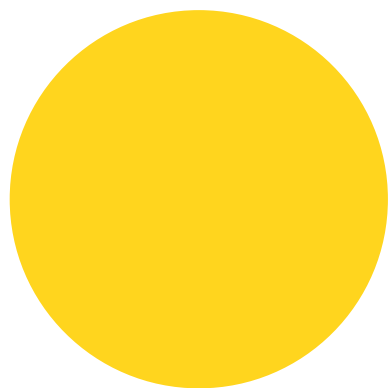


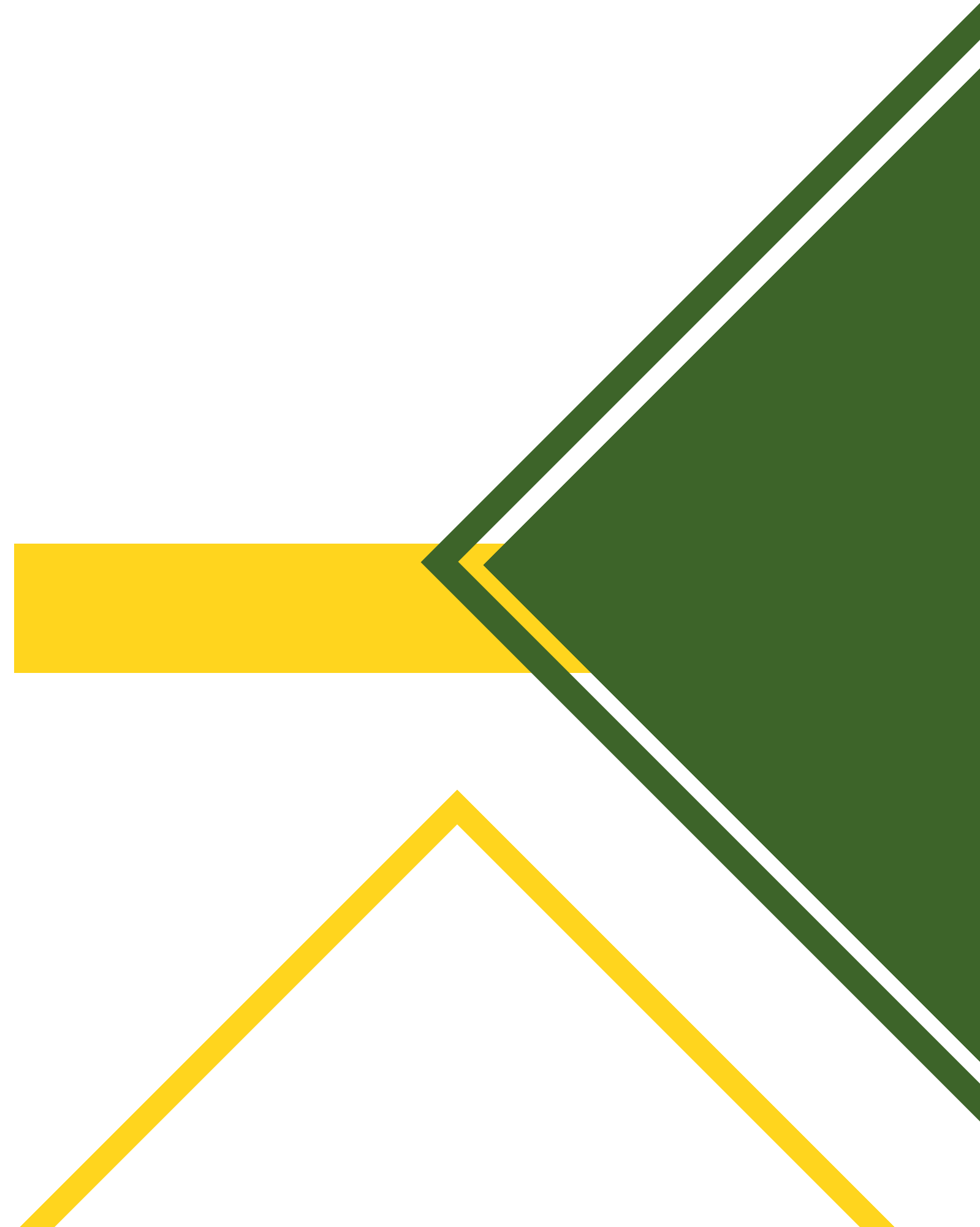


# PERFORM

Training Course



Poland  
16-24.04.2023



# Who we are?

The hosting organisation is Yellow Green, young organisation with experienced youth workers from Wieliczka.

Organisation is aiming to promote diverse non-formal educational methodology for youth work, promoting environmental protection, social inclusion and youth empowerment at local and international level.

[Our FB page](#)



Y  
Yellow  
Green

# What is Erasmus+

Erasmus+ is the European Union program for education, training, youth and sport.

This programme, aims to modernize education, training and youth work across Europe. It offers exciting opportunities for participants to study, work, volunteer, learn and train abroad in Europe.

For more info, click below!

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



Co-funded by  
the European Union

# About the project



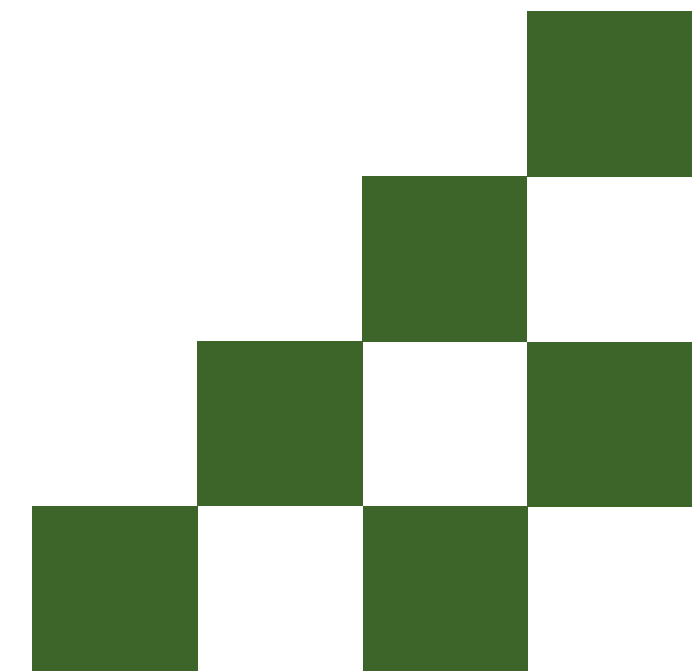
The Perform is a **training course** for youth workers, educators, youth leaders who would like to develop their competencies in using the **comedy theatre methodology** for social inclusion and promotion of environmental protection and would like to discover and gain better insight in the methodology of performative art. In the end of the training participants will prepare and develop their performance which they will present in local school and which will be transmitted online.

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# Our goal




The main purpose is to promote social inclusion, environmental protection and methodology of performative art. We would like to equip youth workers with theatre methodology to promote social inclusion and environmental protection as well as developing the methodology of performative art where young people can learn through process of theatre performances.



# Aim

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Promotion of social inclusion and environmental protection through performative art of comedy theatre.



# Objectives

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Developing of competances of participants in using theatre, comedy theatre and performative art as methodology for youth work

Developing competence of participants in non-formal educational approach as experiential learning, performative learning, Kolb learning cycle.

Increasing knowledge in field of social exclusion, discrimination, stereotypes, prejudices, climate change and sustainable environment.

Increasing the competances of participants and supporting thier personal and proffesional development.

Promoting the Erasmus+ programme, non-formal education.

# Participants profile

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Youth workers, youth educators, leaders

Communicative level of English

Age limit: minimum 18 years old

Motivation to experience NFE methodology

Motivation to experience and learn about theatre methodology and comedy theatre

Motivation to take active part in all workshops during the activity

Willingness to promote the project during all phases via social media

Willingness to make the follow-up activities



# Methodology

During the training participants will take part in the workshops based on non-formal educational methodology as theatre methodology, comedy theatre, mime, physical theatre, working in pairs, groups, brainstorming, reflecting, performing, acting, team building, self-reflection, group reflections, role-play. The main methodology of the training would be **comedy theatre**.

Comedy theatre focuses on developing the characters and the stories which can easily break the social patterns because they are comedy players, bringing the taboo-topics to the audience to reflect on it. Creating the comedy stories which are tackling the difficult topics make it more accessible to reflection and conversation by the public.

# Learning approach

## #1

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.

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## #2

The second approach is learning through creating the performance, which gives the actors deeper reflection on their performance and growth of their personal and professional competencies.



The activities would be dedicated to increase competences in field of social inclusion, environmental protection, theatre methodology and comedy theatre. Most of the activities would be based on theatre methodology which may require acting, playing, role-playing, improvising.

In the end of the training participants will prepare and perform theatre performance which would be transmitted online.

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

# Activities

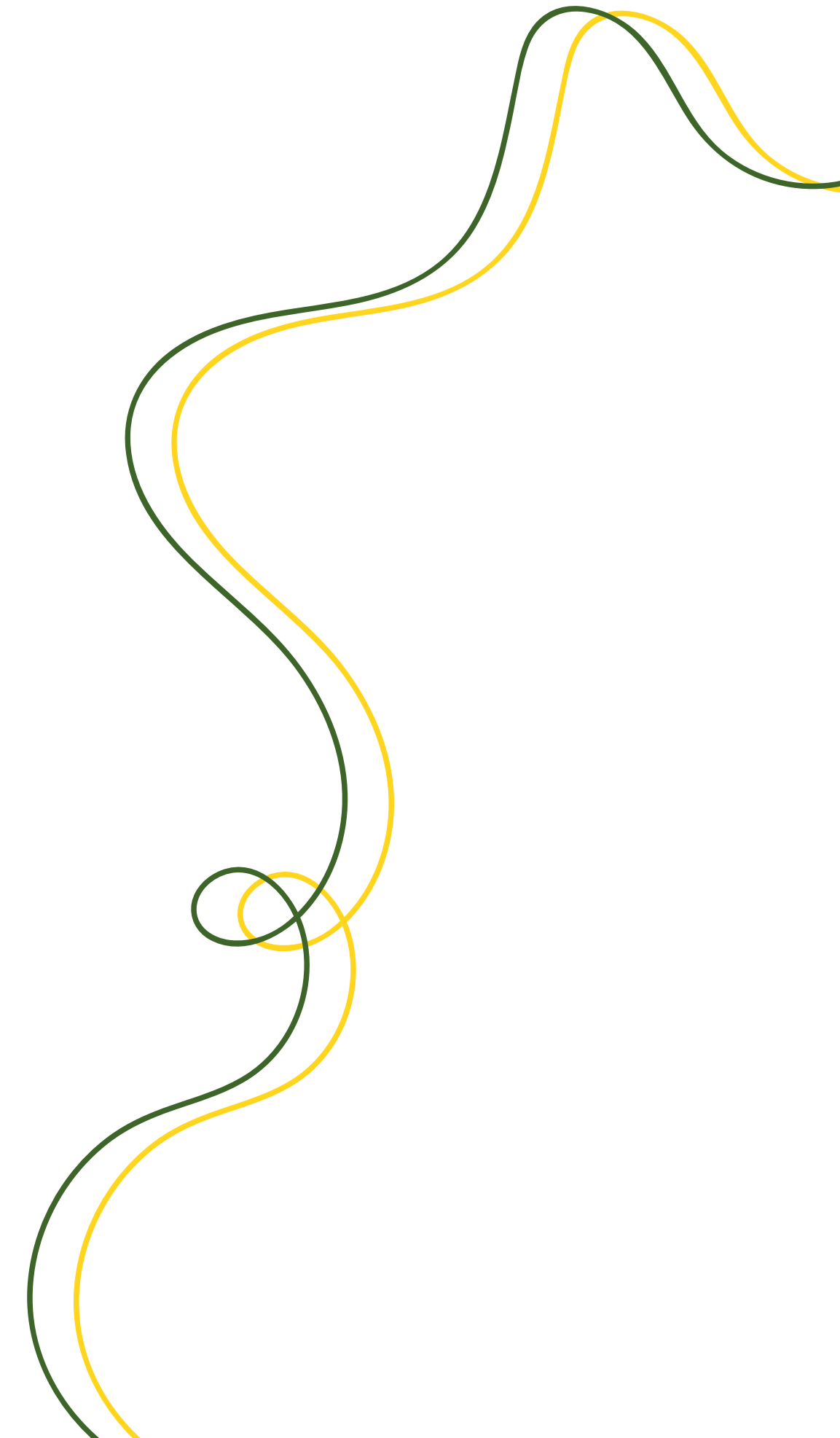
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# Partners

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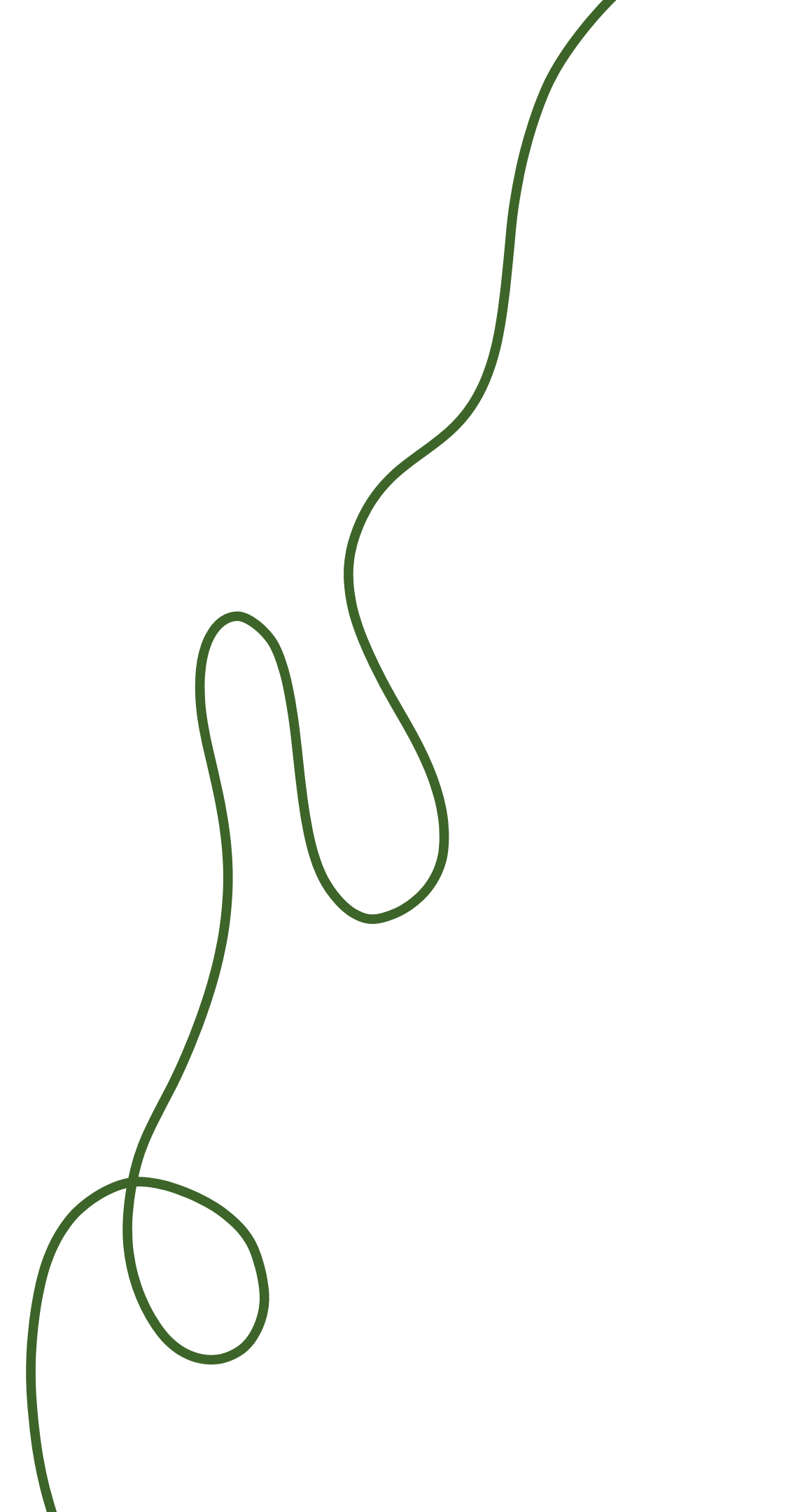
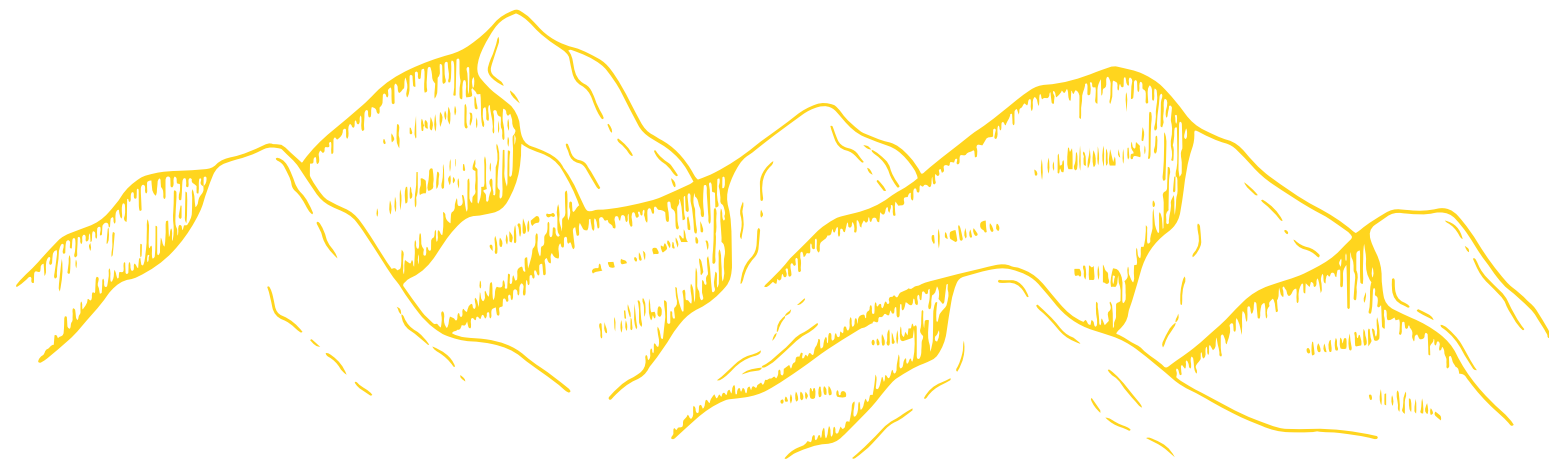
Poland, Yellow Green  
Hungary, Eurotender  
North Macedonia, CET  
Latvia, Keep the Change  
Bulgaria, Walk Together  
Italy, Oriel  
Greece, Youth in Europe  
Portugal, Check-in  
Spain, Aktive Kosmos  
Croatia, Institute of Youth Power



# Place and Venue

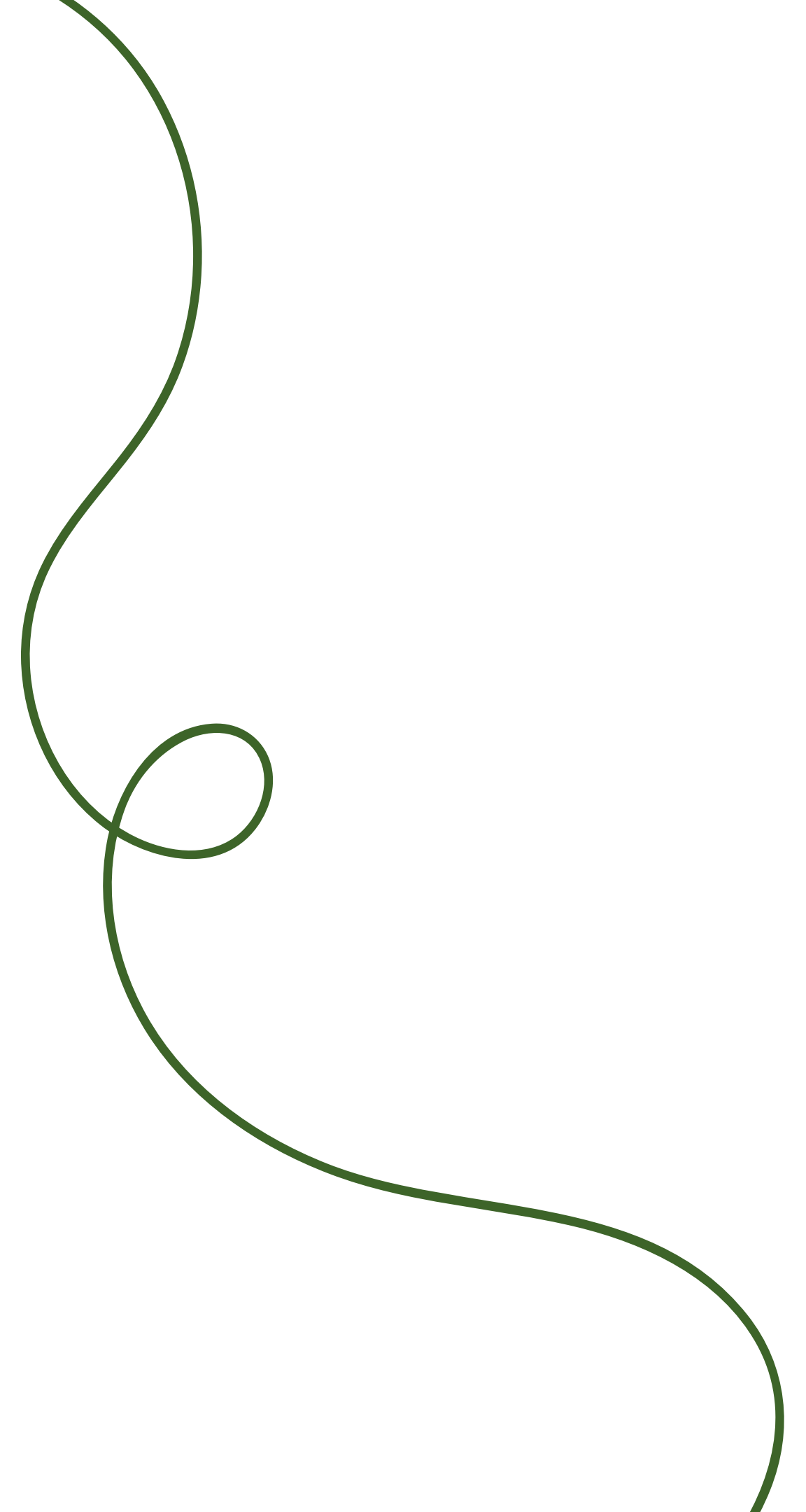
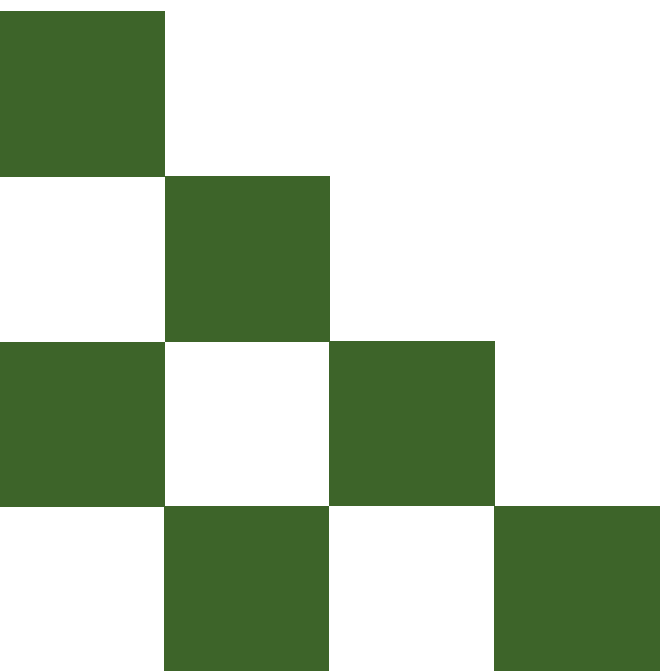


The training course will take place in Murzasichle-the small town in the Tatra mountains, near Zakopane (the winter capitol of Poland). Participants will stay in bedrooms (2-4 people in rooms with the same gender) with bathrooms. All activities will take place in the workshop room in the next building.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



# Living conditions

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).



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# Active participation

By taking part in this project, you are confirming that you are going to be active in all phases of the project. It means you take responsibility for:

**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**

**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.

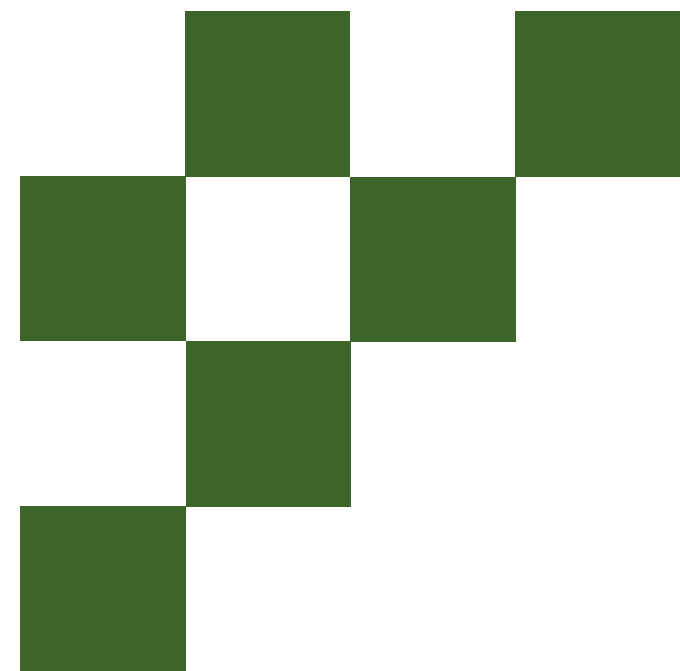




# Dissemination activities

The dissemination of the project's results is one of our priorities as it is increasing the impact of our action. After the project participants are obligated to make follow-up activities till the **24th of May**. What requires preparation for those activities before the training.

- Organize 2 workshops in your local community (one involving at least 10 youth workers and educators, second involving at least 20 youth)
- Write the article about the training in English and national language (one per country)
- Promote the project on social media (Facebook and Instagram)
- Promote the results of the project
- Write personal diary about your learning journey
- Write outline for future project aiming social inclusion or environmental protection (one per country)
- Create the poster about the project (one per country)



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 finding a connection to Kraków. Please, send to us proposal of your travel (which includes travel company, time, date of arrival and departure, price), later we will give you our confirmation to buy them. Tickets bought without our confirmation will not be reimbursed. More about the reimbursement process, in the next section.

Tickets should be bought by low fare prices, only second class. You can arrive 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.

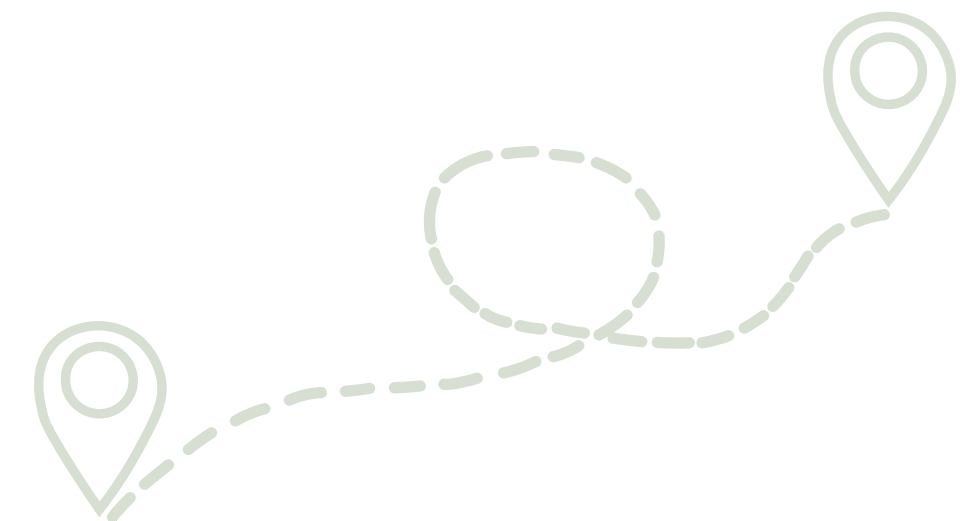
Maximum possible extend of traveling earlier or later than the dates of the training\*

14-24.03.2023

15-25.03.2023

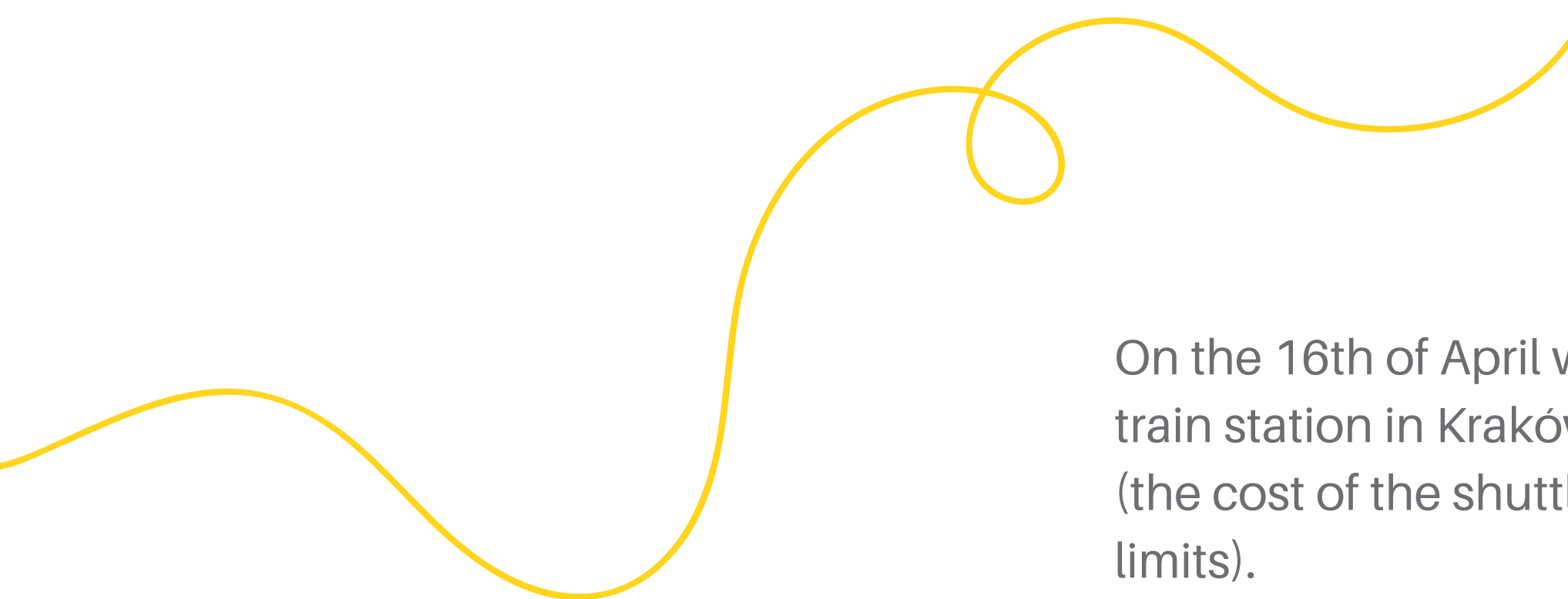
16-26.03.2023

\*there might be exception depend on the connections.



# Travel

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On the 16th of April we are going to meet around 18 o'clock near the main train station in Kraków. 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 16th of April before 18 o'clock in Kraków around train station. On the 24th of April we will leave our venue around 8 in the morning. Please, plan your departure from Kraków 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 [HERE](#))



# Pick-up

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# Reimbursement

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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 10th of April 2023
- sending all boarding passes and tickets to hosting team till 6th of April 2023
- implementing all of the follow-up activities till 24th of May 2023
- filling in the questionnaire after the activities till 30th of April 2023

When all participants finish all tasks, we will start to reimburse your travel costs by sending transfers to each participant. The transfers will be sent within 3 weeks from the deadline for uploading all materials from follow-up activities (only if the participants accomplish all follow-up activities).

In case of not fulfilling all follow-up tasks or not sending all documents to hosting organisation, the participant's travel reimbursement would be considered as voluntary contribution to the project.

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# Reimbursement limit

**245 euro**

Greece  
Bulgaria  
Latvia  
Italy  
Croatia  
Hungary  
Spain  
North Macedonia

**20 euro**

Poland

**330 euro**

Portugal

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

# Contact

In case you have any questions,  
do not hesitate to contact us!



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See You soon!

Yellow  
Green