



KEY ACTION 1: LEARNING MOBILITY OF INDIVIDUALS - Mobility of youth workers

Training Course

**"Cross the threshold and play the complexity: emotions for use"**

**23<sup>rd</sup> - 31<sup>st</sup> May 2015**

**Orvieto (TR) Italy**

**DATES:** 23<sup>rd</sup> of May is the arrival day – 31<sup>st</sup> of May is departure day

**PLACE:** Casa Laboratorio il Cerquosino, località San Faustino 22 Morrano 05018, Orvieto (TR), Italy, 130 km away from Rome.

**COORDINATING ASSOCIATION:** Artemide Association - **Italy**

**PARTNER ASSOCIATIONS:**

- Cooperation for Voluntary Service – **Bulgaria**
- Council for Prevention of Juvenile Delinquency (SPPMD) - **Former Yugoslav Republic of Macedonia**
- Asociația Universitar - **Romania**
- Mladi Istrazivaci Srbije - **Serbia**
- Sul Filo e Dintorni Associazione Culturale - **Italy**
- Association for Democratic Prosperity – Zid - **Montenegro**

**PARTICIPANTS:** 21

**AGE:** 18 +

**WORKSHOP LANGUAGE:** English

**TARGET GROUP:** peer educators, youth-social workers and active citizens with past experiences on social inclusion and intercultural dialogue, interested in innovative non formal educational methodologies and field experience on the theme of 'social exclusion, due to migration processes and the challenges they may determine in social relationships of young Europeans and migrants

**WHAT TO BRING:**

**Equipment:**

- Bring a medium rucksack or suitcase as a luggage: in the bedrooms there is not a lot of space and considering that you are going to share the room with other participants it's better to save as much space as possible.
- Sleeping bag or single bed sheets and pillow case.
- Little torch

**Clothes and shoes:**

- Trainers

- Comfortable white trousers, t-shirt and socks (complete white if it's possible) for theatre activities
- Swimming suite (maybe it's a very warm may and there is a narrow river 15 minutes walking from the house laboratory Cerquosino)

**Toiletry:**

- Towels;
- Toothpaste, soap and shampoo
- Against mosquito lotion/cream/spray
- Sun protection cream
- Air dryer

**Others:**

- Personal medicine;
- Traditional food, songs, dance or whatever you like to share with us during the Intercultural Evenings in order to present your community and country.
- Traditional poems, lullaby or songs (that can be sang).
- Case studies on conflicts you lived in your daily life and in your work related to the topic of the project (immigration – emigration)

**Optional:**

- You may bring your laptop but it is not necessary. There is not internet connection in the accommodation.
- Please if you have bring a photo or video camera

**Important:** at the House laboratory Cerquosino there is NOT internet line and washing machine.

**ACCOMODATION, MAP AND AREA INFORMATION:** The area where the project takes place is called Elmo Melonta's Natural Park, which is situated on the mountains around the city of Orvieto, in Umbria region, in the center of Italy. Orvieto is 130 km far from Rome, but it's easily reachable by train. The accommodation of the exchange is part of a social eco-village, a house laboratory called “Il Cerquosino”, managed by Artemide Association. The accommodation is an old stone farmhouse which was restructured by the members of the association following, wherever it was possible, methods of “green building”, especially taking care of the energy meter. It has got photovoltaic panels and solar collectors, a phyto-purification system for the drain water disposal and it focuses very much on the principles of recycling and reuse of materials.



The activity room from the outside



The Association Artemide logo

The house has got a large kitchen, a common room with tables and couches for spending free time, a big activity room, a shared bathroom with sinks, three showers and three toilets (boys and girls use the same restroom) and five bedrooms (dormitory) and two little loft



The activity room



One of the bedrooms



The view

Please consider the building is set in a marvellous place but in the countryside and a bit isolated, Artemide association live following sustainable practices (like community life, garbage recycling, responsible water use, responsible electricity use ...) and participants involved in the project will be invited in following these good practices.

**FINANCIAL CONDITIONS:** 100% food and lodgement covered by the project; travel expenses anticipated by the participants will be refunded at the end of the project upon receipt of the travel documents in original and as soon as the Italian N.A. has paid the 1<sup>st</sup> instalment.

**TRAVEL COST FOR EVERY COUNTRY:** the budget for the travel of each participant is **275 euro**, all the expenses exceeding that sum are not refunded.

Please note the price includes the return tickets (flight + 2nd class train + bus). In principles taxis cannot be refunded, exceptions can be admitted but an authorization should be required.

**Every expenditure can be purchased after the 5<sup>th</sup> of february and the tickets can be bought only after this date.**

If you are intereste in visiting Rome you can come 1 day before or leave 1 day after, the accomodation and food will not be covered by the project.

**TRAVEL INFORMATION:** To arrive to “Il Cerquosino” (Orvieto) you need to fly to Rome. In Rome there are two airports: Ciampino and Fiumicino.

We ask you to arrive in Rome on the arrival day (23<sup>rd</sup> of May) not later than **3 pm** and to book a flight on the 31<sup>st</sup> of May that leaves not earlier than **2 p.m.**

From both Fiumicino or Ciampino Airport you have to reach one of the two main train station of Rome: **Rome Termini station** or **Rome Tiburtina station.** There are several ways to reach them from the airports, it depends on wath time you will arrive.

Let us know in which one you will fly to and at what time you will arrive and we will send you the time schedule with the train/bus details in order to reach Orvieto for the meeting point.

**As soon as all the participants will send their e-ticket and travel details the meeting point will be fixed and communicated.**

**For logistic issue we will fix 1 meeting point in the afternoon of the 23<sup>rd</sup> of May, trying to gather all of you together.**

**Here you will find the mobile phone you can contact, in case you need:**

**Elena: +39 338 465987**

**Giulio: +39 368 3409126**

**GENERAL REMARKS: we kindly remind that the project dates are: 23<sup>rd</sup> - 31<sup>st</sup> May 2015.**

**The arrival day is scheduled for the 23<sup>rd</sup> of May 2015 and departur day is the 31<sup>st</sup> of May 2015.**

**If participants want to spend a couple of more days in Italy, we remind them that they can do it before the beginning or at the end of the exchange. We kindly remind everybody that during the project won't be accepted exceptions like late arrivals (not in the scheduled arrival day) or early departures (before than the scheduled departure day) and that the training is composed by 7 intensive, stimulating and participative working days.**

## **PROJECT DESCRIPTION**

### **AIMS AND OBJECTIVE**

The objective of the training course is to provide social workers, educators and active citizens, who work with children, adolescents and adults at risk of social exclusion, new tools for approaching issues of social inclusion and intercultural dialogue through innovative methodologies and field experience. The participants, who work every day in disadvantaged areas, such as urban neighborhoods and small rural towns with

difficult mobility and connection with the outside world, they need new tools and insights on the theme of social exclusion, due to migration processes and the challenges they may determine in social relationships of young Europeans and migrants.

The training therefore aims to:

- Explore the cultural differences and explore how different countries have addressed issues of immigration and emigration.
- Examine the issues from different perspectives with regard to immigration and the concept of interculturalism and integration:
- Analyze how gender, male and female, can affect group dynamics and leadership and, therefore, how can it contribute to exclusion, with particular attention to the double discrimination of immigrant women.
- The dynamics of power, as people exercise power over others: how it is used consciously and unconsciously in the group and everyday life;
- Analyze the conflicts associated with the loss of the roots and the land finding and experiencing new creative ways to manage them in a nonviolent way.
- Share and develop new tools in order to simplify active participation of both local and foreign-origin youngsters (or from cultural minority); these tools can be used later to promote activities in different local contexts and respect for culture and diversity, social cohesion and to develop concrete projects addressed to youngsters
- Develop different communication styles, aiming to facilitate discussions and decisional procedures
- Develop personal knowledges about discrimination, xenophobia, racism: this work will help a better understanding of dynamics that are behind discriminant behaviors (how to identify violence escalations, the causes, the role of people involved, ...)

The training will take an innovative approach with the combination of non-formal education, theater, workshops on the recognition of personal resources, storytelling. This will also be made possible thanks to the involvement of young migrants living in the town of Orvieto and neighboring countries. Particular attention will be paid to the issues of racism, to the processes of creation of prejudices and stereotypes and possible activities that contribute to their deconstruction level both individually and collectively. We will go and explore the differences and similarities between countries and through the direct testimony of migrants of first and second generation, will deepen the theme of métissage, hybridity, of being "in-between" between different social and cultural contexts and the possibilities of resilience and social inclusion.

**METHODOLOGIES:** we will propose an interactive methodology using the tools promoted by the non formal education. The workshop will be based on the active methodologies proposed by theatre: we believe that it is a powerful tool to promote intercultural dialogue, to exchange experiences and good practices, to analyse conflicts and to deal with them in a non violent way. In fact the contact with the space, with the natural elements and with the others, can be join through theatre, are ways to address the human feelings and to reflect on several topics and is particularly indicated to develop the above mentioned topics.

**PLANNED ACTIVITIES / WORKSHOP PROGRAMME:**

There are team building activities, role playing, simulations, debates and theater workshops because they are interactive tools that stimulate the active involvement of participants. In the course of the project the exchange of knowledge and technical tools will be constantly monitored through specific sessions on rating systems before and after

- meeting between the participants and the trainers: mutual discovery
- workshops, discussions and presentation of case studies on immigration and emigration;
- processing of non-violent methods of conflict management and sharing of work methods usually used in their local context;
- workshops of general introduction to theatrical techniques;

- workshops on Theatre of the Oppressed
- the realization of a show open and without end; Theatre Forum

For more information about the workshop you can write to: Elena Dojmi, [ilcerquosino@gmail.com](mailto:ilcerquosino@gmail.com)

### **ASSOCIAZIONE ARTEMIDE - CASA LABORATORIO “IL CERQUOSINO”:**

Cultural Association Artemide, house laboratory "the Cerquosino" is born in 1996, in one of those disadvantaged and poorly productive areas that are nearly preserved intact until today.

The House Laboratory “Il Cerquosino” has been restructured following bio building construction techniques focusing the attention on energy critical consumption: there have been installed solar system collectors, waters' herbal purification system, wood storage heater as well as to the principles of recovery and recycle materials; construction with local stone.

The association Artemide for years proposes itself as crossroad of experiences in the educational field, the EDUC-active project has as primary objective the education to the independence, the young people, above all if carriers of uneasiness, are stimulated and motivated asking them to be active part in the process of theoretical construction and practice of the activities. In this way they appreciate the responsibility of an assignment to acquit, the knowledge is assimilated in the best way when it is combined to artistic practical activity, ecological, handicraft. The responsibility towards the whole world becomes an obvious consequence. Idea is to connect experiences and different knowledge.

Add Value of this experience:

- ·Protect the natural environment from the touristic speculation of the area
- ·Increase the value of a disadvantaged rural area that has been constantly abandoned from the local population in the last 20 years
- ·To put in practice the ideology of Ecology
- ·To invent new solutions related to traditional practice and creativity

Since 1996 Cultural Artemide association is working in the field of disadvantaged youth, working actively on the cause of social exclusion, discrimination, racism and gender.

Since many years the Cultural Association Artemide is collaborating with juvenile centers of aggregation, with communities of recovery addicts, with houses family and many social associations.

The educ-active proposal, proper of the association, has given big results and satisfactions:

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|-------------|---|
| 1991S       | Summer solar camp for children with the aim of develop their perception: searching for our own roots through traditional novels and songs, the role of sound as capacity of listening and expressions, the body movement as a new possibility of expression, theatre training as a summary of the discover.   |
| 1996- 2000  | International work camps in collaboration with S.C.I. (International civil service Italy)   |
| 2012 – 2014 | International work camp for teenager in collaboration with Lunaria association  |
| 1999 – 2000 | Host and managed two International meeting Palestine – Lebanon – Italy focused on active citizenship and intercultural and inter-religious dialogue, in collaboration with S.C.I.   |
| 1999 – 2014 | International Youth exchange for disadvantaged youth, Youth for Europe, Youth, Youth in Action , Erasmus+ programme. In line with the mission of our association, the international exchange allows the new generations to feed an active citizen projected in a future, where it is hoped that the furrow, that divides the different cultures, is less depth. In the last years greater attention has been set toward the theme of the social inclusion and the struggle against social exclusion , focusing as objective the young people coming from situations of uneasiness.The experience acquired during the exchange, active share and personal experience, becomes for the participants material and precious baggage to be used in their daily context. Within the YOUTH project it has found a further possibility: to let young people of European countries meet, cultivate a culture of exchange and knowledge, that |

allows the new generations to be an active citizen projected in a future. In the last years greater attention has been set toward the theme of the social inclusion and the struggle against exclusion, focusing on young people coming from disadvantaged situations, with the aim to create occasions of cultural exchange that are able to be valid example to propose on local and daily circumstances.

- 2002 – 2014 Social theatre workshops for young people from the drug rehabilitation center “Il Ponte” – Civitavecchia Italy.
- 2004 In collaboration with several local association and local authorities we took part in:
- Ecomuseum of the landscape,an European project promoted by the District of Terni a dynamic process of observation, interpretation and valorization of the territory of small communities in order to find a sustainable development of their patrimony.
  - RuralMed in partnership with Mediterranean rural area.
  - Agenda 21 of the district of Terni.
- 2006 – 2014 Social Theatre workshops with the student of secondary schools.
- 2007 – 2014 Peace conflict resolution workshops for secondary school (students, teachers, families) of Orvieto and Rome.
- 2008 – 2009 Training for primary schools teacher on peace conflict resolution techniques.
- 2009 - 2014 Training course for trainers (Youth in action) coming from several European countries focused on the theatre of the oppressed as an instrument of peace conflict resolution.
- 2011 – 2014 Sending organisation Youth exchange (Youth in Action, Erasmus+) Portugal, Romania, Hungary
- Since 1999 Workshops and seminar focused on non formal education, peace conflict resolution,social theatre, theatre of the oppressed, Living theatre, Aikido, Tango, African dance and drum, Clown, Taiko Japanese drum, The use of the voice, Auto constructions of solar panel.

**CONTACT:**

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