

Training Course

LIFE ACTION ROLE PLAY FOR EMOTIONAL WELL-BEING

19-28 October 2024 - Balestrand, Norway



THE MAIN GOAL OF THE PROJECT

is to foster **emotional well-being** among youth by building the capacity of youth workers to use the **Life Action Role Play (LARP)** method.



WHAT IS L.A.R.P. ?

A LARP is a form of **role-playing game** where the participants physically portray their characters. The players pursue goals within a **fictional setting represented by the real world** while interacting with each other in character. The outcome of player actions may be mediated by game rules or determined by consensus among players.LARPs range in size from small private events lasting a few hours to large public events with thousands of players lasting for days. LARP is rooted in childhood games of **make-believe, play fighting, costume parties, role-play simulations, improvisational theatre, military simulations and historical re-enactment events.**



In the context of this project, we will explore and focus predominantly on LARPs that can be easily adjusted to the youth work field. This means LARPS that are **easy to organise** with young people, for beginners (in LARP and/or theatre in general), with **little to no budget and in flexible locations.**



WHAT CAN YOU GAIN AS A YOUTH WORKER FROM THIS COURSE?

- A comprehensive understanding of what emotional well-being is.
- A strong motivation to foster emotional well-being among young people.
- A clear overview of what LARP is and what is not (what makes LARP a LARP).
- Confidence in explaining basic LARP theory (specific terminology, types of LARP, main features, etc.)
- Concrete practical experience in playing differentLARPs (on almost every day of the course a LARP will be played).
- A strong understanding of the benefits of LARP among young people.
- Knowledge of how LARP can be used for fostering emotional well-being.
- An increased motivation to use the LARP method for the well-being of young people.
- Readiness to use LARP in their work with young people.
- Basic skills in designing simple LARP activities for young people.
- Confidence in using Experiential Learning Cycle Theory while using LARP methods and in general with young people.

WHAT CAN YOU GAIN ON A PERSONAL LEVEL FROM THIS COURSE?

- Creativity skills
- Self-Confidence
- Reduced self-criticism
- Enhanced communication skills
- Increased easiness in interacting with other individuals
- Joyful and fun experience
- Improvisational skills
- Increased empathetic capacity
- Enhanced critical skills
- A general feeling of empowerment
- Expanded comfort zone



THE COURSE IS

strongly based on experiential learning principles and philosophy, with adequate time allocated for debriefing and reflection throughout the whole program. The working methods used are chosen to offer the possibility of equal involvement of each participant, every person being stimulated to be engaged actively in the process. The training activities are flexible and adaptable to group needs taking into account the reactions of participants, their feedback, their expressed needs, their experience and the way they will work as a group.



THE LEARNING PROCESS WILL BE GUIDED AND FACILITATED BY AN EXPERIENCED TEAM.

This team is currently involved in a 3 years project aiming at fostering emotional well-being among young people at risk of social exclusion using diverse methods (including LARP)

- **ANDREEA-LOREDANA TUDORACHE**

has been involved in the international youth work field since 2003 in various capacities. She is one of the founders of A.R.T. Fusion Association and over the years has trained numerous professionals around the world in various topics. (<http://trainers.salto-youth.net/AndreeaLoredanaTudorache>)

- **TUBA ARDIC**

is the Director of Creative Connection, a Trainer at the National Agency of Norway and a passionate youth worker, active mentor, trainer, facilitator and social researcher since 2010.

- **ELENA STEVKOVSKA**

is a youth worker, volunteers manager, theatre facilitator and trainer since 2021 (<https://www.salto-youth.net/tools/toy/elena-stevkovska.6009/>)



DO YOU WANT TO JOIN US ON THIS JOURNEY?

Do you resonate with this course and want to be part of it? This is who we are looking for:

- **Members or close collaborators of active Youth Organizations** (staff or active members, paid or not) who are working regularly with young people. **The organization should have a valid OLD number.**
- **Strong motivation** in using LARP in their work with young people. (this course is for beginners in the LARP field but we welcome more experienced LARP'ers as well)
- **Genuine interest** in fostering the emotional well-being of young people.
- Good command of the **English language;**
- People **older than 18 years** and with a legal residence (proven by documents) in the country they are currently residing in.

EXPENSES

- **Board and lodging** for the training course are fully covered by the local organizers during the period mentioned in shared rooms (3-5 people in one room).
- Each participant is free to choose the preferred way of travelling. We strongly encourage the use of green travel. If flights are used for more than 50% of the total travel distance (roundway) the maximum budget allocated available will be from standard travel!
- Use this website (<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>) to find out your distance. Write at the START, your location, from where you will start your travel and at the END, Balestrand, Norway. You will get a km number as a result which will correspond to financial support which you may get for your travel costs. *NOTE this is the official website which will be used for calculating your final travel allowance

THE INDIVIDUAL MAXIMUM BUDGET ALLOWANCE FOR TRAVEL, PER PERSON, IS THE FOLLOWING:

- 10 – 99 km 23 EUR (Standard Travel) / No Green Travel Available
- 100 – 499 km 180 EUR (Standard Travel) / 210 EUR (Green Travel)
- 500 – 1999 km 275 EUR (Standard Travel) / 320 EUR (Green Travel)
- 2000 – 2999 km 360 EUR (Standard Travel) / 410 EUR (Green Travel)
- 3000 – 3999 km 530 EUR (Standard Travel) / 610 EUR (Green Travel)
- 4000 – 7999 km 820 EUR (Standard Travel) / No Green Travel Available





We are taking the application process very seriously and we believe in the importance of **personal input and honesty** in the answers in the application form.

Therefore, we want to **strongly discourage of using AI-generated content** in your applications. This can lead to your disqualification or at least negatively influence the evaluation of your application.

If you decide to apply, we would appreciate if you approach the application process with **honesty, integrity and dedication**. We are curious about your unique perspectives, experiences and motivations to be part of the training course, and it is of high importance to us.

Feel free to ask any additional questions to the contact person (mentioned next) if you are not sure if this training is suitable for your learning and professional needs before deciding to apply.

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