

FINDING YOUR VOICE

7TH - 14TH JUNE 2022

IN THE DARK SKY TOWN
OF MOFFAT, SCOTLAND

UK



ERASMUS +
TRAINING COURSE.
KAI MOBILITY OF
YOUTH WORKERS

POLBETH
COMMUNITY
HUB



CALL FOR PARTICIPANTS!

We invite you to join us and sing your heart out!

Finding Your Voice is a 7-day residential training course brought to you by Polbeth Community HUB. The training course aims to explore using one's voice through singing and other vocal methods as a platform for youth participation and activism.

Finding Your Voice will explore the benefits of singing both as a youth tool and methodology. Participants will develop a great understanding of how to utilise singing and vocal expression to build self-confidence, positive self-esteem, teamwork, problem solving, and cultural expression. Participants will have the opportunity to dive into the power and influence of the 'protest song'. Understanding how we can use singing and vocal expression as an opportunity to promote our, and young people's, democratic and political voice. Developing you into competent youth workers, who can work with a range of young people coming from different backgrounds relating to them all as individuals, and safely and securely teaching them how to find their VOICE!



Please don't worry if you feel like you don't have a "nice singing voice" or think you "can't sing". You can! It's part of being human! We welcome all applications and are not basing our selection of participants on singing ability. We want to hear your VOICE!

Finding Your Voice will take place in Scotland, UK, in the dark sky town of Moffat, which is 50 miles south of Edinburgh. The venue is The Well Road Centre, a large Victorian building, which was once a boarding school, and now hosts trainings, events, youth groups and other events. The training runs from the 7th-14th June 2022 with participants from **ITALY, GREECE, SPAIN, HUNGARY, CZECH REPUBLIC, IRELAND, and the UK.**





Finding Your Voice

Objectives

- **Discover the pleasure of singing and using your own voice.**
- **Explore the power of using your own voice to express thoughts, emotions, feelings and intentions.**
- **Understand how singing can be used as a personal development tool helping to increase self-esteem and perception.**
- **Explore how singing can be used to encourage active listening, cooperation, and dialogue in our work with young people.**
- **Define through the dynamics of singing a positive approach towards leadership and development of skills.**
- **Identify approaches to dialogue, political change, active citizenship, and the conveyance of messages through song that can support our youth work.**



Project Context

Young people have been exposed to constant stories about division, war, climate change, and a global pandemic. But yet, young people have actively participated in social protest and hoped for a better tomorrow. We are living through a historical moment in which the traditional concept of youth work is going through much needed change, and new educational methods are being explored. The concept of singing and vocal expression as a method to discover a young person's voice, is a non-formal gateway in which young people will become agents of change in their local communities and, using Apps such as Tik Tok they can now reach a global audience. Movements such as Black Lives Matter, has highlighted the importance of exploring youth participation and political education and we believe vocal expression is a much-needed tool in achieving this!

Recent studies have found that singing may have evolved as a tool for social living, and that the pleasure that comes from singing together is our evolutionary reward for coming together cooperatively. Research highlights the positive effects music has on individuals and how young people who take part in musical and artistic activities are more prone to take part in community and become active citizens. The project wants to create a space where opinions and practices

are openly shared for those who work in the youth field. Participants will have an experience that can be analysed and explored to understand the different possibilities of utilizing singing as a youth work tool, to create more politically and socially involved young people. The connection between music and politics is present in numerous cultures. Starting with the "singing revolution" of countries such as the Baltic's to the anti-establishment punk of the 70s. More recently, Childish Gambino's 'This is America'. The methods of this training course will be mixed, and we will focus on modern ways in which young people are expressing their voice such as Tik Tok, Instagram, youtube etc. Overall, Finding Your Voice will promote youth work that encourages young people to become a powerful voice in their local communities.





TRAINING TEAM

Buzz Bury (UK)

www.buzzbury.co.uk



Mafalda Morganti (Italy)

www.salto-youth.net/tools/toy/mafalda-morganti

Antonella Talamonti (Italy)

www.teatrodellorsa.com/la-compagnia/antonella-talamonti

Breigen Brown (UK)

Our training team are highly skilled individuals with a vast amount of experience delivering training courses. Each member of the team has unique and educational experiences working in the youth field that will positively transfer over with the context of 'Finding Your Voice'.



Accommodation

The training course will take place in Moffat, a small town 50 miles south of Edinburgh. Moffat takes the title of Europe's very first Dark Sky Town, having adopted special street lighting to keep light pollution to a minimum to preserve the great starry skies above the area.



The venue is The Well Road Centre (www.wellroadcentre.com). The accommodation will be in shared rooms of between 4 and 10 people. Showers and toilets are shared. Linen will be provided, but you must bring your own towel. The course is a residential, so we will stay together in the venue for the whole time. Our group will be responsible for living together during the course. This is a normal part of our educational approach and encourages community spirit, responsibility and sharing. Everyday tasks will

be shared by participants, as part of the community living experience.



3 meals per day will be provided with snacks, coffee, tea etc. We have a fantastic chef (Brett) who will bring you the most delicious food! He even makes his own ICE CREAM! Please note all meals provided will be vegetarian.

If you want to have some leisure time you can take 2 days before. OR after the course for your own plans (2 days in total), and still be eligible for a travel reimbursement. Please note Erasmus has informed us that the 14th will count as a travel day as participants will be leaving in the morning.

We cannot reimburse travel outside of this limitation. Any accommodation costs for those extra days will be fully up to you.

We will give more detailed information about travel, reimbursement etc once you have a place on the course.

WE ARE VERY SORRY TO SAY THAT THE VENUE IS NOT ACCESSIBLE. There is no elevator, and all accommodation is on the 1st and 2nd floors, accessed



only by stairs. We were unable to secure an accessible venue, and we apologise for this.

ATTENDANCE FOR THE WHOLE COURSE - FROM THE 4th-12th MAY - IS ONE OF THE BASIC CONDITIONS FOR PARTICIPATION, SO PLEASE ARRANGE YOUR TRAVEL TO BE THERE ON TIME. IN CASE OF ANY COMPLICATIONS, PLEASE LET US KNOW AS SOON AS POSSIBLE.



Application

The ideal participants taking part in the activity are youth workers, teachers, social workers, volunteers, and young people all aged 18 plus. The project will have individuals coming to the training that are motivated and willing to transfer the knowledge they learn on the exchange into their work or on to their peers.

PLEASE APPLY HERE:

<https://www.salto-youth.net/tools/european-training-calendar/training/finding-your-voice.10118/>

If you have any questions or need any help please contact Breigen Brown at **Erasmus-Admin@polbeth.org**

The course is co-funded through the Erasmus+ European programme. We can reimburse only the cheapest transportation possible and only public transport, and only standard or 2nd class fares. We cannot reimburse any Taxis or Private Cars.

For the reimbursements, we will need:

1. An invoice with the itinerary of your trip including the names of the passengers and, very important, the price of the ticket. Usually, all this information is available on the e-tickets for flights or on the confirmation email.

2. All your original travel tickets and receipts (train and bus tickets) which you wish to have reimbursed. We cannot provide reimbursement without the original documents, so it will be your responsibility to take good care of them.

3. All boarding passes. This can be original printed boarding passes, or any mobile passes, printed out.

4. All exchange rates for the project are set by Erasmus+ and any calculations to Euros will follow the of official set project rates.

The following list is the maximum allowed per person for a full return (2-way) journey, and we will not refund more than this.

UK – €70

Czech Republic - €275

Greece - €360

Hungary - €275

Ireland - €180

Italy - €275

Spain - €275

Please Note: what matters when choosing the country of your application is the country of your residence - from where will you travel, not your nationality!



Course Fee

As participation fee, each participant will be asked to contribute according to their possibilities between £60 to £100 depending on what each participant can afford. The Erasmus+ funding does not fully cover the course. We work with the venue, training team, project coordinator and ourselves to provide subsidised rates for this course. This, along with your contribution of the above fees, and the time and effort put in by our partner organisations for free, allow this course to take

place and all act as co-funding of this project. If this is a barrier to your participation, please get in contact with Breigen at Erasmus-admin@polbeth.org.



Covid-19

The U.K. national agency will not refund any costs due to Covid, including all flights and travel costs. Please fully ensure your own travel as we will not be able to reimburse any missed flights.

We will follow the Scottish Governments Covid guidelines during the training course.

Please check the entry requirements that you must follow to enter Scotland due to Covid-19.



Partner Organisations

- MUOVIMENTO SOCIETA COOPERATIVA SOCIALE
- YES (Young Educational Spirit)
- ASOCIACION VIAJE A LA SOSTENIBILIDAD
- Ökoszolgálat Alapítvány
- VICE VERSA CZ ZS

