

## Look Shadow-Move Body

Training course for people working with youth in non-formal settings

August 3-10, 2019

Slovenj Gradec, SLOVENIA



*Greetings dear partners, friends and participants.  
The time is running, and we have to start the preparation activities  
in order to have a successful and productive Training Course in  
Slovenj Gradec, Slovenia, on 3-10 August, 2019.  
Please, be patient and read this info-pack till the*

*Peace messenger city*

### General idea:

The general idea of this training course is to provide a chance for people that work with youth (youth workers, youth leaders, educators that work with young people outside formal education settings) to **experience and discover elements of Shadow dance method (combination of shadow theatre and contemporary dance) that could be used as a valuable tool for providing new non-formal learning opportunities for youth. You don't need previous experiences, just curiosity.**

**Youth workers + dance = new opportunities**

The training course would be based on SHADOW DANCE METHOD and would include:

- **Theoretical part:** From your home **you will bring your personal, special object** which you have with you all of your life (or almost all of your life) and it is like your best "friend". **This will be the source of the scenario** for the final shadow dance performance.
- **Practical part:** Experiencing series of exercises with shadow dance, puppet animation, movement and contemporary dance, discovering own body opportunities, developing creative way of expression and developing personal motivation.
- **Analyzing the experience:** Becoming more aware about the power of "shadow theatre" and "dance" and learning from own emotions and discovering it from theoretical point of view.
- **Conceptualizing:** Exploring opportunities for including more elements of SHADOW DANCE and contemporary dance in youth work
- **Developing skills** on designing and implementing non-formal learning activities for/with youth that would be based on consciously chosen imitating elements.
- Developing **concrete ideas on follow-up steps** on using Shadow dance method in youth work in local and international projects.
- **Result** it will be public presentation of short shadow dance performance.

**!!! Do not forget to bring your PERSONAL SPECIAL OBJECT, which will be source of scenario for the final performance. It can be small thing but need to include a story about you.**

**!!! Bring cosy BLACK clothes for practical shadow dance workshops.**

### Organizers and trainers:

The coordinator of project is **JZ Spotur/MKC Slovenj Gradec** from Slovenia. MKC Slovenj Gradec has a long history of working on youth projects on local and international level, aiming to promote intercultural dialogue, social cohesion and inclusion of young people with fewer opportunities. Many of these projects have included various forms of cultural expressions (art, dance, music, sport, outdoor) as a means of reaching young people. Every summer we participate in local events for children where we organize workshops with the children on for example percussions, traditional and contemporary dance, calligraphy and various arts and crafts. We also use sport and music in several of our international training courses which we organize throughout the year.

**The programme will be provided by experienced inventors of SHADOW DANCE method from choreographer Katja Vravnik and puppeteer Tea Kovše, both funder of Theatre WORKS.**

**Katja Vravnik**, born 1984, is a choreographer and performer working in Gledališče DELA (Theatre WORKS) - performative theatre based on contemporary dance field and puppetry.

She invented (w. Tea Kovše) a new theatre method SHADOW DANCE – musical poetry of body movement and dance with the lights. Method is coexistence of two art media – contemporary dance and shadow theatre.

She loves to change her own, as well as the spectators' view when making performances. Her goal is to interact with public and invite them in the process of making and presenting performances.

**Tea Kovše**, born 1988, is a puppeteer that explores performing area within puppetry field, contemporary dance and street theatre. After completing BA Dramaturgy she co-founded Gledališče DELA (Theatre WORKS) – performative theatre based on contemporary dance and puppetry. She developed Puppet Parkour – urban puppetry with wooden table puppet. Method is based on classical table puppetry combined with urban sport parkour.

**Location:**

It will be held in very beautiful city **Slovenj Gradec** which is the capital city of Koroška region.



**Participants:**

**21 participants** - youth workers, youth leaders, educators that are looking for new ways to approach youth and professional or amateurs artists that wish to start working with youth in the framework of non-formal education from Programme Countries (Slovenia, Poland, Italy, Croatia, Czech rep, Spain, Latvia and ) – 3 representatives from each country (good at English).

Please note that it is highly important that you **select participants that fully comply with the criteria of participants' profile of the training**. To achieve the maximum quality of the training we expect that **no "seminar tourists" should attend the training** but only motivated participants which are really keen to learn more about using **"Shadow dance"** learning and how to implement it in the local level and later directly in your organization ☺!!! **Please keep the gender balance by choosing the participants.**

**IF YOU ALREADY KNOW THAT YOUR ORGANIZATION IS UNABLE TO PARTICIPATE IN THIS TRAINING, PLEASE LET US URGENTLY KNOW ABOUT IT!!!**

### Application Procedure:

Attached to this e-mail you will find the **application form**, which should be filled in by **each representative**, who will attend the TC in Slovenj Gradec. We expect to receive carefully filled in application forms **by the 28<sup>th</sup> June, 2019 latest**. They should be sent to main coordinator Mitja Javornik: [javornik.mitja@gmail.com](mailto:javornik.mitja@gmail.com).

### Financial conditions:

The seminar will be implemented in the framework of **EU "ERASMUS+" Programme**. The **accommodation and food** will be covered fully. **Travel expenses** will be reimbursed at flat rates depending on travel distance.

Country of Origin	Maximum reimbursement (€ per person)
Latvia	275
Slovenia	0
Italy	275
Poland	275
Croatia	180
Czech Rep.	180
Spain	275

**!!! Do not buy the travel tickets or have any travel costs before the 23<sup>th</sup> of June 2019!!!!**

### Travel timing:

**Arrival:** **3<sup>th</sup> August, 2019** in Slovenj Gradec, Slovenia

**Departure:** **10<sup>th</sup> August, 2019** from Slovenj Gradec, Slovenia

Please plan your timing in the way that your arrival and departure is in these dates.

### Transport Details:

Participants have several possibilities to arrive; most common arrival points are:

- Jože Pučnik International Airport/Ljubljana, Slovenia (110 km from Slovenj Gradec).
- Karnten Airport/Klagenfurt, Austria (70 km from Slovenj Gradec).
- Graz Airport/Graz, Austria (90 km from Slovenj Gradec).
- Vienna, Austria (260 km from Slovenj Gradec)
- Trieste Airport, Italy (210km from Slovenj Gradec).

**!! Each participant should send to the organizer the fully filled “arrival and departure schedule” before July 21<sup>st</sup> 2019 which you can find attached to the email sent to the partner organizations.**



#### **Venue, Accommodation and Food:**

The Training Course will be hosted in new Youth Cultural Center/Hostel Slovenj Gradec.

**Address:** Ozare 18, 2380 Slovenj Gradec

**Phone:** +38628846293

You will stay in double rooms with bathroom and toilet in the room. You will be provided with bed sheets and towels. No hair dryers, though, if you need one, you have to bring it yourself. The Training room and Dining room are located at the same building.

Organizers will provide participants with three meals per day, coffee breaks and purified water. As we expect a rather diverse group, we will make sure both vegetarians and those who prefer meat to something else have what they like ☺. However, we strongly recommend participants to inform the organizers IN ADVANCE about any special needs such as dietary, vegetarian or any other kind of special needs.

#### **Weather:**

Usually in August it is warm/hot in Slovenia. The weather in Slovenj Gradec is very changeable. During the day it can be both: very sunny and cloudy. Average temperature in August is 23 °C, max 29 °C. Also, prepare yourself for outdoor activities as well!

#### **Money:**

Euro.

#### **Internet Access:**

The organizers will provide Wi-Fi internet at the training hall, nevertheless do not take it as a guarantee that it will be available in rooms.

#### **Contact:**

During the preparation phase, if you need any other additional information please contact:

**Mitja Javornik**  
MKC Slovenj Gradec  
Youth coordinator  
+38628846293, +38640657868  
javornik.mitja@gmail.com

Time / day	3.8	4.8	5.8	6.8	7.8	8.8	9.8	10.8	11.8		
8.30 - 9.15	Arrivals	Breakfast									
9.30 - 11.30		Intro Getting-to-know each other Ice-breaking	Getting to know the basics of shadow theatre and dancing with the light	Opening of interpersonal learning space	Adventure/Challenge Making of shadow dance stories in groups – TEAM EXPERIENCE	Free morning (to regain energy)	Practical discussion about final staging of shadow dance performances	Summing up of practical phase – lessons learnt and how to apply it in “my reality” with “my youngsters”	Final individual reflections on outcomes from the training and closing ritual of “saying goodbye to shadows”  Farewell and departure		
11.30 - 12.00		Coffee break									
12.00 - 13.30		Programme, approach, motivation and Youthpass  Team building activities	Preparation and choosing of special materials for shadow dance workshop Importance of different Experiential learning	Preparing for theatre learning experience	Making of shadow dance stories in groups – TEAM EXPERIENCE	Self-directed learning session (trainers and coordinators are open to share their experiences)	Preparing final staging of shadow dance performances	Reflection: Me as a youth worker applying learning in/from shadow dance theatre as an approach  Erasmus+ opportunities			
13.30-15.30		Lunch									
15.30-17.00		Team building activities	New approaches to theatre learning and education	Start of shadow dance workshop - EXPERIENCE	Realization of shadow dance stories as a performance – TEAM EXPERIENCE	Open space for practical experimenting through shadows – working in groups	Preparing final staging of shadow dance performances	Follow-up activity planning in national groups  Reflection on learning outcomes of the training and Youthpass			
17.00 - 17.30	Coffee break										
17.30 - 19.00	Getting to know each other	Opening discussion: LOOK shadow – MOVE body	Tour through the shadow playing	Shadow dance workshop – EXPERIENCE	Sharing of Experience – How to tell a story through shadow?	Open space for practical experimenting through shadows – working in groups	OPEN STAGE - shadow dance performances with live music OPEN FOR PUBLIC	Summing up  Evaluation  Closing			
19.00-19.30		Time for reflection in group									
20.00	Welcome Dinner	Dinner							Farewell dinner and evening		
After 21.00		Story evening – Shadow theatre case study	Story telling – Good night adventure of shadow story telling	Challenge – small individual performance with shadow - PERSONAL EXPERIENCE	Relaxing evening	Open space for sharing shadow experience – conversation by sharing experience	Initiative evening				

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