



Compassion in ACTION

Training Course for Youth
Workers

September 21-30, 2021
Adamov, Czech Republic



About the project

Compassion in ACTion is a training course that aims to provide youth workers with an introduction to Social Theatre and Compassionate Listening, for carrying out initiatives and performances that can trigger a change in their local communities. Combining a Compassionate Listening approach and Social Theatre techniques for applying it, this project focuses on promoting Social Change through compassion and empathy.

In Compassion in ACTion we will explore the specific methodologies of Social Theatre and Compassionate Listening:

Social Theatre is an *umbrella term* that includes different types of theatre that are done with the specific aim to have an impact in the community. In Social Theatre the objective is not only to have an artistic result but also to provide a process where communities and social groups can address topics, ideas, and debates that are important for them. Therefore, Social Theatre is not done by professional actors, directors or playwrights, but by the communities themselves, providing a space for exchange, creativity, and reflection.

Compassionate Listening is an approach to listening to oneself and others based on the principles of NVC (Nonviolent Communication), which is a process that combines consciousness and communication developed by Dr. Marshall B. Rosenberg based on historical principles of nonviolence - the natural state of compassion when violence has subsided from the heart. Through its emphasis on deep listening—to ourselves as well as others—it fosters dialogue, respect, attentiveness, and empathy, and engenders a mutual desire to contribute to each other's wellbeing. The principles of NVC have been used worldwide to mediate disputes and conflicts at all levels including war-torn countries, prisons, schools, organisations, health care institutions and in personal relationships.

Including these techniques and approaches in our everyday work, we can together create theatre plays, performances and public interventions that will talk about our target groups, their ideas, opinions, and perspectives in life. Through the empathy and presence that Compassionate Listening brings to our life and the practical embodied techniques of Social Theatre, we can create, together, a safe space that enables young people to perceive themselves, others and the society they live in in a more compassionate way, questioning stereotypes and prejudices and contributing with their own inputs to the social change.

Structure of the project

1st Phase 21st - 30th September 2021 (including travel days) ; Adamov, Czech Republic

Training Course:

In an 8-days program participants will:

- Experience the power of Social Theatre and a Compassion-Based approach themselves.
- Receive practical skills in designing, implementing and facilitating theatrical activities and embodied processes as tools for inclusion and empowerment.
- Adapt the methods to their target groups and create inclusive workshops for them, using the acquired Social Theatre methodologies.
- Create their action plans for the Local Action Phase

2nd Phase - October, November and December 2021 ; each partner country simultaneously:

Local Action Phase:

During the 3 months action phase participants will:

- Come back to their local organizations and put in action the gained knowledge and tools by implementing the workshops created during the 1st phase.
- Practice and improve their facilitation skills in Social Theatre methodologies, getting feedback from their target groups.
- Develop future projects working on social inclusion and empowerment of their target groups with the focus on using Social Theatre methodologies and a Compassion-Based approach.

Learning Outcomes

During the 1st phase, participants will:

- Explore inner tools to connect compassionately with themselves by understanding their own emotions and their shared human needs.
- Learn how to empathically connect with their target groups even under conflict situations.
- Understand principles that will allow them to create spaces of acceptance and authenticity within their target groups.

- Experience Body Awareness and Body Expression sessions that can be applied with their target groups.
- Discover Vocal Warm-Ups and Exercises that they can use for their own healthy use of the voice.
- Understand how to use Community Theatre tools with their target group.
- Know how to create a Social Theatre Workshop for their target group.

During the 2nd phase, participants will:


- Put in action all the acquired knowledge from the first phase.
- Have the practical experience of designing, preparing and facilitating workshops based on Social Theatre and Compassionate Listening.
- Know the process of evaluating and gathering feedback after their own workshops.

TESTIMONIALS

The training course is the 5th edition of a successful series of social theatre programs. Many elements of the program will be similar. From previous experiences, participants stated:

“This program is a great training to go on a wonderful journey through many layers of yourself. The trainers have an awesome program for you to let you experience body expression and social theater in a way that you cannot live without it ever again. You will appreciate your body, health and mind more than ever and will set you in a clear state of awareness to ACT. Moreover you will move and act for a bigger purpose and bring yourself and your community to the next level. You will experience magic for sure.” -Jolien Bouwman, The Netherlands

“This program showed me that magic exists and the power of social theatre. It allowed me to fully trust a group of teenagers and give them the opportunity to explore. I realized that they are the ones who have the power and the ability to create whatever they want. The program in 3 words: Readiness, Empowerment and Creativity.” Melania Forte, Spain



“This program is a possibility to learn body expression and social theater tools that I can use during class meetings and parents meetings to solve individual problems, social problems, community problems against discrimination, intolerance, xenophobia and racism. It was a possibility to become a more open minded person. The program in 3 words: Knowledge, Experience, Inclusion.” Dragana Grujovic, Croatia

“Theatre and body expression are very powerful tools to work on healthy social and self development of youth, and this program is an amazing opportunity to discover them, to try them and to spread them. Furthermore, having the support of the whole team, facilitators, participants, T-Groups, during the 3 phases is a motivation boost! The program in 3 words: Explore, Find, Create.” Belén Fernández, Spain

This Training Program is for you if:

-You are a Youth Worker, Educator, Trainers, Activist and/or Volunteer working directly with **young people on a regular basis**, specially if your target group is considered a minority and/or is at social exclusion risk.

- You are looking for powerful methodologies based on non-formal education methods that can foster dialogue in a compassionate way: NVC and Social Theatre.

-You are **committed** to take part in the **2 phases** of the Training Program: You will be present **in the Training Course** and will commit to implement the **local action** in your community after the Training Course.

-You are **motivated** to fully experience the theatre and movement sessions yourself: You are ready to **be present in all sessions** of the Training. All that counts is your curiosity and enthusiasm, no need to have previous theatrical experience.

-You are prepared to **follow the carefully designed build-up** of the program: Having a committed attitude, **taking care of your physical and mental wellbeing** during the training and **not using alcohol or drugs** during the training.



-You want to develop your facilitation skills on Social Theatre methodologies applied to your target group.

-You are a legal resident of Czech Republic, Spain, Croatia, Estonia, Romania, Greece, France or Italy.

-You are able to work and communicate fluently in English.

-You are over 18 years old.

Program/Methods

This Training Course is based on an **Experiential Learning** approach, being highly participatory and interactive. We will have **an immersive and intensive** program full of experiences, movement and action!

Our Team's approach is based on the **values** of compassion, empathy, authenticity, playfulness and generosity.

In Compassion in ACTION we **co-create our learning experience together**. Your individual learning process will take place in a safe space and in a team-oriented and group-supported environment, guided by our facilitators.

The non-formal education methods that we will use are **Social Theatre Methodologies** (Including Theatre of the Oppressed, Community Theatre, Impro Theatre) and will explore Voice Techniques and Body Work (including Body Awareness and Body Expression); **Compassionate Listening** based on the principles and intention of Marshall Rosenberg's "Nonviolent Communication" approach to compassionate living; together with individual and group reflection and conceptualization processes.

Facilitators/Trainers



Gabriel Vivas Martínez: Gabriel is an actor, trainer, and researcher. He holds a Dramatic Art Degree, an MA in Artistic, Literature and Cultural Studies from the Autonomous University of Madrid and a MA in Applied Theatre, Drama for the Community and Drama Education from The Royal Central School of Speech and Drama - University of London. He has wide experience facilitating Social Theatre projects with young people with ASD and cognitive disabilities, migrants, refugees

and LGBTQ+ young people in countries such as Italy, Romania, China, Malta, South Africa, Spain, and the UK. He works as a freelancer trainer of Youth Workers, using inclusive theatrical tools and body expression for Human Rights education across Europe. He is currently researching and writing his PhD project on Applied Theatre, Gender Performativity and Social Intervention at the Royal Central School of Speech and Drama - University of London, and is working as an University lecturer in the same institution.

<https://www.cssd.ac.uk/student-profiles/gabriel-vivas-martinez-ba-hons-ma>

Jordan Herreros: Jordan is a facilitator with experience in designing and facilitating experiential learning programmes for youth and youth workers in Spain, Estonia, Hungary, Czech Republic, Romania, The Netherlands, United Kingdom, Greece, Liechtenstein, France and Sweden. His mission and passion is to create contexts where meaningful insights and profound connections can happen - spaces where we are welcome and accepted as we are. His work is based on a Person-Centered approach combined with the principles of NVC and embodied & mindfulness practices, and he trusts the body as the gate that leads us to connection - with ourselves and others.



SALTO Profile: <http://trainers.salto-youth.net/JordanHerreros/>

Accommodation

The training course is residential, therefore during the training you will live together with all the other participants in a group accommodation at the ecocentre Svycarna (<http://svycarna.eu/>) that is situated 3km from the town of Adamov. The area is called Moravian Karst, which is one of the most important karst area of Central Europe. It is in a remote area in a beautiful nature which provides peace and perfect conditions for calming one's mind, concentrating and creating connections with others. You will be sharing rooms in smaller groups of people (3-6); there are shared showers and toilets. The accommodation is very simple; you will be taking part in light housework such as daily cleaning, dish washing, etc. The house will be self-managed by the group. It is part of our educational approach, as it encourages community spirit, responsibility and sharing. The accommodation facility is not wheelchair accessible. The food provided during the program will be a healthy, compassionate and environmentally conscious diet: a delicious plant-based diet (with dairy options). We will have meals 3 times a day prepared by our cooks; smaller coffee breaks will be available during the day. Alcohol is not allowed in the venue, and in order to allow space for connection with yourself and with the ones around you and for meaningful learnings to happen, we encourage you not to consume alcohol at all during 8-days program.

The food provided during the program will be a healthy, compassionate and environmentally conscious diet: a delicious plant-based diet (with dairy options).

Financial arrangements

Participant's contribution is 50€ per person to be paid upon arrival.

(If you cannot afford to pay the contribution, contact us and we will discuss individual agreements.)

This training course is co-financed by the Erasmus+ programme. Accommodation, food, programme and travel costs up to the maximum amount are fully covered.

TRAVEL COSTS REIMBURSEMENT CONDITIONS

We will be able to reimburse your travel costs fully if:

- you travel the most cost-efficient way
- you arrive to the Czech Republic 21st September 2021 and leave 30th September 2021

- you provide all the originals of travel documents (invoices, tickets, boarding passes)
- you complete and sign a Reimbursement form
- you spend less than the maximum rate of the Erasmus+ programme (see the chart below)
- you are a full-time training participant

Country	Max Reimbursement
Czech Republic	20 EUR
Spain	275 EUR
Croatia	180 EUR
Estonia	275 EUR
Romania	275 EUR
Greece	275 EUR
France	275 EUR
Italy	275 EUR

Timeframe of the project

Applications deadline: August 16, 2021

Selection results: ongoing selection: August 20, 2021

Confirmation by participants and booking of travel tickets: August 27, 2021

Phase 1:

Arrival day: 21st September 2021 (after 5pm dinner is served at 7pm)

The meeting of participants is September 21 at 5 pm at the main train station in Brno (Czech Republic). From there we will move together to Švýcárna in Adamov where the training will take place.

Start of the program: 22nd September 2021 at 10.00 am

End of the program: 29th September 2021 at 08.00 pm

Departure day: 30th September 2021 before 10.00 am

How to apply

Fill in the application form [here](#), latest by August 16 at 11pm.

Before applying take into account that you need to work with a local group of young people for the Local Action Phase of the program. In case you are currently not working directly on a daily basis with young people at a Local Level, you can contact your sending organization and find a way cooperate with their target group during Local Action Phase:

Country	Organization	Contact
Czech Republic	Hnutí Brontosaurus	international@brontosaurus.cz
Spain	Dinamica	dinamica.asociacion@gmail.com
Croatia	Drustvo osoba s invaliditetom	doi.ada.rovinj@gmail.com
Estonia	MTÜ Risti-Rästi	ristirasti.estonia@gmail.com
Romania	Asociația Ciubul pentru Protecția Naturii și Turism Brașov	contact@cpnt.ro
Greece	UNITED SOCIETIES OF BALKANS	placements@usbngo.gr
France	3PA	petra@3paformation.fr
Italy	ASSOCIAZIONE TRA ARTISTI CIRIDI'	info@ciridi.com



Contact details

If you have any questions, feel free to contact our Project Coordinator: Veronika Vlačuhová at international@brontosaurus.cz

This training course has been co-funded by the **Erasmus+** Program. If you would like to find out more about the program, please visit:

http://eacea.ec.europa.eu/erasmus-plus_en