

## Drumming – sound therapy



Targu Neamt, Romania

15-22 April 2016

**TC Drumming- sound therapy will take place in Tg. Neamț, Romania between 15th and 22nd of April 2016. The mobility is addressed to youth workers, social workers, sociologists or to persons interested on the topic, on selfdevelopment. The training will gather together 29 persons over 18 from countries like: Romania, Greece, Turkey, Italia, Bulgaria, Czech Republic, Latvia, Macedonia. The main method used will be drumming-sound therapy. During the mobility participants will learn, experiment, evaluate, practice and show to the local people what the method is about. In this way they will be able to use the method back on their countries on their own or for their work with people which fewer opportunities.**

## **Trainer**

**Jean Baptiste Manitou** is a great person

- he has 12 years of experience on the field of sound therapy
- he studied in France this method
- he is specialist on shamanic techniques

## **Profile of participants**

- Youth workers, social workers, sociologists
- 3 participants per country over 18
- Interested on the topic of the mobility
- Interested on using the method on their daily life or/and work
- Interested on working with disadvantaged people
- Priority to people with few opportunities
- At least basic knowledge of English in order to can understand eachother, or the possibility to help with translation from the national group
- Available during all the project activities
- Interested on being part of the dissemination part of the project
- Ready to enjoy the intercultural environment ☺

## Targu Neamt

This little town with over 20000 inhabitants is situated in Neamt country, North- East of Romania at 46 km north of Piatra Neamț and 60 km south of Suceava on DN15C. Its history begins in the 14th century. It is placed in the middle of a very important touristic area.

The Neamț Fortress (Cetatea Neamțului) was built in the 14th century by Voivode Petru I (possibly on the ruins of a smaller Teutonic castle), and is located on the north bank of the Neamț river.

Târgu Neamț is an appropriate starting point for trips to the monasteries in the region, located all on an average 15 km radius: Neamț Monastery, Secu, Agapia, Văratec Monastery Sihăstria and Sihla Skete. It is close to Ceahlău, Durău and Valea Bistriței.

Ion Creangă memorial house in Humulești, across Ozana river: This is the house where the famous Romanian writer was born and where he spent his childhood. The stories from Ion Creangă's masterpiece Amintiri din copilărie ("Memories of my childhood") revolve around Humulești, Târgu Neamț and in the surrounding villages.

Monumentul Eroilor (Heroes' Monument): an obelisk that commemorates the Romanian soldiers from World War I is found on Dealul Pleșu near the Pometea suburb. It commands views of the town and the mountains.

Vânători-Neamț Natural Park, housing a herd of wisent, the European bisons that once roamed the Eastern Carpathians.

Nicolae Popa ethnographic museum in Târpești.

## Money

The domestic currency is Lei (RON). You can exchange money in banks, at a "bancomat" (cash machine), in the exchange offices.

1 Euro is around 4,5 lei

## Costs

The accommodation and meals will be supported by the Asociation Puzzle OptimEast using the funds received from the National Agency through the program Erasmus+.

Travel will be reimbursed in proportion of 100%, but not more than the limit offered through Erasmus+ which is 275 euro for all of you., from all contries involved in the project.

Try to arrive on Romania on 15th in the first part of the day in order to arrive on time for the first day activities.

For departure time take into consideration that there are some activities on 22nd of April. And to go to Bucharest there is a night bus, and you can be there on 23rd morning.

When you organize your travel check for the economy or second class tickets.

For reimbursement keep all your tickets in original.

## How to reach Targu Neamt

You can come by plan to:

- **Bucharest** which is almost 400 km from Tg. Neamt

From Bucharest you can take the bus directly to Tg. Neamt at 13.20 from Autogara Obor, or by train.

- **Iasi** which is around 100 km from Tg. Neamt

There are several buses to Targu Neamt during the day from Autogara Codreanu, near train station.

## Meals

There will be 3 meals provided for you per day. The kitchen is able to provide food for people with special needs. So please let us (or your leader) know if you are allergic, if you are

vegetarian or vegan, or if you are requiring a special diet due to religious reasons. Only when we know about this beforehand we can provide you your meals in a proper way!

## **Accommodation**

We didn't decide about the accommodation, but it will be organized near the place where activities will take place. We will inform you about it as soon as we will know exactly where you will be hosted.

## **Participants**

It is planned to have 29 persons present during this Training Course ( 3 participants per country + 2 trainers) coming from: Bulgaria, Czech Republic, Croatia, Greece, Italy, Turkey, Macedonia, Latvia and Romania.

## **Funding**

The project has been funded with support from the European Commission through the ERASMUS+ Programme. The content of the project does not necessarily reflect the view of the European Commission.

## **Contact**

Your hosting organization is Puzzle OptimEast from Targu Neamt. This is established in April 2014 and is formed by youth people really enthusiastic and open minded, ready in every moment to organize some great activities, projects.

Here you can find more about our activities: <https://www.facebook.com/PuzzleOptimEast/>

	1 15.04.2016	2 16.04.2016 6	3 17.04.2016 16	4 18.04.2016	5 19.04.2016 16	6 20.04.2016	7 21.04.2016 6	8 22.04.2016 6
Morning	Arrival of participants and leaders  Getting to know each other	Presenta- tion of Erasmus+	Drummi ng – what does it means?	Sound therapy applications	Visit at inte- gration center	What does it say about me?	Drumming day	Evaluation of the method  Evaluation of the project
		Presentati on of Youth Pass						
Afternoon	Introduction into the program	Team- building activities	Sound Therapy	Importance of nonformal education	Sound therapy practice	Personal and profesional development through drumming	Drumming day	Departure
Evening	Welcome night	Intercultu- ral night		Percussion evening			Farewell party	

See you soon in Targu Neamt ☺