Erasmus+

Hoppìpolla
Associazione di Promozione Sociale

Agenzia Italiana per la Gioventù

Erasmus+ Training Course Opportunity

COMMUNITY LEADERS



Hoppìpolla, derived from the Icelandic language meaning "Jumping in potholes", is an organization that aims to overcome social obstacles that prevent access to educational, artistic and cultural social actions for different groups of the population, including youth with fewer opportunities. We see ourselves as a meeting place and a creative fusion of circus, theatre and musical activities designed appropriately for all age audiences that can range from 0 to 99 years old, through which we promote deeper connectios between people and organizations for broadening the educational horizons of educators, teachers and youth workers, so that they can find alternative ways how to convey the love for the wholeness of the individuals through art. With the proposed recreational activities and performances, we aim to create artistic dialogue between artists and educators, rediscovering the connection between humans are with the beauty of the world around us. Our activities take place indoors and outdoors, to keep us in touch with the earth and ourselves and to gain opportunities for more respect for the environment and animals.

OFFICIAL RECOGNITION

All participants are entitled to receive after attending the workshops an official recognition of attendance.

Youthpass Certificate describes and validates the non-formal and informal learning experience and outcomes acquired during an educational project based on the learnings.

For more information on Youthpass, please consult the Youthpass guide and further relevant useful material presented at:

www.youthpass.eu.

Capranica, Viterbo, Italy, from the 28th November to the 6th December 2024

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WHERE THE BODIES TALK

Without realizing it always, we live our daily lives in public art, and/or street art, surrounded by art objects, artworks and art exhibitions. Creative people and artists create art for us, expressing their thoughts and feelings. And art encourages often community cohesion and reduces isolation. It makes us aware of the world around us and how we affect and react to each other. Art increases self-awareness and allows us to be open and receptive to new ideas and perspectives. Authentically active participation in any group can be seen as a mixed result of a "safe space to talk" and a "safe space to change our patterns that no longer serve us." In Europe, there is a strong trend towards the use and development of non-formal and informal educational oppurtunities. Non-formal education follows a holistic approach. A balance between body, mind and emotions is essential. Non-formal learning combines individual and group learning where participants learn to support and inspire each other in the learning process through group dynamics: cooperation rather than competition. It's a process of continuous learning in a cycle.

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THE MINDS MOVE IN PEACE

We have created a special space of expression and being, where we learn together to actively listen from the heart, to participate spontaneously in the moment, to identify our needs and, if necessary, to find ways to communicate difficult truths about ourselves and others, taking our own responsibility for our change while expanding our comfort zone. Through our multidisciplinary systems approach, we believe that change can be achieved by exploring patterns of relationships and understanding how they can affect individuals. New studies show that mindfulness training with mind-body alignment activities and techniques can reduce the negative effects of stress and increase people's ability to stay engaged, helping them stay on track professionally and avoid behavioral problems caused by stess. By providing effective tools and playful games of drama, dance, music and painting we can head towards a better Today together.

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THE SOULS LISTEN CLOSELY

THIS TRAINING COURSE IS DEDICATED TO PEOPLE WORKING WITH AND FOR OTHER PEOPLE IN OUR COMMUNITIES.
A SPECIAL FOCUS WILL BE DEDICATED TO ACHIEVE THIS GOAL THROUGH THE ERASMUS PLUS PROGRAMME AND BECOME ALSO A YOUTH EXCHANGE GROUP LEADER.

EACH ASSOCIATION CAN SEND 4 PARTICIPANTS

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The project will be held in Capranica (Viterbo), about 60 km from Rome. The accommodation is “Casale della Nocerqua”, a wonderful farmhouse located in Tuscia territory, on the Francigena Road, between Vico Lake and Bracciano lake.

The farmhouse is 500 mt from Capranica train station (directly linked to Rome where we advise you to land) and is composed of 4 structures suitable for hosting all participants in comfort. The training room is spacious with big windows and doors, the flooring is wooden, perfectly suitable for physical activities.

Most activities will be held on the outside. The farmhouse, in fact, is surrounded by a huge green garden, allowing a constant contact with nature. We will self-manage the house and share the housekeeping duties, meaning cleaning and washing dishes after each meal.

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- Please buy your ticket ONLY after you get the confirmation from us! It is essential to know what time you land in Italy. We strongly advise you to land in the morning. At “Capranica-Sutri” station there will be our staff, ready to take you to the accommodation. Please feel free to ask us if you need support or advice.
  Contact numbers to call on arrival:
  Gianluca Iacuvelle 0039 340 7821363
  Gianvito Montemurro 0039 328 6273449

- From Fiumicino airport:
  Option 1 (easiest option) Take the TRENITALIA train from “Fiumicino aeroporto” to “Roma Trastevere”. Take train from “Roma Trastevere” to “Capranica-Sutri”.
- Option 2: Take the TRENITALIA train or TERRAVISION bus from “Fiumicino aeroporto” to “Roma Termini Train station” (main station in Rome). Take the TRENITALIA train From “Roma Termini train station” to “Roma Trastevere”. Take train from “Roma Trastevere” to “Capranica-Sutri”.

- From Ciampino airport:
  Option 1 (easiest option) Take the TERRAVISION bus from “Ciampino aeroporto” to “Roma Termini”. Take the TRENITALIA train From “Roma Termini train station” to “Roma Trastevere”. Take train from “Roma Trastevere” to “Capranica-Sutri”.
- Option 2: Take the TRENITALIA bus called “Ciampino airlink” from “Ciampino aeroporto” to “Ciampino” Take TRENITALIA train from “Ciampino” to “Roma Termini train station” Take the TRENITALIA train From “Roma Termini train station” to “Roma Trastevere”. Take train from “Roma Trastevere” to “Capranica-Sutri”. (IN ALL CASES the train line is Roma – Viterbo Porta Fiorentina, remember to get off at "Capranica- Sutri” station!)

- Trenitalia website: http://www.trenitalia.com/
  Terravision website: http://www.terravision.eu/

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Food, accommodation and project costs are fully covered and free for the participants. As for the travel, we can reimburse up to 100% (maximum) of the costs below for participants who will attend all labs. - Italy 0€ - Spain, Greece, Latvia, Poland, Bulgaria: 309€. ForGreen Travel option is: 417€. - Estonia: 395€. For Green Travel option is: 535€.
Sustainable means of transport (green travel) is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bikes, bus, train or car-pooling. NO PLANES.
Travel flexibility is one day before the official arrival date and one day after the official travelling date. Accommodation cannot be provided in case of flexibile early or late travelling, it should be arranged by particpants themselves.
Your tickets are a proof of your travel that we must keep and present to the ERASMUS+ Program, the main funders of the project. If you cannot provide your original tickets and invoices clearly stating the travel company, your name, all the trip details and the exact costs covered, unfortunately we will not be able to reimburse you.
As for insurances, the European medical insurance card is valid also in Italy and all participants coming from EU country must bring it with them.

HOW TO APPLY

If you want to join, please send your application form to your Country's Partner Organizations:
HOPPÌPOLLA - APS, Italy www.associazionehoppipolla.it -
ASOCIACION JUVENIL INTERCAMBIA, Spain www.europaerestu.eu -
THEATER STUDIO DOBELE, Latvia www.kulturadobele.lv -
AMKE KENTRO NEON IPEIROU, Greece www.youthcenterofepirus.org -
FUNDACJA TEATR WSCHODNI, Poland www.teatrwschodni. pl -
PARTNER UP ESTONIA, Estonia www.partnerupestonia.org -
FOUNDATION FOR ENTREPRENEURSHIP, CULTURE & EDUCATION, Bulgaria www.foundationece.wordpress.com
You will find the application form attached.

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ACTIVITIES SCHEDULE

Agenda	ARRIVALS : Thursday, Nov 28th	DAY 1: Friday, Nov 29th	DAY 2: Saturday Nov 30th	DAY 3: Sunday Dec 1st
8.30-10.00		Breakfast	Breakfast	Breakfast
10.00-13.00		PROJECT INTRO Expectation workshop: "Being a trainer", features, goals, results SHARING	MUSIC WORKSHOP: "Singing for awareness" MUSIC WORKSHOP: "Ensemble" SHARING	TRAINING TECHNIQUE "Crisis and conflicts" THEATRE WORKSHOP "Lateral thinking" SHARING
13.00-15.00		Lunch & Free Time	Lunch & Free Time	Lunch & Free Time
15.00-18.00	Arrivals, Registration, Settling down & Safety procedures	TEAM BUILDING: "Sensorial journey" TRUST WORKSHOP: "Common Listening" Evaluation & Youth Pass Space	THEATRE WORKSHOP "Group dynamics" DANCE & THEATRE: "Community Balance" Evaluation & Youth Pass Space	MUSIC WORKSHOP: "Special Needs" PAINTING WORKSHOP "Body-colours" Evaluation & Youth Pass Space
18.00-21.00	Break & Dinner	Break & Dinner	Break & Dinner	Break & Dinner
21.00-22.30	Welcome & Basic Info	Intercultural evening: Italy	Intercultural evening: Bulgaria & Greece	Free Time

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ACTIVITIES SCHEDULE

Agenda	DAY 4: Monday Dec 2nd	DAY 5: Tuesday, Dec 3rd	DAY 6: Wednesday, Dec 4th	DAY 7: Thursday, Dec 5th
8.30-10.00	Breakfast	Breakfast	Breakfast	Breakfast
10.00-13.00	Free time	DIGITAL INTRO: "Erasmus+ program" FOCUS WORKSHOP: "The 4 pillars" SHARING	GOOD PRACTICES: "Follow-up & Evaluation" SHARING	ENTREPRENEURS WORKSHOP : "Living Library" SHARING
13.00-15.00	Lunch & Free Time	Lunch & Free Time	Lunch & Free Time	Lunch & Free Time
15.00-18.00	Free time	GOOD PRACTICES: "Preparation & Implementation" Evaluation & Youth Pass Space	CREATIVE MAPPING The 4 project phases LIVING LIBRARY Introduction Evaluation & Youth Pass Space	FOLLOW-UP: "Theatre of desires" DIGI-WORKSHOP: "The best of..." Final evaluation & Youth Pass complete
18.00-21.00	Break & Dinner	Break & Dinner	Break & Dinner	Break & Dinner
21.00-22.30	Intercultural evening Latvia & Poland	Intercultural evening Estonia & Spain	Free Time	Thanking Ceremony & Farewell Party

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ESSENTIAL THINGS TO BRING:

- Passport or other official identification.
- Tickets, insurance, visa.
- Sleeping bag and blanket
- Warm clothes for the night (Highly Important)!!!!
- Personal hygiene products (soap, toothbrush, etc).
- Comfortable clothes (NO washing facilities available).
- Towel(s).
- Medicine, in case you take any.
- Any kind of your Own Art Supplies (instruments, outfits etc).
- Typical snacks and/or beverages for "intercultural nights".
- 1 set of funky clothes!
- Yourself as ready to expiriment as possible!

WE ARE LOOKING FORWARD TO MEETING YOU!
No need to be shy; contact us for any question!

Hoppìpolla Team