

# IN SEARCH OF AUTHENTICITY

12<sup>th</sup>- 19<sup>th</sup> of November 2019 / “Jaworowy Dom”, Dolina Baryczy, Poland

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*Dear reader!*

*In this document you will find information about the project, the expected profile of participant, and information how to express your interest to join.*

*In case of more question you can contact us through the email: [projects.kobiety@gmail.com](mailto:projects.kobiety@gmail.com)*

*We wish you a good read and hope to hear from you soon!*

*Marta and Sonia, trainers*

## About the project

This project aims to provide tools for youth workers, community workers, youth leaders, social activists to prevent professional burnout, at the same time, learning on their own example how to use those tools to work with target groups experiencing similar feelings of helplessness and vulnerability.

Participants will be introduced to applied drama and philosophy as methodologies bringing people closer to their inner core and authentic presence in the world, at the same time reinforcing their curiosity about the world and people, which are important factors in preventing professional burnout. They will be invited to explore different philosophical approaches and own attitudes towards youth work/ community work, and to develop critical thinking against radical ideologies, oppressive systems, as well as empathy against violence.

## The course

We invite you to a 7-day training course during which you will work to:

recognize your present situation, gain awareness of structures, narrations, roles, expectations, inside and outside of yourself, and deconstructing them;

identify your personal core values and attitudes towards the world and people, your authentic motivation;

become more aware of your own needs and feelings in a present situations, your values, and become ready to see and hear them in others;

connect believes and thoughts with your body in movement;

learn more about philosophy and applied drama as tools to dialogue, question, see other perspectives and position your own values and needs in each situation.

## Accommodation and food

Venue of the course is located in a village near to nature rather than a city infrastructure, in the Lower Silesia region of Poland. The closest big city is Wrocław. You can check the link to the venue, although the website is in Polish only: <http://jaworowydrom.pl>

You will be accommodated in shared rooms. **Food will be vegetarian and vegan.**

Be prepared for **poor connection with Internet** – we gather to practice being present with ourselves and the group.

Costs of food and accommodation will be fully covered by the organisers. Travel costs will be reimbursed after participants first buy their own tickets. Reimbursements will be done up to a certain amount of money, counted in Euro (20eur – Poland; 180eur – Lithuania; 275eur – Spain, Romania, Bulgaria, Macedonia, Italy; 360eur – Portugal).

There is no participation fee.

More details on how to arrange travels and prepare for the course will be announced once the participants are selected.

## Participants

This offer of the training is for you if:

- ✓ you experience feelings of frustration, disappointment, anger, resignation, loss of sense, vulnerability, helplessness which influence your motivation to continue professional work
- ✓ you work with youth or other target groups who come to you with frustration, disappointment, anger, resignation
- ✓ you are open to try different methods connected with body, voice, nature, drama, and storytelling to reflect on your values, beliefs, needs, feelings, and the communication process
- ✓ you are no less than 25 years old
- ✓ you are a resident in one of the partner countries: Bulgaria, Italy, Lithuania, Macedonia, Poland, Portugal, Romania, Spain
- ✓ you feel comfortable to work in English (although many activities will be movement and image based, written and storytelling activities will be possible to do in your own language), and to meet people of different cultures, habits, beliefs
- ✓ you are willing and have the capacity to do a follow-up event in your sending organisation connected to what knowledge and experience you will bring from the course.

**To apply for the course follow the link:** <https://forms.gle/mzDgcPXSH763xm6KA>

*Thank you for reading!*