



ART KRUH



# Dragon ART 11 - 20 April 2022

a way to harmonize youth art communities



TRAINING COURSE  
IN ESTONIA

# Project description. Aim. Objectives



## Main aim:

-To give tools to youthworkers who use **ARTS** in their practices to explore and try out a new way to understanding of and a systemic approach to community building and learning processes in a group in a way that will let the group exist for a long time and constantly develop sustainably by introducing them to **Dragon Dreaming system** (DD for short).

## Objectives:

- to develop skills and get knowledge related to providing effective youth work and training activities with special emphasis on using arts and building sustainable community.
- to create an international network of youth workers with common aims who use arts in their activities and are willing to share knowledge with each other
- to exchange youth work methods that use arts
- to provide youthworkers with tools for reflection that use art as a mediator.
- to introduce participants to DD system using practical exercises that involve working in groups, body work, creative thinking and implementation of arts. At the end of the project participants will have created their own arts project in small groups following steps of DD system.
- To find partners from local organizations who work with youth using arts, introduce them to DD and create a community, that will be used for future cooperation for development of DD system
- To provide participants with various exercises supporting development of emotional intelligence (EQ) for further youth work using arts

# Project description. Aim. Objectives

This training is precisely organized to share with participants the knowledge, skills and attitudes that make up competences. First level is knowledge of DD structure, philosophy and **tools linked to the use of artistic methods**. Second skills in use of DD methodology and its tools. Last but not least training is challenging participants attitudes and offering new holistic view called **win-win-win games** (personal win, societal win, global win). Our sessions are going to be very specific on one topic at a time but also connect to previously discussed ones to build a clear structure of what we are doing and how we are exploring the bigger topic of a project. At first we will focus on community having an overview on **life circles of a community** (dreaming, planning, doing and celebration), which include creation of one collective dream or idea (inclusion of all individual dreams/ideas), techniques of transforming the initial dream or idea into the structured plan (karabirrdt), how to set the objectives, how to move from plan to work (doing), **charismatic communication** but also final evaluation, review and celebration of results (positive or negative). And later we are going to try out those learned skills in practice as for the result of the project participants will be organised in groups where they will have to **create an art presentation** that could take any form but will happen in Viljandi, Estonia. As **this project is for art communities** regardless of what form art they specialise in, the art presentation can be an installation, street art, street performance or any other form that participants will choose in a group. The expected participant should have a group with whom he or she works constantly as we are going to focus on community building and it important that person when coming back to his work after the project could implement learned tools right away. We also expect that participant has skills for teaching his or her art form and is currently in need for a structure not to organise art education but make sure that the youngsters develop together as a group and develop community bulding with them.

## FOR WHOM IS THIS PROJECT?

youth workers, trainers, art educators, artists working with the groups, community builders...



# MAIN TRAINERS



Marian & Martin



ART KRUH

External trainers Martin Gavalier and Marian Mazag from Slovakkia are bringing **decades of experience** with trainings, community work and the methodology. They are very active in youthwork on local level as well as European level and especially with the E+ programme - they together have organised many youth exchange and training courses. They always bring in the metaphor of community building being similar to gardening - both **need care, time and open mind**. Their style of work is very flexible as they always follow permaculture's motto - first observation and only then comes the action. This makes them unique trainers as they will suit every activity to participants specifically and help us on this **journey through art to community bulding**



Marek & Janika & Andrei

Marek Koppel, a specialist in communication and community building with years of experience in lecturing at big companies, He has trained business companies in **community building** and always found positive feedback for what he is doing, we believe that his training for communication will be one of the fundamental blocks for our project, he combines his speciality in **psychology** and years of working with non violent communication.

Janika Koppel, founder of Flying Cow theatre, she will lead activities concerning **physical expression**. She will have more supporting role in trainers team as she is going to provide physical excersises that suit the topic of the session, she is also going to help with **artistic presentation** for the end of the project when participants will be working in groups for the conclusive activity in Viljandi.

Andrei Bandurevski will be responsible for making this project go as smooth as possible. Come to him with any question and most probably he will give an answer or at least make a serious and confident face so you'll be reassured that everything goes as planned! He comes armed with years of organizational experience to tackle any little happy accident on the way!

# SUPPORTING TRAINERS // ORGANIZERS



# Outcomes

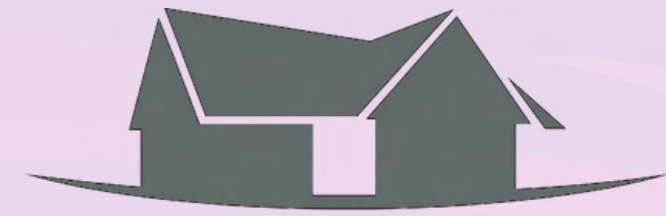
The specific competences that participants will have acquired or developed by the end of the project are following - participants will have: **1.** learned of their personal and group-related sources of **blockages in self-expression** and experience the effects of blockage in awareness of their bodily experience and their emotional state, this will allow them to relate to youngsters in a way, as we all have blockage that do not allow us further community building just we have different limits and exploring one personal limit is start to understanding the group limits. **2.** we will find out how our win-lose culture automatically produces tearing apart of art communities as a result of **fear, distrust and wish to be the best**, and discover how this automatically loops the cycle of win-lose. **3.** discover psychologically, neurologically and anthropologically the sources of the separation upon which the further community building is not possible. **4.** learn of the different kinds of difficulties that occur as a result in the different phases and process stages of Dragon Dreaming, and discovered **how to overcome** them. **5.** find ways to **transcend the conflicts** generated in unbalanced community and be able to use this energy creatively in themselves individually, between themselves and the group, within groups and in taking group projects out to the world, thus pinpointing the conflicts source from that society changing projects might be born. We expect that by developing those competences participants will have **enough tools to focus on community building** during their classes without leaving the area specific knowledge aside. Thus uniting both important aspects of working with a group.

Another major impact that we want to make with this project is **integrating arts into youthwork** and giving art educators a structure to help youngsters to reflect on key competences without it feeling as a burden and something boring but showing them the art and game in those processes. We hope that after the project more people will be interested in arts as a tool for youthwork and implement it in their practice using elements of Dragon Dreaming for **balance between artistic freedom and structure of non-formal education**.



# Venue

The venue is Männiku metsatalu near Viljandi, Estonia. It is a forested settlement where different eco-friendly projects take place. The venue is chosen specifically to help youthworkers to disconnect from hectic world and to plunge into the peace and tranquility of nature. This will also help us with bringing attention into the body for better connection with oneself and others.



**Männiku Metsatalu**





# Viljandi & Tallinn

The nearest town to the venue is Viljandi – it is considered to be one of the most artistic places in the whole Estonia – it also carries the name of cultural capital of Estonia – street artists from all over Europe come here for festivals and projects – we love the place. During the project we will have our art projects there...you'll get the vibe!



Tallinn – capital of Estonia and the biggest city in the country. Famous for its old town, narrow streets and unforgettable atmosphere. During the project we will spend a whole day there thus giving you a chance to fall in love with Tallinn!



# About us

## Theatre "Flying cow"

"...A man without a dream is like a cow without its wings..."

Our main goal is to encourage children and youngsters to study the basics of harmony in development of personality, community around them and the world that they live in, to prepare them for the challenges they may face in the course of their life, to value honesty and desire for self development and a better world.





# Accomodation

We will be living in a traditional Estonian house (but surely made warmer and safer). Rooms ranging from 2 to 4 beds per room. The rooms are equipped with toilet, shower, wardrobe and a table as well as nice windows which provide a mystical scenery to the nature - beware of full moons!





# Travel costs

COUNTRY	TRAVEL REIMBURSEMENT
<b>Estonia</b> (from Tallinn to Viljandi)	<b>180 EUR</b>
<b>Latvia</b>	<b>180 EUR</b>
<b>Slovakia</b>	<b>275 EUR</b>
<b>Austria</b>	<b>275 EUR</b>
<b>Bulgaria</b>	<b>275 EUR</b>
<b>Spain</b>	<b>360 EUR</b>

## Costs:

All costs connected with training, traveling (see the limits), food and accommodation are funded by Erasmus + program. **Voluntary participant's fee** is added in a range between 40€ and 100€ according to participants possibility to support our mission. Fee **should not** be an obstacle for attending training.



# COVID CORNER

--briefly--

## >for everyone<

Up to 3 days before arriving you have to complete the questionnaire - <https://iseteenindus.terviseamet.ee/> - switch to English in the upper right corner of the screen, log in with your email and the questionnaire will be sent to you via email.

## >Vaxxed<

It seems that the situation right now is a complicated one for those who are not vaccinated. But first, if you are vaccinated or have had Covid during the last 6 months, well then all you need is to show upon arrival your vaccination pass or positive test result not older than 180 days.

## >not vaxxed not<

If you are not vaccinated nor had Covid, then, for now, you'll have to self isolate for 7 days.

--extended--

## >not vaxxed not<

Why for now? Because Estonian government posts every Friday a list of countries and divides them into 3 categories: green (where infection rates are below 75 per 100 000 inh.), yellow (75-200 per...) and red (above 200 per...). People arriving from green countries don't have to stay in quarantine, ones arriving from yellow countries need to show negative test results and if you come from red country - only isolation. See table on the next page.

## >Vaxxed<

What document should you present to prove your vaccination? Estonia recognizes those vaccinations that are recognized by the country of origin. Suitable for proving vaccination: • an immunisation passport, a copy of it or a relevant certificate (including a digital COVID-19 vaccination certificate that meets the EU requirements); • an officially certified printout from a database of another country; • a paper immunization passport that a health care service provider can provide upon request; The document proving vaccination in another country must be in Latin or Slavic alphabet, in Estonian, Russian or English and contain the following information: • the disease against which the immunization was done; • the date of immunization; • the vaccine medicinal product that was used; • how many doses have been administered to the person; • the data of the issuer of the certificate

How can I prove the fact that I have had Covid in the last 6 months? People who have recovered from the disease in another country have to present an officially authorized certificate (that can also be a printout from another country's database) or an extract of a treatment document in Latin or Slavic alphabet, in Estonian, Russian or English. A positive antibodies test is not sufficient to prove recovery. The presented document must contain the following information: • personal data; • the time of recovery; • the clinical basis for being declared healthy; • if testing was done: the methodology of the analysis; its result; the time and place of doing the test; the performer of the test and their information. You can find more information on <https://kriis.ee/en/travelling-crossing-state-border/travelling-estonia/coming-estonia>



data from  
16.01.2022  
check current  
status - [click](#)

Vaccinated persons /  
persons who have  
previously been infected  
with the COVID-19  
disease. From all  
countries

Persons who are not  
vaccinated/ who have not  
preiously been infected  
from countries with  
infection rate < 75.1<sup>3</sup>

Persons who are not  
vaccinated/ who have not  
preiously been infected from  
countries with infection rate  
75,1-200<sup>3</sup>

Persons who are not  
vaccinated/ who have not  
preiously been infected from  
countries with infection rate  
over 200<sup>3</sup>

Negative test  
certificate  
requirement

No

No

If you submit a negative test  
certificate upon entering the  
country, you are no longer  
required to self-isolate.

No

Testing  
requirement on  
entry / after entry

No

No

After entering the country,  
testing relieves the self-  
isolation requirement if the  
test is negative. It is  
obligatory to self-isolate until  
the test result comes in.

No

7-day self-  
isolation  
requirement

No

No

Yes

Yes

1. Andorra 6827,5
2. Austria 818,43
3. Belgium 2 021,32
4. Bulgaria 644,74
5. Croatia 1 682,80
6. Czechia 773,92
7. Cyprus 5 571,59
8. Denmark 4 076,60
9. Finland 1 665,94
10. France 4 223,05
11. Germany 644,14
12. Greece 4 099,51
13. Hungary 535,27
14. Iceland 4 331,92
15. Ireland 4 912,62
16. Italy 2 298,71
17. Latvia 860,73
18. Liechtenstein 2 000,15
19. Lithuania 1 657,10
20. Luxembourg 2 615,20
21. Malta 2 535,16
22. Monaco 1531,4
23. Netherlands 1 599,58
24. Norway 1 326,37
25. Poland 437,65
26. Portugal 3 631,19
27. Romania 227,63
28. San Marino 4918,3
29. Slovakia 699,94
30. Slovenia 1 742,82
31. Spain 2 989,18
32. Sweden 1 778,38
33. Switzerland 3211,0
34. United Kingdom 3407,2



# APPLY & CONTACT

Apply by filling in this [FORM](#)  
*click it click it click it (but don't lick it).*

*..us// Write us // call us //us..*

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