

Local training CESIE

LOGISTICS	
What is the planned date for your session?	8 th April 2016
Where will the training be held?	The training will be held in CESIE training room
Who will be the participants? (profile, number..)	Youth workers, social workers, artists
Facilitators involved (artist & trainers)	Soad Ibrahim and Rosina Ndukwe

WORKSHOP PLAN	
9.30-10.00	Getting to know each-other, expectations, presentation of the programme
10.00-11.00	Dance Workshop
11.00-11.15	COFFEE BREAK
11.15-12.30	Dance workshop
12.30-13.30	LUNCH BREAK
13.30-15.00	Connecting the experience of the morning with the Methodological pillars: art mediation and interculturality + Explaining the method of “real path-imaginary path”
15.00-16.00	Dance workshops organized by participants
16.00-17.00	Presentations of the workshops and debriefing
17.00-17.30	Evaluation


MODULE DESCRIPTIONS	
MODULE 1: getting to know each other	
Time scale	9.30-10.00
Objective	Introduction of the participants and the program
Methods (name, reference etc)	Group building and ice breaking games
Materials necessary	
Progress of the module	Presentation of the program, warming up and massage, exercises in couple to trust each other
Debriefing	-
Post-production necessary	

www.insart.eu
info@insart.eu

Réf. N. 539784-LLP-1-2013-FR-GRUNDTVIG-GMP



MODULE 2: Dance workshop	
Time scale	10.00-12.30
Objective	Dance workshop. The workshop will lead participants into an experience based on movement and non-verbal language. The main objective is to provide participants a sequence of specific tools that they will be able to adopt in their daily work
Methods	
Materials necessary	Music
Progress of the module	<p>The activities will be proposed gradually and will involve also all those who don't have any previous experience in movement: In detail, the following activities will be proposed:</p> <ul style="list-style-type: none"> - warming up all the body's joints - "writing" your name with different joints - move all the body freely in order to "write your name" with the body - interact with participants through movement - write a word and make a draw that comes out of your movement - create movements that are linked with your drawing and express your self today - codify a sequence of movement - share it with a partner and create a common sequence - presenting the sequence to the rest of the group

Debriefing	
Post-production necessary	Words and drawings will be produced by participants
Illustration	

WORDS EXPRESSED BY PARTICIPANTS DURING MODULE 2 TO SUPPORT THE DANCE WORKSHOP


- Leggerezza – Espressività
- Wonderful – Relaxing – Good – Free
- Colore – Energia – Positività
- Free – Flying – Concentrated
- Prova e esperienza
- Feeling awesome
- Libertà – Benessere – Gioia – Leggerezza – Espressività
- Wonderful – Great – Good – Sweet – Free – Lovely
- Dreaming – Free – Lake – Lucky – Bird – Felice
- Freedom ! Relaxing ! Happy among others
- Peace – Nature

MODULE 3: art mediation and interculturality + Explaining the method of “real path-imaginary path”

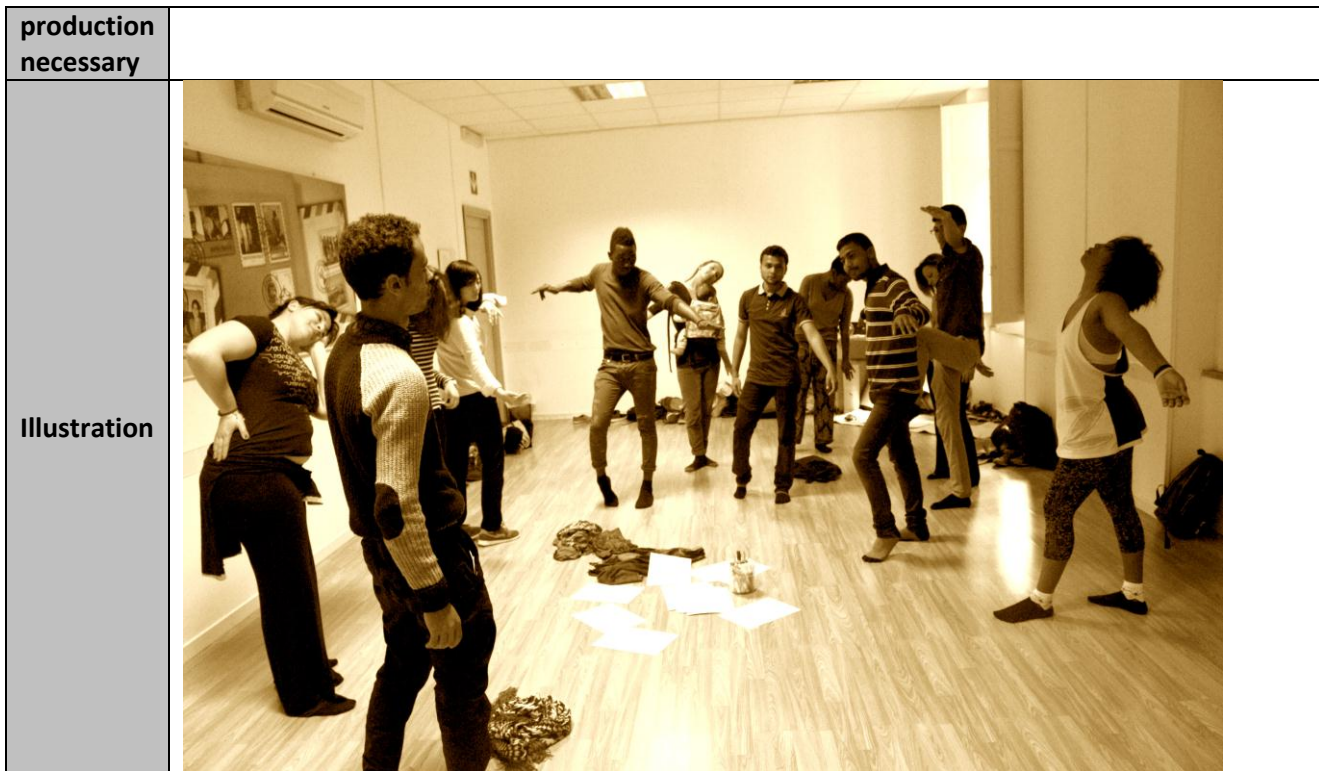
Time scale	12.30-15.00
Objective	Connecting the experience of the morning with the Methodological pillars: art mediation and interculturality + Explaining the method of “real path-imaginary path”
Methods	
Materials necessary	Music, papers, colours, flip chart
Progress	Participants will be lead into a discussion about art mediation and interculturality and how

www.insart.eu
info@insart.eu

Réf. N. 539784-LLP-1-2013-FR-GRUNDTVIG-GMP

of the module	dance can fit this topic. Then, they will be introduced to the method “real path-imaginary path”
Post-production necessary	<ul style="list-style-type: none"> - participants will be asked to intervene freely and share their experience regarding the topic of art mediation and interculturality - the facilitator helps them to make links between their experience and the work done during the morning related to dance - participants are encouraged to interact and share their point of view - the facilitator will introduce the method “real path-imaginary path” and will link it with the work that will be done during the afternoon
Illustration	

MODULE 4: Dance workshops organized by participants	
Time scale	15.00-16.00
Objective	Self organized workshop where participants will have the chance to elaborate what they have learned
Methods	
Materials necessary	Music , paper, colours, flipcharts
Progress of the module	Referring to the method “real path-imaginary path”, participants will be divided into small groups. Each group will work to create a story and a final product based on movement and what they have learned during the day
Post-	Stories will be created by participants



STORIES CREATED BY PARTICIPANTS DURING MODULE 4 FOR THE FINAL DANCE PERFORMANCES

- Peace in way that we are from different countries whereby in some country like Nigeria there is war but we are here working and living peacefully.
- Freedom: Not having any barriers feeling free to express our opinions like in the chain part.
- NATURE: we make different activities in good environment, that environment is natural. Everything is natural – nature does not have a beginning or an end. It is continuous.
- HAPPY: seeing everybody smiling, sharing, joking, dancing, singing.
- RELAXING: when the dancing music was played. I heard that the sounding of seawater and flow which makes me very relaxing.
- Colore –Libertà – Gioia – Lago – Pace
Un ragazzo dal Marocco, Marrakesh. Arcobaleno viene da un lago di un paese molto lontano. Lui ha lasciato la sua casetta in mezzo al lago per seguire la sua libertà e dopo tanto viaggiare arriva in un villaggio molto colorato abitato da persone molto gioiose. Il nome di questo paesino è Essalam che nella lingua autoctona vuol dire pace. Arcobaleno desidera lasciare il villaggio di pace per raggiungere il paese Hurria che vuol dire nella lingua Araba, Libertà.

MODULE 5: Presentations of the workshops, debriefing and evaluation	
Time scale	16.00-17.00
Objective	Presentations of the workshops, debriefing and evaluation

www.insart.eu
info@insart.eu

Réf. N. 539784-LLP-1-2013-FR-GRUNDTVIG-GMP

Methods	
Materials necessary	Music, paper, colors, flipcharts
Progress of the module	Each group will present its own results to the others. At the end of the presentation there will be a moment of debriefing of the all day. Then participants will be asked to evaluate the day through movement techniques and through a questionnaire
Post-production necessary	
Illustration	