

EMPATHY MATTERS

Embodying Nonviolent
Communication
Training Course

Poland
9-18 May 2021



PERFORM
ARTISTIC FOUNDATION

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



WHAT IS THE PROJECT ABOUT

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The project is designed to improve the competences of youth workers in the field of communication. During the **9-day-training course**, we will learn about the concept of Nonviolent Communication (NVC) which is a powerful tool for understanding ourselves and others, building empathy and resolving conflicts. The emphasis of the training is placed on learning through practice, with sufficient theoretical input to clarify the basic elements of NVC. The tools and methods will combine verbal activities with a wide range of practical exercises inspired by Contact Improvisation, Mindfulness, Dance and Somatic Methods so that participants will fully embody the whole learning experience.

AIM: To develop competences of youth workers in the field of communication by providing them with knowledge and tools based on Nonviolent Communication principles.

OBJECTIVES

- Learn about the theory of Nonviolent Communication (NVC) and reflect on the concept of communication in the context of values, needs and feelings.
- Identify the four steps of the Nonviolent Communication process and put it in practice in everyday situations.
- Learn new and effective communication skills in a playful and supportive environment.
- Address the issue of connection and empathy in communication.
- Design effective tools to be employed in work with youth in order to develop their communication skills and empathy.
- Promote Erasmus+ opportunities for education, growth and partnership building.

WHAT ACTIVITIES WILL WE ENGAGE IN?

The programme of the training course was designed to explore the topic of empathy through the holistic process of discovering and embodying the nonviolent approach to communicating with self and others. We strive to create space to follow our curiosity in the learning process, in dialogue & in response to the needs that will arise. We will explore how we can embody NVC through Contact Improvisation & introduce it to our daily life. We will explore those ideas by engaging in activities inspired by:

- Dance, movement & body-work,
- Somatic Movement Methods,
- Art: theatres, craft, site-specific work,
- Mindfulness & listening to yourself (in the first place),
- Exercises inspired by NVC.

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.





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



BUCZYNOWA DOLINA

www.buczynowadolina.com

WHERE?

The legend says that Buczynowa (Beech Trees) Valley is located at the end of the World. However, the truth is that this secret, Polish paradise is located nearby the City of Cracow, in High Tatras Mountains. The venue is famous for its hospitality, full of traces of Polish traditions and located in one of the most beautiful natural areas of Poland.

Marta and Paweł, our hosts, and their helpers will serve vegetarian food. They may treat us with its speciality: famous Polish dumplings. You will be able to help yourself with coffee or tea during the breaks and free time :)

The cosy rooms with access to a bathroom (a private or a shared one) will accommodate up to 4 people and offer comfortable conditions to rest after intensive training days.

Training course activities will take place in a Yurt, which is a unique space for workshops, as well as outside in nature :)

HOW TO GET THERE?

DIRECTION 1 → CRACOW

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 Cracow in the first place. The money you will spend to get to Cracow will be reimbursed after the compilation 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 → BUCZYNOWA DOLINA

We will organize a shared bus that will take all participants from Cracow 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:

http://ec.europa.eu/dgs/education_culture/tools/distance_en.html

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 active participation in the whole project and delivery of all the relevant documents.

If you have any questions concerning travel, please contact us on:

empathymattersproject@gmail.com



WHO WILL LEAD THE PROCESS?



SYLWIA FEDERICO

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



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



She moves between dance practice (improvisation, CI), somatics, yoga & movement techniques, education & art activism. 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.

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/MDVbcczK5Hgk4nnG6>

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

HOW TO GET IN TOUCH?

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

empathymattersproject@gmail.com

Thank you!

Looking forward to meeting you soon,
Angelika, Magda & Sylwia



HOST ORGANISATION



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

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

For 11 years we have been organising International Dance Festival Warsaw CI FLOW.


Here, you can find more about Contact Improvisation & the festival:

www.polandcontactfestival.com/en/contact-improvisation/


Want to know more about the foundation?

Visit: www.perform.org.pl

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

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

PARTNER ORGANISATIONS



ACTIVE BULGARIAN SOCIETY
www.activebulgariansociety.org
BULGARIA



NGO Youth Club Active
www.clubactive.eu
ESTONIA



ASSOCIAZIONE JOINT
www.associazionejoint.org
ITALY

Social inclusion - Empowerment –Development
DONUM ANIMUS
Latvia

Donum Animus
LATVIA



Organization for Reconciliation (OR)
www.facebook.com/ORconciliation
FRANCE



ANIME PAF
www.animepaf.org
PORTUGAL



Friends of Romanian Children
www.friendsofchildreninromania.org
ROMANIA



Asociación Cultural Células Dormientes
www.celulasdurmientes.com
SPAIN

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