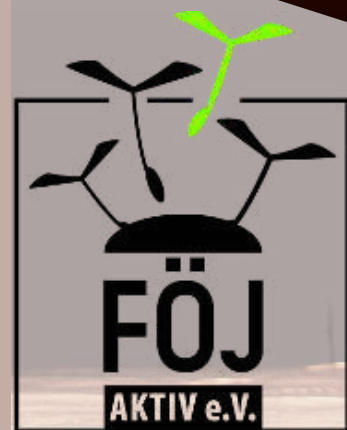
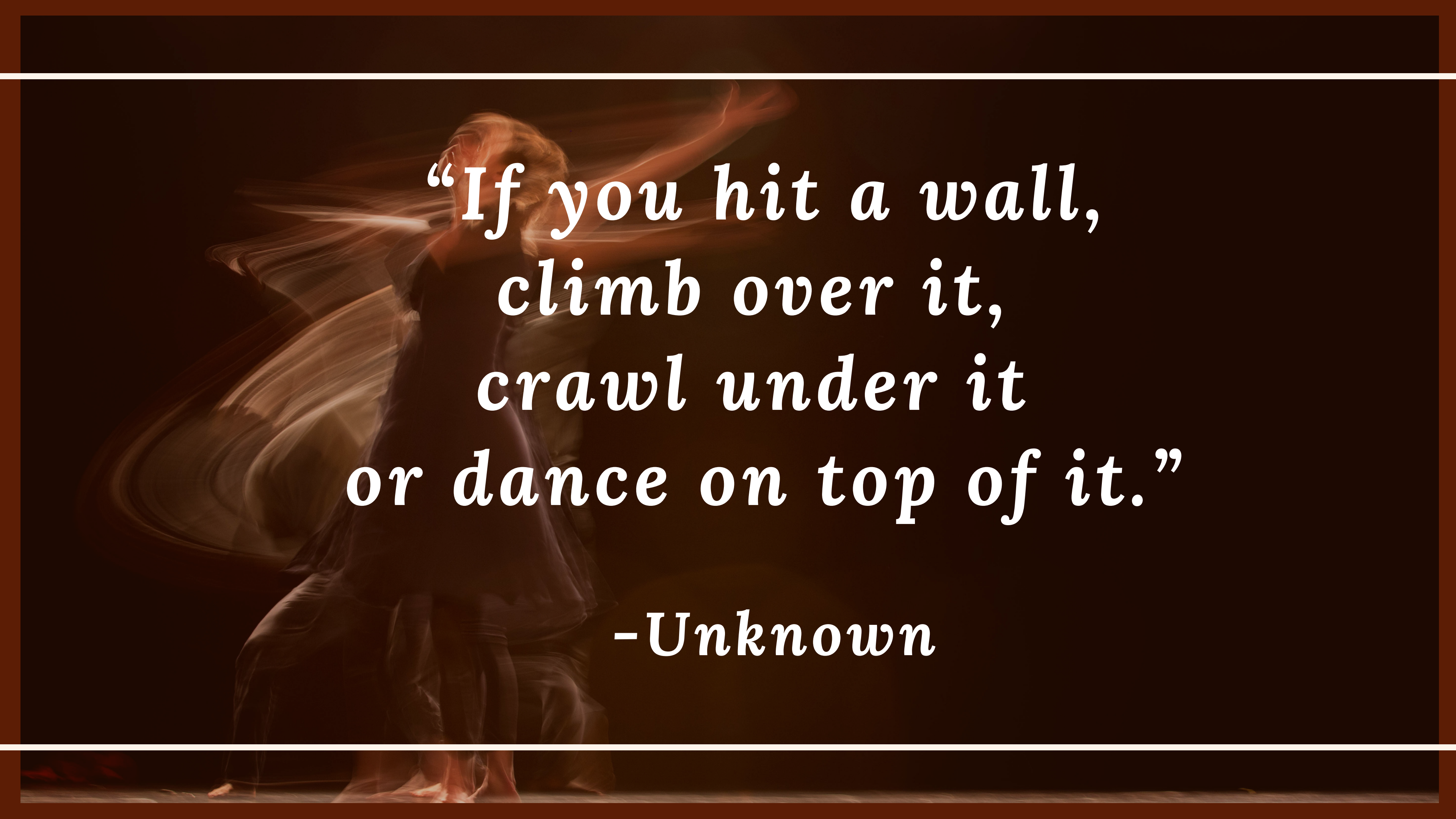


MAKE YOUR MOVE

TRAINING COURSE
06.-15. NOVEMBER 2019
NINDORF, GERMANY



A woman in a dark, flowing dress is captured in a dynamic pose, possibly dancing or performing. She is barefoot and her dress is billowing around her, creating a sense of movement. The background is dark, with light trails or smoke-like effects around her, suggesting a stage or performance environment. The overall mood is dramatic and artistic.

*“If you hit a wall,
climb over it,
crawl under it
or dance on top of it.”*

-Unknown

ABOUT

THE PROJECT

Explore the opportunity to use contemporary dance as an innovative learner-centered approach in activities involving youth.

Many times we fall in the trap of „losing ourselves“, „panicking“ or „freezing“ in front of a group of people. Usually, we -the ones in front- have something important to share, to say or to facilitate for the group. And the groups is there to benefit. Yet, somehow this dynamics of „losing ourselves“, „panicking“ or „freezing“ is a common thing.

So why not teach and train competences through innovative methods and create powerful metaphors to empower and reveal resources long-forgotten?

The insight from where we start is that in any situation and circumstance we are there with our body and mind. If the mind „blocks“ we have the body which is still there and can be the resource that people need in challenging situations like the mentioned. So, we discovered that cross-linked transferable skills can be trained only by using body and what we can do with it when in a setting of presenting, training, coaching, expressing, sending impactful messages. And people who work with individuals and groups we found that participation, creativity and every competence initiated in our mind is manifested only through our non-verbal, body language.

This training is also known as "synergy dance training" / "basic dance training".

TIMELINE

OF THE PROJECT

PHASE 1

SELECTION AND PREPARATION

After selection you will receive the first common tasks.

Online preparation will be adapted according learning needs and motivations expressed.

PHASE 2

TRAINING COURSE

06.-15. Nov 2019 (incl. traveling days)

80-90% is pure practicing and improvement.

8-10 hours of physical movement/day.

Professional instruction and coaching is provided by the trainers.

We will create a performance from zero and bring it to the audience.

PHASE 3

DISSEMINATION AND FOLLOW UP

To implement what we learned based on your plan in your local community, back home.

And report back on the outcome and impact with short reports, photos and videos.

Apply ONLY if you commit yourself to the whole process of preparation , training and follow-up.

WHAT CAN YOU LEARN HERE?

PERSONAL SKILLS

- creativity, self expression, connection, flexibility, initiative
- observation, listening, practicing, stamina, discipline, focus, memory
- leadership, involving people, handling diversity
- setting goals and priorities, training design, method design

COMPETENCES

- life-long learning, participation and inclusion, experiential learning
- healthy lifestyle, educational mobility
- international networking and exchange of ideas, methods and tools, EU citizenship
- creativity, entrepreneurship

DANCE & PERFORMANCE

- basic tricks & techniques of dance: e.g. rolling, sliding, turning, jumping, lifting
- safe physical exercises to keep your body healthy
- body awareness and coordination
- orientation in space and time in relation to people in movement
- how to put a message into a performance
- basics of creating a dance performance with a team

VALUES

- democracy, peace, freedom, tolerance, equity, love, care

FOR WHOM?

PARTICIPANTS PROFILE

youth workers, trainers, volunteers, educators, young people with own project ideas, freelancers, young entrepreneurs and members of organizations active in the fields of education, training and youth

- who actively work with young people and groups on a regular basis
- who themselves face fewer opportunities (cultural, economic, educational, geographical, social)
 - That way we give chance and reach those educator who need new methods and tools the most.
- can show background of field work with fewer opportunities and disadvantaged youth, NEETs or other groups at risk

REQUIREMENTS

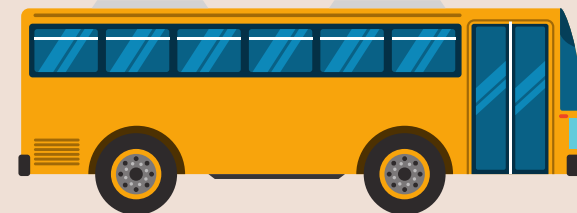
- Your age is 18+
- You are able to work and communicate in English
- You are a resident of Germany, Bulgaria, Lithuania, Greece, Turkey, Romania, Estonia, Hungary or Latvia
- You have a good physical condition, capacity to handle physical exercises
- You want to use dance and body movement in youthwork & educational activities
- You are committed to take part in all activities of the training course

PRACTICALS



TO BRING

- water bottle
- valid insurance
- clothes made of natural materials for movement, avoid synthetics
- towel, personal hygiene kit
- indoor shoes for the house
- clothes according to weather



TRAVEL

Arrival by 17.00 on the 06. November and departure day is the 15. November until 12.00. More details how to reach the venue and about conditions of reimbursement will come with the confirmation.

Do not book tickets before confirmation.



ACCOMMODATION, FOOD

and training material are provided through co-funding from Erasmus+ programme.

You are expected to stay the whole Training.



PARTICIPANTS CONTRIBUTION

We ask from participants to contribute to the programme by investing 60€. We are open to alternative ways of contribution.

Bring it in cash to the training.

THE VENUE

TAGUNGSHAUS NINDORF

During the training we will stay at the Tagungshaus Nindorf. Between the bigger cities of Hamburg and Kiel lies the nature park Aukrug, part of the federal state Schleswig Holstein. The next shops and trainstation are 5 km away in Hohenwestedt.

Still Nindorf has a lot to offer. The rural surroundings invite to relax in the nature and calm the mind. Small walks are perfect for this place, which is extra-ordinary hilly for the normally flat area.

The house itself has green areas and a terrace to enjoy the weather and other peoples company.

The access to Wifi is limited.

You will be taking part in light housework such as daily cleaning, dish washing, etc.



The accomodation offers rooms of 2-5 beds. **Bedlinen will be provided, but you have to bring your own towels and toiletries!**

Our NGO FÖJ-AKTIV e.V. has a focus on sustainability and therefor **we will provide mainly vegetarian, healthy and organic food.**

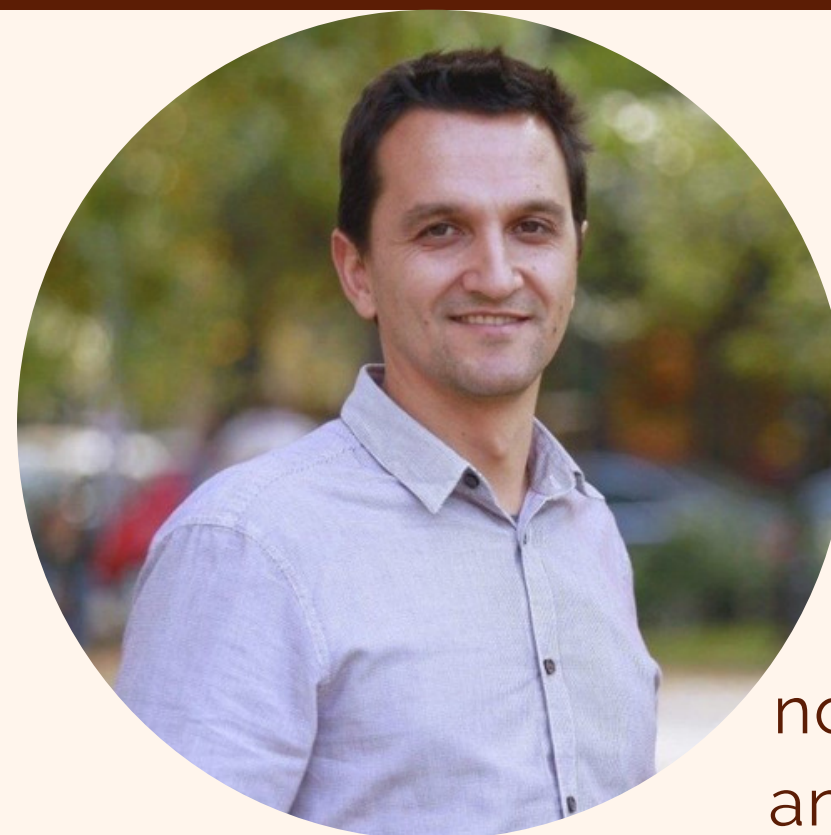
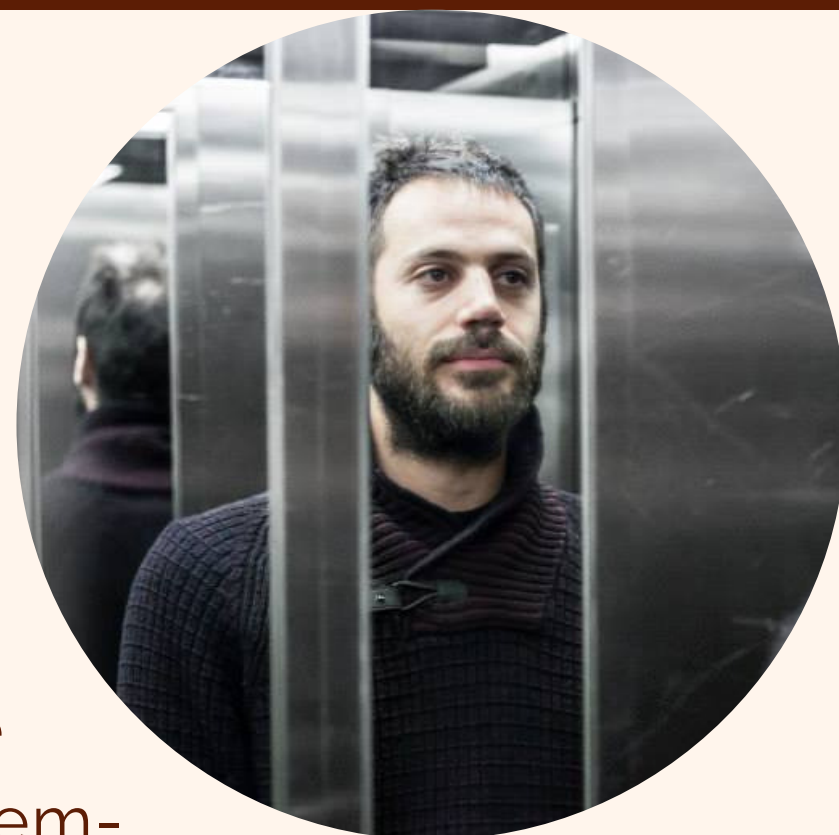
It will include a various meal for everyone with all essential nutritions. Our kitchen team will take **into considerationany specific diets** of the participants, foodintolerances and allergies.

THE TRAINERS

ALEX TSIAMOGLU | TIHOMIR GEORGIEV

*choreographer/dancer/
filmmaker*

Alex has worked with choreographers and dance companies as Sinequanon, Default, 50 Collective, David Zambrano and Lia Tsolaki. He has given workshops on contemporary dance and improvisation classes in Italy, Turkey, Hungary, Spain, Netherlands and Greece. He founded his own company Rough|Cut under which he produces choreographic work and short dance films.



trainer

Tihomir is a certified NLP Practitioner by the NLP Global Training and Consulting Community (R. Dilts). He is a trainer of experiential learning non-formal educational programs and a youth worker, founder of an NGO. Tihomir is in the pool of trainers of the Bulgarian National Agency. He combines and utilizes approaches from NLP, coaching, hypnosis, systemic work and constellations, mind-body work, outdoor, non-formal education and experiential learning.

-SALTO TRAINER PROFILE-

A team of volunteers will assist the trainers, they are people who did one of the previous dance trainings and want to improve their skills further by supporting the participants.

FÖJ-AKTIV e.V.

THE ORGANISERS

FÖJ-AKTIV e.V., founded in 2005 and run by volunteers, is a non-profit organisation which supports the Ecological Voluntary Service (Freiwilliges Ökologisches Jahr - FÖJ) in Germany.

With 3.000 young volunteers (age 16-26) per year it covers places in the field of ecological farming, scientific research, NGO's, environmental education, environmental and nature preservation and protection, experiential learning with kids and youth, community living.

Our organisation supports its members (recent and former FÖJ-volunteers) by personal or financial aid for local, regional and national projects focused on the protection of environment, nature and climate as well as on the promotion of volunteering (FÖJ) and active citizenship and involvement in society.

Our main value is sustainability. Which not only aims for the environmental protection but also sustainability in social and personal aspect.



<https://foej-aktiv.de/>



erasmus@foej.net



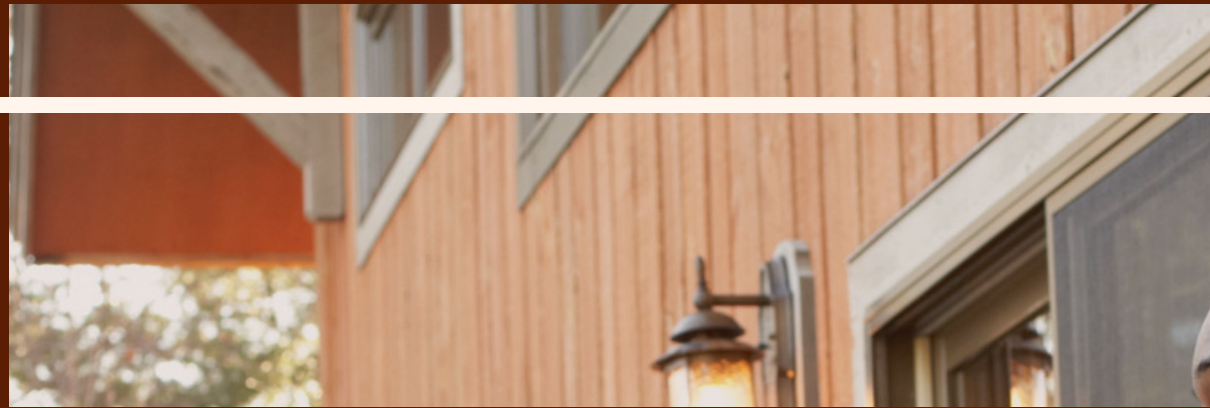
<https://www.facebook.com/foejaktiv/>



<https://twitter.com/foejaktiv>

PARTNER ORGANISATIONS

ORGANISATION	CONTACT	MAX REIMBURSED AMOUNT
FÖJ-AKTIV e.V. Germany	erasmus@foej.net	180 €
Smokynia Foundation Bulgaria	info@smokinya.com	275 €
Synergy LT Lithuania	aringa@synergylt.lt	275 €
Solidarity Mission Greece	training@solidaritymission.org	360 €
ASSITEJ Turkey Turkey	oustuk@gmail.com	360 €
Zig Zag Prin Romania	cosmina@zigzagprinromania.com	275 €
EstYES Estonia	estyes@estyes.ee	275 €
YOUTHub Bulgaria	mnenkova@youthub.bg	275 €
ReCreativity Hungary	anna.sipos1@gmail.com	275 €
Piedzivojuma Gars Latvia	international@piedzivojumagars.lv	275 €



READY TO MOVE?

**APPLY
HERE**



For questions: erasmus@foej.net
Contact person: Mei Ling Chen

