

ACT OUT OF THE BOX

Training Course
Montemor-o-Velho, Portugal
8-18 January 2019

Funded by:

Hosted by:
Youth for the Future



Erasmus+

Aim of the project

- To improve the quality of daily work of Youth Workers in the field of self-development and raise awareness of active participation and social inclusion by training in innovative methods and tools based on improvisation theatre, british drama and mimie.

Objectives

Train Youth Workers to implement high-quality workshops about self-development and active citizenship

Promotion of diversity and dialogue between cultures

To foster the European solidarity and inclusion of people with fewer opportunities

To help NGO's increasing their capacities to create and implement projects on international level

To create the TOOLBOX about the methods used and workshops created by participants

Methods

- ⦿ Will be implemented non-formal methodology like improvisation theatre, british drama, miming, group work, peer learning. All the methodology would be based on experimental learning based on KOLB circle.
- ⦿ During simulations participants will be placed in the others people's shoes and discover themselves in different life's situations. The designed methods will work on raising creativity and concentration of the participants.
- ⦿ Debriefing and everyday's self and group reflection will support learning process and understanding towards NFE mechanisms.

Our approach

- ◉ We believe that intensive training is effective training. We would like to share with you our methodology and ideas for youth education.
- ◉ To give you all of our best workshops we will require from you a lot of attention, concentration and activeness for 4 workshops during a day, reflection and evening activities.
- ◉ There would be enough time to get rest and recover your batteries for next workshops, however there would be not enough time to visit all region or get bored.

Participants profile

Youth Workers facing
problem of low
participation among
youth

Motivation to learn
about british drama,
miming and
improvisation theatre
methodology

Communicative english
level

Some previous
experience in Erasmus
+ projects

Partners



YOUTH ACT



ASOCIATIA D.G.T



YOUTH FOR THE
FUTURE



ASOCIACIJA "MILŽINŲ
LIZDAS"



NATURKULTUR EV



ASSOCIAZIONE
CULTURALE EUFEMIA



NEOLEA GIA
ANTALAGI KAI
KATANOISI



BALTIJAS
REGIONALAIS FONDS

The venue

- Project will be held in Montemor-o-Velho (25km far from Coimbra).



Here, you can find website with the photos of the venue:

http://www.abadejoao.com/1/campus_aquatico_fotos_campus_aquatico_74642.html.

Reaching the venue

- **Participants should arrive in the venue the latest 7PM on 8th.**
- According with the necessary time from airport to venue, participants should land in Portugal the latest 1PM on 8th and to get flight after 1PM on 18th.
- Participants should arrive in Lisbon or Porto airport, after to take transportation to Coimbra and once there to take a direct bus to Montemor-o-Velho.
- Here, websites of train (<https://www.cp.pt/passageiros/en>) or bus (<https://www.rede-expressos.pt/en/>) from Lisbon or Porto airport to Coimbra.
- To get the venue on time on arrival day the last bus departs from Coimbra at 5:20 PM and the first bus you can take from Montemor on departure day is at 7:05AM. This trip takes one hour long.

Booking the travel

- ⦿ Participants need to send us travel proposal and just buy it after our confirmation, otherwise won't be reimbursed. Please, send it as soon as you get accepted for the project.
- ⦿ Participants should book the tickets until 20th December 2018.
- ⦿ If you would like to visit Portugal (and you are welcome to make it!), you can come 2 days before or depart 2 days after the project.

Budget

As in Erasmus + guidelines, participants will be reimbursed from their places place until place of the project as well as to come back, when using public transportation. Transportation with own car or taxi won't be reimbursed.

Maximum budget available per participant:

- Portugal – 0€
- Italy and Germany – 275€
- Latvia, Lithuania, Poland and Romania - 360€
- Cyprus – 530€

Obligations of participants

Note: there is a participation fee of 50€ to attend this Training Course, which will be deducted from travel reimbursement.

- To be fully active during activities & to attend to all the workshops;
- To accomplish the tasks of preparation before the Training Course and dissemination and visibility after it;
- To send tickets proposal according with the deadline;
- To provide us the tickets & send reimbursement form (we will provide the excel template) until 20th December;
- To fill EC survey of evaluation of the Project according with the deadline.

What to bring

- ⦿ Good mood & to be open with the others;
- ⦿ Clear mind without stress of doing some work / home task before, during and after the TC;
- ⦿ European insurance card;
- ⦿ Comfortable clothes and shoes for the workshops which will take place indoor and outdoor;
- ⦿ Cameras, laptops (in the end of the project we will share our pictures from the project),
- ⦿ Traditional food, drinks and souvenirs for intercultural evenings.

About Erasmus +

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

Contacts of organizers

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