



Call for participants to a Training course

23 of September - 2 of October 2024

Dear Partners and Friends!

We are pleased to invite you to participate in Training course dedicated to sustainable societal development and the theatrical method.

Title: "Sustainability as an attitude towards oneself, others, and the world"

- Estonia, Tallinn - Viljandi
- Main meeting:

Training course:

- **23 of September - 2 of October 2024** (10 days **including travel days**)
- Youth workers, theatre studio educators, climate activists working, eco communities
- 4-5 participants from each country

The main theme of the project is to direct and foster the thinking of youth workers and young people towards understanding sustainability in relation to themselves, their surroundings, and the world. The theatrical method will help creatively and imaginatively immerse participants in this process. It will provide an opportunity not only to intellectually explore this topic but also to practically engage with it on a sensory level, by role-playing real-life situations or participating in physical exercises. We will conduct the training using the **Dragon Dreaming system**

The primary goal is to bridge the gap between youth workers utilizing theatrical methods and those focusing on environmental conservation and climate change activism. By bringing these two groups together, the project seeks to cultivate a shared understanding of sustainability as a multifaceted concept encompassing personal, social, and environmental dimensions. Specific objectives of the training program include:

- Equipping youth workers with the necessary skills and knowledge to effectively engage young people in sustainable thinking and action through theatrical methods. This involves providing training on innovative approaches and practical tools for incorporating sustainability principles into youth work practices. - Fostering collaboration between youth workers and organizations dedicated to youth development and environmental activism. By facilitating networking opportunities and shared learning experiences, the project aims to strengthen partnerships and encourage collaborative initiatives.

- Exploring the intersection between theatre and sustainability to develop innovative approaches for engaging youth in sustainable practices. Through interactive workshops and discussions, participants will explore how theatrical methods can be utilized as powerful tools for promoting sustainability awareness and action.

- Empowering youth workers to become agents of change in their communities by integrating sustainability principles into their youth work practices. The training program will focus on building leadership skills and providing participants with practical strategies for implementing sustainable initiatives within their respective communities.

- Gaining skills and knowledge in providing effective youth work and training activities, with a special emphasis on the Dragon Dreaming project methodology. Participants will receive training on facilitation techniques, group dynamics, and project management to enhance their capacity to lead impactful youth programs.

- Providing participants with a variety of exercises and tasks that promote personal and social growth. Through experiential learning activities, participants will have the opportunity to develop essential life skills such as communication, teamwork, and problem-solving, while also fostering empathy and cultural sensitivity.

- Overall, the project aims to empower youth workers with the tools, resources, and collaborative networks needed to effectively engage young people in sustainable thinking and action, ultimately fostering positive social and environmental change within their communities.

Our Partner Countries:

Greece



Slovakia



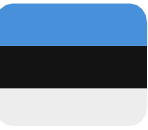
Portugal



Italy



Estonia



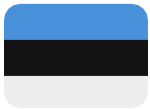
TRAINERS:

- **Martin Gavalier (Slovakia)**



Director of ARTKRUH Martin Gavalier has 12 years of experience as a coordinator of volunteering programmes, youth exchanges and in organizing and facilitating plenty of workshops, seminars and trainings in the name of Artkruh. He has several diplomas in non-formal education and related fields (arts, crafts, permaculture). Martin also focuses at facilitating group processes and is certified lecturer of Dragon Dreaming and Community Building methodologies.

- **Janika Koppel (Estonia)**



Founder of "Flying Cow" theatre (Estonia, Tallinn), 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.

- Other trainers and organisers will be announced later.

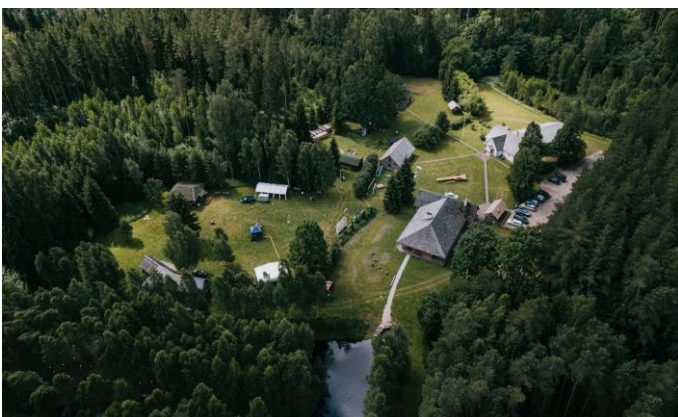
ACCOMODATION and VENUE

The project **funded through Erasmus+**. We will not charge you or your participants anything in order to take part and will refund travel costs at maximum regarding to the EU distance bands.

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!



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.



REIMBURSEMENT

The project **funded through Erasmus+**. We will not charge you or your participants anything in order to take part and will refund travel costs at maximum regarding to the EU distance bands.

More infos on that can be found below this tekst and in the Erasmus+ programme guide. Travel budget calculation is based on the distance between your starting point and the venue of the Program.

We are kindly asking you to choose the ecologically and economically friendly means of transport, if possible. Sustainable means of transport (**green travel**) is defined as the travel that uses lowemissions means of transport for the main part of the travel, such as **bus, train or carpooling**.

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR

Further Rules regarding the booking of the tickets and reimbursement:

- Only the cheapest tickets will be reimbursed. We will not cover tickets with the deviation from the direct route (A - B - A), extra unnecessary stops and layovers. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, priority boarding fees, local bus baggage, handwritten tickets or bianco nota bills.
 - We can't cover travel agencies' fees. Travel agencies invoices for the tickets won't be accepted for reimbursement.
 - We can't reimburse taxi; only public transport and carpooling will be covered.

The travel reimbursement will be done by bank transfers only, after you return home and send us the ORIGINAL boarding passes and tickets (and after you submit/send us the filled in evaluation forms of the training course).

"Be the change you wanna see in the world"

Mahadma Gandhi

Please, if you are interested in participating, complete the application form via the link below **no later than August 1/2024:**

<https://forms.gle/TW9z82Lh7LNoZHe87>

For planning your travel you are directed to contact the project team by using the mail address.

Janika Koppel is the person in charge of logistics of the project.

If you have any questions, don't hesitate to contact us

Janika Koppel
NGO Theatre "Flying cow"

"A man without a dream as a cow without wings"

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