

COLLECTIVE RESPONSABILITY

# CORE

Training Course  
Poland  
15-25 October 2021



THROUGH INNER INTEGRITY

# WHAT IS THE PROJECT ABOUT?



The project is designed as a process of exploration of self that leads to understanding a broader context of our roles in society. During the 9-day-training course, we will research ourselves in the context of a group & widen the understanding of our emotions, values & needs in order to develop a sense of civic responsibility. We will take the perspective of the community, feel the power of unity and unlock the creative potential for building engagement, empathy and responsibility in each individual.

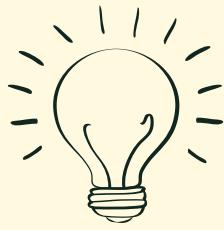
# WHAT ARE THE PROJECT'S AIM & OBJECTIVES?

The aim of the project is to raise self-awareness as a tool for creating a more empathetic and responsible society.

## **OBJECTIVES OF THE PROJECT:**

- Understanding the core: correlation between individuals and society;
- Integrating body, mind and emotions;
- Providing tools for personal growth: self-care and emotional well-being;
- Improving essential skills (accountability, adaptability, resilience, decision-making, flexibility) in a context of change and unpredictability;
- Increasing creativity and social responsibility of individuals;
- Sharing and developing tools for community engagement.





# WHAT WILL WE FOCUS ON?

The programme of the training course was designed to explore the ways of approaching individual well-being and inspiring collective actions. We strive to create space to follow our curiosity in the learning process and discover ways to increase our self-awareness. We will reconnect with our individual & group values and boost confidence to activate our local communities.

The learning process will be enriched by reflection practice, sharing and group talks. Be prepared for working in & outside, to move and get in touch with yourself to get in contact with others.



# WHAT ACTIVITIES WILL WE ENGAGE IN?



**We will explore those ideas by engaging in activities inspired by:**

- practices focused on developing self-awareness;
- indoor & outdoor games;
- art: theatres, craft, site-specific work;
- dance, yoga, movement & body-work;
- mindfulness & listening to yourself (in the first place);
- individual & group reflections;
- methods and tools for community engagement & collective actions.



# FOR WHOM?

This project is designed for youth workers - people who are directly or indirectly involved in youth work and are over 21 years old. The participants must have the possibility to organise an activity inspired by the training 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 (small research and some interactive online/video tasks), a 9-day training course with full presence, and the follow-up activities implemented & documented by the participants in their home countries. We are hence looking for participants who are ready to get involved in the whole process and are willing to learn and contribute, share their perspectives & experiences, and inspire each other through the duration of the entire project.

**TC Language:** English

# WHERE?

Wataszka Guest House is located in the upper part of the village of Wójtowice in the Bystrzyckie Mountains, at an altitude of over 700 m above sea level. You can admire beautiful nature from the windows & feel it fully as soon as you step through the doorstep.

The house is large and spacious, which will allow us to work and rest comfortably. The cosy rooms with access to a bathroom will accommodate between 3 and 7 people and offer comfortable conditions to rest after intensive training days.



WATASZKA  
DOM GOŚCINNY

Sylvia Kozłowska



# MEALS

Preparing meals together and sitting at the table will be an essential part of our day. All meals will be prepared according to the original menu of the local kitchen, using only vegan & vegetarian fresh, seasonal ingredients. We will try to use as many organic and regional products as possible. You will be able to help yourself with coffee or tea during breaks and free time :)



# HOW TO GET HERE?

## **DIRECTION #1 → WROCLAW**

We encourage people to choose green means of transportation, but please send us your preferable option, before buying any tickets. If you choose a plane, look for flights to Wroclaw in the first place.

The money you will spend to get to Wroclaw will be reimbursed after the compilation of the final evaluation, mobility tool, travel reimbursement form and sending all original tickets and invoices. Before buying any tickets please, check with us if they will be refundable.

## **DIRECTION #2 → WATASZKA**

We will organize a shared bus that will take all participants from Wroclaw to the venue (chance to get to know each other ;) and the same process will be arranged on the way back. Place & time of bus journey will be set closer to the dates of TC. We will be in touch anyway.



# REIMBURSEMENT OF TRAVEL COSTS

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:  
[https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator\\_en](https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en)

Important:

- Participants will be asked to pay a participation fee of **60 euros** that will be deducted from the 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.
- Travel costs will be reimbursed after the training course provided the active participation in the whole project & delivery of all the relevant documents.

If you have any questions  
concerning travel, please contact  
us on  
[core.erasmusproject@gmail.com](mailto:core.erasmusproject@gmail.com)

# WHO WILL LEAD THE PROCESS?

## **Sylwia Federico** | Facilitator |

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.



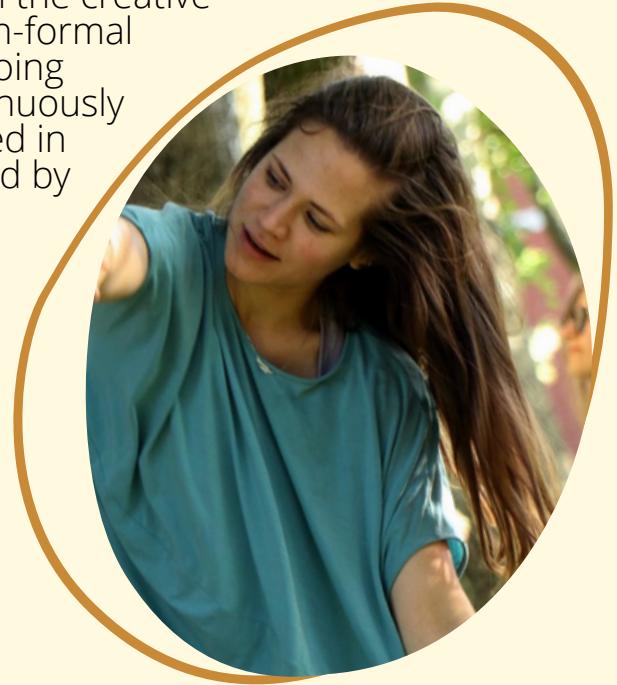
## **Magdalena Szymańska** | Facilitator |

Psychologist, trainer, project manager and curious explorer. She studied economics and psychology, and worked in a variety of fields ranging from non-formal education to recruitment and team management. The area she feels more fulfilled in is designing educational projects and accompanying others in the journey through the fascinating world of self-exploration, communication and empathy. Magda gets inspired by nature and travels, enjoys building meaningful relationships and looks for ways of creating more understanding between people.



**Angelika Mizińska** | Facilitator |

She moves between exploration of dance practices (contact improvisation), yoga & movement techniques, education & art activism. She is interested in the ways those forms & ideas create bonds & build communities. 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, collective process, nourished by creative collaborations.



## IMPLICATION OF COVID-19

As you know, the current situation with worldwide pandemic makes our meeting a bit more difficult. Because of that reason, we are trying to be prepared for different scenarios, so please be aware that there is a risk of changes in the dates, place or the conditions of the project. Therefore, it's very important to stay in touch, plan the travel together, and decide on tickets with flexible options (postponing/cancelling).

# HOW TO APPLY?

If you wish to participate, please fill in the form:  
<https://forms.gle/A9uLr7CFWX5zKMfu7>

We will contact everyone who applies, but the number of places is limited.

If you have any questions, please email us. It is the best way to contact us:

[core.erasmusproject@gmail.com](mailto:core.erasmusproject@gmail.com)

Thank you!  
Looking forward to meeting you soon,

**Angelika, Magda & Sylwia**

## HOW TO GET IN TOUCH?

# HOST ORGANISATION

PERFORM  
ARTISTIC FOUNDATION

In Perform we focus on the development and promotion of contemporary art, through:



- artistic creation;
- non-formal education
- organization of art initiatives.

**Want to know more about the foundation?**

Visit: [www.perform.org.pl](http://www.perform.org.pl)

Follow us on Fb:

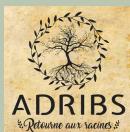
[@art.perform](https://www.facebook.com/art.perform)

Instagram:

[@perform.art.foundation](https://www.instagram.com/perform.art.foundation)

# PARTNER ORGANISATIONS

## L U B L A



LUBLA  
[www.facebook.com/LUBLAteam](http://www.facebook.com/LUBLAteam)  
CZECH REPUBLIC



ADRI B S  
[www.adribsfrance.org](http://www.adribsfrance.org)  
FRANCE



CABUWAZI  
[www.cabuwazi.de](http://www.cabuwazi.de)  
GERMANY



Tandem  
[www.tandemngo.gr](http://www.tandemngo.gr)  
GREECE



Csoma's Room Foundation  
[www.csomasroom.org](http://www.csomasroom.org)  
HUNGARY



Joint Association  
[www.associazionejoint.org](http://www.associazionejoint.org)  
ITALY



ARTE EGO Foundation  
[www.fundacjaarteego.wixsite.com/lodz](http://www.fundacjaarteego.wixsite.com/lodz)  
POLAND



Friends of Children in Romania  
[www.friendsofchildreninromania.org](http://www.friendsofchildreninromania.org)  
ROMANIA

Células Durmientes - Sleeping Cells  
[www.celulasdurmientes.com](http://www.celulasdurmientes.com)  
SPAIN