

TRAINING ON SOCIAL COMMUNITY THEATRE

01/07/23

08/07/23

EDUCATIONAL CENTRE
REZONE

UL.CICHA 12, 34-700
RABKA-ZDRÓJ, POLAND



THE IDEA

"How can theatre -or arts in general- help me and/or my association build a stronger community? How can it contribute to social change?"

This training course focuses on Social community theater- it is based on play and storytelling, proposed as two pillars for the construction of inclusive social relations and non-formal education: the game, appealing to the common experience lived by children, allows the young as adults to lower their defences, reduces the level of stress, identify in a community that does not judge but participates. At the same time, the game can unconsciously convey important concepts, such as gender equality, inclusion and respect for the rules. Our methodology, therefore, includes games drawn from theatrical pedagogy, non-verbal, more or less complex, to adapt according to the context of the intervention and the participants.

OBJECTIVES

- develop awareness on the tool of social community theatre
- support the creation of small artistic initiatives based on the topic of the Training Course
- support youth workers and artists to use artistic tools to raise awareness and help social change to happen.
- strengthen the capacities of youth workers and the recognition of youth work

PARTICIPANTS

Artists, youth workers, educators, teachers, people with interest in the topic, who are 18 or older. People who could benefit from this training to enrich their work and to make it more valuable for society.

We can host a total of 24 participants active in the field of youth work, whether facilitators, trainers, volunteers or in any other capacity, including organizational support.

All of the participants need to also have active collaboration with any organization (NGO, municipality, private or public school etc) which engages in youth work. They must also be registered in one of the Program countries of Erasmus+ and have a verified ECAS account.

Participants will be asked to present their organization's OID number.



VENUE

It's a cozy and comfortable place for accommodation, with diverse and healthy meals (3 per day), place to rest, integrate and work. Rooms are for 2-4 people, with a private bathroom. The whole building will be at the exclusive disposal of the group.

Sheets and towels are provided, please take with you comfortable shoes or slippers. In the venue you can also find a piano and other musical instruments. We will also use the outdoor facilities of Rabka city - a beautiful park, a garden gazebo and boulevards.

*Training and Education
Center ReZone
in Rabka-Zdrój, ul. Cicha 12.*



TRAVEL

Please read carefully the Travel Reimbursement rules attached. Travel costs limits are defined according to the Erasmus+ Distance Calculator with the calculated average of 275 EUR per participant, both ways. You have 2 travel days on disposal, 30/6 and 9/7.

If you travel green (no planes) the travel cost limit is raised to 320 instead of 275 EUR and you can travel longer (max 6 consecutive days), as long as the travel is connected to the activity.

Travel costs will be reimbursed after the mobility on the account of the partner organization based on the original / printed tickets and invoices and signed travel reimbursement form sent by post to the organizer (see more in mentioned Travel Reimbursement Rules).

Your travel must be connected to the activity. Coming and departing on travel days and from/to your country of residence is a default option. Any other must be consulted with the organizer.



TRAVEL RULES

- please collect all tickets, reservations, boarding passes - later we will reimburse you expenses based on original tickets - printed on paper and issued to you.

We need the originals!

- public transportation only (no taxis, Ubers, bolts)
- economic options only (2nd class, economy class)
- you can travel longer than 1 day as long as you arrive to Rabka-Zdrój to the venue on arrival day and depart on departure day. We can still reimburse you tickets if you travel max 2 days more before and 2 days more after. Remember that any extra days of accommodation you will have to provide on your own, we can host you only at the dates of the project at the venue.
- **You need to consult with us before buying tickets-** send an email to o.dallas@europe4youth.eu, otherwise your tickets might not be eligible for reimbursement!

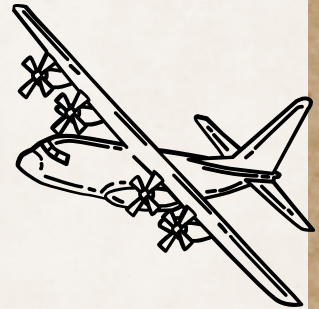
IMPORTANT



HOW TO GET TO RABKA-ZDRÓJ

By plane:

Please land in Krakow airport and take the train to the main bus / train station (Kraków Główny), then see other section. FLIXBUS is a cool option to get from Krakow airport directly to Rabka-Zdroj (tickets booked online only).
www.flixbus.pl (prices vary, the sooner you book the better)



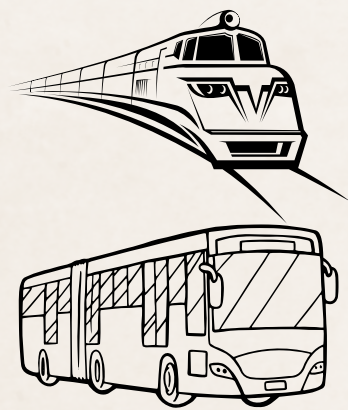
By train / bus:

Go to Malopolski Dworzec Autobusowy (main bus station)

and find "RAB-BUS". bus company that go straight to Rabka-Zdroj. It takes 2 hours from Krakow and costs 20 pln. Check out schedules here:

www.busy-krk.pl/en/rabka-zdroj-krakow/

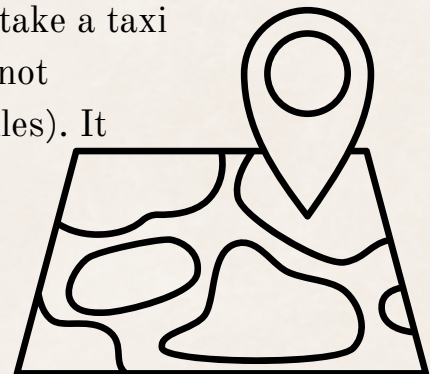
If you take the bus called "Szwagropol" or "MaxBus" it will take you to Rabka-Zabornia. This is far. Please take the bus that goes to Rabka Bus Station!



In Rabka-Zdroj:

When you are in Rabka-Zdroj: from the main bus station to the accommodation, it is a 23 minute walk. Take a nice walk through the park - when you get to Nowy Świat street, pass the cinema, and Adaś shop go straight until the Cicha street.

Our building is the last building of the road on the left (it's a dead end street). If you don't want to walk, you can take a taxi there (they stay just next to the station), but we cannot reimburse taxi (check out Travel Reimbursement Rules). It would have to be on you.

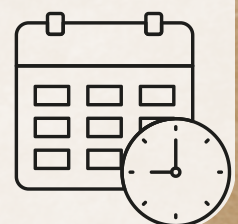


REMARKS

- Polish food - dinners in Poland are simple. Lunch is the biggest and most important meal of the day - be ready for this!
- meals will be diverse and healthy, so if you sign up for meat diet it doesn't mean you'll eat meat every day :-) Select in the registration form the option that is the closest to you.
- if you have a demanding diet, please be ready to help yourself by getting from the shop whatever you need that is not easily accessible by us
- Venue - you will be living with 2, 3 and 4-people's rooms, in the house which is on our full disposal (noone else will be there besides the staff).
- we don't have a cleaning service (the place isn't a hotel) - we take care of the tidiness of our surroundings and after ourselves.
- we provide towels and bed-linen
- we have quiet hours from 22:00 till 6:00 but... noone can hear you in the basement - this is where we party. Don't worry! The basement is elegant and adapted for parties, not creepy and with blood stains on the walls :-)
- there is a small kitchen to use if you need to prepare something for the intercultural evening (room nr 17) - there is no oven though, no baking possible.
- the town - has a beautiful park with outdoor gym, river with nice boulevards and a lot of outdoor spaces to use for activities
- closest pharmacy is 30 min walking - ask for a map or address at the reception.
- closest shop - Adaś, 5 min walking from the venue, closes at 21:00 and is closed on Sundays.
- don't forget to bring something traditional to eat or drink from your country for the Intercultural night! Anything that is easy to transport and prepare.

TIMETABLE

Friday 30/6	Saturday 1/7	Sunday 2/7	Monday 3/7	Tuesday 4/7
	Introduction	Social Community Theater	Physical Theater	Intercultural dialogue & storytelling
Arrivals	Team- building	Social Community Theater	Physical Theater	Sustainable communication & social media
Welcome Evening	The Giufa Project	How can I apply it to my reality?	Physical Theater	Poetry, diversity, writing and creating stories
Thursday 5/7	Friday 6/7	Saturday 7/7	Sunday 8/7	Monday 9/7
	Visit to the Rabcio Theater	Rehearsals	Feedback	Departures
Mountain Trip!	Defining & sharing our ideas	Rehearsals	Evaluations	
	Rehearsals	Sharing our results with the local community	Youthpass	



CONTACT

Hosting Organization



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