

10 - 19 OCTOBER 2023
BOLOGNA, ITALY

TRAINING COURSE FOR-TUNE

EMPOWERING YOUTH WORK WITH MUSIC



WESOUND



Erasmus+

ABOUT

"For-Tune Empowering Youth Work with Music" is an international Training Course organised by WeSound and taking place in Casa La Lodola (Bologna), Italy from 10th to 19th of October 2023 .

The project will bring together 24 youth workers from Italy, Spain, Estonia, Poland, Turkey and Ukraine, who are willing to discover and experience new practices and methodologies to work with young people integrating Music in Non Formal Education activities.



INTENTIONS

During the project we intend to:

- experience new tools connected with music and sounds through non formal education
- discover new approaches to foster your personal expression towards yourself and others
- explore practical innovative approaches and non-formal education tools based on mindfulness
- develop experiential learning methodology to connect with one's inner creativity



PARTICIPANTS



This Training Course will include 24 participants from **Italy, Spain, Estonia, Ukraine, Poland and Turkey**

WHO IS THIS PROJECT FOR?

Youth workers, educators, non formal teachers, musicians and artists interesting in working with groups wanting to develop and integrating musical activities in the work they do with their target groups.

We are looking for 4 participants from each country, committed in giving full and active participation and sharing what learned with their community.

METHODOLOGY

The program will follow the non formal learning methodology, including experiential and peer to peer learning and individual and group reflection, in specific:

- Holistic and embodied learning (Movement and somatic practices)
- Experiential activities connected to discovering and unfolding one's own potential
- Peer work (sharing and listening circles, dialogue, discussion, presentation)
- Self-reflection (solo time in nature, sit spot, journalling, drawing)
- Outdoor and nature connection activities
- Mindfulness and meditation practices





VENUE

We will be staying at the rural house "Casa la Lodola", in the village of Savigno, 50 km from Bologna.

The house is in the middle of the woods and the closest village is 5 km away.

The accommodation will be in shared rooms of 11 and 5 beds. 3 meals per day will be served at the accommodation by our cooks, plus 2 coffee breaks of fruit and snacks.

The food will be vegetarian, local and seasonal -
participants will get a balance and rich mediterranean diet.
-During the program we will follow an alcohol free policy-

Check out the venue here <http://casalalodola.it/>

PRACTICALS

The costs of **food and accommodation** during the course and your **travel** are covered by the **Erasmus+ programme**.

For this project there is a participation **fee of 50 euros** to be paid at arrival

We encourage you to use **eco-friendly** and **sustainable** ways of travel whenever possible.

You are in charge of arranging your own insurance for your travel/stay in Italy.

In line with the Erasmus+ program and Italian National Agency you are eligible to travel up to 2 days before and after the project to Italy and back to your country.

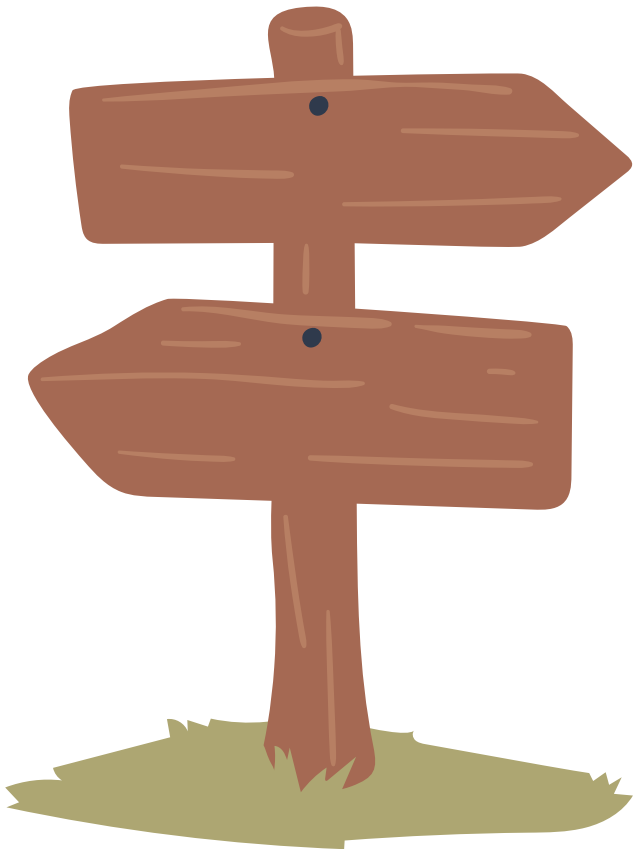


CONDITIONS OF PARTICIPATION

If you want to join, we need you to be there for the whole journey, starting with the preparation and ending with the follow up.

MORE SPECIFICALLY WE EXPECT YOU TO:

- promote the project and its outcomes
- develop material/resources with your team as a follow up of this project and document the outcomes
- ensure the wider impact of this project by implementing concrete follow-up activities and providing opportunities with and for young people in their communities



**JULY-
SEPTEMBER**

2023

**SELECTION &
PREPARATION**

Selection of the applicants with the project partners, infoletter and preparation of participants.

OCTOBER

2023

IMPLEMENTATION

Implementation of the Training Course

**NOVEMBER-
DECEMBER**

2023

FOLLOW UP

Bringing what learned to your community, sharing the results and evaluating your learnings



TRAVEL REIMBURSEMENT

Travel reimbursement will be done by WeSound to each person or partner organization for the entire country group.

The reimbursement will occur **only** after:

- **having sent the original tickets and invoices** used for the travels from your country to the venue and back home;
and
- **having realized and published dissemination material** of the Training Course.

MAXIMUM AMOUNT:

275 EUR - travel costs higher than this sum will be on participant's expenses.



TRAVEL REIMBURSEMENT

GREEN TRAVEL:

For this project, participants coming from POLAND and SPAIN have an higher travel budget of **320 EUR** if they travel to the venue of the project and back home by: international trains, bus, shared car (more than 2 people)

By choosing a sustainable means of traveling, they can access to the green travel budget, so we highly encourage these participants in choosing the above mention travel options!



HOW TO APPLY?

You can apply if you live in one of the countries involved in this project, filling out this application form:

<https://forms.gle/6mFDTfHEm7acRDaw9>

Partners of this project

Spain: El Eco Del Arte -
pablonuevoduque@gmail.com

Poland:Medeina Foundation
eumobility.sak@gmail.com

Ukraine: NFE 4Y - ngo.nfe.4y@gmail.com

Estonia: Partner Up -
partnerupestonia@gmail.com

Turkey:Aydın Cultural Development Association
melihadogan78@gmail.com



WeSound is an association of youth workers implementing local and international projects, mainly working on the topic of self-discovery, self-expression through artistic activity such as music, dance and theatre. The main aim of the group is to provide inspiring opportunities in order to empower and connect young people.

Project coordinator:
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 WeSound