

WOMEN

are
powerful and
dangerous,

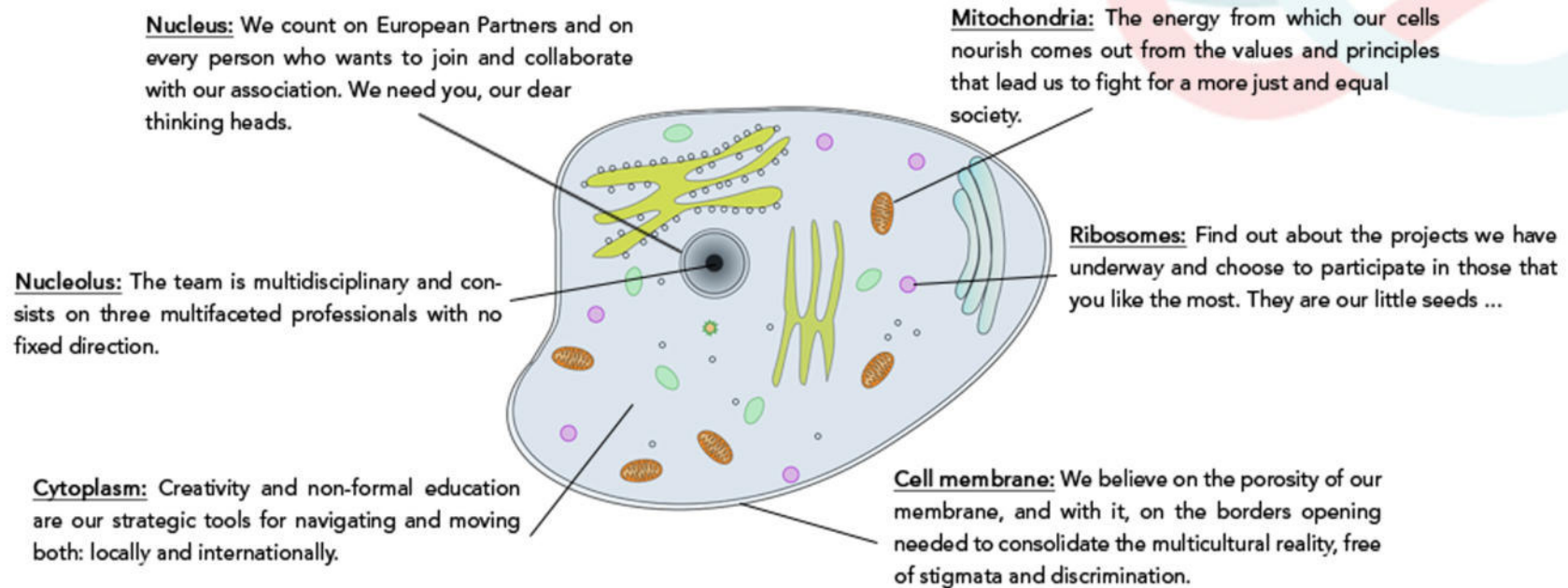


WEMEN
COMIC&FEMINISM TRAINING
APRIL 3TH — 9TH, 2022
SEGOVIA (SPAIN)

CÉLULAS DURMIENTES ASSOCIATION

Framed in the strategies of social movements that defend equity, respect, feminism and tolerance of all people regardless of their social status; this association aims to promote interculturality and gender equality through social action projects, cultural management, sensitization campaigns and educational intervention. It is aimed to empower youth and communities in order to find the tools to enable them to transform their own realities. As it is said, the organization believes that the key for transformation is to encourage effective social behaviour and values to make citizens responsible within their daily day and engaged within their communities.

In general, our projects have as the main goal, to offer a common safe space where the people can feel free to express themselves, to share skills, experiences and ideas, and where the equal relation between us brings the opportunity for dialogue and deep understanding.



FACILITATORS



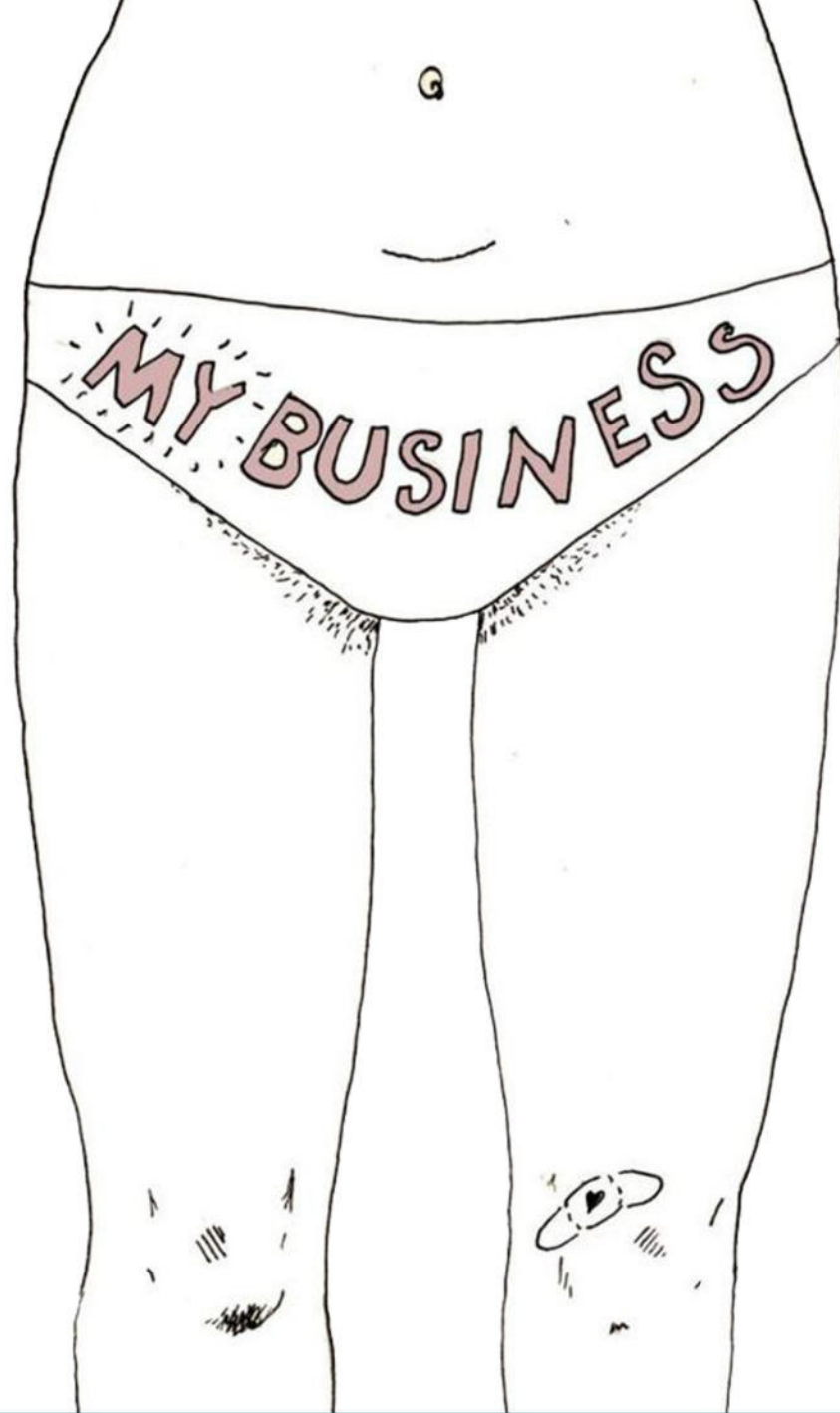
Our Ilaria is a graphic recorder and visual facilitator engaged to spread the use of visual language as a tool to support the learning processes. Her mission is to help people to explore their full potential and support groups to develop projects and focus on the implementation. As a social researcher, she graduated in Political Science with a Master of Art in communication and sociology of Migration, she conducted a number of researches concerning gender and refugees' empowerment - focused on financial education and family balance and savings - within European projects. As an expert in cooperative learning methods and visual facilitation, she designed, supervised and coordinated several non-formal education trainings for Italian local institutions, educational organisations, international agencies and NGOs.

www.ilariafresavvisual.com / @ilariavvisual



Alexandra (or Ål Nik as per her artistic name) has been working in the fields of visual art, illustration, communication design, copywriting, digital communication and entrepreneurship for the last 15+ years. She is a non-formal education trainer since 2014 when she started teaching about digital skills and all creative ways to do online marketing and business planning. Whilst working on Erasmus+ trainings, she also became quite excited to design and write such projects. Alex is a graduate of two bachelors: "History of Art" and "Art Education Theory and Practice" in the National Art Academy in Sofia and is interested in exploring the possibilities of using visual art and language as an educational tool as well as an effective tool for communication, inclusion and self-development. Since 2021 she is an "Experimental Publishing" (XPUB) master student at the Piet Zwart Institute (Rotterdam, the Netherlands) and lives there.

www.alnik.me / @everhooder



"La culpa no era mía,



ni dónde estaba, ni cómo vestía"

PROJECT DESCRIPTION

Gender equality has a universally recognized benefit for people. However, our visual references (media, advertisements, movies, ...), are still full of sexist stereotypes and vividly illustrate the depth of stereotypes permeating our contemporary civilization. **Yet everyone have much to gain equality of all people, genders and sexes.** This project offers professionals and young artists from different European contexts, a privileged opportunity to unite, in Spain, your perception and your actions in favor of the mobilization in favor of gender equality.

We have chosen to address feminism through the use of creative digital tools because images are a powerful tool for reflection and call to action, and digital media has the widest impact reach. We intend to bring everyone messages for gender equity and equality through digital images.

Our workshop in **Segovia, Spain, APRIL 3th - 9TH, 2022**, will invite youth workers and artists to lend their support to involve youth for gender equity.

The participants profile includes **youth workers, social workers, facilitators, pedagogues, artists, sociologists and gender equality activists** who has their residence in **Italy, France, Poland, Bulgaria or Spain**. However, all of them should have: a clear interest in the project, the desire to develop their own personal and professional knowledge, attitudes and skills on this subject and the desire to exchange, interact and work with professionals from different disciplines.

We will try to end the Workshop with a **Final Local Exhibition** of comic strips to engage young people in favour of gender equality.

PREPARATION - to do before coming

Needs for participants:

- Join our Facebook group ! (Look for WEMEN SEGOVIA)... and post an image and a short presentation of yourself for the others ;)
- Bring a comic book, a graphic roman, an illustration or a visual artwork from your country that shows interesting views on gender issues
- Think about a Fairy tell that is interesting about the gender topics. You will share it with the rest of the group !
- Prepare an energizer for the others
- If its possible, it would be great if you can bring your digital tools, too - like a laptop or a drawing tablet if you have.
- We will send to you a short reading list of several books that will be useful for the workshop, so you can check them out in advance.

Whenever needed, to start our activities on an energetic note, we will play a short 5-10mn game to energize everybody, feel refreshed and ready to rock the day! These games will be animated by... you! So please prepare at least one :)

LOCATION

The training is taking place in Spain, in a really lovely place called Duermevela Hostel, in the city of Segovia, in the region of Castilla y León.

SEGOVIA

Only 100km from Madrid, Segovia is a city that combines culture, history and youth. It has two universities (IE and University of Valladolid)

Here the wonderful Titirimundi puppet festival is held, music and film festivals are organized, and it has a lot of underground culture with musicians, painters, puppeteers and artists.

It has a beautiful historical center and worth seeing while taking a walk, incredible places from which to watch the sunset or sit and think and many bars where you can enjoy the typical and delicious tapas. You're going to love it.



LOCATION

YOUR HOME

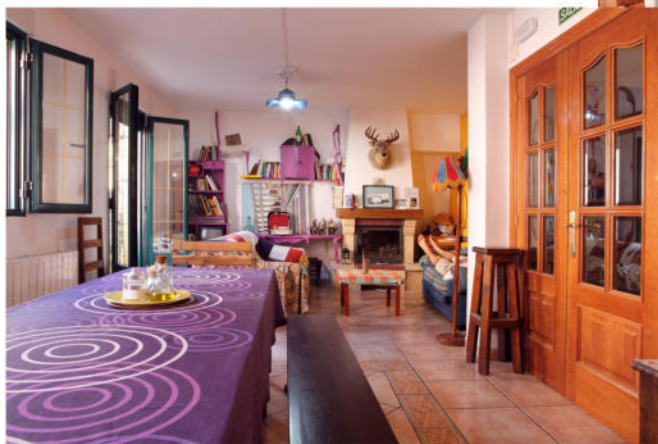
Duermevela Hostel has 7 rooms with a total of 20 spaces in bedrooms of 2 or 4 people. All rooms include linens and secure lockers.

We also have a variety of common areas where you can meet other travellers, play guitar or just sit back and relax. There is a living room, a kitchen, an outdoor patio, a courtyard and a cinema room.

All meals will be prepared by a cook and served in the dining room. Your free time you could spend walking by the river, going to the center town, in hygge living room or enjoy yourself in the upstairs living-room. In the hostel there is wi-fi internet access and washing machine. We kindly ask you to bring your own toiletry and towel. The place have bed sheets.



LOCATION



TRANSPORT TO THE TRAINING

Before booking any tickets, send your offer to celulasdurmientes@gmail.com and wait for confirmation

Flights: The best way is arrive to Adolfo Suarez Madrid Barajas, from there you have bus and metro to Madrid inner city (bus or train station). There are less than 100 km to Segovia. From where you have train and bus to reach Segovia.

Coach: From anywhere, you can catch a Flixbus, Isilines, Eurolines or OUIBUS to Madrid or Valladolid. From there you will take a train or bus to Segovia, where we will meet up and go together to our home!

You can also choose the train option from anywhere and also sharing car service (BlaBlaCar, Amovens).

Book your train tickets here: www.renfe.com

You can also buy bus tickets from Madrid in www.avanzabus.com

Please leave from Segovia no later than 09/04 at 11AM :)

If you have any doubt about transportation contact us, we may help!



TRAVEL REIMBURSEMENT

We will be able to reimburse your travel costs up to a maximum amount of:

- Participants from Spain: 10km a 99km: 20€ & 100km a 499km: 180€.-
- 180€ for participants from France
- 275€ for participants from Bulgaria, Italy & Poland (or Spanish Islands)

We are also asking you a participation fee of 50 euros (which also grants you with Células Durmientes membership and participate for free in next projects), deductible from your travel reimbursement. Food and accommodation are provided for free.

REIMBURSEMENT PROCEDURE

Here is what you need to do to be reimbursed for your travel costs:

- 1 - **confirm** your participation – send email to **celulasdurmientes@gmail.com**
- 2 - send your bank info (name of the bank, address of the bank, name of the account holder, SWIFT/BIC, IBAN), and your photo or scan of your ID/passport to **celulasdurmientes@gmail.com**
- 3 - keep all your original tickets (including tickets for public transportation) and boarding passes during your trip. We will collect them on you arrival day. If you won't have all of them we will be unable to reimburse you.
- 4 - after your return trip, send us reimbursement form (that you are going to received later) with all your photographed or scanned return tickets & boarding passes by email to **nucleo@celulasdurmientes.com** and after all the originals by post at:

Andrés Sánchez González
Calle Canónigo Juan 4, 4º E
24007 León
SPAIN

COVID SITUATION

We are so happy for your interest to join us in our project.

Even though, we would like to invite you to check out the COVID-19 restrictions that apply to your country and our way-of-doing. It's important to do it before you compromise within us :)

We will have the whole house for us, so we will be a kind of bubble. That's why our aim is to realize the training without holding a mask all the time.

We also don't want to risk our health. That's why inside Duermevela hostel, we are going to be strict with the people from outside. Once we are not "at home", each of us are responsible with what we do. Please, be responsible! We will look after oneself and each other ☑ fair enough!

We will follow the national regulations that are valid on the period the project takes place. Most likely, "green Pass" will be needed on the airport, so make sure you will be ready to present it for the day of arrival.

Please, ask us any information you need.

If COVID test are required to enter/exit the country, the participants are responsible to cover the costs. CÉLULAS DURMIENTES will support with organising a testing process.

If a COVID incident happens during the course, CÉLULAS DURMIENTES will support you to organise all you need (testing, quarantine in different accommodation, etc).

THANKS!