

INNER BRIDGE

FROM SELF-AWARENESS TO SELF-EXPRESSION

TRAINING COURSE

POLAND
11-18 APRIL 2021

PERFORM
ARTISTIC FOUNDATION

Co-funded by the
Erasmus+ Programme
of the European Union





ABOUT THE PROJECT

International Training Course on enhancing emotional awareness through creative expression.

The language of art speaks to us in ways that words cannot. Therefore, it's a language that can be used as a means of connecting what is inside us with outer reality. It can be a tool for expressing our emotions, understanding better the world within us, and transforming this inner invisible energy into something positive and tangible. The project "Inner Bridge" is based on the idea that the creative process is healing and supports growth, self-expression, emotional intelligence, and transformation. We will have a chance to use techniques inspired by Art Therapy including dance, movement, painting, poetry in a search of understanding better who we are, finding the best ways of expressing our inner self, and building bridges with the outer world.

The aim of the project is to create an opportunity for youth workers to learn how to enhance emotional intelligence through the creative process of raising self-awareness and self-expression.



THE PROGRAM

The program of the course is designed as a process of connecting with our body and emotions and bringing it towards natural authentic expression. The activities will be enwrapped in reflection over the concept of creativity and will create space for the participants to share and deepen their understanding over the creative process. In particular we will use:

- Art. Therapy
 - Creative Movement
 - Improvisation
 - Music, Dance, Theatre
 - Contact Improvisation

The evening programme will be shaped together with the participants bringing even more creativity and playfulness.

The background of the page is decorated with various abstract elements. At the top left, there are orange and red brushstrokes. A large, light blue shape with black dots is in the top center. On the right side, there are black, wavy, scribbled lines. On the left side, there is a light blue shape with dashed lines. At the bottom left, there are white, swirling, scribbled lines. At the bottom right, there is a yellow and blue wavy shape with black dots. The title 'PROFILE OF PARTICIPANT' is centered in a black bar at the top.

PROFILE OF PARTICIPANT

This project is designed for youth workers - people who are directly or indirectly involved in youth work, and are over 18 years old. It is important that the participants have the possibility to organise a little workshops or activity with their target groups after completing the course, which means it's essential that they work with young people.

The whole project involves online preparation (readings and some small tasks), 6-day training course with full presence and the documentation from the follow-up activity. We are hence looking for participants who are ready to get involved in the whole process and are willing to learn and share their personal perspectives and points of view. Participants will be invited to explore their inner worlds of emotions, beliefs and thoughts and express them through different means of art.

We strive to be as inclusive as possible and will make every attempt to accommodate those who approach us with special needs.



ACCOMMODATION

JAWOROWY DOM*

Jaworowy House in the Barycz Valley is a place with a unique atmosphere. Rooms and seminar rooms open up to the forest, making the time during our project even more pleasant with its colours, harmony and sounds of nature.

Each room will have a place from three to six participants. Bedsheets and towels will be provided. Each room has a bathroom.

Our hosts will serve vegetarian food. Coffee and tea will be available for the whole day.

You can find more info on their website. www.jaworowydom.pl

*The place may change if the actual pandemic situation will influence the date.



TRAVEL REIMBURSEMENT

PERFORM ARTISTIC FOUNDATION will reimburse only the real costs of actual travel expenses calculated according to the travel limits defined by the Erasmus+ Programme

European Commission Distance Calculator

Participants will be asked to pay a participation fee of 60 euros that will be deducted from your travel reimbursement. Please remember that taxi and business class flight tickets will not be reimbursed, only the economy class flight tickets, train tickets and bus tickets will be reimbursed. The reimbursement of the travel costs will be done in EURO, regardless of the currency indicated on the tickets, receipts or invoices. We will organize a bus that will take the participants from Warsaw to the venue and the same process will be arranged on the way back. Please look for the flights to Warsaw and send us your preferable option, before buying the ticket. The money you will spend to get to Warsaw will be reimbursed after the compilation of final evaluation, mobility tool and sending all original tickets and invoices. Before buying any tickets please, check with us if they will be refundable.

If you have any questions concerning travel, please contact us on erasmus@perform.org.pl

TEAM



PAULINA ŚWIECAŃSKA

TRAINER

A multidisciplinary artist who develops her and others' awareness through dance, music and painting. As a dancer and choreographer, she mainly works with techniques and bodywork methods, such as contact improvisation, authentic movement, floor work, animal flow and pilates. In music, despite her classical education, she works with improvisation. In painting with the VedicArt technique.

Educator, group facilitator, cultural manager. She studied education and culture but most of her experience comes from 20 years of working in the field of non-formal education, designing and delivering educational projects in which art plays a particular role to connect with ourselves, others and communities. She loves learning and creating spaces for people to grow and develop their potential focusing on self-awareness, empathy and meaningful relationships.



SYLWIA FEDERICO

FACILITATOR



ANDRÉS SÁNCHEZ

FACILITATOR

Dance pedagog, photographer, activist, pedagog of non-formal education. He takes inspiration from people and nature around the world, that lets him create harmony with the world around us through art.

www.harmonyart.eu

Andrelo, cultural agitator, studies in Communication and Art. While he seemed to be studying he During the time of his studies, he was learning singing, started to do street theatre and write poetry. When he finished university he started working with puppets. Now he works on projects related to neurodiversity, inclusion and theatre with the company Paladio Arte, organizes training courses with "Células Durmientes" and carries out projects on poetry, music and cultural management. You can see his "mental beach" in **www.pipasdecoco.com**



TOMASZ JIMMY KOWALSKI

COORDINATOR



ANGELIKA MIZIŃSKA

TEAM SUPPORT

Dancer, mover, yogi, art activist. She studied dance & performance, as well as culture management. She works comprehensively in the creative sector in the area of contemporary art & non-formal education, combining her work with an ongoing exploration & life-long learning. She is continuously fascinated by movement & nature, interested in communication & nourished by creative collaborations.

IMPLICATIONS

OF COVID19 PANDEMIC

As You know, the current situation with worldwide pandemic makes our meeting a bit more difficult.

Because of that reason the final date of the training may be postponed, in case the situation will be worse than we expect. Therefore, it's very important that we plan the travel together, and decide on tickets with options of postponing/cancelling the flights.

HOW TO APPLY

In order to apply for the project please fill in the form:
<https://forms.gle/33tkjysWiVP4sAya9>

If you want to know more about our organisation please visit our website: **www.perform.org.pl**

And follow us on:

 **art.perform**

 **perform.art.foundation**

To know more about the details of the project please send us email: •
erasmus@perform.org.pl

HOST ORGANISATION:

PERFORMARTISTIC ORGANISATION
www.perform.org.pl
POLAND

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www.associazionejoint.org
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ACTIVE BULGARIAN SOCIETY
www.activebulgariansociety.org
BULGARIA



NGO Youth Club Active
www.clubactive.eu
ESTONIA



Asociación Cultural Células Durmientes
www.celulasdurmientes.com
SPAIN



YOUNG FOLKS LV
www.youngfolks.lv
LATVIA



Friends of Romanian Children
www.friendsofchildreninromania.org
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