



E+SCAPES

Infopack

TRAINING COURSE

5th - 12th of May 2025

Santeramo, (Bari) Italy



Co-funded by
the European Union





BACKGROUND

E+SCAPES is a training program designed to explore the use of performing arts and sound tools in educational and creative settings to foster wellbeing. The course offers a variety of methods and techniques for using the arts as a means of social intervention, with a focus on promoting emotional, mental, and social health. Aimed at educators, artists, youth workers, and other professionals, E+SCAPES equips participants with the skills to integrate creative practices into their work, empowering individuals and communities through artistic expression and collective experience.





ABOUT LINK



Link is a youth organization founded in 2003 and based in Altamura (South of Italy). Through its activities, Link offers opportunities for non-formal education, mobility and intercultural exchange to young people, giving concrete answers to training needs, personal growth and the practice of active citizenship to young people and adults.

In recent years, Link has been focusing its work on various issues, including mental health, environmental sustainability, combating social inequality, promoting reading, etc.

The tools used revolve around forms of artistic expression (music, videomaking, etc.), but also the organization of public events, nature-based activities, role-playing and simulation exercises, and other approaches typical of nonformal education.

SHORT DESCRIPTION

This training aims to empower participants from diverse backgrounds by equipping them with the knowledge and tools to effectively integrate performing arts and sound into their local contexts. A key objective is to design interactive tools and activities that leverage resources beneficial for youth communities. The program will take place at a remote rural venue, free from distractions and urban influences, allowing for focused engagement. Participants will take part in activities that may include energizers, team-building exercises, physical theater, and dance. We are committed to creating a safe, inclusive, and supportive environment, ensuring that all physical interactions are respectful and promote mutual trust and collaboration.

OBJECTIVES

Our objectives are to:

1. Develop a framework of performing arts practices that can be adapted to diverse community contexts.
2. Empower trainers and educators to design innovative performing arts tools that promote wellbeing, teamwork, reflection, body awareness, trust-building, and creative inspiration.
3. Support participants in building a comprehensive toolkit of resources for leading impactful training sessions and workshops, enhancing their ability to engage meaningfully with their communities.
4. Explore the potential of sound, physical theatre, and movement as powerful tools for creating activities that foster social inclusion and connect individuals across differences.





PARTICIPANT'S PROFILE

We are seeking trainers, educators, and youth leaders who are passionate about the performing arts and committed to making a positive impact in their communities. Ideal candidates will be enthusiastic individuals from program countries who:

- **Have at least three year of experience designing tools that incorporate sound, dance, or theater.**
- **Are motivated to apply the knowledge and insights gained from the program to enhance their local initiatives.**
- **Possess strong proficiency in English to ensure effective communication and collaboration.**

We are looking for individuals eager to deepen their skills and collaborate in creating transformative arts-based activities for their communities.

ACTIVITY SPACE

Participants will be hosted at a peaceful, remote countryside lodge, located just 30 minutes by car from Altamura. The venue offers a range of facilities, including a fully equipped kitchen, a common room, a basketball court, a sports field, and a serene, wooded area ideal for outdoor activities and exploration.

Accommodation consists of shared dormitories with six participants per room, and bathrooms are communal.

Please note, there are no shops or bars within walking distance. However, we will provide transportation from the stations to the accommodation for your convenience.

Surrounded by nature, the location provides an ideal environment for participants to fully immerse themselves in an enriching intercultural experience.

The venue has a charming, rustic atmosphere, but please be aware that Wi-Fi is not available. With a bit of flexibility and a spirit of adaptability, we are confident that everything will run smoothly, allowing for a memorable and transformative experience.



Paolo Clemente

Paolo Clemente is a musician and composer who graduated in Electronic Music from the Duni Conservatory of Matera. He is dedicated to sound research, exploring the intersections between music, nature, and soundscape. His work aims to capture the essence of soundscapes and create immersive listening experiences.



Emanuele Nargi

Emanuele Nargi holds an MA in Performance Making and has dedicated his professional life to the arts and education, with a background in movement and physical theatre. As a trainer, he consistently engages at the intersection of theatre and participation, bringing a unique blend of creativity to his work. Discover more about Emanuele at emanuelenargi.com



FINANCIAL RULES

Travel, board and lodging expenses are covered by the European fund. Regarding the travel, the expenses will be reimbursed within the limits of the ceilings as foreseen by the User's Guide of the program Erasmus+ ([distance calculator](#)) and according to the rules of the Partnership Agreement that will be signed.

In the case you want to use **GREEN TRAVEL** option please contact us.

The project dates are 5TH - 12TH OF MAY 2025 (**travel days included**).

To get reimbursed, you need to send us, at the end of the project, all the documents related to the travel (tickets, invoices, receipts etc.).

You can find all the detailed rules in the [travel rules](#) document. Please, read it carefully before searching for your travel itinerary.

THE TREE OF DISCLAIMERS

Bring a **notebook**




Activities will be done
without shoes


Opt-out of work. Focus on
the process. Enjoy the
moment.



Some of the activities involve physical
contact in the respect of the participants,
specifically during the energisers, team
building, physical theatre and dance. If
functional physical contact during the
activities is not accepted, this project
might not be right for you :)



COMFY CLOTHES: you'll
need comfortable clothes for
physical activities (no heels,
no skirts, etc.)



Feel free to bring a musical
instrument, if you have one ;)



HOW TO APPLY

Do you want to apply? Fill out this form.

For any question, please, don't hesitate to contact us:

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CONTACTS

