



# Rooted Wings

Erasmus+ Training course

12 - 21 July 2023  
Centro Didattico Valpore - Italy

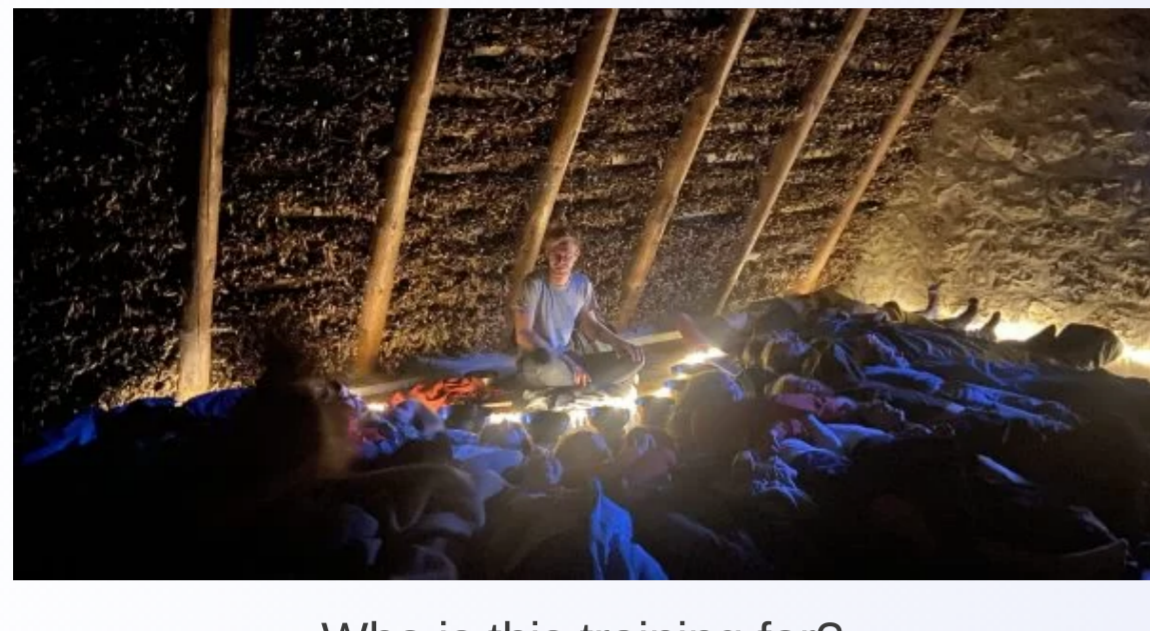
## Rooted Wings

Rooted Wings is an 8-day training program for youth workers, trainers, educators, for people who cares for others. Organized by Marga Pura, the course is designed to help participants develop the skills and knowledge needed to promote emotional well-being in themselves and others.

In recent years, many people have experienced fear, instability, and uncertainty about the future, and some have even suffered from anxiety or depression. These feelings can be difficult to share, especially when we're not sure how to express ourselves.

Rooted Wings aims to break this cycle by providing participants with the tools they need to communicate empathetically and manage their emotions. Through a series of experiences and practices, participants will learn to recognize, accept, recognize their feelings and manage their behaviour, leading to a better understanding of others and creating a stronger connection with the people they care for.

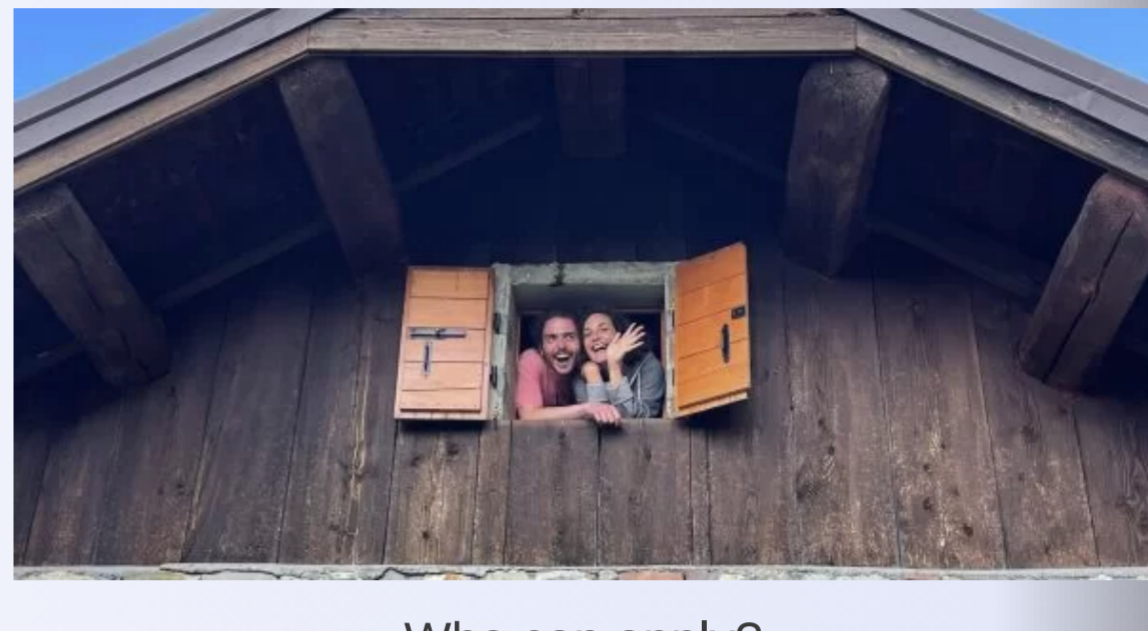
The course will help participants approach potential stressors in their professional and personal lives with a different perspective. By promoting emotional stability, awareness, and empathy, Rooted Wings will empower participants to become agents of change in their communities and contribute to a fairer, more compassionate, and inclusive society.



### Who is this training for?

This training is designed for youth workers, trainers, educators, NGO leaders, and more generally for people who are willing to:

- be and learn in Nature
- spend time outdoor, no matter the weather!
- spend one week within a tiny community of participants who take care of their common space and time
- explore and experiment with body based methods, movement, dance, contact improvisation, playfight, creative expression
- gather new tools and inspirations for their work and activities with youngsters
- learn through dance and movement, dance and move through learning



### Who can apply?

We aim to have an overall of 28 participants from Italy, Slovenia, Czech Republic, Spain, Romania, Poland, Latvia & Greece.

Participants must be over 18 and have a communicative level of English language, so they can participate fully in the program.

We expect you to participate in the whole program. It means coming later or leaving earlier is not allowed. Also prepare for an intensive experience with at least 6 hours of program every day!

## The Goals

- Share movement techniques and practices of communication and interaction equipped through body expression as a tool for mental and physical health.
- Create a stimulating, friendly, and safe environment for participants to explore the topic of conscious movement, awareness, and creative expression in youth work.
- Share mindfulness practices (principles, meditations) for mental health.
- Know, examine, and become familiar with emotions, their importance, and influence in life.
- Enhance the importance of empathy in education and communication.
- Understand the connection between thoughts, words, feelings, emotions, and behaviors.
- Understand how our minds operate, how they are affected, and how we can control them.

## Methodologies

- Nature based activities
- Somatic and kinesthetic learning, holistic based education and body expression
- Balance, imbalance and dynamic in relational movement: Contact Improvisation
- Primal and playful energy: Playfight
- Argentine tango: from walking to dancing in close embrace.
- Butoh techniques and somatic psychotherapy to explore inner state of body and mind

## The expected results

We aim to acquire the following skills and knowledge:

- Creating empathetic relationships with young people.
- Identifying and acknowledging emotions, working with them instead of suppressing them.
- Recognizing and expressing personal needs and promoting the same for others.
- Expanding the sphere of physical and mental wellness and personal energy by positively and regularly challenging our comfort zones.
- Sharing all the tools, methods, and approaches learned during the training course with other target groups.

## PRACTICALITIES

Before applying please read carefully all this information

### WHEN

Arrival day is 12th of July, departure will be the 21th.

### VENUE

The training will be hosted at "Centro didattico ambientale Valpore". Valpore is a self-catering holiday home located in a stunning location: a promontory at an altitude of 1276 meters on the northern slope of Monte Grappa, in the municipality of Seren del Grappa (Belluno).

Valpore website: <https://valpore.org/>

### ACCOMMODATION

Valpore is a place of great beauty, nature, and simplicity. The rooms are essential, warm, and clean, with bunk beds and not much space for else. There is the option to sleep in tents (some will be provided by us, but you can bring your own). Participants must bring their sleeping bags (or sheets) and a pillowcase. Phone connection around the house is limited if not absent. You can get it by hiking 15 minutes uphill.

Wi-Fi: we might get a hotspot a few hours per day gently granted by the keepers, but let's not take it for granted.

If these little discomforts don't scare you, you will be able to fully enjoy the reward this place, the program, and the chef will offer.

## TRAVEL AND REIMBURSEMENT

The travel costs of the participants will be refunded after the training course usually within 6 - 8 weeks (after participants send all their travel documents and fulfill closing tasks for the project including dissemination).

We highly encourage and support participants in planning Green travel (train, carpooling, bus).

Maximum amounts:

- Slovenia: 180€
- Latvia, Greece: 275€
- Czech Republic, Romania, Poland: 275€ (320€ if Green travel)
- Spain: 275 (mainland) / 360€ (Canary Islands)

## FOOD

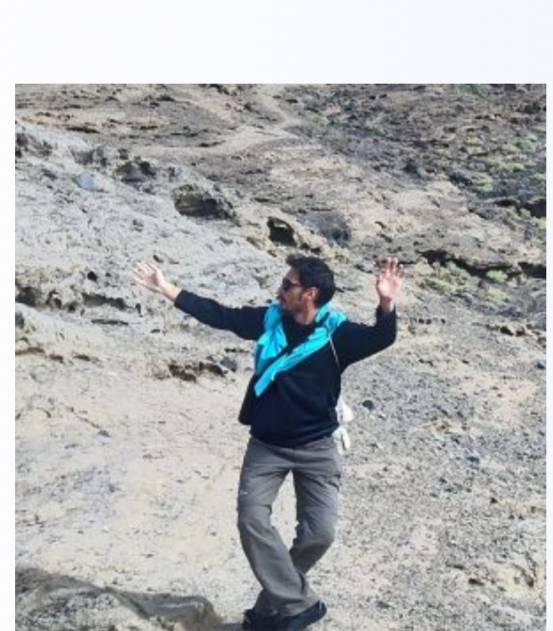
The delicious food will be vegan/vegetarian, prepared with love and care by our cooks.

To provide and keep a safe and focused atmosphere for everybody we invite you to agree with an alcohol/drugs-free policy during the whole training course.

## COSTS

Participation contribution: we offer the opportunity to self-assess your contribution on a sliding scale between 90 - 150 euro (to be paid in cash upon arrival). Considering the participation in 8 full days of activities, please choose an amount that responds to your possibilities and that matches the values of balance and reciprocity.

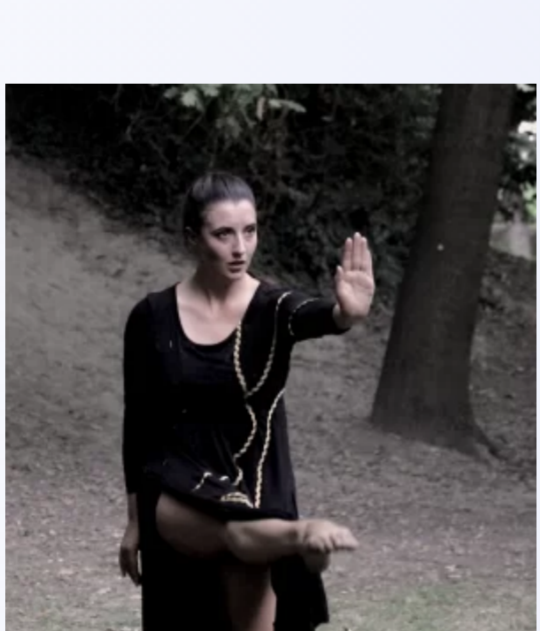
## TEAM OF TRAINERS AND TEACHERS



**Antonio Cargnello**

### TRAINER

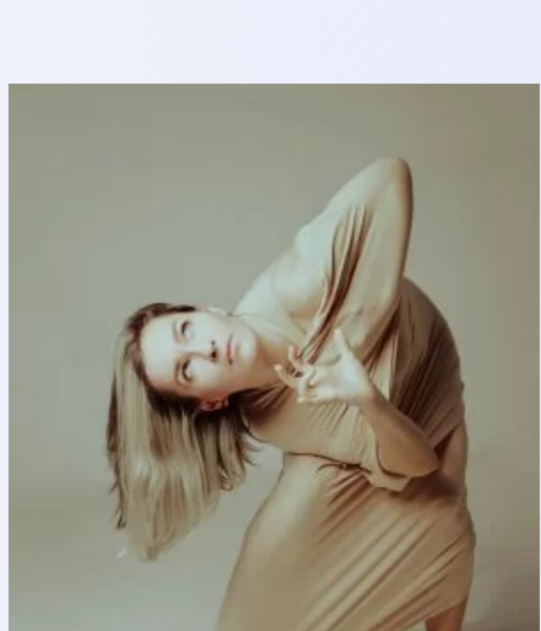
Antonio is a passionate trainer who loves to craft experiences for self-development, group awareness, creative expression, and pursuit of wise and joyful freedom. He facilitates workshops for teenagers, students, youth workers, and adults, using and mixing his expertise and experiences from theatrical improvisation, contemporary dance, marial arts, and contact improvisation.



**Gemma Paganelli**

### GUEST TEACHER

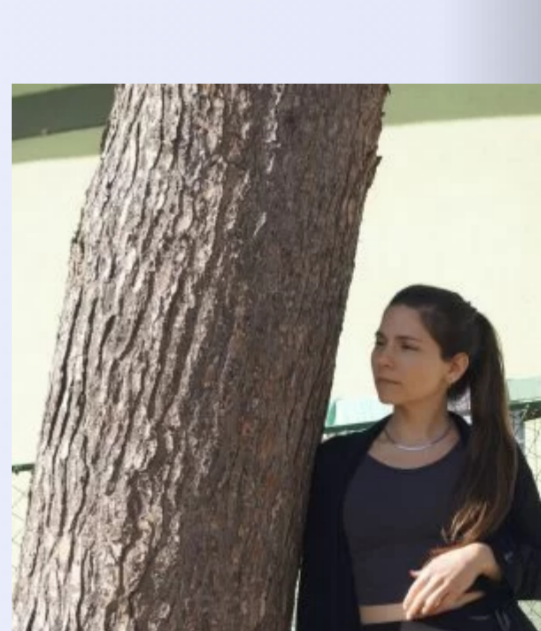
Gemma's guide leads into a combination of layers through dance, meditation, introspection, and pedagogy, combining physical and mental disciplines. With a background in contemporary dance and a passion for personal growth, Gemma interprets embodiment as a creative ongoing process that inspires positive change, self-discovery, contact, and transformation.



**Maria Ri Shirotzuki**

### GUEST TEACHER

Maria has been working as a Performer, Dance Teacher, Choreographer, Youth Theatre Group Leader, Music Video Director and Choreographer, Functional Workout and Stretching Trainer. During the last 5 years she has been exploring Butoh, psychology, somatic psychotherapy, life coaching and life scripts by taking various educational courses and personal therapy.

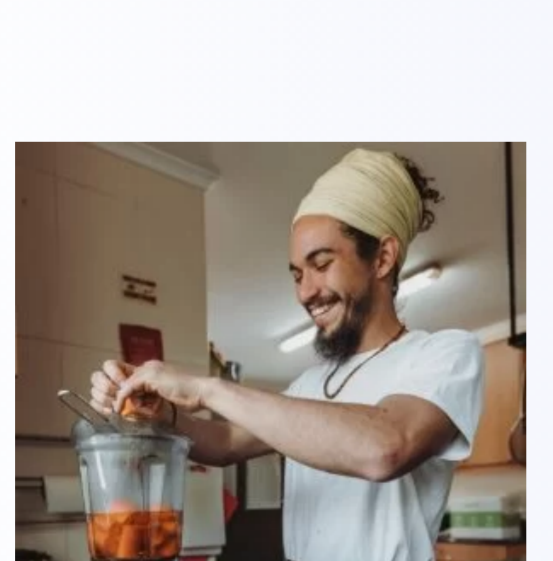


**Georgia Sotiropulu**

### GUEST TEACHER

Georgia is a dancer of argentine tango, facilitator, trainer, and project manager in Erasmus+ youth projects since 2014. In her practices, she combines approaches and tools from argentine tango and non-formal learning to explore the fields of emotional discovery, connection, and expression through body movement. She loves the sea, traveling, and sharing emotions and experiences with others.

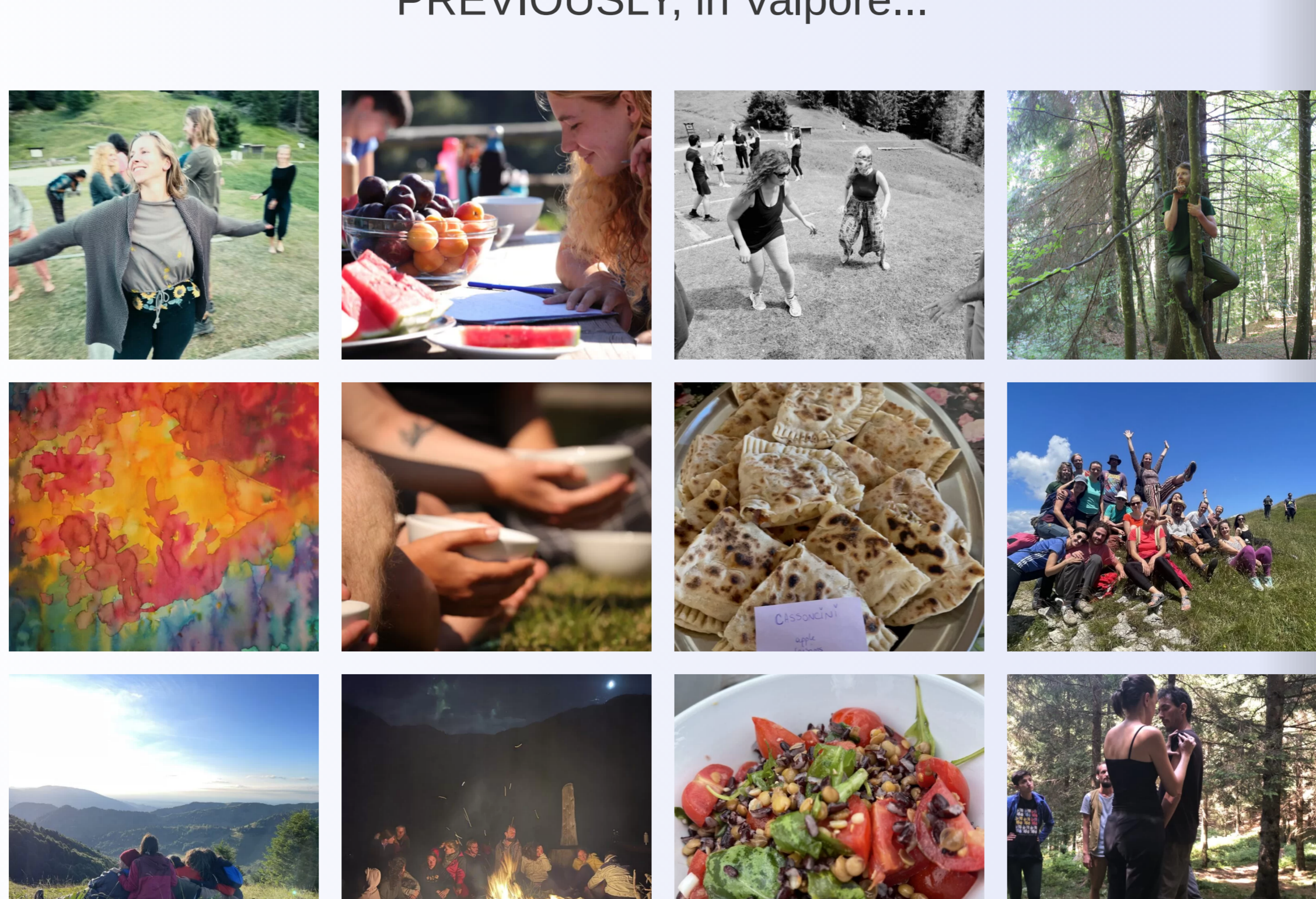
## THE CHEF & THE FOOD



**Rafael Seva**

Born and raised in the Brazilian Amazon region, has been studying and working in the areas of vegetarian cooking, natural therapies, and holistic health for more than 10 years. In 2017 he moves to Portugal and starts a Kundalini Yoga teacher formation at the Ashram Guru Ram Das, moving there after a while and leading the kitchen of the ashram with the cooking team Dharti Prasad. He has the experience of cooking for a spiritual community as well as for groups and events in Portugal and other countries, integrating nutrition and flavor, enjoyment and consciousness work through serving plant-based food.

## PREVIOUSLY, in Valpore...



THE DEADLINE FOR APPLICATIONS IS APRIL 22. RESULTS WILL THEN BE ANNOUNCED WITHIN 10 DAYS

[APPLY HERE](#)

For further information or questions: [info@teatroinvisible.it](mailto:info@teatroinvisible.it)