

# TRAINING COURSE

LISBON,  
PORTUGAL

13TH-21ST  
SEPTEMBER 2023



s15in  
associação



Agência Nacional  
Erasmus+ Juventude/Desporto  
Corpo Europeu de Solidariedade



Erasmus+

BE YOUR BEST FRIEND  
- THE PERFORMANCE -

# TRAINING COURSE



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**BUILDING ON THE EXPERIENCE OF TWO PREVIOUS COURSES "BE YOUR BEST FRIEND", WE INVITE YOU TO ANOTHER ONE, FOCUSED ON CREATING TOGETHER A PERFORMANCE ON THE TOPIC OF SELF-CARE AND REGENERATION IN THE GROUP OF EDUCATORS AND YOUTH WORKERS.**

The performance, based on theatre which interacts with the spectators (examples: community theatre, invisible theatre, forum theatre) will be presented to public as a final result of a week long work together.

The work will combine practicing more of the previous methodologies: mindfulness, nature connection, dance and movement, voice work, and nonviolent communication, with building a performance with an educative purpose of sharing those methods and inviting more people to practicing them.

General information about the „Be Your Best Friend“ project:

Our main idea is to bring more attention to the youth workers' self care as an important area to develop professional competences in the field. 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, and the ability to be comfortably close physically and psychologically 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 practice self-empathy and take care of the communication process as a very tangible aspect in youth work, starting from self-communication, and moving to communication with others.

# PROGRAM

- arrival day of the program is 13th September 2023 with welcome dinner at 7 p.m.
- departure day of the program is 21st September 2023 after breakfast

Day	1 14.09 Thursday	2 15.09 Friday	3 16.09 Saturday	4 17.09 Sunday	5 18.09 Monday	6 19.09 Tuesday	7 20.09 Wednesday
Topic	Landing/ reconnecting to practices	Reconnecting to practices/Performan ce Intro	Performance Creation	Performance Creation	Outdoor Day	Performance Day	Closing
8:00-9:00	Breakfast						
9:00-10:00	Morning circle / dancing routine						
10:00-13:00	Project intro/ reconnection	5 aspects of well- being	Small groups work	Small groups work	Performance Intention / Last sharing in big group	Dress rehearsal	Closing with the small groups / Big groups
13:00-15:00	Lunch						
15:00-16:00	5 aspects of well- being	Performance Intro	Mindfulness	Mindfulness	Me time - time to digest and regenerate, possible visit to the city	Last details prep	Learning evaluation
16:00-18:00	5 aspects of well- being	Performance Groups	Full group work	Full group work	Me time	Collective warm-up and getting ready	Closing & Gratitude
18:00-19:00	Be Time						
19:00-21:00	Dinner						
21:00-23:00	Hosting Matrix (activities offered by participants)					Performance	Celebration

During 5 days of the training we will work on creating one performance. But this one performance will be build from several scenes/ stops, which you will create in small groups.

The performance will be an interactive and immersive journey taking spectators through 5 aspects of well being – mindfulness and slowing down, nature connection, dance/ movement, voice care and empathic communication with oneself and others.

With the help of a theatre director to keep the flow coherent, and with the help of the trainers to keep the intention of sharing the regeneration and self-care present in the content of the performance, you will be the co-creators of it on all the levels. Each small group will consist of actors, creative staff, musicians, stage designers, costume designers, technical support.

Different talents and resources will be needed on board!

# PARTICIPANTS PROFILE AND SELECTION CRITERIA

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## PARTICIPANTS PROFILE

- \_ 18+ years old
- \_ natural or resident in one of the countries within the partnership (Portugal, Spain, France, Italy, Slovenia, Austria, Estonia and Poland)
- \_ good working level of English
- \_ Interested on the topic of the training and be able to develop multiplying activity after the residential training
- \_ commit with an active participation in all activities of the project (preparation before TC, during the TC and after the TC)
- \_ able to commit on the full extent of the residential training in Lisbon, Portugal (arrival on 13th September and departure on 21st September)

## SELECTION CRITERIA OF PARTICIPANTS

- \_ their work is based on supporting others development (many times facing social and psychological challenges), also facilitating group process
- \_ decided to bring some changes into their routines, want to take care of their posture and voice, need to change communication patterns for building more satisfying relations.
- \_ ability to develop and grow through this experience, considering the offered contents
- \_ interest in somatic learning and applied drama
- \_ ability to share their struggles in a group, as well as strategies for self-care

# HOSTING ORGANISATION



## SPIN ASSOCIATION FOR THE EXCHANGE, TRAINING AND COOPERATION AMONG PEOPLES

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The Spin Association is a non-profit, non-governmental development organization, whose aim is to promote intercultural understanding, intercultural dialogue, sustainability as well as active and participatory citizenship and lifelong learning.

We do it by promoting international mobility programs and other international cooperation projects. The Spin Association has been an applicant, partner, hosting, coordinating and/or sending organization in over 300 successful international events in the past 15 years (both EU and non-EU-funded).

Our activities included international youth exchanges, volunteering, internships, training courses, seminars and summer camps. Spin has also organized countless information sessions about European mobility opportunities.

The NGO is also an active member of the Local Youth Council and participates in the Community Meetings of the Carnide area of Lisbon. We are officially recognized by the Portuguese state as a Development NGO and a public utility organization, currently with over 350 associated members.

### VENUE

The Training course is going to take place in Carnide, a district located in the northernmost part of Lisbon (around 45 mins away from the city centre by public transportation), and more specifically in Bairro Padre Cruz, a public housing neighbourhood which gathers people from different nationalities and backgrounds some of whom live in poor and disadvantaged conditions.

The activities will happen around the neighborhood between Spin's office, Spin Hostel and Cultural Center of Carnide (2 min. walk from the Hostel) because we are committed to improving the neighbourhood conditions and the social involvement of the local people.

# PARTNER ORGANISATIONS

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PORTUGAL	Associação SPIN - Lisbon
SPAIN	Asociación Dinámica - Hellín (Albacete)/Palma (Mallorca)
FRANCE	
ITALY	Crescere Educare Agire (C.R.E.A.) - Cernusco sul Naviglio, Lombardia
SLOVENIA	Mladinski center - Zagorje ob Savi
AUSTRIA	Theater der Unterdrückten - Wien
ESTONIA	Mittetulundusühing Eesti Noorte Vaimse Tervise Liikumine - Tartu
POLAND	Drama Way - Warsaw

# TRAVEL BUDGET AND REIMBURSEMENT RULES

Each country has a limit travel budget according to Erasmus + funding rules determined by the kms between departure point and venue of the project.

In case of using more sustainable means of transportation participants are entitled to "green travel budget (green travel is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling).

## Reimbursement Rules

The travel expenses reimbursement is subject to submitting the travel reimbursement forms and original travel documents, as well as fulfilling the participation requirements. The maximum reimbursable amounts for each country have to be respected.

NOTE: Please use only public transportation and economy class. Taxi costs or other transport methods different from public transportation are not eligible costs.

The **documents you will need to provide** us include:

- Original boarding passes (or pdf if you check in online)
- Invoices, receipts and travel bookings
- ALL return tickets (sent by postal mail upon return to your country, or by email in case of online tickets; no scans will be accepted)

### Travel arrangements:

- Make sure you have the hosting organization's approval for your travel proposal before buying the tickets.

The reimbursement will be carried out by bank transfer (in one transfer), after the Training Course finishes (up to 90 days after) provided that all the documents have been submitted (invoices, tickets, etc.) and that the evaluation form has been filled.

Please be aware that all reimbursements are paid out to your sending organization by bank transfer.

COUNTRY	STANDARD TRAVEL	GREEN TRAVEL
PORTUGAL <100 KM	23€	-
PORTUGAL >100 KM	180€	210€
SPAIN	275€	320€
FRANCE	275€	320€
ITALY	275€	320€
SLOVENIA	360€	410€
AUSTRIA	360€	410€
ESTONIA	530€	610€
POLAND	360€	410€

The **participation requirements** you are expected to fulfill are:

- Mind that you cannot arrive after the program starting day (13th September) and depart earlier than on the departure day (21st September).
- Your travel expenses will be reimbursed only in case you actively participate in all activities of the program.
- You must complete the official Erasmus+ evaluation form/online survey upon return to your country.

# ACCOMMODATION



**Spin Hostel** is a **social project** of the Spin Association and it is supported by the local council, Junta de Freguesia de Carnide. It is one of the first "social hostels" in Portugal and it is mostly used to host groups of young people coming to Lisbon for intercultural exchanges, training courses, study visits, and for some other social and educational international activities.

This means we are all in charge of taking care of the space and have to function as a community for the extension of each project: make sure you clean after yourself, ensure everyone is comfortable around the space(s), help out during meals, take care of it as it was your home!

The hostel is situated right next to our office in Bairro Padre Cruz, a public housing neighborhood located in the northern part of Lisbon, about 45 mins from the city center. You can find one of the biggest European urban art galleries in our neighborhood (and we will be happy to show you around)!

Address: Rua do Rio Tejo, nº 7, 1600-746, Lisbon, Portugal

Phone: (+351) 217 145 520

Website: <http://hostel.a-spin.pt/>





## ACCOMMODATION GUIDELINES – READ CAREFULLY!!

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- Participants will be staying in 8-bed dorms with shared WC.
- We will provide bed sheets but it is necessary to bring your own towel and bathroom supplies.
- You may also want to bring a little padlock in case you wish to secure your belongings in a locker, you can also hire one for an extra fee of 2€.
- In the hostel, there is a free Wi-Fi internet connection. Please remember that one of the objectives of the project is for you to meet and get to know other people in your free time.
- Every participant is responsible for their own belongings. The organizers of the project cannot be held responsible for any damage to or loss of personal items.
- We suggest you do not bring any valuables to the project (laptops, expensive cameras/equipment, jewelry, large sums of money, etc.)
- All breakfasts & dinners and nearly all lunches will be served at the hostel. The meals will be adapted to your allergies/special dietary needs according to what is specified in your application form.
- You should try to bring enough clothes for your entire stay. There is no hairdryer at the hostel.
- Hostel gate is closed between 1 a.m. and 7 a.m. There can be no loud noise made at the hostel during the silence hours (11 p.m. and 7 a.m)
- All participants are responsible for keeping the hostel clean. It is strictly forbidden to leave any tableware (dishes, glasses, utensils) outside the hostel.
- Spin Hostel recycles trash. The recycling bins are located in the kitchen. The room bins should only contain non-recyclable garbage.

## HOW TO GET TO SPIN HOSTEL?

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Here's the easiest way to get to our incredible Spin Hostel:

1) Lisbon Airport has direct access to the metro (red line), so follow the displayed indications. One 60-minute ticket costs €1,65 (plus €0,50 for the rechargeable card that you should keep with you until the end of the program). Since the same card is also valid to use on buses, we advise you to charge it with 2 tickets (so in total you should pay 3,80€).

Also, **make sure you keep all the receipts (the card is not enough, we need the printed paper receipt from the machine for reimbursement).**

2) Take the metro in the direction of São Sebastião.

3) In the metro you will have to change to the green line. You should get off at Alameda station and change to the green line towards Telheiras. Note that to change lines, you don't need to buy another ticket, the purchased ticket allows you to change lines, so you don't have to get off the metro station.

4) Take the metro in the direction of Telheiras (last station of the line).

5) Leave the metro station at Telheiras and go to the bus stop at Rua Prof. Francisco Gentil and then catch the 747 bus (direction to Bairro Padre Cruz).

And... please watch out for the pickpockets!



# TRAINERS



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## MARTA SKORCZYNSKA

non-formal education trainer, certified in applied drama methodology, actor in Forum Theatre performances. Graduate of Psychology and Social Animation studies in Gdansk University. Since 2009 supporting international volunteers as a mentor, coordinator and coach. Since 2017 supporting other youth workers as a trainer and coordinator of projects developing their tool box. as well as supporting their professional and personal satisfaction. In her work finding inspiration from voice and body training methods, coaching and solution focused approach, and educational games. Working with the Nonviolent Communication model and promoting empathic communication since 2018. Trained as a needs based coach and mediator. In the process of training in Gestalt Psychotherapy.

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## KATARZYNA STEPIEN

active in facilitating learning processes in non-formal education, social change and personal transformation since 2012, weaving together passion for embodied practices, nature and communities to inspire mindful re-connection with self, others and the Earth. A certified dance meditation facilitator, mindfulness and wellbeing practitioner, explorer and activist, experienced in developing training content and delivering workshops and trainings on empathic communication, self awareness, nonviolence and peace education. In her work creating heart-based spaces supporting young people and adults on their journeys to wholeness, based on compassion, authentic expression, self-awareness and play. Currently training in the Inner Transition through nature connection.

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## GABRIEL VIVAS MARTINEZ

actor, trainer and researcher. Graduated in Dramatic Art from the Superior School of Dramatic Arts of Castilla and León in Spain, He holds a Master in Artistic, Literary and Cultural Studies by the Autonomous University of Madrid and a Master in Applied Theatre by The Royal Central School of Speech and Drama. Gabriel has worked as a drama and voice techniques instructor in several associations and institutions. He has received training in voice and oral expression, focusing on Linklater, Alexander and Roy Hart technique with professionals such as Nuria Castaño and Andrés Hernández. He has also studied public speaking and non-verbal communication with specialists such as David Ojeda and Gloria Padura and he has worked as a facilitator of theatrical tools, speech and vocal expression in countries such as Poland, Italy, Ireland, Estonia and the Czech Republic. He is currently writing his doctoral thesis at the University of London.

# APPLICATION PROCEDURE

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All candidates must apply online through the APPLICATION FORM

(<https://forms.gle/maJUixEL9NsMZM5Y9>)

Participants will be selected according the profile and criteria presented and all candidates will be informed about final results.

A waiting list may be established.

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## CONTACT

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