 4th project("LovEarth Through Art, new approach for social inclusion) was realized in Italy the last may, where the main goal was implementing social and individual processes aimed at developing autonomy, socialization and leadership of young people with social and psychophysical disadvantages.



This 5th project represents for us a step forward, since aims at involving a wide group of participants, working specifically with art meant as therapy for the personal and social growth of individuals.

Hence this "T.F.T.", a Training For Trainers using Art as an empowering Tool whose main themes are:

- 1) "Creativity & Culture", which identify the elements we will stimulate all the time in an intercultural context to produce a social impact.
- 2) "New innovative curricula, educational methods & development of training courses" as we believe that new structured and spontaneous artistic activities are possible and necessary for modern growth and solution-finding attitude.

Our objectives are:

- 1) improve our educational and artistic competences;
- 2) spread (through Art) positive values such as well-being, inclusion and progress;
- 3) use music, dance & theatre as non-formal education tools;
- 4) facilitate the creation, implementation and evaluation of artistic youth workshops;
- 5) multiply similar training projects and youth exchanges in the follow-up phase;
- 6) improve the visibility and dissemination of Erasmus+ projects and their results;
- 7) inform the participants about further opportunities in Europe.

Who can participate

The project “Lovearth through art: an interdisciplinary approach of social inclusion” is a training for trainers for 27 people, aged up to 30, representing the 8 partner organizations from the 8 Programme Partner Countries Spain, Italy, Kosovo, Poland, Germany, Albania, Macedonia & Serbia. Candidates may be people who wish to become or consolidate themselves as trainers using art as a polyhedric tool to empower young people. They may be:

1) trainers, artists and creative youth leaders who have participated in previous local and international projects within the Youth in Action Programme or Erasmus+ and who are willing to transfer the results of this training course at their local level into their organizations to improve themselves as local trainers according to the principles and values of the Erasmus+ Programme.

2) trainers, artists and creative youth leaders who have participated in previous local and international projects within the Youth in Action Programme or Erasmus+ and who are willing to take their first steps as international trainers, ready to be in charge of parts or entire programmes according to the principles and values of the Erasmus+ Programme.

3) trainers, artists and creative youth leaders who have already some experience as international trainers within the Youth in Action Programme or Erasmus+ but feel that they need to participate in this specific training course to acquire further tools and competences to consolidate their experience and role as local and international trainers according to the principles and values of the Erasmus+ Programme.

Partner organizations and their representatives

Country:	Partner:	How many:	Contact:
Italy	Coop Immaginaria	4	caliendodaniela@gmail.com
Germany	Landesmusikakademie	4	silvmari@libero.it
Poland	FRAZA	4	wojtowiczluk@gmail.com
Spain	LAS NIÑAS DEL TUL	3	danielgissera@lasdeltul.net
Macedonia	Youth Forum Bitola	3	alekmm@gmail.com
Serbia	Edukacioni centar Leskovac	3	mice.stankovic@nvo.org.rs
Kosovo	Mus-e Kosova	3	dardankryeziu@gmail.com
Albania	Social Youth Challenge	3	sindi.brakollari@hotmail.com

When

Dates of the training course: 3rd – 10th December 2015.

Arrival by	16.00	03/12/2015
The program starts at	20:00	03/12/2015
The program finishes at	12.30	10/12/2015
Departure after	14.00	10/12/2015

We expect you to participate in the whole program in order to benefit from the Erasmus+ Programme financial contribution.



Where

The project activities will be hosted in the Landesmusikakademie Berlin.

Our accommodation will be a guesthouse, property of the Accademy, 50 meters far from the Landesmusikakademie.

<http://www.landemusikakademie-berlin.de/>

More information about how to get there will arrive later, once the participant's selection will be done.

Please feel free to ask us if you need advice about any travel arrangements 😊

The financial conditions

Food, accommodation and project costs are fully covered and free for the participants.

As for the travel, we can reimburse up to 100% if the costs fit the table below.

Country	Max. travel reimbursement
Poland	275 €/person
Macedonia	275 €/person
Spain	360 €/person
Italy	275 €/person
Germany	000 €/person
Serbia	275 €/person
Albania	275 €/person
Kosovo	275 €/person

For participants from Macedonia, Kosovo, Serbia and Albania, we will reimburse the cost related the visa procedure, up 100 euro for participants.

Very important: your tickets are a proof of your travel that we must keep and present to the ERASMUS+ Program, the main funders of the project. If you cannot provide your original tickets and invoices clearly stating the travel company, your name, all the trip details and the exact costs covered, we will not be able to reimburse you.

What to bring (essential)

- Passport or other official identification
- Tickets, insurance, visa
- Comfortable clothes for living outdoor & indoor (no washing facilities available)
- Towel
- Medicine, if you take any
- Your own Art Kit (musical instruments, dancing outfit, costumes, etc.)
- Something typical for your national evening (food, drinks, special items, etc.)
- Smiles, willingness and good mood 😊!

How to Apply

If you want to join us in the training, complete the application form that you can find on this link https://docs.google.com/forms/d/1W80RXxl4-HOnK1HqHW_qqiBbbynorIL52YTtjDnRFzs/viewform

On the next page you can find the daily programme.

We are looking forward to meeting You in Germany!

See you soon, the Lovearth through Art Team

	DAY 1	DAY 2	DAY 3	DAY 4
8.30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9.30	Arrivals & Welcome Settling down	Warm-up Dance Workshop: "Body and Space Awareness" Sharing session Music team-building workshop "Body rhythm & synchrony" Evaluation	Theatre empathy workshop: "In your shoes" Sharing session Drawing workshop: "Trainers & Trainees' needs" Evaluation	Music workshop: "Making harmonious groups" Sharing session Good practices workshop: "Participants share reactivity" Evaluation
11.00				
13.00	LUNCH & FREE TIME	LUNCH & FREE TIME	LUNCH & FREE TIME	LUNCH & FREE TIME
15.30	Arrivals & Welcome	Theatre Trust Activity: "Mimes & Mirrors" Sharing Session	Creative writing workshop: "Issue & Visions in you & EU" Sharing session	Good practices workshop: "Participants for self-expression" Sharing session

17.00	Settling down & Safety procedures	Clownery Workshop: "Curiosity" Feedback session	Dance & Music Improvisation Workshop: "Lateral thinking" Feedback session	Art therapy workshop: "Let it be" Feedback
19.00	DINNER	DINNER	DINNER	DINNER
21.00	Opening of the training course Programme Presentation Expectations & Clarification	Intercultural evening: First Rendez-vous	Intercultural evening: Second Rendez-vous	Intercultural evening: Third Rendez-vous
	DAY 5	DAY 6	DAY 7	DAY 8
8.30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9.30	Theatre role-play: "Group dynamics" Sharing Session	Brainstorm: "Content & Logistics"	Erasmus+ presentation	Reimbursements & Administration
11.00	Clownery workshop: "NLP Communication" Feedback Session	Preparation of Public Event	Story-telling workshop: "Social entrepreneurship" Sharing Session	Travel arrangements
13.00	LUNCH & FREE TIME	LUNCH & FREE TIME	LUNCH & FREE TIME	LUNCH & FREE TIME
15.30	Preparation of social message with open re-hearsal Sharing Session	Public Event in the Theatre: "Lovearth through art..."	Digital Workshop: "Dissemination & Publicity" Sharing Session	Greetings & Departures
17.00	Flashmob Feedback Session	Preparation of digital & inter-active products of the activities	Creative writing: "Final Evaluation & Wishes"	
19.00	DINNER	DINNER	DINNER	
21.00	Introduction to Public event	Projection of the results Feedback Session	Thanking ceremony Farewell Party	

Learning to play, playing to learn: the experiential methodology

Learning by experience, personalised training and theatre plays are working methods which all have one thing in common for us: playing. Playing allows us to access a state of freedom, creativity and exploration that is associated with the natural learning of childhood. Role-plays, structured experiments, simulation, and theatre are examples of games with experiential learning opportunities. Games can create a play frame, which makes the act of learning a dynamic and enjoyable process, which recalls the carefree playing time of childhood. Experiential activities can transform learning into adventure. Learning in this way is an emotional, physical as well as a cognitive experience. Movement and feelings stimulate the learning process. Playing involves

both mind and body and can provoke an emotional response during the exercises. The exercises are designed to use social skills and make clear / illustrate concepts and theories. Almost any topic can be explored through games. Learning processes that involve the development of skills and behavioural change, such as group dynamics, communication, leadership, problem solving, teamwork, coaching, co-operation and decision-making are very suitable for gaming. Gaming is a working method which might create a paradoxical situation in which participants or a group might lose themselves. The objective of using gaming in this kind of training is to get more knowledge and skills to work with groups in the field of youth work and social work. Although this working method may seem enjoyable, it is not "only a game". It allows the players to use the freedom to experiment with new approaches and new behaviour and to acquire skills and knowledge. The players are asked to look at how they behave in the play. Therefore feedback and reflection are an essential part in this way of working. Playing games as a tool for learning is a serious play or 'playful seriousness'. Our training method is based on learning by experience. In our approach we invite participants to point out where they find themselves at that moment in the learning process, what they want to learn and how they want to develop themselves. It is focused on the experience of the individual and it is connected to the specific needs and the level of learning of the participant at that moment. The program is a tool for the participant and not the other way around. No matter how logical this may sound, in many formal learning situations the usual form of acquiring knowledge is 'learning from lessons'. The knowledge should be reproduced / copied by the student, without any personal interaction. 'Learning by experience' is different since it starts from the person him/ herself, his/here behaviour, reactions and emotions. This method is often used in youth work and informal education. And more and more this method is being used in formal education and trainings for companies. The way, in which we like to organize and perform this international training, means that main objectives of the training have to be clear to the participants, as well as the outlines of the program and the target group. In this way we create a playing field for participants and trainers where we can play to learn and learn to play. Within the given group, you participate in the training for yourself and with yourself as an individual. The exercises (called

'processes' in our training context) will be done alternately alone, in pairs or in a group. The trainer will prepare the ground by giving plenary lectures. Some processes may involve talking, others listening or visualizing certain thoughts with your eyes closed. Exercises will be provided in combination with music, dance or play. Many processes will contain an element of surprise, the exact nature of which is not known in advance. In this way questions can only be answered by the participant him/ herself, namely by experiencing his own reactions. With this training approach there is room for the experiences and wishes of the participants to influence the content of the program while it is taking place. We create the playing field and the participants make the play.