

## CALL FOR PARTICIPANTS

# SYNC IN!

## Cooperative music for inclusive youth participation

ERASMUS+ TRAINING COURSE  
Val di Chy (Valchiusella)  
Piedmont, Italy  
22 - 28 July 2024



# WHAT IS SYNC IN!?

**SYNC IN!** is a 7-day residential training course promoted by AUDRA APS for actual and aspirant youth workers from Italy, Poland, Serbia, France, Spain, Sweden, Denmark, Lithuania and Finland. The main focus of the training is **cooperative music and community singing** as tools for fostering **inclusion**, particularly among **young people facing marginalization** and social isolation.

## TOPICS AND METHODS

- Circlesinging
- Collaborative Vocal Improvisation
- Community choir
- Body Percussion
- Drum Circle
- Cooperation games
- Community building practices

## CONTENT

During the course, facilitators will impart participants with both theoretical foundations on **music as an inclusive and cooperative practice** and practical tools on **circular and body music**. The latter is intended as a musical practice that doesn't rely on conventional instruments but instead utilizes the body itself as an instrument, through vocalization, singing, rhythmic-percussive movement, or, if necessary, using percussion instruments crafted from recycled materials.

The methodologies and experiences explored are rooted in a **cooperative approach to music**, emphasizing the active and collaborative participation of those involved. The proposed activities promote individual initiative and **creativity**, which simultaneously serve the community and common goals. The central focus of the training activities lies in specific **choral singing and improvisation practices, including Collaborative Vocal Improvisation – CVI, Circlesinging, Community Choirs, and Body Percussion**.

These practices are renowned for their **accessibility** to individuals without musical training at all levels. They are effective as **social binders**, fostering **teamwork** and **community building**. These characteristics make these practices suitable for **diverse youth contexts** (rural and urban, local and international, small and large groups, etc.) and for **non-formal education** processes. They also serve as embodied practices for processing themes of high emotional impact, such as the current climate crisis, social inequality, migration issues, among others.



# FACILITATORS

## **GIULIA ATTANASIO | Terra dei Canti | [www.terradeicanti.it](http://www.terradeicanti.it)**

Giulia Attanasio is a facilitator, singer, community song leader and music researcher focused on embodied voice-work, Collaborative Vocal Improvisation, Circlesinging, and traditional choral music. In 2017, she founded Terra dei Canti project to explore and promote the importance of choral singing as a tool for community building, team work and personal well-being. Since 2019, she leads an inter-generational and international community choir in Valchiusella with a repertoire spanning various world traditions. While organizing and facilitating training sessions for up to 40 participants, engaging both youth and adults, she promoted and hosted over a hundred in-person and online events, in partnership with municipalities, cultural associations and both national and international entities, in rural and urban areas, as well as within various Erasmus+ training programs.



## **MAURO FACCIOLI | Musica come Pratica Sociale | [www.maurofaccioli.com](http://www.maurofaccioli.com)**

Mauro is a community music facilitator, a trainer, percussionist, drummer, and singer-songwriter. He leads rhythm and music workshops in schools and special needs centers, and serves as a skilled facilitator for social and corporate Circle Music. With a focus on theater for children and youth, Mauro is also an explorer of social facilitation and Nonviolent Communication (NVC). His project, "Music as Social Practice," centers on circular music—an organic, practical, and inclusive experience fostering individual expression, personal and group well-being, and mutual listening. Including practices like drum circles, body percussion, circle singing, musical games, and dances, this harmonious journey enhances self-awareness and teamwork, culminating in collective creation.



## **SILVIA RIBERO, ANGIE ROTTENSTEINER | Biloura | [www.biloura.com](http://www.biloura.com)**

BILOURA, an intercultural collective founded in 2013, operates with a g-local approach bridging Italy and the global stage. Comprising diverse artists, it pioneers innovation in scenic languages and activism. BILOURA's performances, workshops, and projects are showcased internationally, embodying a commitment to cultural diversity and overcoming barriers.

Through collective processes, BILOURA creates art that goes beyond labels and metaphysical constraints, anchored in Cross Culture Performing Arts. Their unique poetics seeks to unite humanity by transcending differences and cultural boundaries.

Addressing political, social, and environmental issues, BILOURA tailors its artistic language to resonate with contemporary audiences, fostering connections beyond linguistic and cultural disparities.





## VENUE

The training will take place in **Valchiusella**, a small valley in the **Italian Alps**, located 60 km north of the city of Turin (Italy), in the Piedmont region. The valley, with its rich and cherished natural environment typical of these mountainous regions, stands out from the surrounding areas due to a significant increase in the returning population. This influx has led to a cultural and artistic **revitalization of the region**.

The activities will be conducted at the **community center** in the **municipality of Val di Chy**. The local community center is equipped with a rehearsal room featuring a wooden floor and central heating, exclusively reserved for use during the training. Additionally, there is a very spacious courtyard and bathrooms.

The **municipal theater** will also be available for activities, furnished with a stage, lighting, and sound system.

A portion of the activities, such as the final performance, will take place in **natural settings** along some of the municipality's nature trails and the Chiusella river.

In close proximity to the community center, a **community-managed hostel** will accommodate both participants and facilitators.



## HOW TO REACH THE VENUE

### TORINO



TRAIN ([TRENITALIA.COM](http://TRENITALIA.COM))

### IVREA



SYNC IN! BUS

### VAL DI CHY (VALCHIUSELLA)



# TRAVEL AND COSTS

Arrival day is Sunday 21th of July after 14:00. Departure day is Monday 29th of July after breakfast. **You need to be able to attend to the full duration of the activity in order to participate.**

This project is co-funded by the Erasmus+ programme of the EU, which means that **travel and participation costs are covered**. Participants will have to buy their tickets in advance and will be reimbursed after the activity. If this arrangement is an obstacle to your participation, please let us know. The tickets will be reimbursed up to a maximum amount that depends on the country where the travel starts. To be eligible as a participant, your country of departure and arrival have to be the same. Participants are asked to contribute with a **Participant's Contribution of 20€** to be paid in cash on arrival at the training venue, for **insurance costs**.

## MAXIMUM REFUNDABLE AMOUNTS

Finland: 535 EUR (395 if not green travel)

Italy between 10 and 99 km: 56 EUR

Italy between 100 and 499 km: 285 EUR

All other countries: 417 EUR

## GREEN TRAVEL

To reduce the project's environmental footprint, **all participants will be asked to avoid flying for travelling to and from the training. Please make sure that you are comfortable with this condition if you apply. For special needs and exceptions please write to the organizers.**

Participants from Poland, Serbia, France and Spain will also be refunded for the costs of a maximum 1 overnight stay that they need to spend while travelling each way. Only for participants from Sweden, Denmark, Lithuania and Finland the maximum number of nights will be 2 each way (4 in total). You will need to provide a proof of payment (tickets, etc.) and the maximum amount is 60€ per extra night. Food expenses along the way are covered up to a maximum of 10€ per day within the limits of your travel days.

**IMPORTANT!** Please note that this measure is not intended to support holidays or other detours before or after the training, and that the amount spent will be refunded only if it is part of a coherent travel plan coming from and going back to your place of residence.



## HOW TO APPLY?

If you are an actual or aspirant youth worker from Italy, Poland, Serbia, France, Spain, Sweden, Denmark, Lithuania and Finland would like to join SYNC IN! training course, please fill in the following application form by **Sunday 15th of June, 2024.**

<https://forms.gle/dJWnCJrroyiG17nt9>

**NO AGE LIMITS.**

Participants' selection will be based upon the information that you share with us in the questionnaire and consultation with the project's partner organisations.

## LEAD ORGANIZATION

### AUDRA APS

The newly established association arises from the experience of the founding group in the fields of **agroecology, facilitation, global citizenship education, music, and the arts.** The Association draws inspiration from a **systemic view of life** based on complexity thinking, regenerative cultures, deep ecology, and intersectional feminism. It advocates for community building, participation, active global citizenship education, social and climate justice, food sovereignty, and a shift in narratives on gender and migration issues.

The tools at its disposal encompass group facilitation, youth work, community music, social theatre, participatory cinema, art and creativity, serving both **social and therapeutic purposes.**

## IN SYNC! IS PROMOTED BY

AUDRA APS (ITALY)

BILOURA A.P.S. ITALY E.T.S. (ITALY)

ÄNGSBACKA KURSGÅRD EKONOMISK FÖRENING (SWEDEN)

FORENINGEN MAKVÄRKET (DENMARK)

KURIEN EKOKYLÄYHDISTYS RY (FINLAND)

VS ASITAKA (LITHUANIA)

FUNDACIA ICAD (POLAND)

EDUCATIONAL CENTER - KRUSEVAC (SERBIA)

ECOFAIRLY (FRANCE)

CREANDO FLORESTA (SPAIN)

