

Youth Act Poland

# IMPRO DRAMA

Training of Trainers  
Theatre methodology for youth empowerment

07-15.03.2023 Murzasichle, Poland



**infopack**





# About

The Improdrama 3.0 is a training course for youth workers, educators and teachers (in the form of training of trainers) who would like to develop their trainers competencies in using the non-formal education methods for youth education and youth empowerment.

Dates: 7-15.03.2023

Place: Murzasichle, Poland

[FB page](#)

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**IMPRO  
DRAMA**

**3.0**





# About Erasmus+

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



**Co-funded by  
the European Union**

<https://erasmus-plus.ec.europa.eu/about-erasmus/what-is-erasmus>

<https://www.youtube.com/watch?v=ykwdEaRQXW4>

Organisation is working at local level promoting the NFE in the local schools and implementing there workshops for youth development and discoveries their passions and talents. Organisation is working with youth in the local community providing them access to workshops and international activities based on NFE. Through the workshops we are supporting development of their competences and understanding thier strenghts, discovering thier passions and talents.

Organisation is using diverse non-formal educational approaches as theatre activities (improv, british drama, physical theatre), sewing, upcycling, Game Based Learning, eduLARP and developing the workshops about active citizenship, youth empowerment, social inclusion, entrepreneurship, ecology, discovering the talents and passions, human rights, tolerance, intercultural learning, fighting against radicalism, increasing the employability.

# Youth Act Poland



**FB page**



**Website**



**YT channel**



**Instagram**



# Youth Act Poland



A stylized, hand-drawn logo for 'ACT'. The letters are thick and black, with a yellow fill and a pink outline. The logo is set against a background of overlapping blue and yellow geometric shapes, including triangles and lines, creating a dynamic and energetic feel.

# Our Goal



Our goal is to promote the nonformal education its methodology, tools and approaches for youth education, supporting the youth empowerment and increasing the engagement of young people in their classes or educational activities and increase the efficiency of their learning process.

Our idea to reach this goal is to continuously provide the training opportunities for youth educators, youth workers and teachers in field of non-formal education, and it's diverse methodology.

Up to this point our organisation have developed 11 international projects promoting NFE which provided 17 trainings for youth workers and educators.



# Aim



## Aim

The project IMPRODRAMA 3.0 aims to promote and integrate theatrical methodology as nonformal educational methodology for youth empowerment in youth organisation, schools and universities.



# Objectives



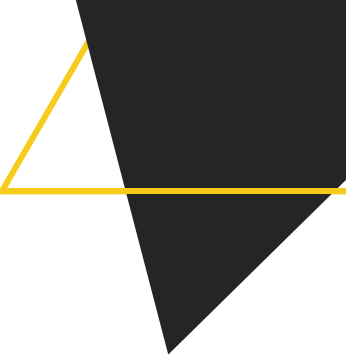
- Developing competences of participants in use of theatre methodology as non-formal education tools for youth empowerment
- Developing competences of participant in using theatre methodology especially physical theatre, mime theatre and visual theatre
- Introducing to participants the values and principles of experiential learning as nonformal education approach for youth empowerment
- Providing the possibility to create, develop, implement and improve the educational activities for youth empowerment based on theatre methodology
- Discussing and developing the ways of integration the theatre methodology as non-formal education activities to the formal education system.
- Increasing the soft skills, language skills and competences of participants.
- Promoting social inclusion, solidarity, tolerance and intercultural dialogue.
- Promoting the Erasmus+ programme and Youthpass as recognition of competences gained during the NFE activities.

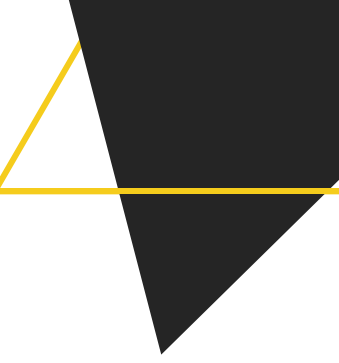


# Participant's profile

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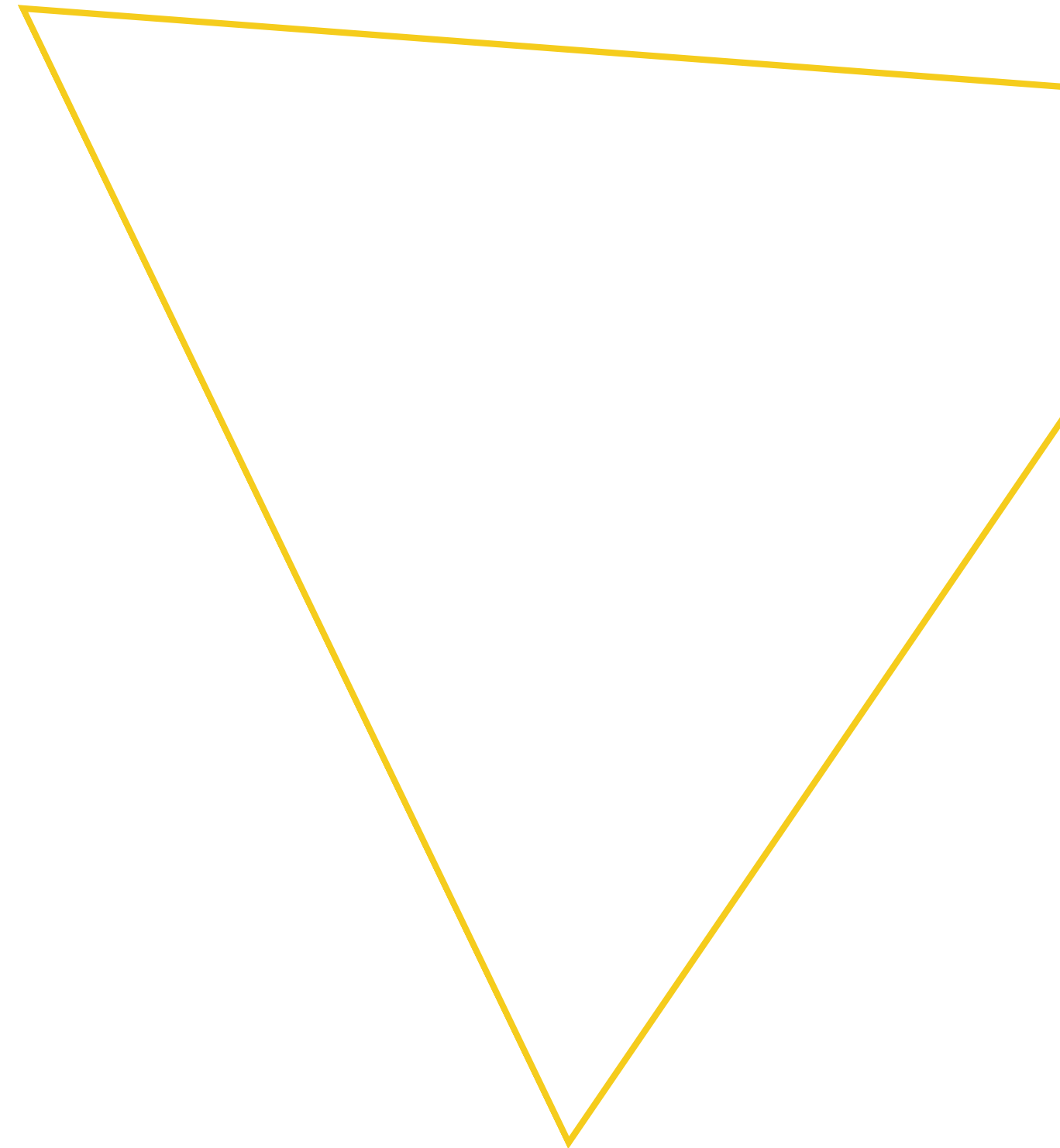
People interested in becoming trainer or facilitator  
Youth workers, youth educators, leaders or teachers  
Communicative level of English  
Age limit minimum 20 years old  
Motivation to experience NFE methodology  
Motivation to take active part in all workshops during the activity  
Willing to promote the project during all phases via social media  
Willing to make the follow-up activities





# Methodology.

During the training participants will take part in the workshops based on non-formal educational methodology as working in pairs, groups, brainstorming, reflecting, performing, acting, team building, self-reflection, group reflections, role-play. 3 Main methodology of the training would be: Theatre activities, Mime and physical theatre, Visual theatre.

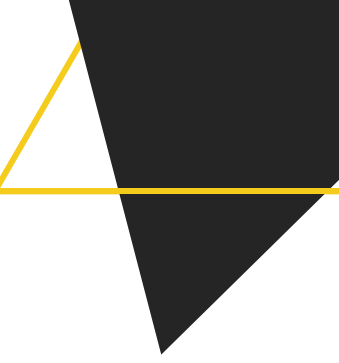
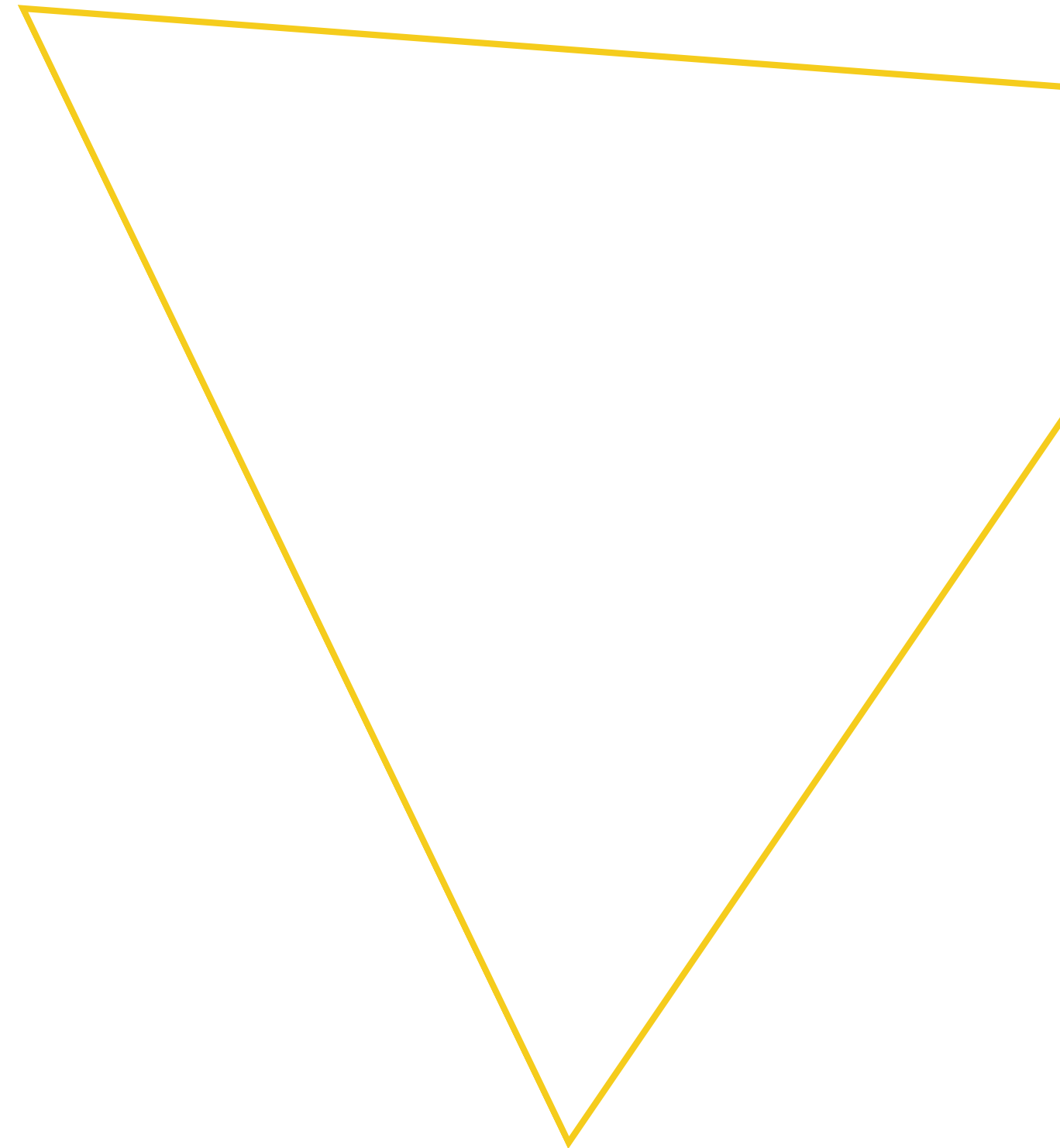


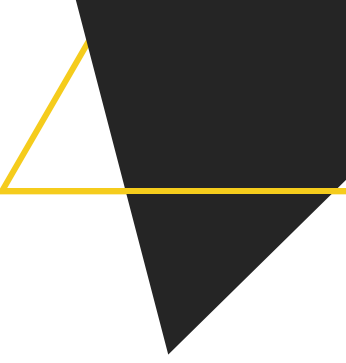


# Methodology.

## Theatre

Theatre activities focusing on acting developing new character, new stories, sharing the emotions, expressing emotions and feeling through the movement and expression. Developing sense of power and the choice to act and to create the act, as empowering the participants to take active role in the creating process.

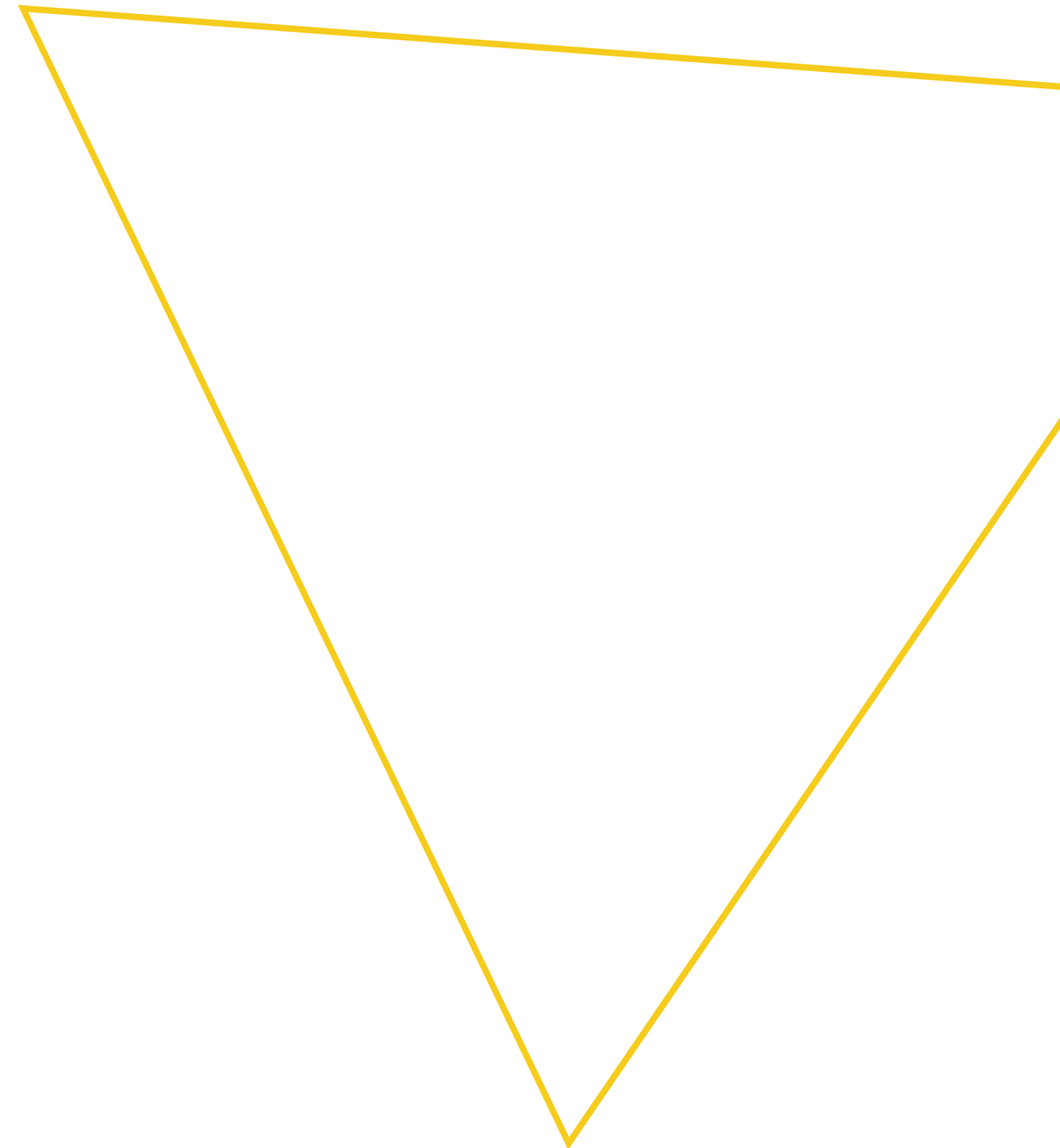


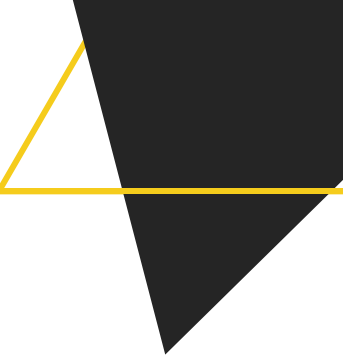


# Methodology.

## Physical theatre and mime

Mime and physical theatre methods will guide participants to the awareness of their own body, to understand the body language and their capacity in moving their bodies, reflection on body language and expression, creation of the story without the words only with the expression understanding the wide spectrum of understanding the movement without the words. Participants would exercise, practice their movements, expression, creating the characters through the movements and gestures ,getting into the shoes of different people.

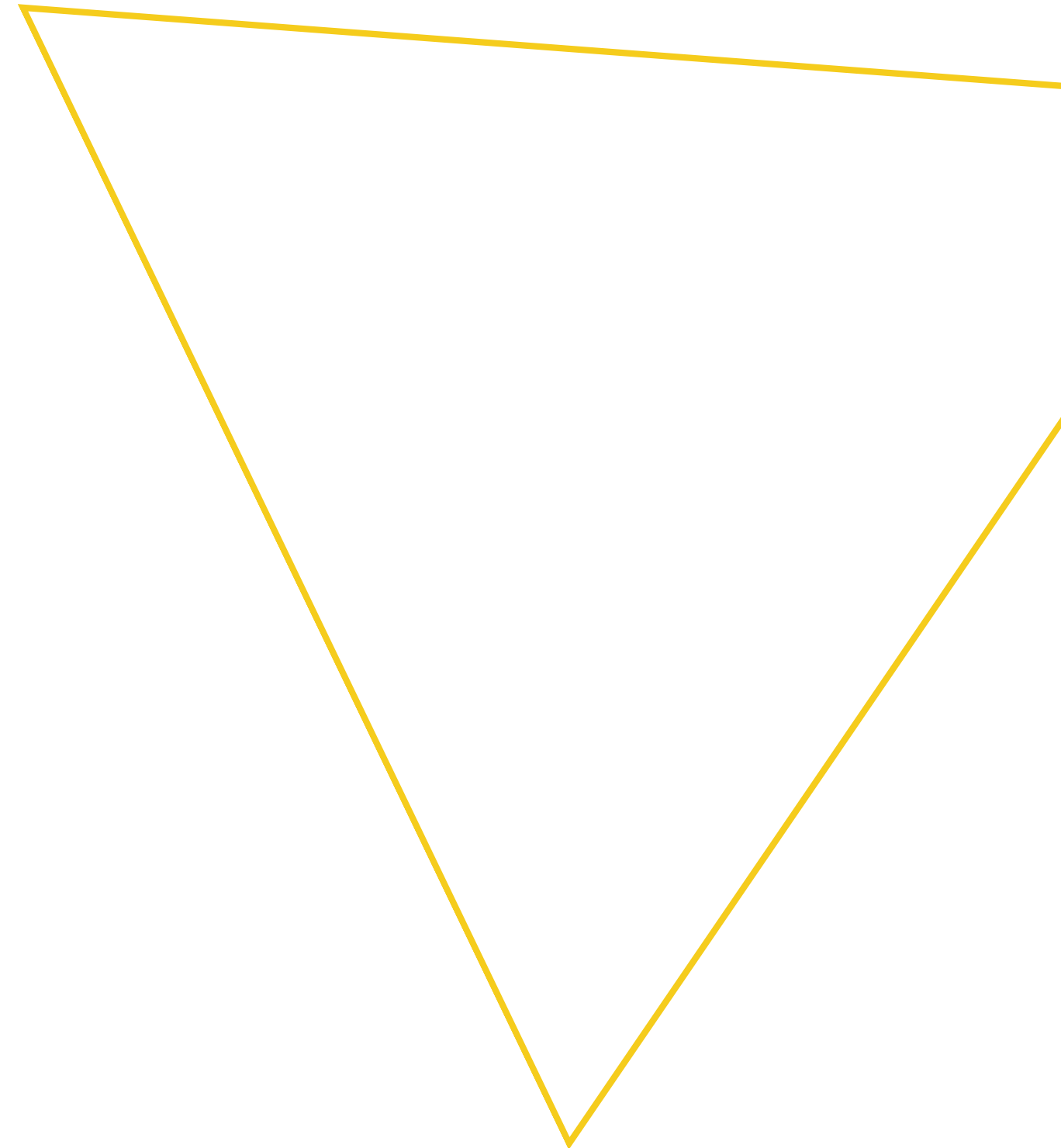




# Methodology.

## Visual theatre

Visual theatre methodology will guide participants in animating objects to create worlds, stories, characters conveying a universal message readable by the audience. Viewers can identify themselves in the stories presented, relate to the author, who searches in order to express their feelings, emotions, needs, fears, stories. Through the visual theatre, viewers and creators can get familiar with the process of working with material, explore beauty and fragility together with stability and volatility as metaphors.



# Learning approach

To find more inspiration about NFE, you can take a look at our NFE Library on our website

[link](#)

Or tutorial about Experiential learning developed within the Life Education Theatre project:

[link](#)

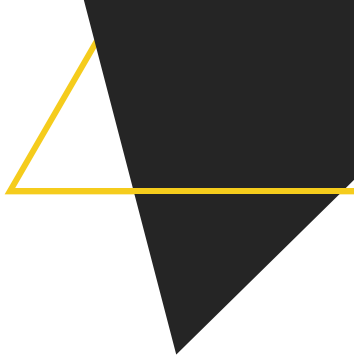
The leading learning approach during the training course would be experiential learning (D. Kolb), participants will go through the learning process which is following the cycle of experience, analyse, conceptualization and practise.



To learn more about the Experiential learning, you can take a look at our Methodology Box from Improve e english project

[link](#)





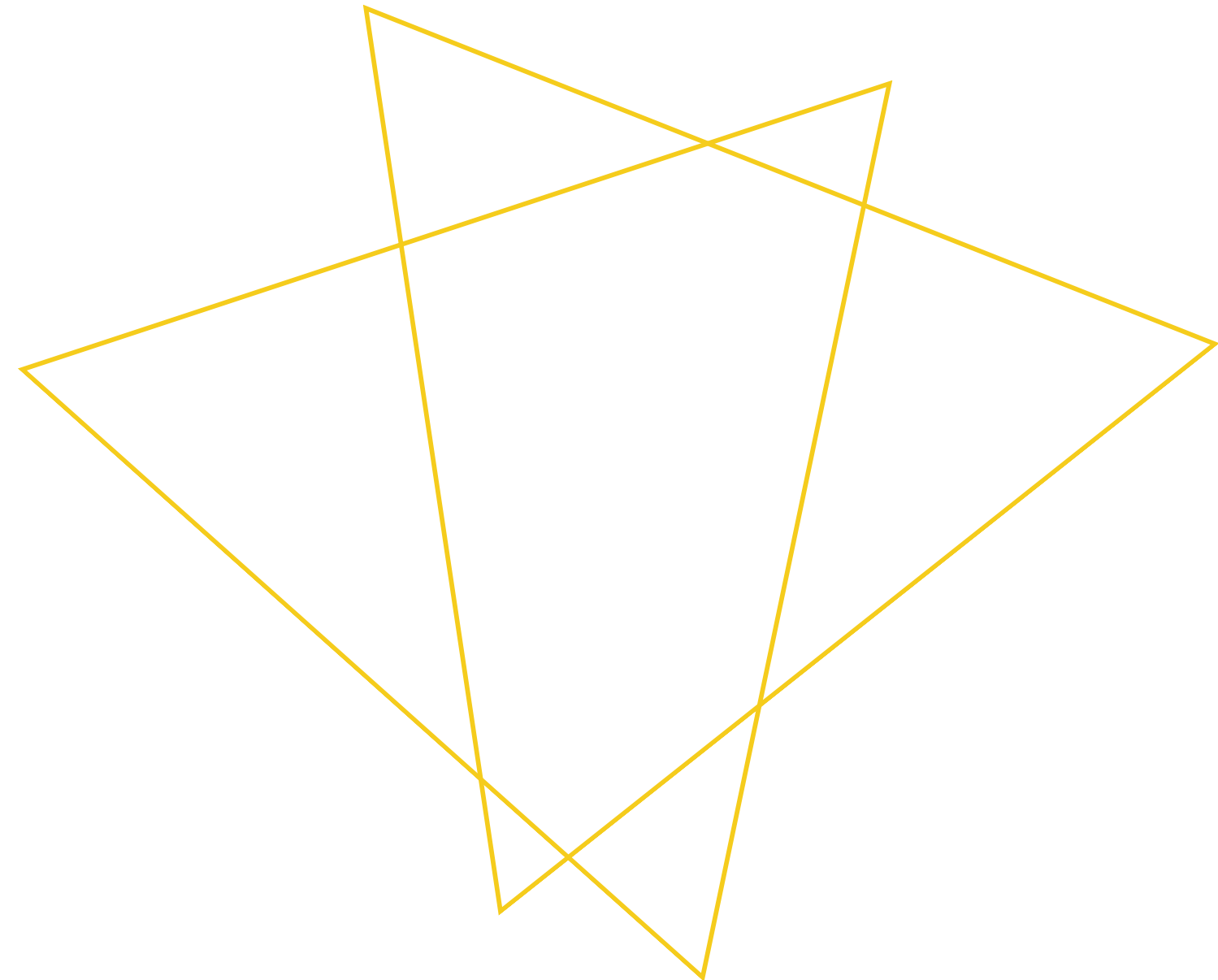
# Activities

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Generally the activities would have three stages: exploring main methods (theatre activities, mime, physical and visual theatre), learning about Non-Formal Education (the principles of NFE, how to create the educational workshops, feedback), practise phase (developing and implementing the workshops by participants).

Daily there would be at least 6 hours of workshops and time for reflection. (everyday we will start workshops at 9:30 and finish around 19 o'clock, with 2 coffee breaks and lunch break).



## **Poland**

Youth Act

## **Bulgaria**

Mladezhki inovatsii

## **Portugal**

Selfmade

## **North Macedonia**

CET

## **Greece**

You in Europe

## **Latvia**

Keep the change

## **Spain**

Globbers

## **Croatia**

Institut za poticanje mladih

## **Romania**

Imago mundi


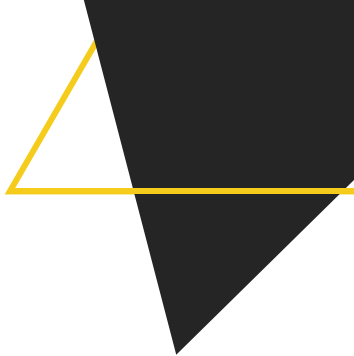
## **Italy**

Oriel



# **Partners**





All together we will take care of our space where we will live, work and learn, therefore we need to keep the place clean and useful for our activities. During the theatrical activities we will walk in the workshop room barefoot or in socks (so take some warm socks if you get cold easily).

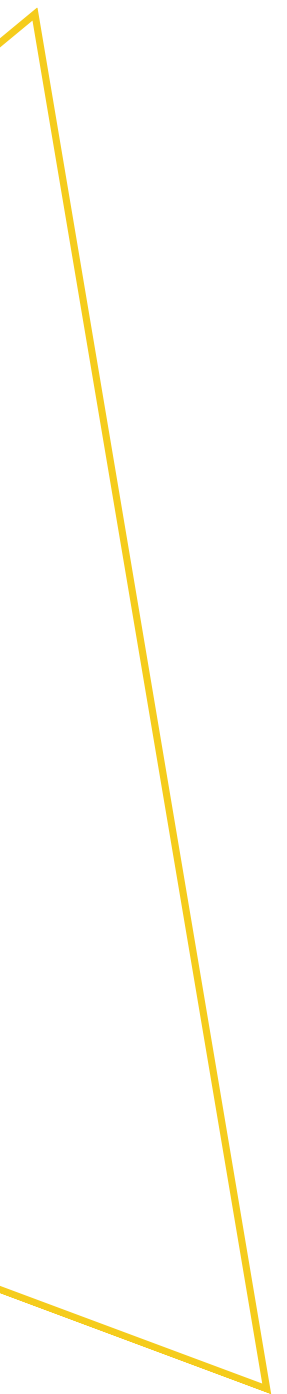
## **Living conditions**

The training course will take place in Murzasichle the small town in the Tatra mountains, near Zakopane (the winter capitol of Poland). Participants will stay in bedrooms (2-4 people in rooms with the same gender) with bathrooms. All activities will take place in the workshop room in the next building. In the venue there would be a canteen which will provide the meals (breakfast, lunch, dinner) and coffee breaks within the traditional highlander cousine.

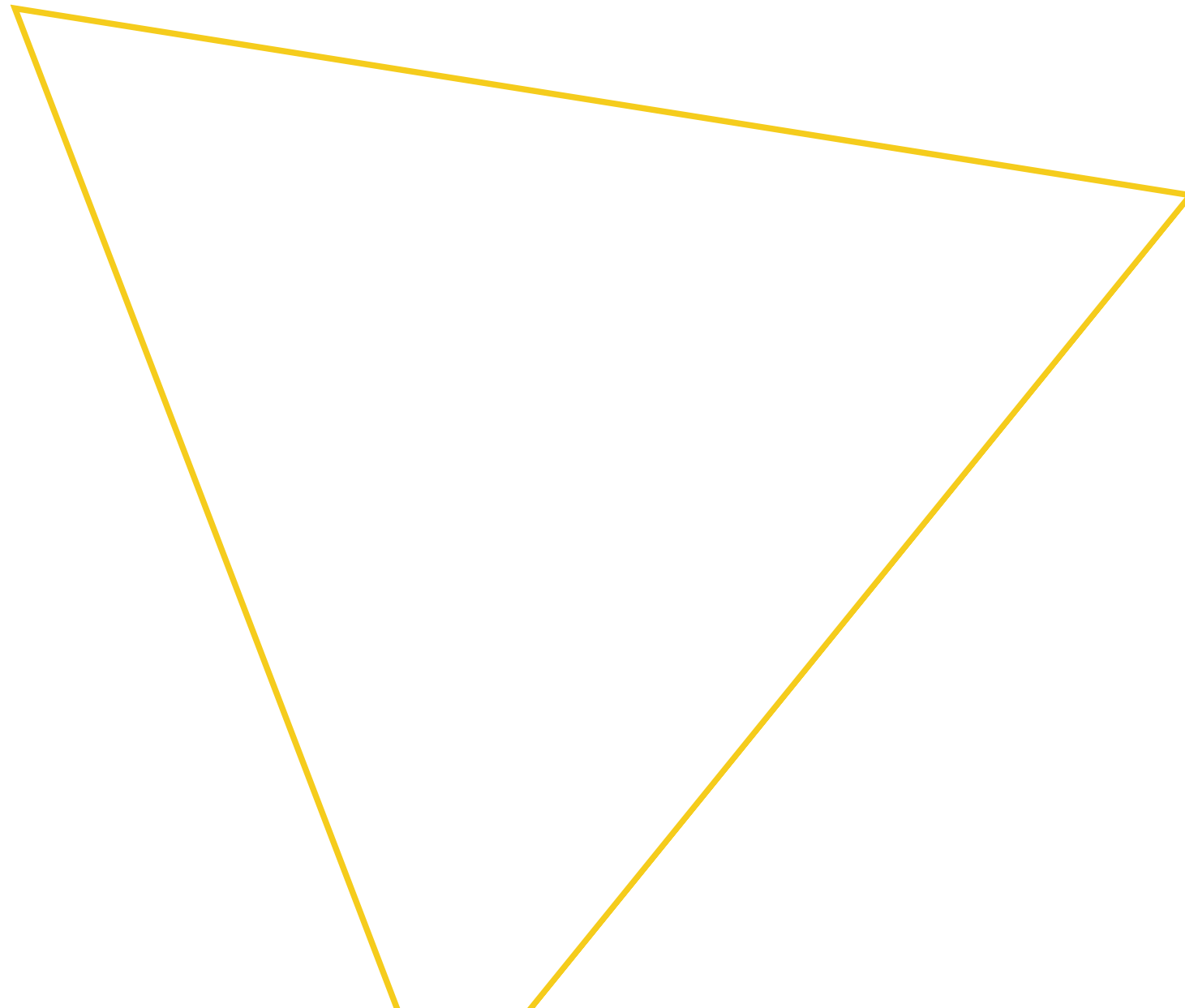
## **Venue**



# Active participation



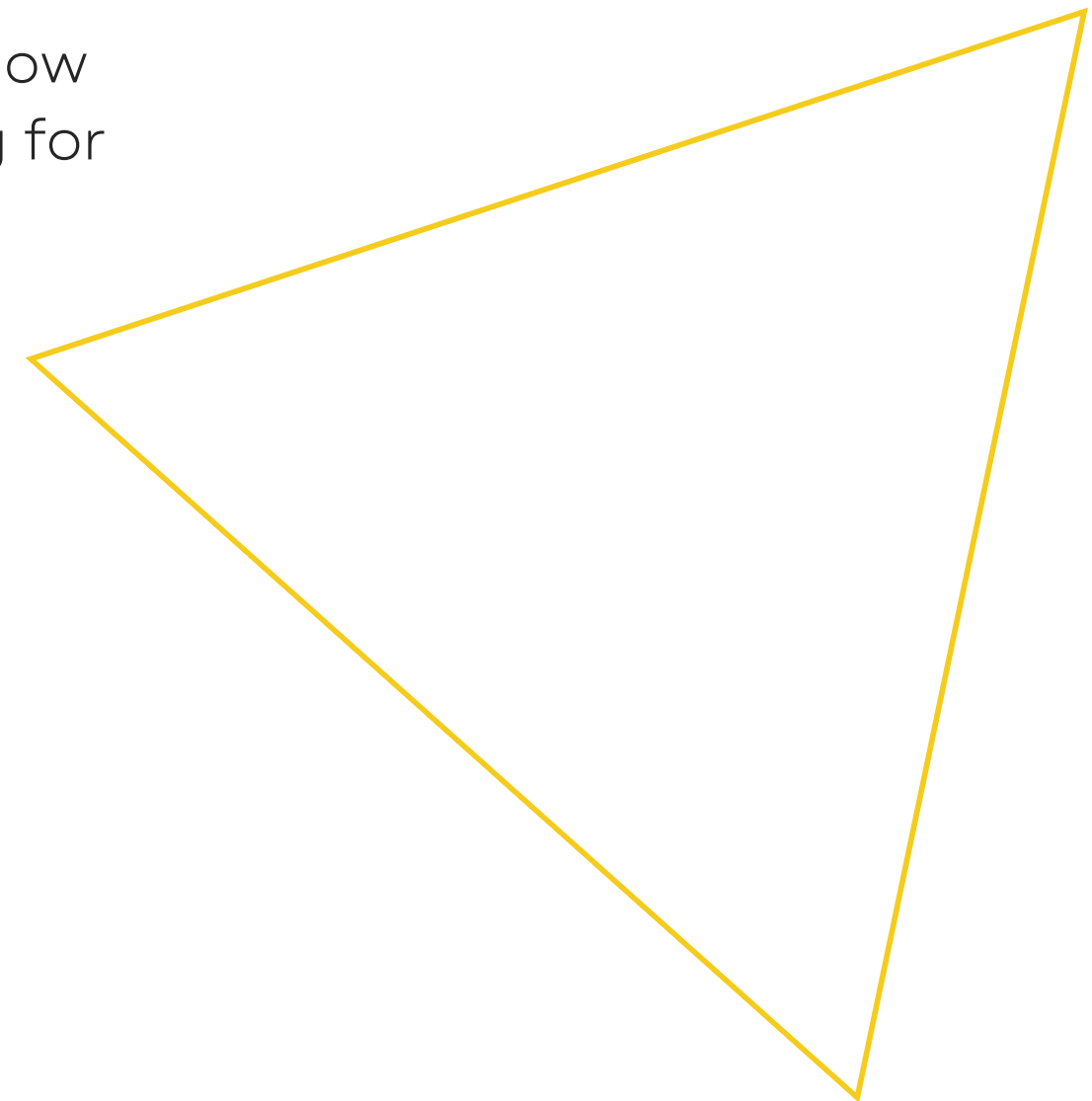
By taking part in this project, you are confirming that you are going to be active in all phases of the project:

- Preparation before the training course,
  - Taking part in all workshops during the training course,
  - Preparation and organizing the workshops for youth
  - Promotion of the project on social media before and after the training
  - Accomplish all tasks connected with dissemination of the project and its Follow up phase
- 



# Certification

Participants after attending the full training course will receive the YouthPass certificates and 'IMPRODRAMA facilitator' certificates [which allow participants to join the second stage of training for trainers developed by our network].



# Follow up activities

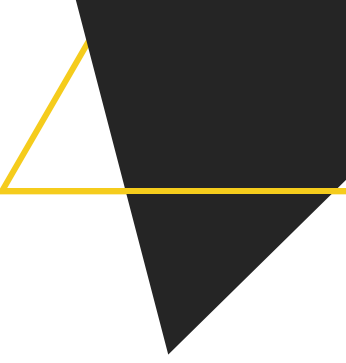
The dissemination of the project is one of our priorities. After the project participants are obligated to make follow up activities till the 24th of April. What requires preparation for those activities before the training.

- organize 2 workshops in their local community (in schools and in youth communities) using tools and methods from the training (per country)
- write the article about the training in English and national language (one per country).
- promoting the project on the Social media (Facebook and Instagram)
- promoting the results of the project
- write personal diary about their learning journey
- write outline for future project aiming youth empowerment (one per country)
- create the poster about the project (one per country)



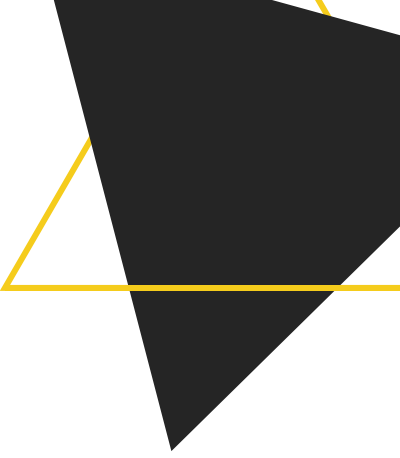
# What to bring

- European insurance card,
- insurance for traveling in Poland
- positive attitude
- clear mind without stress of doing some work/home task during the TC
- comfortable clothes and shoes for the workshops which will take place mainly indoor,
- warm socks for the workshop room
- cosmetics, soap,
- traditional food, drinks and souvenirs for intercultural evenings
- personal medicine (as our team can not provide any kind of medicine to participants)





# Travel



Due to environmental protection we would recommend to lower the carbon emission during the travel (promote train/bus transportation, direct flights).

Selected participants could start to find a connection to Kraków. Please, send to us proposal of your travel (which includes travel company, time & date of arrival and departure, price), later you should wait for our confirmation to buy them. Tickets bought without our confirmation will be not reimbursed. More about the reimbursement process, in next section.

Tickets should be bought by low fare prices, only second class. You can come to Poland in total 2 days before or after the main activities, however we can not cover expenses of your venue and meals before or after the activities.



Maximum possible extend of traveling earlier or later than the dates of the training\*

5-15.03.2023

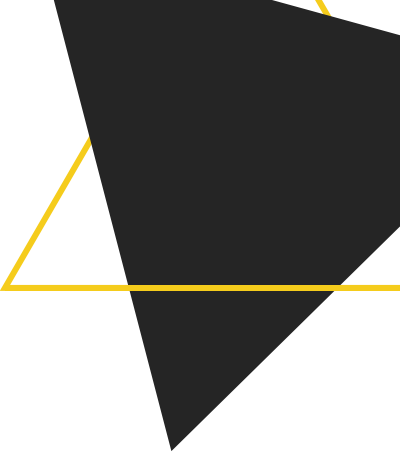
6-16.03.2023

7-17.03.2023

\*there might be exception depend on the connections.



# Travel



On the 7th of March we are going to meet around 18 o'clock near the main train station in Krakow. Then we will go with the shuttle bus to our venue (the cost of the shuttle bus will be reduced from the travel reimbursement limits).

Plan your travel to be on the 7th of March before 18 o'clock in Krakow around train station. On the 15th of March we will leave our venue around 8 am in the morning, please plan your departure from Krakow after 12 o'clock (the flights from Kraków should be after 1:30pm).

After our approval of your ticket proposal, you can buy them and upload to our google drive.

The closest airports to Kraków are in Kraków, Katowice, Warszawa. From those cities you can take the train to Kraków

(check out the schedule at: <http://rozkladpkp.pl/en>).





# Reimbursement

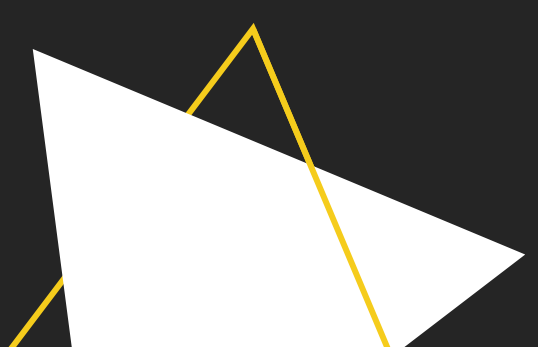
Reimbursement of the tickets would be done after finalizing all following tasks by participants (up to the national limits):

- filling in the reimbursement form before 3rd of March 2023
- sending all boarding passes and tickets to Youth Act-hosting team till 3rd of March 2023
- implement all of the follow up activities till 24th of April 2023
- filling in the questionnaire after the activities till 30th of March 2023

When all participants will finish all task we would start to reimburse your travel costs by sending transfers to each participant.

The transfers would be send within 2 weeks from the deadline for uploading all materials from follow up activities.

In case of not fullfilling all follow up tasks activities or not sending all documents to hosting organisation, the participant's travel reimbursement would be consider as voluntarily contribution to the project.







# Reimbursement Limits

## 245 euro

Greece  
Bulgaria  
Latvia  
Italy  
Poland  
Croatia  
Romania  
Spain  
North Macedonia

## 330 euro

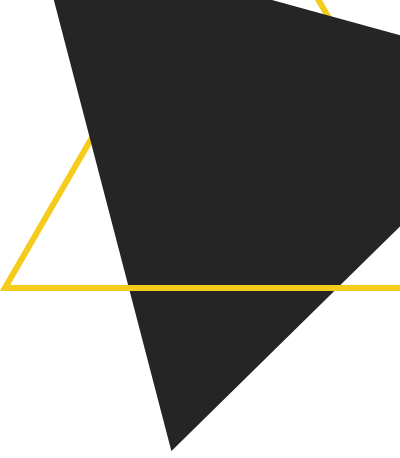
Portugal

\*the 30 euros from the reimbursement is dedicated to the costs of shuttle bus from Kraków to venue and back.





# Covid



Due to the unstable situation with COVID-19 it's OBLIGATORY to have a health insurance and travel insurance. Participants are themselves responsible to get a travel insurance.

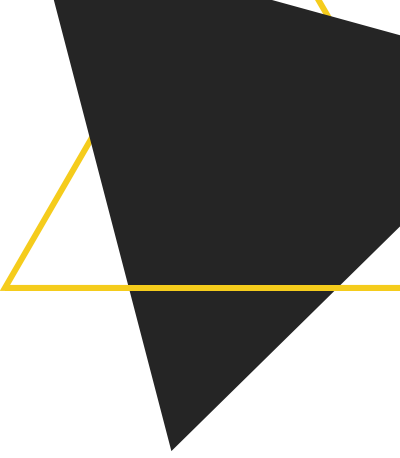
If there's anyone who uses any kind of medications, they should bring them with themselves. We don't give any medicines and we don't cover insurance fees.

During the Training Course we will take care of safety (e.g. fever measurements and usage of sanitizers) and follow the recommendations announced by Polish Ministry of Health, if any by that time. We would kindly ask participants to bring their individual protection (e.g. masks) and any other medicine they feel needed.





# Acknowledge



I acknowledge the contagious nature of the Coronavirus/COVID-19 I further acknowledge that Youth Act foundation has put in place preventative measures to reduce the spread of the Coronavirus/COVID-19. I further acknowledge that Youth Act foundation can not guarantee that I will not become infected with the Coronavirus/Covid-19.

I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, venue staff, and other participants.

I acknowledge that I must comply with all set procedures to reduce the spread while attending my appointment. I attest that:

- \* I am not experiencing any symptoms of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
- \* I have not traveled internationally within the last 14 days.
- \* I have not traveled to a highly impacted area within the last 14 days.
- \* I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.
- \* I have not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non-contagious by state or local public health authorities.





# Acknowledge



I hereby release and agree to hold Youth Act foundation harmless from, and waive on behalf of myself, my heirs, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of the Youth Act foundation, or that may otherwise arise in any way in connection with any services received from Youth Act foundation.

I understand that this release discharges Youth Act foundation from any liability or claim that I, my heirs, or any personal representatives may have against the Youth Act with respect to any bodily injury, illness, death, medical treatment, or property damage that may arise from, or in connection to, any services received from Youth Act foundation. This liability waiver and release extends to the project together with all NGOs members, partners, and participants.



# Contact

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