



Be Your Best Friend

Dedicated youth workers may get caught up in forgetting about themselves. Working with other people, they become the most important “tool” themselves. The tool of EMPATHY, HONESTY, KINDNESS, PATIENCE, and more than that. That “tool” also has very technical aspects, such as the VOICE, TOUCH, the ABILITY to be comfortably CLOSE PHYSICALLY and PSYCHOLOGY to others. Those are the resources, very personal, which should be cultivated and re-generated, especially in those people who dedicate their professional lives to supporting others.

In this project we invite re-generation which comes from the body treatment, which in the culture of cognitive work is being left behind and forgotten. We combine mindful and intentional movement, voice work, and embodied nonviolent communication to offer a training activity.

The project comprises of:

- **A1 international training activity**
- **Practice time**
- **A2 international training activity**
- **Dissemination time**

The project is thought of as a collaboration and exchange between all the partners from which some of them would be more involved in the project implementation.

The main coordinator of the project is **Drama Way Foundation** from Warsaw, Poland, with the financial support from the Erasmus+ Youth in Action Programme. We run and promote noncommercial projects using drama & theatre methods in the field of culture and education. Drama Way is the most widely known and appreciated non-governmental organisation in Poland among those running projects and trainings based on Augusto Boal’s Theatre of the Oppressed methodology. In 2014 the foundation released the Polish edition of Augusto Boal’s famous “Games For Actors And Non-Actors”. And is the focal institution in integrating the drama and applied theatre practitioners, largely thanks to running the webpage www.teatrzaangazowany.pl (applied theatre), the space for all practitioners and institutions who are willing to network and promote their projects and activities. We are starting our Erasmus+ adventure with this training course!

Coordinator and contact person for the sending organisations:

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With this call we are looking for participants for the A1 training course, which will be hosted by Asociación Dinámica, and therefore the contact person for all the logistic matters, the current situation in Spain, the costs of covid test, how and where to take them will be:

Melania Forte dinamica.asociacion@gmail.com **+34622169410**



A1. Be Your Best Friend - a training course on personal resource management

14.06 – 22.06.2022 (7 program days + 2 travel days) / Mallorca, Spain

Deadline for application: **April 24th 2022**. Apply here: [FORM](#)

Participants selection and more details for the selected ones: **April 26th 2022**

This offer of the training is for youth workers, trainers, facilitators, educators, teachers, youth leaders, community workers who:

- feel the need of re-generation
- could possibly commit to the whole project: 2 international activities, the practice/ workshops in the time between and the dissemination of the results
- have the possibility to travel, are aware of the potential risks regarding the current covid-19 situation, will feel comfortable to be in close physical contact with other participants, and will look after their own safety responsibly.

PROGRAM

The course will enable project participants to take the needed time for themselves, as well as to practise very specific techniques and methods.

NONVIOLENT COMMUNICATION as developed by M. B. Rosenberg, in its core, puts the values of honesty, empathy and connection between people. It also refers to the connection with oneself and self-empathy as a practice that supports nonviolent actions directed to the outside world.

Connection with oneself we will try to ground in body based activities. Therefore we will focus on the following aspects.

The VOICE is one of our main tools as youth workers, trainers or teachers. Through the project, participants will learn different breathing and voice techniques that would enable them to master their voice better, and experience the impact in the self-awareness and self-care that can be achieved with their help.

SOMATIC WORK, where feelings, thoughts, knowledge and actions are all interconnected by a somatic net. Conscious movement, guided imaginary, breathing, experiential anatomy, breathing and expression through integrated arts, will be pathways to identify and re-educate movement patterns.

Finally, there will be APPLIED DRAMA activities leading to developing awareness and changes in understanding of our behaviour and interaction with others. This happens through reflection over what has been acted with the help of the body, what has been expressed outside and felt inside.

NATURE THERAPY. Outdoor activities or informal time will be supporting the moments of longer digestion and reflection.

Next step in the process will be to meet again in **Poland in September 2022** for a second course - **A2. Be Your Best Friend DIY**, where participants will lead self-composed sessions for each other in the topic of embodied self-care, physical and mental hygiene. Presenting the sessions in the second activity will result in creating a set of easy practices that will be shared with other youth workers and organisations outside of the project.

VENUE

Our home will be S'Om, a house located in a beautiful remote area, with the nearest town Sant Joan at a distance of 3 km. S'Om is the headquarter of the Yoga and Practical Philosophy Association: <http://www.yoga-mallorca.org/>

Photos of the house: <https://bit.ly/FotosOttoStrazds-Marzo2020>

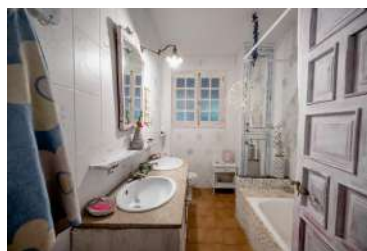
We will have the whole house for ourselves (and maybe co-live with a few volunteers), which includes cuddly common spaces, a library for me-me time and even a living pool for the warm hearted ones ("living" means it's a home for water plants).

We will sleep in bunk beds in **shared rooms**. Bedsheets will be provided.

We will also have our cook preparing delicious, **fully vegetarian/ vegan meals**.

The venue has **no alcohol** and **no drugs** policy.

The **WiFi connection** is there, however **might be limited**, and we highly encourage you to spend this time disconnecting from the online world as much as it is possible for you.



COSTS

Accommodation and food will be covered by the organisers.

Each participant is eligible for reimbursement of travel costs after participating in the whole duration of the activity A1, presenting all the required travel documents and presenting results from the practice after the A1 activity (see 1st page). The travel reimbursement limits are according to countries where you travel from:

Spain	180 €
Poland, UK, Austria, Italy, Slovenia, Portugal, France	275 €
Estonia	360 €

Each participant can also receive reimbursement of a covid test cost to enter Spain, and to enter back to their home country, as long as the sum of travel costs and testing costs do not exceed the travel budget limit.

IMPORTANT! Costs for the participants:

Participating in the course in Mallorca requires **a participation fee of 50 euros**. In case this might be an obstacle, being selected you can contact us directly to look for a solution together.

In addition, each participant is obliged to have their own health insurance. We will not cover the costs of a possible quarantine or medical treatment during the project.

We are not able to cover the costs of travel which would be cancelled by the travel operator or due to a last minute cancellation from the participant.

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