

Improvisation – the key

Training course

Târgu Neamț, Romania

26 August – 3 September 2017



Improvisation - the key is a mobility for youth workers. It will take place in Romania, Tg. Neamt between 26th of August and 3rd of September 2017. There will be participants from: Germany, Italy, Romania, Czech Republic, Ukraine, Greece, Slovakia, Bulgaria, Moldova, Azerbaijan, Croatia. Each country will send 2 or 3 participants, in order to have a balance between categories of countries in the mobility. The 2 trainers will be from Romania. Participants will be over 18 years old, and will be youth workers, sociologist, social workers, etc.

Main **aim** of the project is to develop competences in order to work with improvisation method to be used in activities with disadvantaged persons.

The objectives are:

- development of competences in usage of improvisation method
- finding new ways to work with disadvantaged youth
- development of youth workers through individual, group and public activities
- development of youth workers and level of knowing themselves
- development of abilities of using non-formal education

Between the **activities** which will happen during the mobility can be remembered:

- Get-to-know-each-other activities
- Different types of improvisation: contact improvisation, word battle, theater
- Workshops, role play, simulation, discussion, energisers
- Public activities
- Working session with disadvantaged children
- Intercultural evening

Profile of participants

- Youth workers, social workers, sociologists
- 2/3 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 for 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 enviromnemt 😊

Partners

Country	Organization	No of participants	Travel reimbursement/ participant (euro)
Azerbaijan	Youths Solidarity Support	3	360
Bulgaria	Walk Together Association	2	275
Croatia	Environment – Tools – Future – Youth – Perpetuum	3	275
Czech Republic	Evropske Centrum Mladeze Breclav – European Youth Center Breclav z.s.	3	275
Germany	Mostar Friedensprojekt e.V.	2	275
Greece	Open Youth Corner – Anoikti Gonia Neon	2	275
Italy	Associazione Culturale JUMPIN	2	275
Moldova	Centrul Republican pentru Copii si Tineret Artico	3	180
Romania	Asociatia Puzzle OptimEast	5	20
Slovakia	A.D.E.L. – Association for Development, Education and Labour	3	180
Ukraine	All- Ukrainian Association for Youth Co-operation Alternative- V	3	180

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 bison 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 Association 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 depends on the distance.

The arrival day is 1st of August.

For departure time take into consideration that there are activities on 9th of August. And to go to Bucharest there is a night bus, and you can be there on 10th 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.

- **Bacau** which is 100 km from Tg. Neamt

There are some buses coming to Targu Neamt during the day

- **Cluj Napoca** which is around

But the connection are not good. There is no direct way to arrive here by public transport.

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 31 persons present during this Training Course (2/3 participants per country + 2 trainers) coming from: Bulgaria, Czech Republic, Croatia, Greece, Italy, Azerbaijan, Ukraine, Slovakia, Germany, Moldova 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.

Dissemination

The participants and partner organization will participate in the dissemination.

There will be:

- activities which will promote the results of the project, the methods used, activities with disadvantaged youth
- posts on social networks, website, blogs
- article in the newspaper

Insurance

We recommend to participants to have a medical insurance. For the one in European Union there is a free insurance which can be used.

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/>

Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
A M	Arrival	9 days: Schedule and objectives	Improvisation – courage and relaxing	Improvisation – types and methods	Express yourself	Words battle	Preparing activities with youth	Visit at the social youth center	Evaluation of the method
		9 days: hopes, fear, expectations	Improvisation – self expression	Improvisation: ways to use in working with youth					Evaluation of the project
		Erasmus+ presentation							
P M		From a group to a team	Improvisation- release the creativity	Improvisation theater	Contact improvisation	Let's practice	Public show	Open space	Future thoughts
		Our value agreement							
		Let's know each other	Daily evaluation	Daily evaluation	Daily evaluation	Daily evaluation	Daily evaluation	Daily evaluation	Daily evaluation
	Welcome evening	Intercultural evening	Networking evening	ImprovShow – improvisation evening	Networking evening			Farewell evening	