



# embodied CHANGE

## EXPLORING EMBODIED LEARNING

TRAINING COURSE IN PADOVA | ITALY | APRIL 9-17 2019

We are glad to offer you an opportunity to join a 7-days training course about embodied learning. This guide contains all the main information about concept and practicalities of the course. Please, read it before applying - and do not hesitate to contact us if you have questions or suggestions.

## INTRODUCTION

Training course **Exploring Embodied Learning** is organised within a strategic partnership project called **Embodied Change**. Goal of this partnership is to elaborate innovative, efficient, body and movement based learning methods for boosting young people's participation and activism thought developing their initiative and entrepreneurship, social and civic competence.

Main theme uniting all the activities and planned outputs is embodied learning - its main concepts, principles, approaches and various methods, viewing the physical body as a domain of learning, change and transformation. With help of different international and local learning activities, within the project partners are going to develop an online course about embodied learning and an embodied learning toolkit that can be used in work with young people and also adults.

**Exploring Embodied Learning** is the first event within the **Embodied Change** project and it will gather 16 participants and facilitators from Italy, France and Latvia.

## OBJECTIVES

Program of this training course responds to the following learning objectives:

- To develop competences of the participants to use embodied learning approaches and methods in order to empower young people and foster their active participation, civic engagement, initiative and entrepreneurial attitudes and skills.



- To improve participants facilitation skills and enrich their toolbox of training methods.

- To create a networking framework among the participants that would support their professional and personal development and enhance and expand their opportunities to work at international level.

- To support involved organisations in elaborating and testing innovative learning approaches and methods with high impact on development of competences and addressing social issues.

## TARGET GROUP AND ENROLMENT

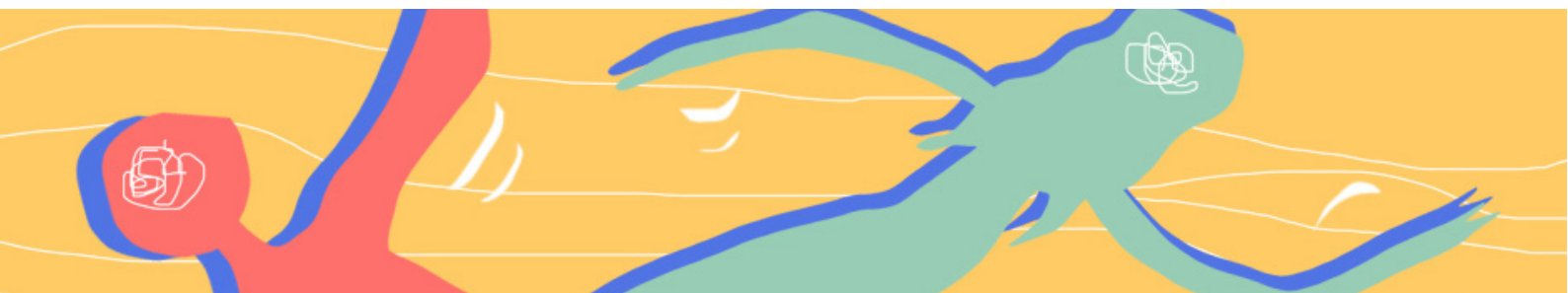
This training course has been designed for non-formal learning facilitators, youth workers, as well as movement and bodywork practitioners who have some experience with embodied learning and who'd like to share it and contribute to the creation of the intellectual outputs of this project with their knowledge, experience and best practice, who would like improve their knowledge about embodied learning and enrich toolbox for their work.

Participants should be able to communicate in English and fit enough to spend significant part of the day moving. Participants should also be at least 24 years old. There is no upper age limit.

In order to join the training course, please, complete this [online application form](#) before January 3rd. You will be informed about results of the selection before January 5th 2019.

## VENUE AND GETTING THERE

The training course will take place in [NEST](#) - a space for creation and artistic research, a center for performative arts with equipment for aerial disciplines, ample space for dance, theater, a laboratory for sculpture and manufacture, and a little room for artist residencies. It



is the headquarter of [Teatro Invisible](#), where the company organizes or hosts various events, as well as accommodates professional artists in residence. It is featuring tatami mattresses, gym mattresses, aerial and vertical dance equipment. The laboratory is equipped with tools for cutting, carving, sculpting, sewing, painting.

The living conditions at NEST are very basic and a bit wild. There will be several areas with beds or mattresses, one bathroom and one shower for participants to share. Meals will be cooked and enjoyed on site. Participants are requested to bring a sleeping bag, towel, toiletries, slippers and a water bottle.

NEST is located within 15 minutes drive from Padova, in the craft and industrial area of Albignasego. To reach [NEST](#) participants can choose to travel to one of the closest airports - Venezia, Treviso or Bergamo. More information about transportation will be provided to the selected participants.

## MONEY

Training [Exploring Embodied Learning](#) is implemented with financial support from the European Commission [Erasmus+](#) Programme. Costs for accommodation, food and activities will be covered from the project budget.

Also travel and travel insurance costs will be covered but there are some limitations to consider - maximum amount to be reimbursed is 275€ per person from France and Latvia and 20€ per person from Italy. Travel expenses will be reimbursed via bank transfer within six weeks after the end of the training course on condition that the participant has used the cheapest means of transportation and submitted original invoices for plane tickets, boarding passes, train and bus tickets. Taxi and first class tickets will not be reimbursed.

In order to receive reimbursement participants should arrive in Padova no later than at 23:59 on April 9 and depart from Padova no earlier than at 00:00 on April 17. Additional days are at participants own expenses.



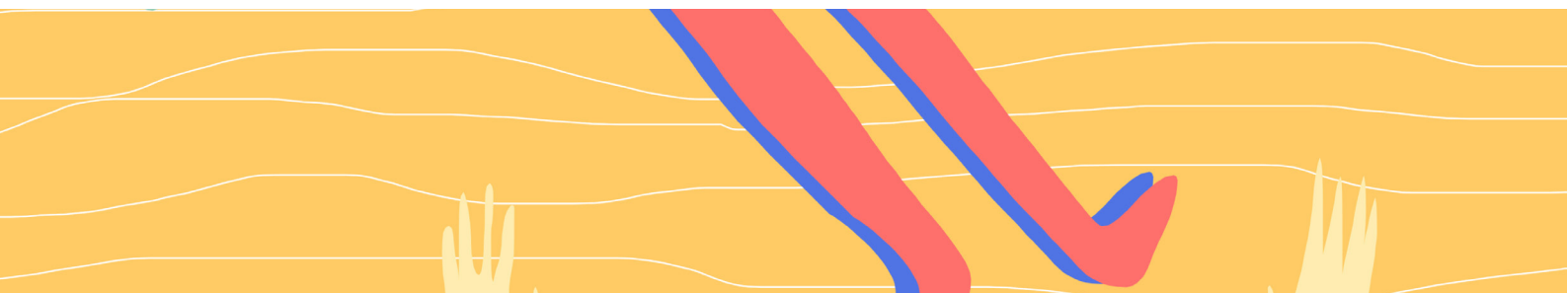
## FACILITATORS AND SUPPORT

**Antonio Cargnello** is a passionate trainer who loves to craft experiences for self-development, group awareness, creative expression and pursuit of a wise and joyful freedom. He regularly facilitates workshops for teenagers, students, youth workers and adults, using and mixing his expertise and experience from theatre, contact impro, contemporary dance, martial arts and clowning.

**Ilze Jēče** has over decade of experience in social and environmental activism, thus also providing trainings on climate change, environmental education, activism and campaigning for various organisations. She has experience working with women's groups in prison and crisis centre, international camps and training courses, mentoring them to develop leadership, peace building skills as well as work on their personal development. Ilze is also a yoga teacher, bodyworker and certified embodied facilitator.

**Anne Merlin** is a nomad designer. She creates and animates trainings since 2008. Born in France, Anne studied art and interaction design there. She lived in Greece, Brazil, Seychelles, Portugal and now travels all year round, working from anywhere. She is an idea machine. Her curiosity led her to teach in the Himalayas, hitchhike on boats along the Amazon and camp through the Sahara. That gave her a chance to learn through myriads of experiences and sensations and made her a champion for embodied learning.

Coordinator of the entire project **Inese Priedite** has been working as a trainer and coordinator of social and educational international and national projects since 2007. Inese has master degree in communication and media studies, work experience in journalism, public relations and management, and as a trainer she's specialized in topics such as initiative and entrepreneurship, embodied learning approaches, creative thinking, storytelling and creative writing. Inese also provides trainings related to the project management within Erasmus+.



## ORGANISERS

Association [Room of Fulfilled Dreams](#) from Latvia intends to give a chance for young people with limited access to education opportunities and young people facing long-term unemployment to engage in non-formal learning programs. We stand for initiative, independent thinking and daring to go for an adventure. Association also provides training to professionals who are working with young people and develops various creative learning approaches and tools.

[Teatro Invisible](#) was launched in 2007 by the encounter of a group of young people with backgrounds in the artistic and social fields, united by the desire to create training and artistic activities, to experience the potential for change and for personal and social development. Organisation has developed collaboration with local authorities, expanding the scope of its activities. The main themes of their projects are: creativity and innovation, communication and creative expression, prevention of gender violence and bullying, socio-cultural integration and non-formal learning methodologies.

[Nomadways](#) is a French non-governmental organization. The association aims at promoting dialogue through visual and performing arts. To do so, they create multidisciplinary, intergenerational and multicultural workshops, residencies and trainings with artistic, pedagogical and social dimensions. Organisation fosters interaction between young creatives, youth workers, youth trainers, youth leaders, social workers, educators and researchers to develop artistic and pedagogical products and tools in Europe and beyond.

## CONTACTS

To gain additional information about transportation and other practicalities, please, contact Antonio Cargnello, +39 3295667182, [antoniocargnello@gmail.com](mailto:antoniocargnello@gmail.com). For more general information about the project you are welcome to contact organiser in your country or the coordinator of the project Inese Priedite, +371 29752136, [info@piepildi.org](mailto:info@piepildi.org).





08:30-09:30

BREAKFAST

10:00-12:00

SESSION

12:00-14:00

LUNCH BREAK

14:00-16:00

SESSION

16:00-16:30

COFFEE BREAK

16:30-18:30

SESSION

18:30-19:00

REFLECTION TIME

19:30-20:30

DINNER

21:00-23:00

OPTIONAL EVENING ACTIVITIES

## PROGRAM

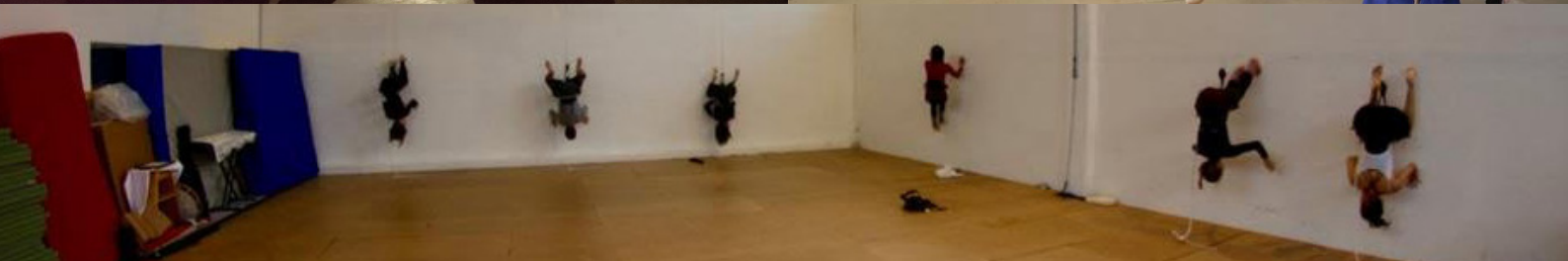
We intend to build the training program together with the selected participants therefore in the application form you have an opportunity to offer a movement and body related workshop for the other participants. Full program will be available to the selected participants but on the left you can see the timeframe of a typical training day. We hope this course will be an inspiring and enriching mutual exchange among practitioners of various bodywork and movement disciplines, and that we will be able to play, have fun and learn together.

In between the movement sessions we will develop our own approach to embodied learning and how to design embodied learning process and provide participants a safe space for exploration and learning. We will also put effort to create guidelines for other facilitators who'd like to work using more embodied approach.

The methodology used in the training course will be built upon principles on nonformal education and experiential learning - it will involve insights from somatic education and self-reflection and learning processes within smaller and bigger groups. We plan that the course will include elements from contact improvisation, dance, authentic movement, yoga, acrobatics, bodywork, voice work, theatre, martial arts, meditation and other bodyways, exploring how these disciplines might contribute to development of competences such as initiative, entrepreneurship and social and civic skills.



## NEST IN PHOTOS





## CALENDAR AND OTHER OPPORTUNITIES

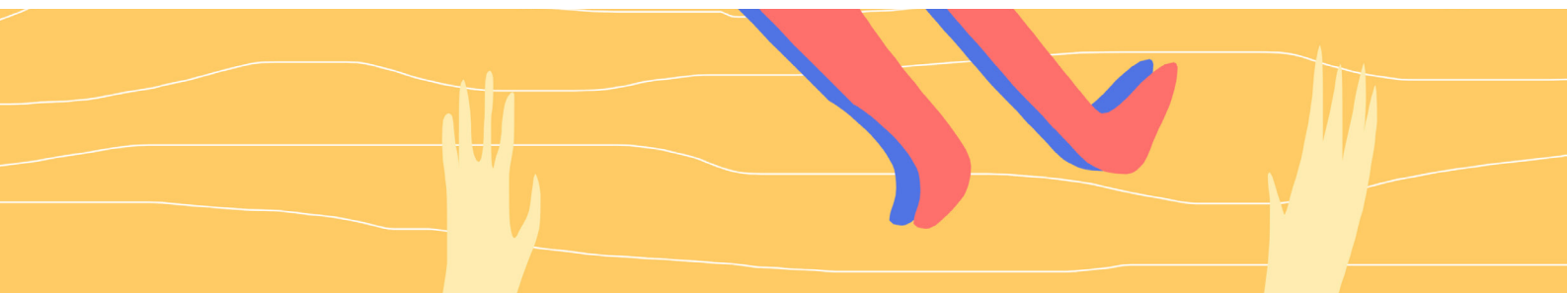
Different other learning opportunities will be offered within the [Embodied Change](#) project during 2019 - some of them available to the people from all around the world. Below you can see the calendar of the main events:

### [Exploring Embodied Learning @NEST Padova | April 9-17th](#)

This training course has been designed for educators and practitioners of various movement disciplines who would like to share their experience, knowledge, methods and ideas while enriching toolbox for their own work. Main aim of the training course is to develop competences of the participants to use embodied learning approaches in order to empower young people and foster their active participation, civic engagement, initiative and entrepreneurship. Part of the program will be organised in a format of a tool fair where participants will share with each other concrete body and movement based learning methods that they use in their work, providing also a space for meta analysis of these methods and contexts to which they can be applied. Another part will include group work, expert inputs, discussions, all of them aimed at elaborating better the concept of embodied learning itself, as well as guidelines for other facilitators who'd like to work using more embodied approach.

### [Embodied Entrepreneurship @HOMADE Brivezac | July 2-10th](#)

Target group of this training course are people in age from 18 to 25 who are interested in civic activism and addressing social or environmental issues in their communities, who would like to contribute to the creation of new learning tools and who wish to develop their own competences through participating in an international training course and organising learning activities for other young people in their communities. The main aim of the course is to encourage young people's active participation and contribution to their communities through developing their initiative and entrepreneurial attitudes, as well as social and civic skills. This training involves also two online learning weeks. Course itself will include elements from contact improvisation, dance, authentic movement,



yoga, acrobatics, bodywork, voice work, theatre, marital arts, meditation and other bodyways. We will use also short theoretical inputs and various exercises for reflection and evaluation, which are based on creative writing, storytelling, colouring and visualisations.

### Local embodied learning workshops | spring and summer 2019

Several open embodied learning sessions will be organised in Latvia, France and Italy, in cooperation among participants and trainers of the above mentioned events. Follow our Facebook page [@embodiedchange](#) to access updated calendar and register for the events.

### Embodiment and Change @Riga | September 6-8th

This weekend conference will gather around 50 non-formal learning facilitators, youth workers and teachers from all EU. Participants will explore different tools created within this project and also have a chance to attend several embodied learning sessions where they could experience some of the embodied learning methods and learn basic principles of embodied learning and teaching.

### Embodied Learning MOOC @Internet | Autumn 2019

This interactive and collaborative online course will be developed during the entire partnership. It is planned that the course will be around two months long and consist of four modules introducing participants to the concept and principles of embodied learning, embodied learning methods that help to develop social and civic skills, entrepreneurship and initiative, practical exercises for the participants to improve their own facilitation skills and boost professional development, as well as an insight into the future where facilitators will explore newest developments combining embodied learning and technologies for the sake of learning.

