

WISE BODIES

Training Course: Body work and Gestald Therapy

Caravaca de la Cruz, Murcia – Spain

05/09/2017 – 11/09/2017

INFO PACK





COURSE DESCRIPTION

WHAT

It is a KA1 training course about body expression, movement and self-awareness for youth workers so that they can work with body exercises with young people with fewer opportunities.

Participants will enjoy different approaches for body work, such as contact, conscious movement and other disciplines coming from contemporary dance that together with Gestalt therapy will create the framework of the learning process.

WHAT FOR?

The **aim** of this youth exchange is:

To develop youth workers' competences in facilitating youth work activities involving the work with body and other physical activities with youngsters with fewer opportunities.

Our **specific objectives** are:

- To create a safe space for exchange, mutual learning, and intercultural interaction among youth workers through artistic approaches within contemporary dance.
- To raise awareness of youth workers about the health benefits of conscious movement, and choreographic theatre.
- To foster youth workers' creativity and spontaneity so that they find new ways for self-expression.

- To develop youth workers' knowledge, skills and attitudes regarding the current trends in contemporary dance that may benefit youth work when it comes to deal effectively with young people with fewer opportunities.

- To explore and learn how to create dance or choreographic theatre plays with groups of young people with fewer opportunities.

- To promote participants' self-awareness about their own professional needs that have connection with them from a perspective of training style and way of facilitating learning processes.

- To provide participants with the necessary tools to effectively facilitate and cope with emotions arising in conflicts within a group.

- To foster the networking of participants' organizations for the development of future projects together with Erasmus+ Programme.

FOR WHO?

Target Group

Youth workers, trainers, facilitators working with young people with fewer opportunities.

We are inviting **partners from EU countries and Associated Countries** (Spain, Slovenia, Greece, Ireland, Italy, Bulgaria, Armenia, Denmark and Check Republic)

TRAVEL & GENERAL INFO

PLEASE DON'T FORGET:

ARRIVAL DAY IS 5TH SEPTEMBER 2017
DEPARTURE DAY IS 11TH OF SEPTEMBER
2017

Airports

The nearest and more convenient airport to Murcia is **Alicante Airport**, which is one-hour distance by bus from Murcia.

Please try **NOT TO** buy tickets to Murcia Airport, since the bus connection with the city is not as good as from Alicante Airport.

From Alicante Airport you will have to take a bus (see timetable on the right) to Murcia in order to be **at the Meeting Point at 20:30 the latest!**

(We can't reimburse extra accommodation and food for the ones that will not be able to be on time.)

From Murcia a private bus will pick you up and drive you to the place where the TC will take place: La Casa del Trigo .

If you don't find good flight connection to Alicante, try Valencia airport, which is 3-4 hours distance from Murcia. See also trains (www.renfe.es) to Murcia. When you buy the tickets please consider the distance between towns in order to be on time to the meeting point!

All **the bus connection** between Alicante Airport and Murcia can be found on **www.alsa.es**

Board and lodging: fully covered for the duration of the course.

Bus Alicante Airport – Murcia (05/09)

Departure	Arrival	Service
07:15	08:10	Normal
09:15	10:10	Normal
10:15	11:30	Normal
11:15	12:10	Normal
13:15	14:10	Normal
15:15	16:10	Normal
18:15	19:10	Normal
19:15	20:10	Normal

Bus Murcia – Alicante Airport (11/09)

Departure	Arrival	Service
06:45	08:00	Normal
08:00	08:45	Normal
09:00	09:45	Normal
11:00	11:45	Normal
13:30	14:15	Normal
14:00	15:00	Normal
15:00	15:55	Normal
17:00	17:55	Normal
20:15	21:00	Normal

Travel reimbursement

Travel reimbursement will be according to Erasmus + funding rules (*see maximum reimbursement for your organization in the table below*).

Don't forget to save **the boarding passes** of your plane and **invoices and receipts of your transport tickets (only public transport and cheapest fare are allowed)**, taxi costs are not reimbursable nor those tickets without the price written on it – eg. Metro Madrid or Metro Valencia).

We will also need in case you can't get an invoice for your tickets, an **evidence of the payment** (e.g.: print the screen capture of your bank transaction with your card where it is visible the price you paid for your tickets). The reimbursement will be **made by Bank Transfer**, which means all those documents should only be sent after the training course.

Nº de actividad	Tipo de actividad	Nº de flujo	País de origen	País de destino	Banda de distancia	Cantidad para viaje por participante	Nº total de participantes (incluyendo personas acompañantes)	Complemento para costes adicionales de viajes internos	Total de complementos para costes adicionales de viajes internos (incluyendo a los acompañantes)	Cantidad total solicitada para viaje
A1	YOUTH-TNYW-T - Movilidad de trabajadores en el ámbito de la juventud: Países asociados	1	España	España	0 - 9 km	0.00	1	180.00	0	0.00
A1	YOUTH-TNYW-T - Movilidad de trabajadores en el ámbito de la juventud: Países asociados	2	España	España	0 - 9 km	0.00	3	180.00	0	0.00
A1	YOUTH-TNYW-T - Movilidad de trabajadores en el ámbito de la juventud: Países asociados	3	España	España	500 - 1999 km	275.00	2	180.00	0	550.00
A1	YOUTH-TNYW-T - Movilidad de trabajadores en el ámbito de la juventud: Países asociados	4	Eslovenia	España	500 - 1999 km	275.00	2	180.00	0	550.00
A1	YOUTH-TNYW-T - Movilidad de trabajadores en el ámbito de la juventud: Países asociados	5	Grecia	España	2000 - 2999 km	360.00	2	180.00	0	720.00
A1	YOUTH-TNYW-T - Movilidad de trabajadores en el ámbito de la juventud: Países asociados	6	Irlanda	España	500 - 1999 km	275.00	2	180.00	0	550.00
A1	YOUTH-TNYW-T - Movilidad de trabajadores en el ámbito de la juventud: Países asociados	7	Italia	España	500 - 1999 km	275.00	2	180.00	0	550.00

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A1	YOUTH-TNYW-T - Movilidad de trabajadores en el ámbito de la juventud: Países asociados	8	Grecia	España	2000 - 2999 km	360.00	2	180.00	0	720.00
A1	YOUTH-TNYW-T - Movilidad de trabajadores en el ámbito de la juventud: Países asociados	9	Bulgaria	España	2000 - 2999 km	360.00	2	180.00	0	720.00
A1	YOUTH-TNYW-T - Movilidad de trabajadores en el ámbito de la juventud: Países asociados	10	Armenia	España	4000 - 7999 km	820.00	3	180.00	0	2460.00
A1	YOUTH-TNYW-T - Movilidad de trabajadores en el ámbito de la juventud: Países asociados	11	Dinamarca	España	2000 - 2999 km	360.00	2	180.00	0	720.00
A1	YOUTH-TNYW-T - Movilidad de trabajadores en el ámbito de la juventud: Países asociados	12	República Checa	España	2000 - 2999 km	360.00	2	180.00	0	720.00
Total										8260.00



Casa del Trigo

You can find more picture of our training center here:

<https://www.dropbox.com/sh/w01y7v27ber8dzx/AADwPsp57VZwBzRIKW0YZl8Ja?dl=0>

Venue

We would like to give you some information about the venue we will be living and working together.

The place we will be is called **CASA DEL TRIGO** (Wheat House), it is a very special place located in the municipality of Caravaca de la Cruz, a very old and monumental town in the Region of Murcia.

CASA DEL TRIGO is located 7 Km far from the town. It is in a green rural area called La Encarnación. The house is big and it is our brand new training center.

The house is not just 1 house, it is divided in three houses, and one is for about 10 people as well as for the kitchen staff that is living there. It has all you may need including a living room for spare and social moments and Internet connection. Then there's also the main house, with two floors for about 6-7 people each. Beds are bunk type, so, 3 or 2 bunks in each room. Rooms are really big and comfortable.

No need to bring your bedding or sleeping bag, **BUT PLEASE BRING YOUR TOWELS.**

Working room will be also in the main house. In each floor there's a bathroom with 3 - 2 showers and 1 WC. For us this house, which we created 3 years ago, is the result of an extraordinary amount of energy and passion in order to create a place for inspiration, learning, discovery and selfawareness. Because we believe in social change and we are convinced that this world will not change if we ourselves, as individuals don't change, we promote certain habits and behaviour in our/your CASA DEL TRIGO. For instance:

1. We would ask you to keep silence after midnight and to socialize or play games in the second house where a living room is foreseen for you spare moments.
2. We would ask you to wash ecologically your dish, glass, spoon, fork and knife after each meal and leave it ready for the next meal. For that, every day we will have different teams in charge of the main washing after lunch and dinner.

Another very important issue concerning your travel to Murcia and your participation in this course is that you **bring all your TICKETS, INVOICES & BOARDING PASSES** to be able to reimburse those costs. Thanks in advance to everybody for your understanding and collaboration.

The meeting point

The meeting point will be the **5th of September** in **Murcia** in front of the **Cathedral, the main entrance, in Plaza del Cardenal Belluga** in front of **Crepería Ô Délices de Paris**, a restaurant of crepes with terrace, it is the closer restaurant to the main door of the Cathedral.

It's 20 minutes walking from the bus and train station. If you arrive to the train station you can pick up the bus number 39 and get down to the bus station **GLORIETA DE ESPAÑA**.

You can see on the map, near the river, between the two bridges that there is a house. That is **GLORIETA DE ESPAÑA** and the Cathedral is very close, 2 minutes walking.



Some tips ;)



We could say so many things about what to consider when traveling to Spain or to Murcia that we will spend pages and pages in that.

Instead of making you feel sleepy with so much reading we propose you a more exciting and comprehensive information that we think you will like more.

Visit the link of the best travel guide, Lonely Planet and find anything you need to know about Spain or Murcia:

<http://www.lonelyplanet.com/spain>

Furthermore, around the venue, there are **no shops**, so we advise you **to buy before your snacks, cigarettes or other commodities you may need** during the course.

Exceptionally in urgent cases our staff can travel to Caravaca city to get your stuff if as mentioned, it is urgent and really needed.

Looking forward to meet you all in Murcia!