

Youth Act Poland

IMPRO DRAMA

Training of Trainers
Theatre methodology for youth empowerment

21 - 31.10.2024 Dobczyce, Poland

4.0



infopack





About



The Improdrama 4.0 is a training course for youth workers, educators and teachers (in the form of training of trainers) who would like to develop their trainers competencies in using the non-formal education methods for youth education and youth empowerment.

Dates: 21 - 31.10.2024

Place: Dobczyce, Poland

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**IMPRO
DRAMA**

4.0





About Erasmus+

Erasmus+ is the European Union program for education, training, youth and sport. Programme aims to modernise education, training and youth work across Europe. It offers exciting opportunities for participants to then study, work, volunteer, learn and train abroad in Europe.



**Co-funded by
the European Union**

<https://erasmus-plus.ec.europa.eu/about-erasmus/what-is-erasmus>

<https://www.youtube.com/watch?v=ykwdEaRQXW4>

Organisation is working at local level promoting the NFE in the local schools and implementing there workshops for youth development and discoveries their passions and talents. Organisation is working with youth in the local community providing them access to workshops and international activities based on NFE. Through the workshops we are supporting development of their competences and understanding thier strenghts, discovering thier passions and talents.

Organisation is using diverse non-formal educational approaches as theatre activities (improv, british drama, physical theatre), sewing, upcycling, Game Based Learning, eduLARP and developing the workshops about active citizenship, youth empowerment, social inclusion, entrepreneurship, ecology, discovering the talents and passions, human rights, tolerance, intercultural learning, fighting against radicalism, increasing the employability.

Youth Act Poland



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Website



YT channel



Instagram



Youth Act Poland



ACT

Our Goal



Our goal is to promote the nonformal education its methodology, tools and approaches for youth education, supporting the youth empowerment and increasing the engagement of young people in their classes or educational activities and increase the efficiency of their learning process.

Our idea to reach this goal is to continuously provide the training opportunities for youth educators, youth workers and teachers in field of non-formal education, and it's diverse methodology.

Up to this point our organisation have developed 11 international projects promoting NFE which provided 17 trainings for youth workers and educators.



Aim



Aim

The project IMPRODRAMA 4.0 aims to promote and integrate theatrical methodology as nonformal educational methodology for youth empowerment in youth organisation, schools and universities.



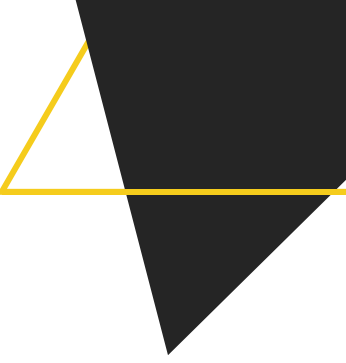
Objectives

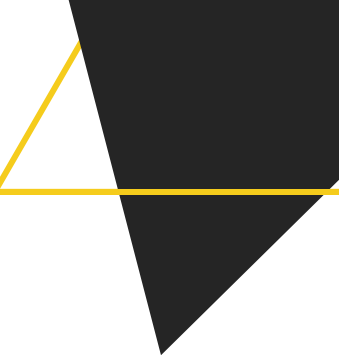


- Developing competences of participants in use of theatre methodology as non-formal education tools for youth empowerment
- Developing competences of participant in using theatre methodology especially physical theatre, mime theatre and visual theatre
- Introducing to participants the values and principles of experiential learning as nonformal education approach for youth empowerment
- Providing the possibility to create, develop, implement and improve the educational activities for youth empowerment based on theatre methodology
- Discussing and developing the ways of integration the theatre methodology as non-formal education activities to the formal education system.
- Increasing the soft skills, language skills and competences of participants.
- Promoting social inclusion, solidarity, tolerance and intercultural dialogue.
- Promoting the Erasmus+ programme and Youthpass as recognition of competences gained during the NFE activities.

Participant's profile

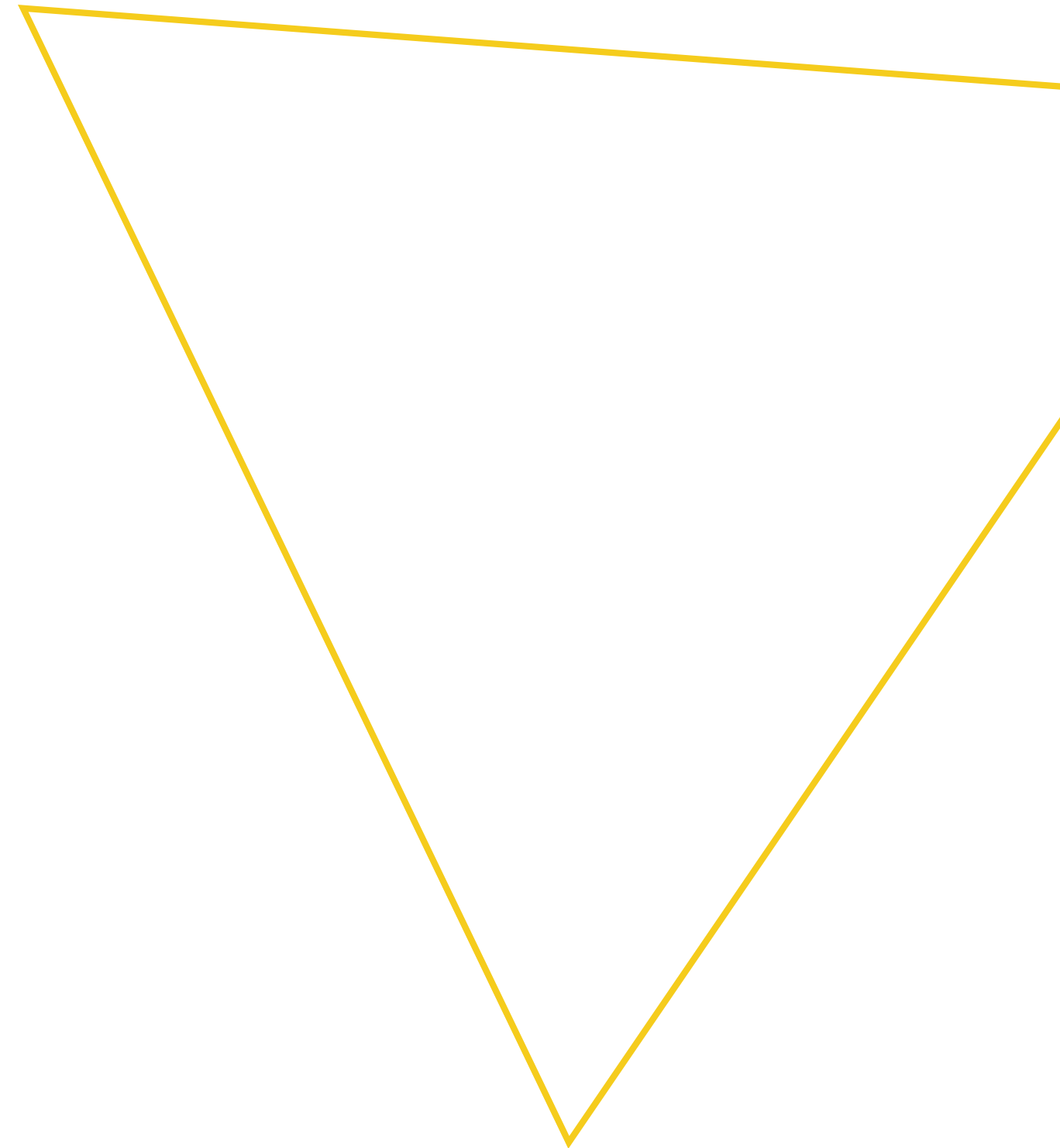
People interested in becoming trainer or facilitator.
Youth workers, youth educators, leaders or teachers.
Communicative level of English.
Age limit minimum 20 years old.
Motivation to experience NFE methodology.
Motivation to take active part in all workshops during the activity.
Willing to promote the project during all phases via social media.
Willing to make the follow-up activities.

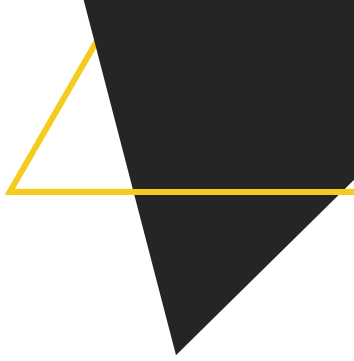




Methodology

During the training participants will take part in the workshops based on non-formal educational methodology as working in pairs, groups, brainstorming, reflecting, performing, acting, team building, self-reflection, group reflections, role-play. Four main methodology of the training would be: improv, theatre activities, mime and physical theatre, visual theatre.

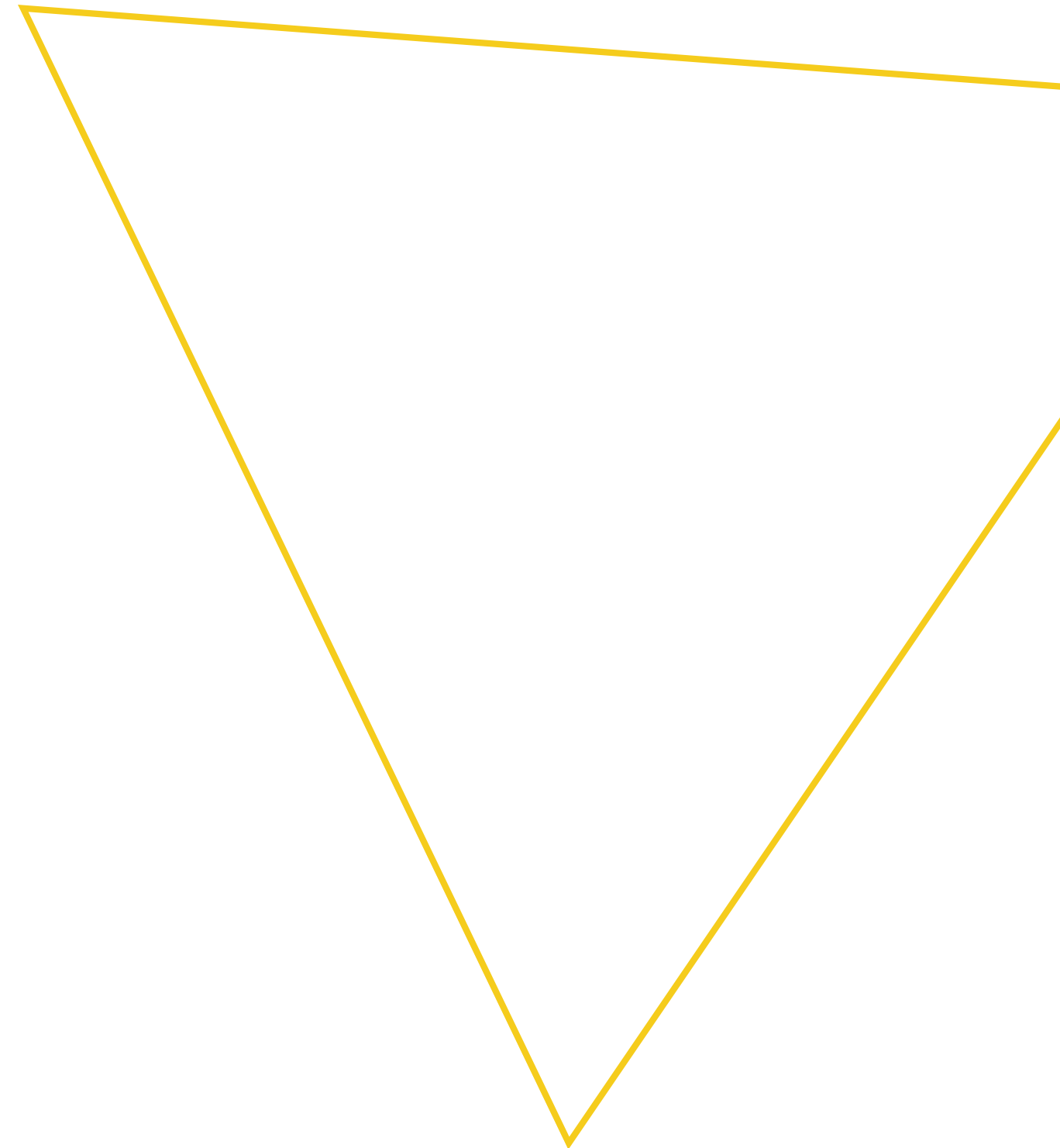


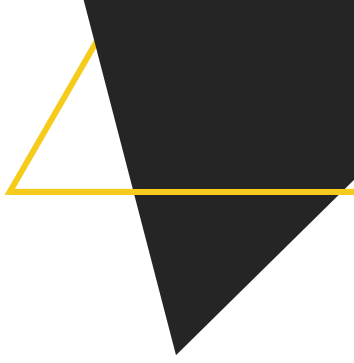


Improv

Improv so improvisation theatre is a type of theatre play where actors are playing without any script, simply improvising all the play from the sketch. There are different types and forms of improv (short games, scenes, long games). The actors can play for a few minutes can make a full long performance for 60 minutes or more including different characters, places etc.

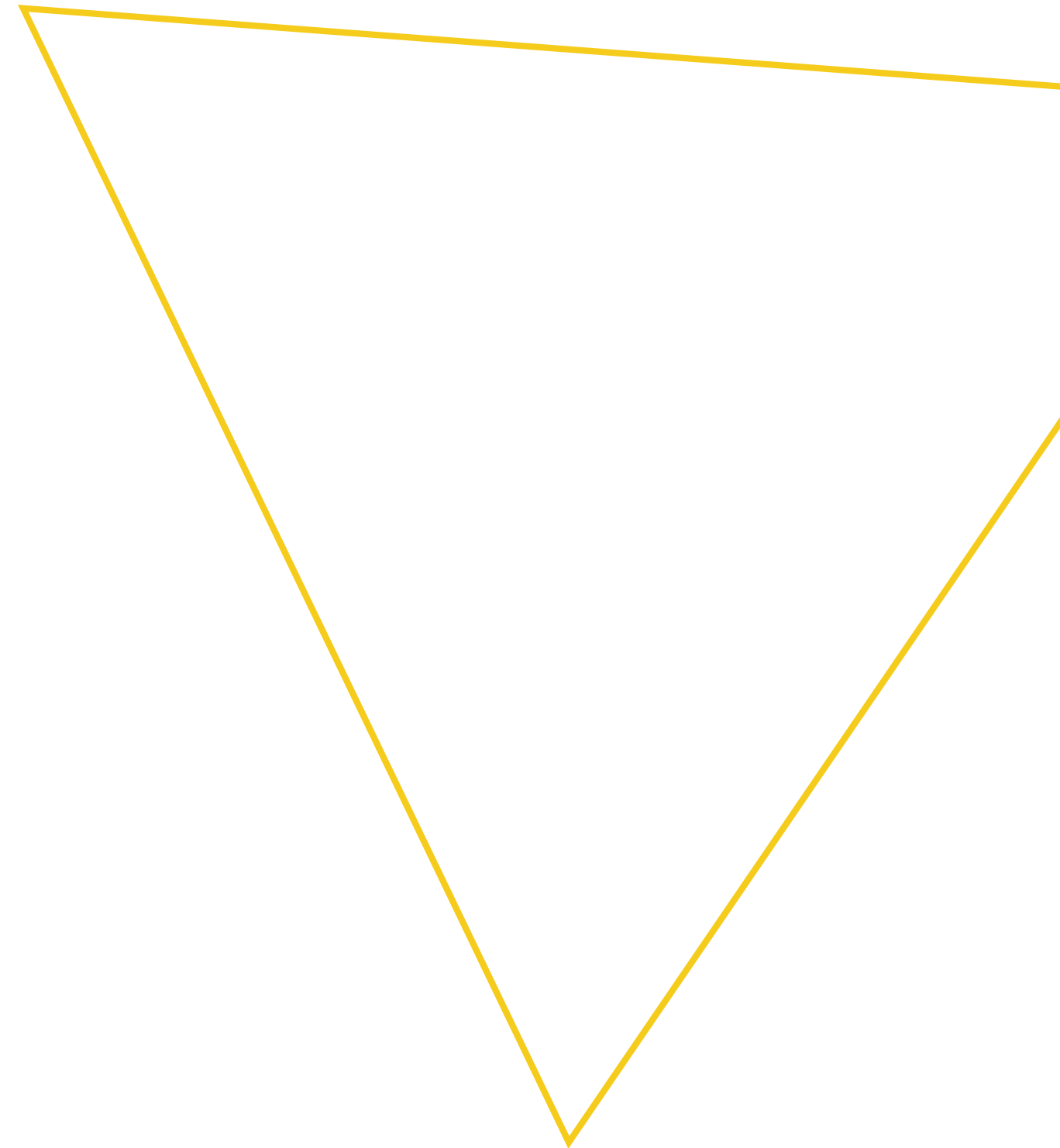
Improv is based on accepting what is happening around, taking care of partner and being involved more and more in the action. This background of the improv is a great base to teach about active citizenship and empower youth to take their chance and develop their ideas in real life.

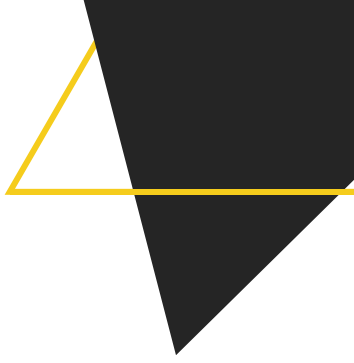




Theatre

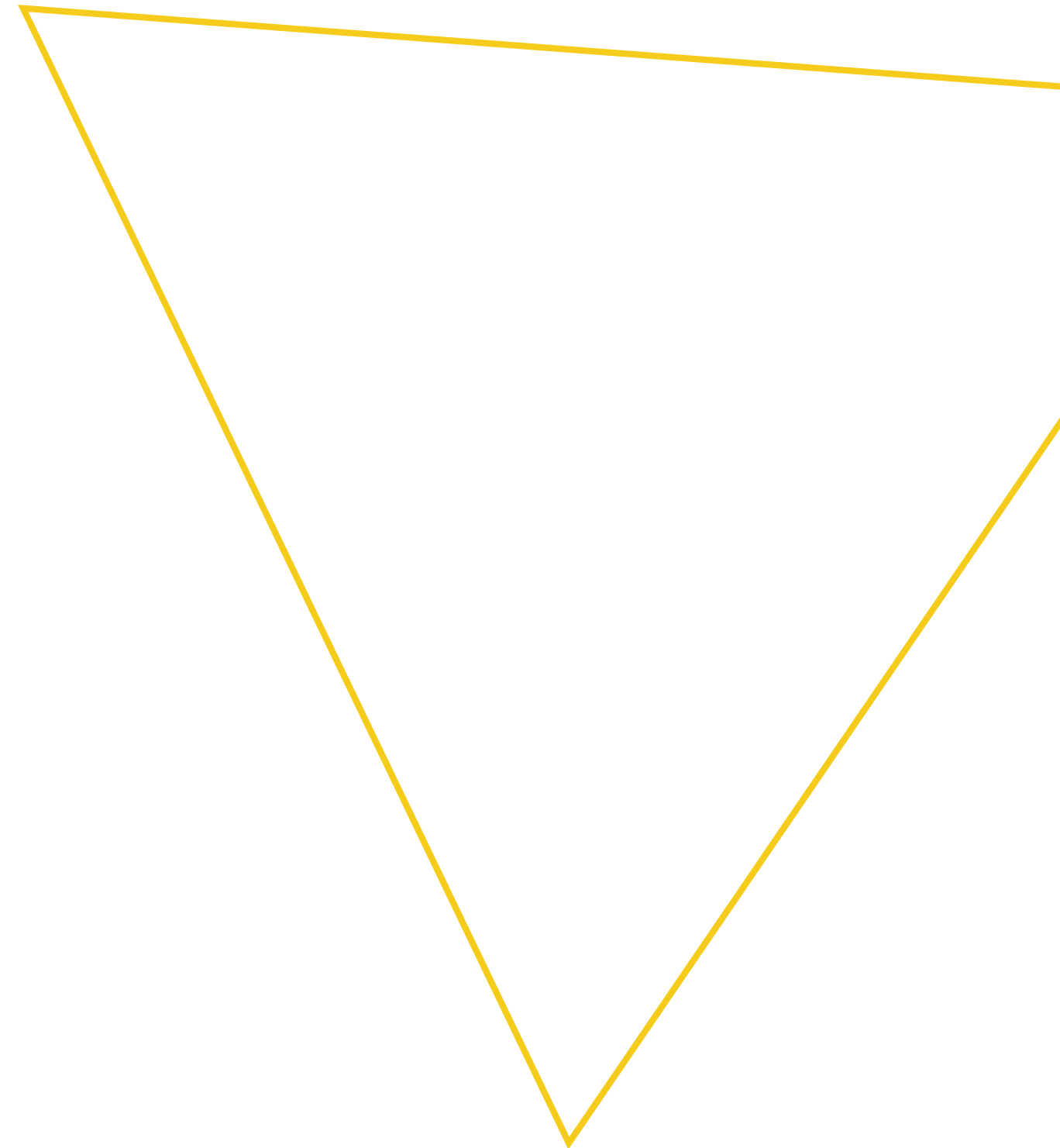
Theatre activities focusing on acting developing new character, new stories, sharing the emotions, expressing emotions and feeling through the movement and expression. Developing sense of power and the choice to act and to create the act, as empowering the participants to take active role in the creating process.

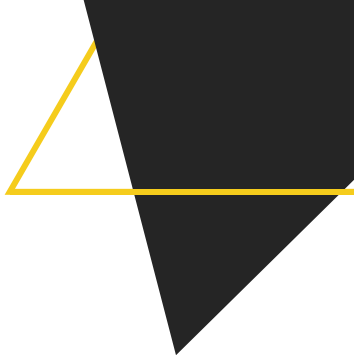




Physical theatre and mime

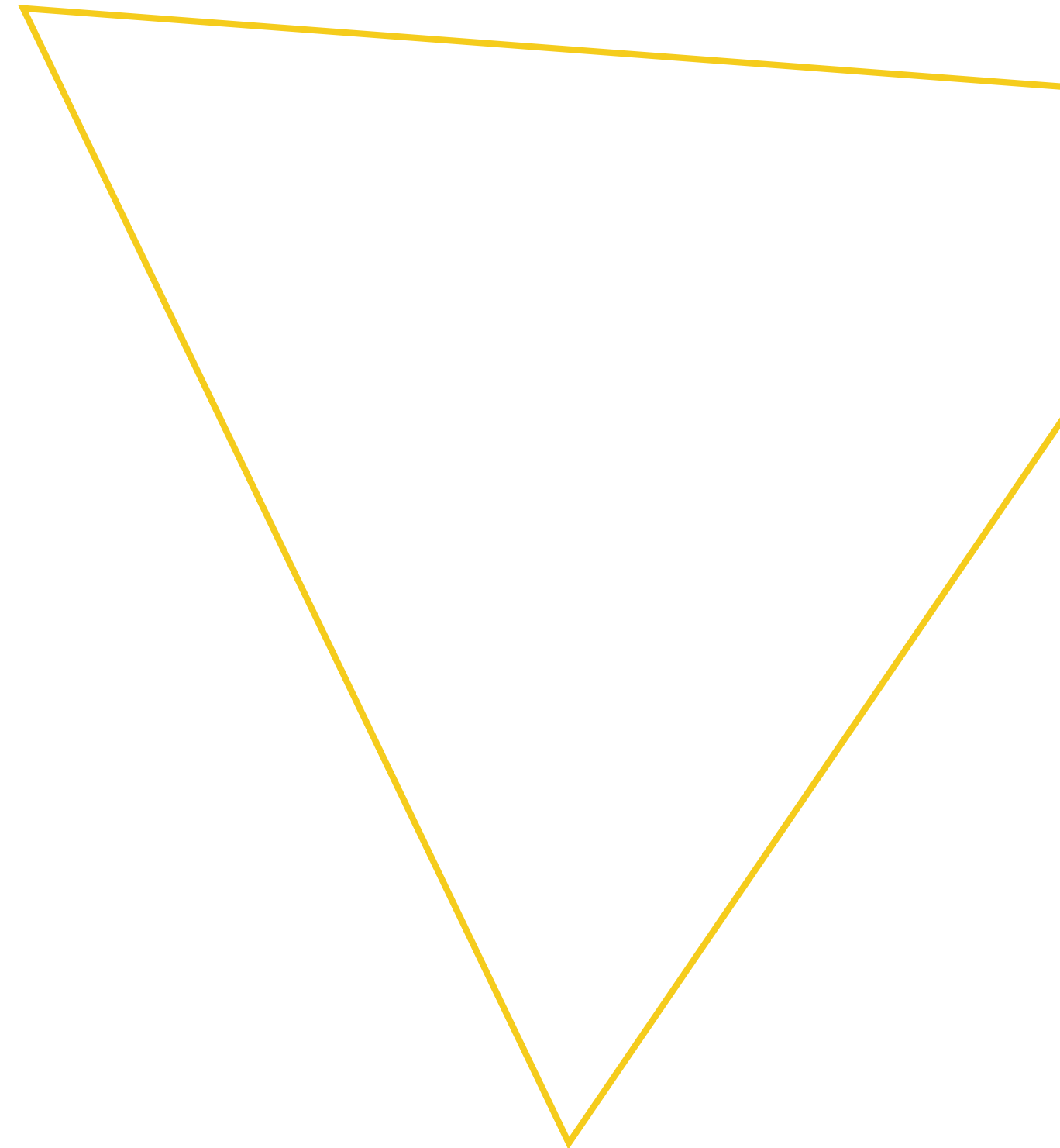
Mime and physical theatre methods will guide participants to the awareness of their own body, to understand the body language and their capacity in moving their bodies, reflection on body language and expression, creation of the story without the words only with the expression understanding the wide spectrum of understanding the movement without the words. Participants would exercise, practice their movements, expression, creating the characters through the movements and gestures, getting into the shoes of different people.





Visual theatre

Visual theatre methodology will guide participants in animating objects to create worlds, stories, characters conveying a universal message readable by the audience. Viewers can identify themselves in the stories presented, relate to the author, who searches in order to express their feelings, emotions, needs, fears, stories. Through the visual theatre, viewers and creators can get familiar with the process of working with material, explore beauty and fragility together with stability and volatility as metaphors.



Learning approach

To find more inspiration about NFE, you can take a look at our NFE Library on our website

[link](#)

Or tutorial about Experiential learning developed within the Life Education Theatre project:

[link](#)

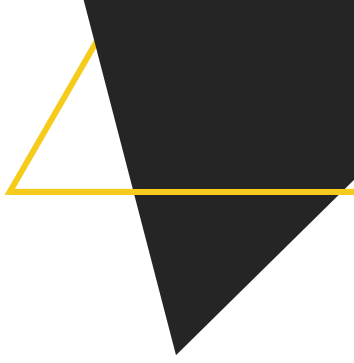
The leading learning approach during the training course would be experiential learning (D. Kolb), participants will go through the learning process which is following the cycle of experience, analyse, conceptualization and practise.



To learn more about the Experiential learning, you can take a look at our Methodology Box from Improve e english project

[link](#)



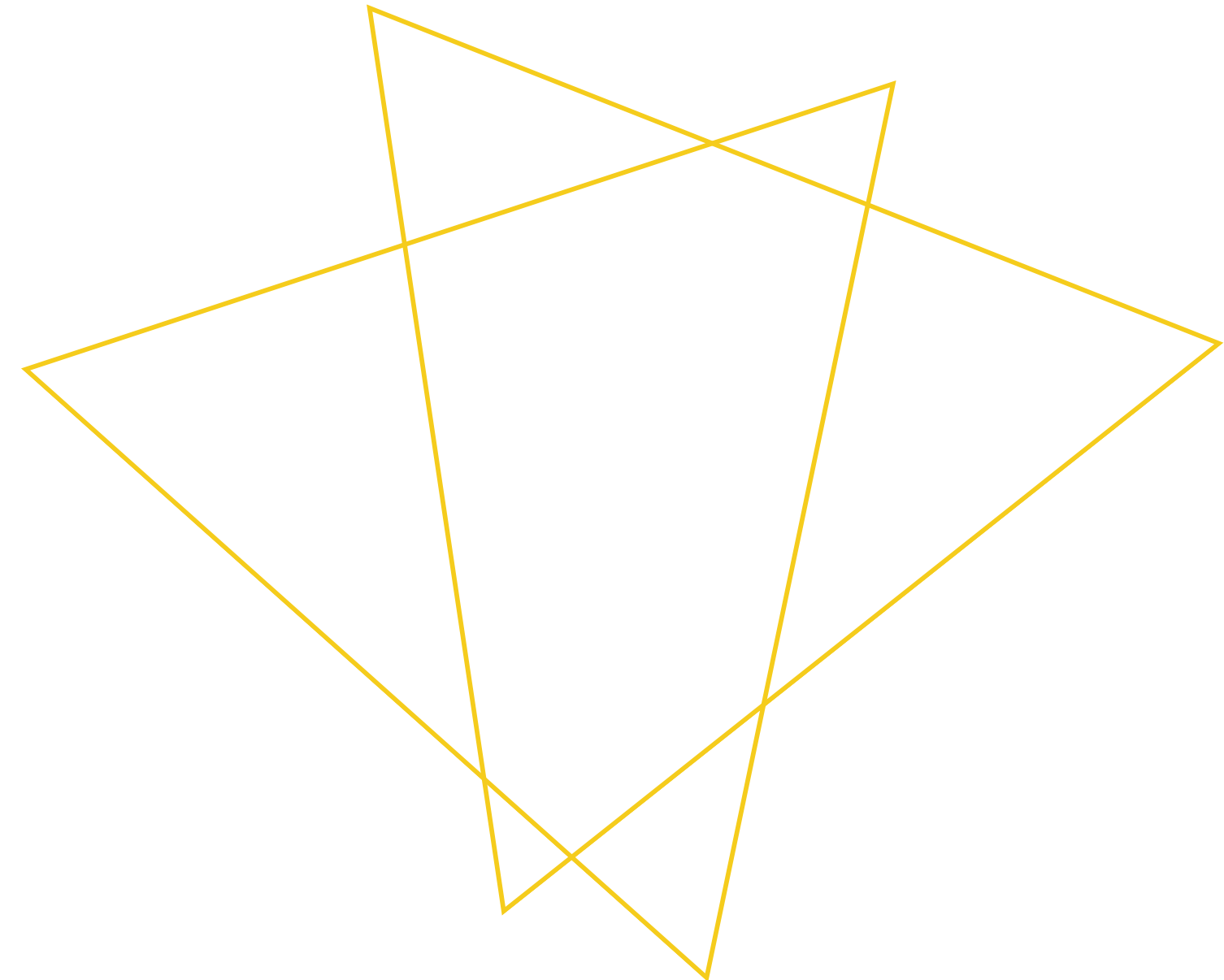


Activities



Generally the activities would have three stages: exploring main methods (theatre activities, mime, physical and visual theatre), learning about Non-Formal Education (the principles of NFE, how to create the educational workshops, feedback), practise phase (developing and implementing the workshops by participants).

Daily there would be at least 6 hours of workshops and time for reflection. (everyday we will start workshops at 9:30 and finish around 19 o'clock, with 2 coffee breaks and lunch break).



Poland

Fundacja Youth Act

Bulgaria

DOT-COMMA
ASSOCIATION

Portugal

Associação Pó de Ser
Assim

North Macedonia

SFERA INTERNATIONAL
BITOLA

Greece

You in Europe

Latvia

Keep the change

Spain

Ticket2Europe

France

ASSOCIATION MIGRATION
SOLIDARITE & ECHANGE POUR LE
DEVELOPPEMENT

Romania


LICEUL TEORETIC NICOLAE
JIGA

Italy

ORIEL APS



Partners



All together we will take care of our space where we will live, work and learn, therefore we need to keep the place clean and useful for our activities. During the theatrical activities we will walk in the workshop room barefoot or in socks (so take some warm socks if you get cold easily).

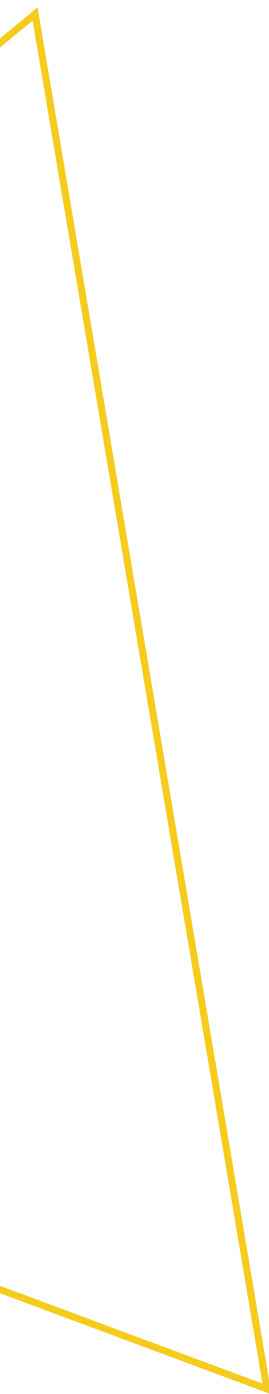
Living conditions

The training course will take place in Dobczyce, a small village near Kraków. Participants will stay in bedrooms (2-3 people in rooms with the same gender) with bathrooms. All activities will take place in the workshop room in the next building. In the venue there is a canteen which will provide meals (breakfast, lunch, dinner) and coffee breaks.

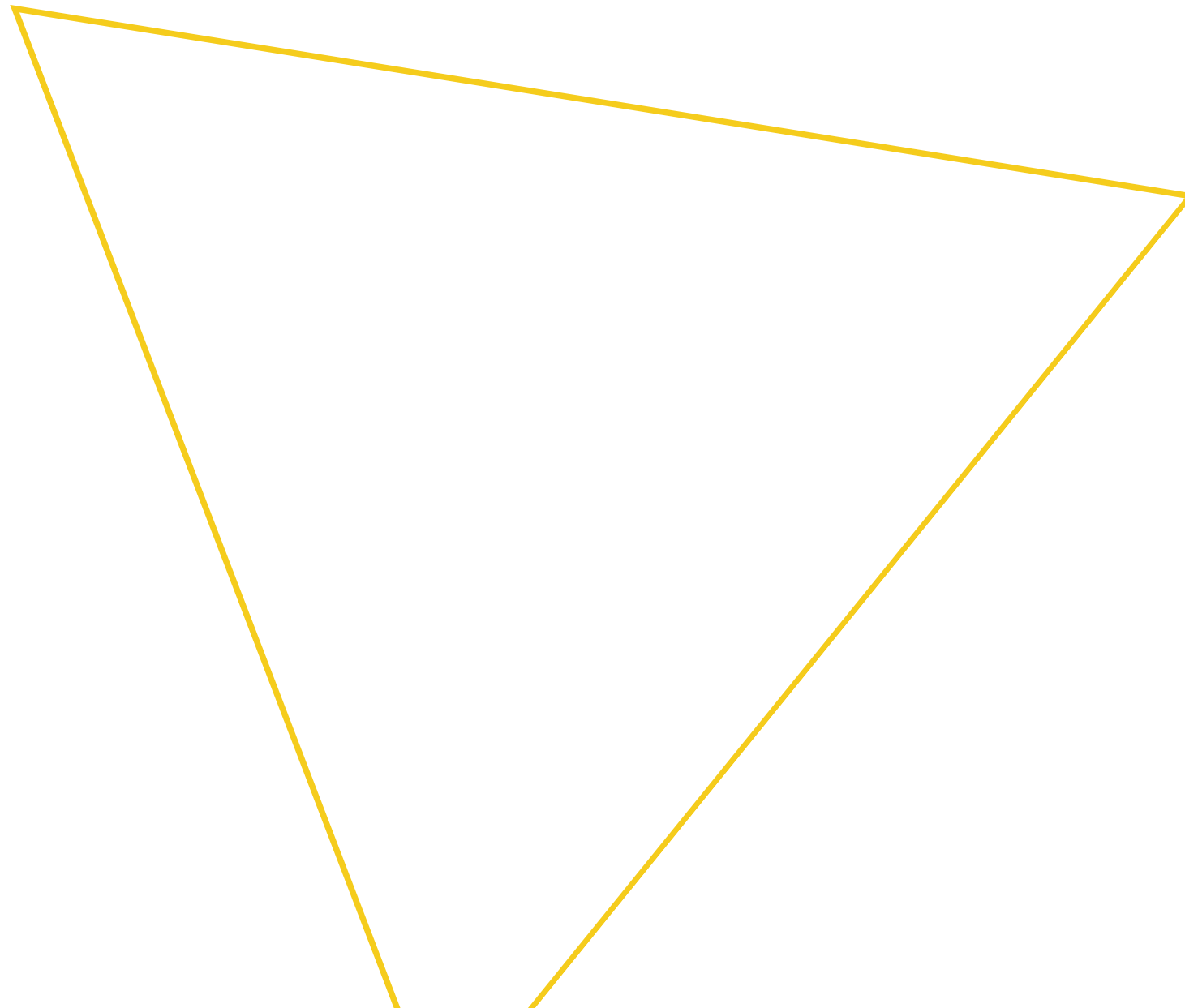
Venue



Active participation



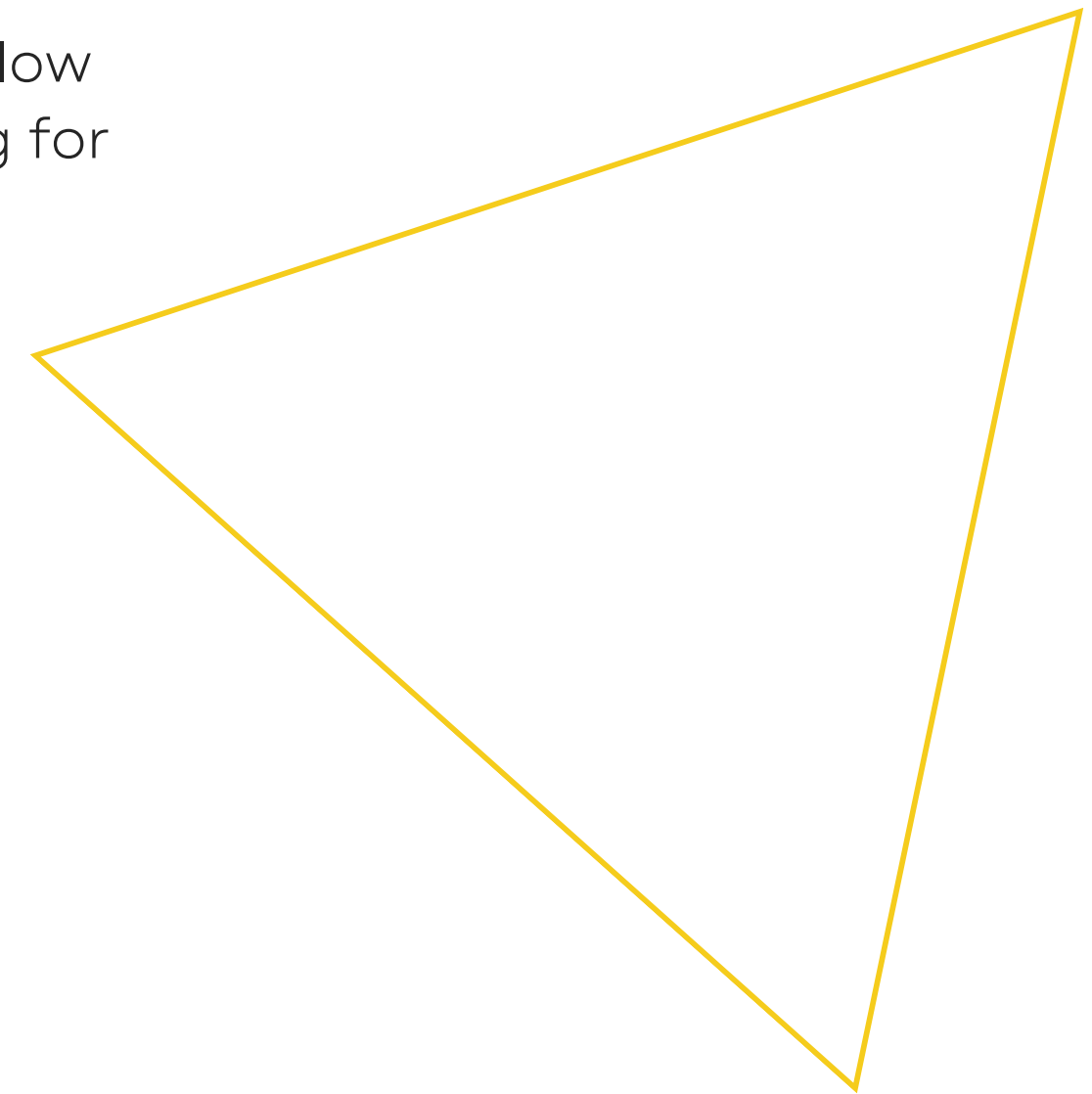
By taking part in this project, you are confirming that you are going to be active in all phases of the project:

- Preparation before the training course.
 - Taking part in all workshops during the training course.
 - Preparation and organizing the workshops for youth.
 - Promotion of the project on social media before and after the training.
 - Accomplish all tasks connected with dissemination of the project and its Follow up phase.
- 



Certification

Participants after attending the full training course will receive the YouthPass certificates and 'IMPRODRAMA facilitator' certificates [which allow participants to join the second stage of training for trainers developed by our network].



Follow up activities



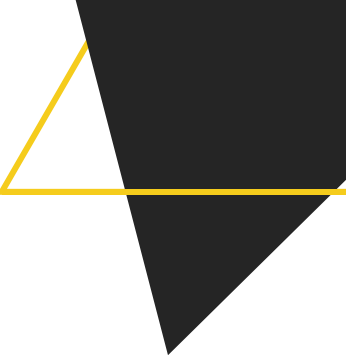
The dissemination of the project is one of our priorities. After the project participants are obligated to make follow up activities till the 1st of December. What requires preparation for those activities before the training.

- organize 2 workshops in their local community (in schools and in youth communities) using tools and methods from the training (per country)
- write the article about the training in English and national language (one per country).
- promoting the project in the social media (Facebook and Instagram)
- write personal diary about their learning journey
- create workshop description outline (in group of 4 with participants from the project)
- create workshop description in Canva (group work with other participants)



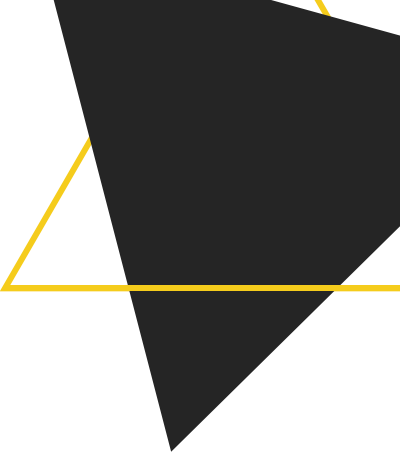
What to bring

- European insurance card,
- insurance for traveling in Poland
- positive attitude
- clear mind without stress of doing some work/home task during the TC
- comfortable clothes and shoes for the workshops which will take place mainly indoor,
- warm socks for the workshop room
- cosmetics, soap,
- traditional food, drinks and souvenirs for intercultural evenings
- personal medicine (as our team cannot provide any kind of medicine to participants)





Travel



Due to environmental protection we would recommend to lower the carbon emission during the travel (promote train/bus transportation, direct flights).

Selected participants can start searching for a connection to Kraków. Please send to us proposal of your travel (which includes travel company, time & date of arrival and departure, price), later you should wait for our confirmation to buy them. Tickets bought without our confirmation will be not reimbursed. More about the reimbursement process in next section.

Tickets should be bought by low fare prices, only second class. You can come to Poland 1 day before and leave 1 day after the main activities, however we can not cover expenses of your venue and meals before or after the activities.



Maximum possible extend of traveling earlier or later than the dates of the training*

20 - 31.10.2024

20.10 - 1.11.2024

21.10 - 1.11.2024

*there might be exception depend on the connections.



Travel

On the 21st of October we are going to meet around 18 o'clock near the main train station in Krakow. Then we will go with the shuttle bus to our venue (the cost of the shuttle bus will be reduced from the travel reimbursement limits).

Plan your travel to be on the 21st of October before 18 o'clock in Krakow around train station. On the 31st of October we will leave our venue around 9 am in the morning, please plan your departure from Krakow after 11 o'clock (the flights from Kraków should be after 12:30pm).

After our approval of your ticket proposal, you can buy them and upload to our Google Drive.

The closest airports to Kraków are in Kraków, Katowice, Warszawa. From those cities you can take the train to Kraków

(check out the schedule at: <http://rozkladpkp.pl/en>).





Green travel

The Green Travel is a dedicated budget for the travels which are based on low - emission means of transport such as bus, train, car (but not driving car alone). For participants who are coming with Green Travel to the project there is higher travel reimbursement.

If you come with Green Travel to the project your travel can start up to 2 days before the training and finish 2 days after the training, however we cannot cover expenses of your venue and meals before or after the activities.

Countries entitled to do Green Travel:

Poland

Italy

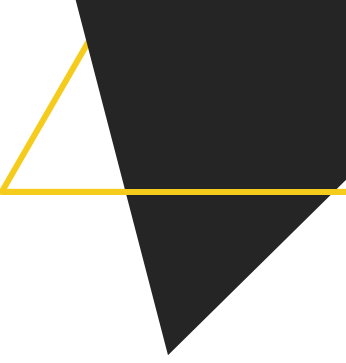
Latvia

Romania

North Macedonia

Bulgaria



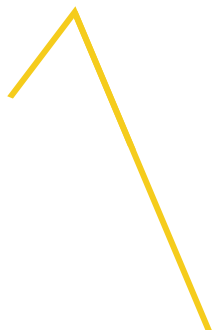


Reimbursement

When all participants will finish all task we would start to reimburse your travel costs by sending transfers to each participant.

The transfers would be send within 2 weeks from the deadline for uploading all materials from follow up activities.

In case of not fullfilling all follow up tasks activities or not sending all documents to hosting organisation, the participant's travel reimbursement would be considered as voluntarily contribution to the project.



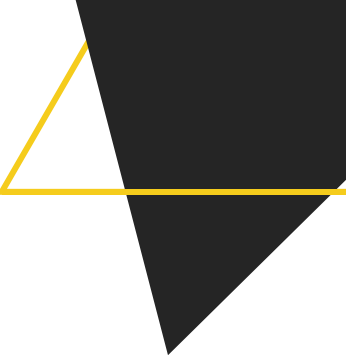


Participation fee

Participants coming to the training will be asked to pay 70 euros as a contribution to the project in the first days of the training in cash.

The participation fee is participant's contribution to the organisation of the project.





Reimbursement limits

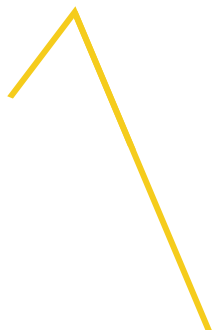
255 EUR

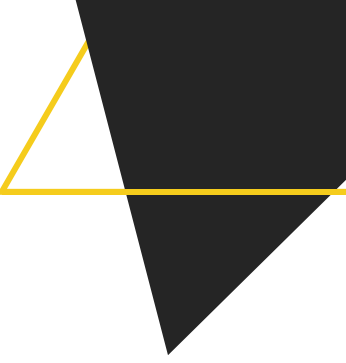
Greece
Bulgaria
Latvia
Italy
France
Romania
North Macedonia

340 EUR

Portugal
Spain

20 euros from the reimbursement is dedicated to the costs of shuttle bus from Kraków to venue and back.





Reimbursement limits Green Travel

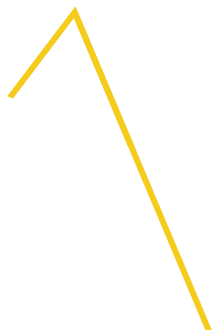
300 EUR

Latvia
Italy
North Macedonia
Bulgaria

190 EUR

Poland
Romania

20 euros from the reimbursement is dedicated to the costs of shuttle bus from Kraków to venue and back.



Contact

youthactteam@gmail.com

