P S T | Priestor Súčasného Tanca

Co-funded by the Erasmus+ Programme of the European Union

ABOUT THE PROJECT

WE AIM TO INTRODUCE
CONTACT IMPROVISATION IN YOUTH WORK

Contact Improvisation (CI) is a dance form based on the spontaneous communication between moving bodies that are **in physical contact**.

The focus is on giving and receiving,
exchanging the body's weight
between the dancers.

The dialogue is a **free improvisation**,
learning how to listen,
how to communicate non-verbally,
discovering oneself on the way.

VISION

PHYSICAL CONTACT

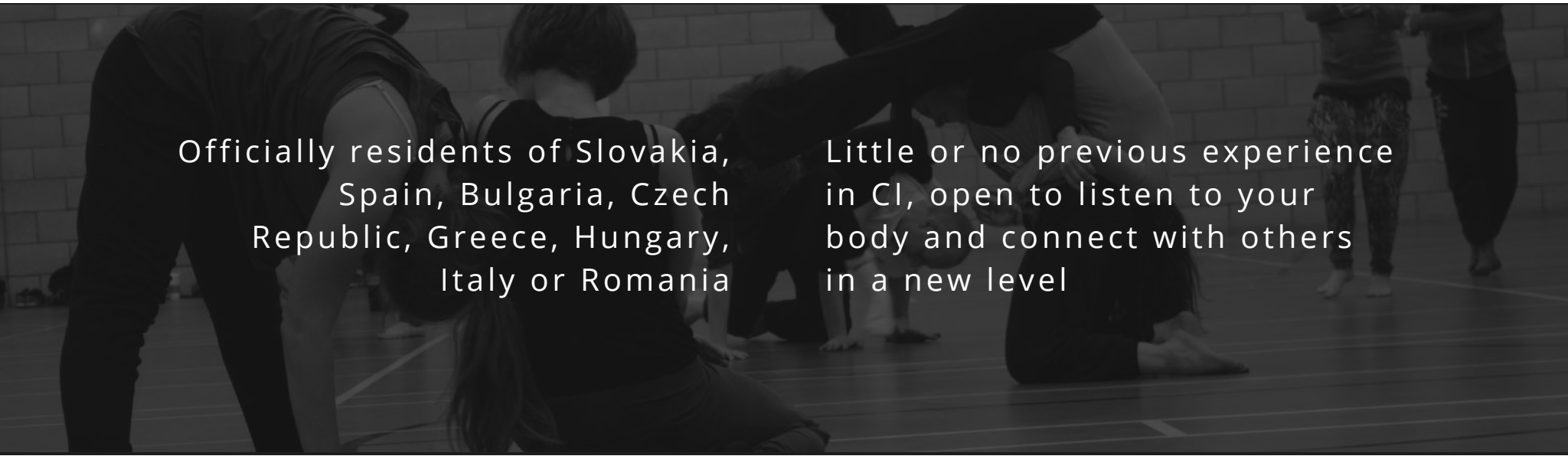
Developing one's self-acceptance, improving the active listening and awareness towards others

IMPROVISATION

As an embodied source of creativity in our mechanical world

PARTICIPANTS

YOUTH WORKERS, EDUCATORS AND FACILITATORS WORKING ON A REGULAR BASIS WITH A GROUP OF YOUNGSTERS



Officially residents of Slovakia, Spain, Bulgaria, Czech Republic, Greece, Hungary, Italy or Romania

Little or no previous experience in CI, open to listen to your body and connect with others in a new level

PROGRAM

- FROM BREATHING TO MOVEMENT
- BASIC TECHNIQUE IN CI
- BODY-MIND CENTERING (R)
- IMPROVISATION
- AUTHENTIC MOVEMENT
- JAM SESSIONS
- SPACE FOR DEVELOPING RESOURCES BASED ON CI APPLIED TO YOUTH WORK

TRAINERS

ALBA RAVENTÓS

DANCER, SOMATIC MOVEMENT EDUCATOR, INTEGRATIVE BODYWORK THERAPIST

She explores somatic movement through the body, how we live fully present, keeping the rhythms of the inner nature balanced with the outside world

UMA MARAVAL

ARTIST, THERAPIST AND FACILITATOR

She promotes workshops that offer to be more in touch with arts, dance expression and breathing as tools for self-exploration and self-knowledge

KAT RAMPÁČKOVÁ

CHOREOGRAPHER, PERFORMER AND DANCE ACTIVIST

She offers a space for self-expression and collective body dialogue. She is focused on individual and group improvisation: how to be connected with oneself, time and space one's in

VENUE: LOVINKA

YOGA, MEDIATION AND PERMACULTURE CENTER, IN THE SOUTHERN PART OF SLOVAKIA

FINANCIAL ARRANGEMENTS

PARTICIPANT'S CONTRIBUTION IS 70€ PER PERSON,

TO BE PAID UPON ARRIVAL.

(if you are not able to afford it, contact the organisers)

THIS TRAINING COURSE IS CO-FUNDED BY THE **ERASMUS+ PROGRAMME**, THEREFORE ACCOMMODATION, FOOD, MATERIALS, THE PROGRAM AND THE TRAVEL COSTS UP TO THE MAXIMUM ALLOWED AMOUNT WILL BE FULLY REIMBURSED.

PARTNERS

COUNTRY	ORGANISATION (3 participants each)	E-MAIL ADDRESS	MAX € REIMBURSED
Slovakia	PST	pst.kosice@gmail.com	20€
Spain	Ara En Moviment	inspire.contact.improvisation@gmail.com	275€
Bulgaria	Synergy Bulgaria	info@synergybulgaria.com	275€
Czech Republic	Brno Connected	brnoconnected@gmail.com	180€
Greece	Hellenic Youth Participation	hellenicyouthparticipation@yahoo.gr	275€
Hungary	Önindító	oninditok@gmail.com	180€
Italy	VulcanicaMente	vulcanicamente.info@gmail.com	275€
Romania	Eleven Art	eleven.art11@yahoo.com	275€

REIMBURSEMENT CONDITIONS

TRAVEL IN THE **MOST COST-EFFICIENT WAY AVAILABLE** TO YOU. TRY TO CHOOSE THE **MOST ENVIRONMENTALLY FRIENDLY FORM OF TRANSPORT**, E.G. BUS OR TRAIN. TRY TO AVOID SHORT HAUL (< 600 KM) FLIGHTS, AND IF YOU MUST FLY, CHOOSE AIRLINES WITH HIGHER OCCUPANCY RATES AND MORE EFFICIENT AIRCRAFT.

YOU ARE ALLOWED TO ARRIVE OR DEPART **MAX 2 DAYS BEFORE OR 2 DAYS AFTER** THE TRAINING COURSE. IN CASE YOU DECIDE TO USE THAT EXTRA TIME, BEAR IN MIND THAT IT WILL NOT BE SUPPORTED WITH FOOD OR ACCOMMODATION. SHOULD YOUR STAY BE LONGER THAN 2 DAYS, WE WILL NOT REIMBURSE PART OF YOUR TRAVEL COSTS.

BEFORE BOOKING THE TICKETS FOR YOUR JOURNEY, **PROVIDE DETAILS OF YOUR TRAVEL PLAN** AT INSPIRE.CONTACT.IMPROVISATION@GMAIL.COM AND **WAIT FOR OUR APPROVAL**.

ATTEND ALL THE SESSIONS AND COMMIT YOURSELF FULLY TO THE ACTIVITIES.

FILL UP AND SIGN A **REIMBURSEMENT FORM**.

RECEIVING THE REIMBURSEMENT

AFTER COMING BACK HOME, **SEND BY POST ALL THE ORIGINAL TRAVEL DOCUMENT**S (TICKETS, INVOICES AND BOARDING PASSES) FOR BOTH OF YOUR JOURNEYS TO AND FROM THE TRAINING COURSE TO:

PST - PRIESTOR SÚČASNÉHO TANCA O.Z.
MURÁNSKA 8, 040 01, KOŠICE, SLOVAKIA

WE RECOMMEND THAT YOU ASK FOR A CONFIRMATION OF RECEIPT WHEN YOU POST.
ALSO, BEFORE YOU POST YOUR TICKETS, PLEASE SCAN THEM AND KEEP THE SCANNED COPY.

ONCE WE HAVE ALL THE DOCUMENTS OF ALL THE PARTICIPANTS FROM A COUNTRY, WE WILL SEND THE COLLECTIVE REIMBURSEMENT MONEY TO OUR PARTNER ORGANISATION IN THAT COUNTRY – WE USE A LUMP SUM PAYMENT TO KEEP BANK FEES AS LOW AS POSSIBLE.

OUR PARTNER ORGANISATION WILL THEN DIVIDE THE AMOUNT THAT REMAINS AFTER BANK FEES AND TRANSFER THE CORRESPONDING AMOUNT OF MONEY TO EACH INDIVIDUAL PARTICIPANT FROM THAT COUNTRY.

THIS WHOLE PROCESS CAN TAKE UNTIL JULY 2019;
YOU CAN HELP US DO IT FASTER BY SUBMITTING YOUR DOCUMENTS QUICKLY AND CORRECTLY.

PRACTICALITIES

TRAVEL AND HEALTH INSURANCE

Health insurance will NOT be provided or reimbursed by the mobility organisers. However, it is a mandatory requirement for all participants to provide your own health insurance. This should cover you for the full duration of your time in Slovakia. When you have arranged your insurance policy, please provide us with the details of it before you attend the training course, by sending us a scanned copy at inspire.contact.improvisation@gmail.com.

If you are an EU resident, you can use the free European Health Insurance Card (EHIC) to allow you access to public hospital treatment. Having this card means you may be able to receive free medical treatment in the event of an emergency, but it is NOT guaranteed. Also please be aware that the EHIC is NOT a travel insurance policy, it will not cover private health care, non-emergency health costs, or being flown back to your home country. To learn more, please go to ehic.europa.eu/

General travel insurance to cover the safety of your possessions, lost luggage, delays to flights, etc is NOT a mandatory requirement, but it is advisable.

DIETARY, HEALTH AND OTHER SPECIAL REQUIREMENTS

The standard diet will be **vegetarian**. Please inform us as soon as possible if you have any food allergies or special dietary requirements so that we can inform the caterers and they can prepare meals that are suitable for you. If you have any other allergies, need to take regular medications or foresee a need for general medicines during your time in Slovakia (for example bug spray, headache tablets, travel sickness pills, etc) please arrange these yourself as we are unable to provide them for you.

Likewise, if you have any health conditions, disabilities or mobility issues that you feel we need to be aware of or that may affect your participation in the training course activities, then please let us know what they are and how best to assist you.

APPLICATION

FILL IN THE **APPLICATION FORM** IN

HTTP://BIT.LY/GET_IN_TOUCH-APPLICATION

LATEST BY THE 19TH OF OCTOBER 2018

THE SELECTION RESULTS WILL BE OUT

AT THE BEGINNING OF NOVEMBER 2018

CONTACT

ANY QUESTIONS RELATED TO THE TRAINING COURSE, TRAVEL TO SLOVAKIA OR VISA MATTERS SHALL BE ADDRESSED TO THE PROJECT COORDINATOR

ADRIÀ BOB SONET
INSPIRE.CONTACT.IMPROVISATION@GMAIL.COM

THIS PROJECT HAS BEEN CO-FUNDED BY THE ERASMUS+ PROGRAMME. IF YOU WOULD LIKE TO FIND OUT MORE ABOUT THE PROGRAMME, PLEASE VISIT HTTP://EC.EUROPA.EU/PROGRAMMES/ERASMUSPLUS/

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