

Through the colours of the Oppressed

Project dedicated to young professionals

...including **Youth Workers, Coordinators, Facilitators, Educators, Mentors and Leaders**

Training course

3rd July (arrival); 4th-11th of July TC; 12th July (departure)
Ommen, The Netherlands



About the project



The project strives to equip **Young Professionals** (youth workers, educators, coordinators, mentors) and **Youth Organizations** with Theatre of the Oppressed tools and methodologies, as well as new artistic pedagogy skills.



We aim to identify **societal issues** and challenge the sources of their oppression in a safe and inclusive space, this way supporting and creating an **impact** together with our **target groups, organizations, and communities**.

The project is for you if...

You are **motivated** and **enthusiastic** to learn the **Theatre of the Oppressed methodology** and implement it in your work

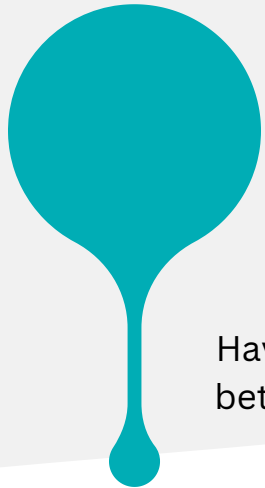
You are a **youth worker**
(**coordinator, facilitator, educator, mentor, leader**)

You are **20+**

You are **actively working with marginalized groups** who face obstacles in life

You are **committed** to participating in all the phases of the project: **Online assignments, Training course, Local phase implementation**

Have **curiosity** and **interest** in how to better support your target group and community



Key Learnings

- Develop **practical skills** in using new methods of working with your target groups
- Increase your **self-confidence**, **critical thinking**, and **communication skills** in approaching your work, target groups, and community
- Enable your **creative potential** and create new **social change projects**
- Acquire different perspectives as a professional by meeting other international professionals with different levels of experience and expertise and create a **solid network** that supports you
- Gain a greater understanding of **intercultural learning** as a powerful tool to create cultural and intercultural tolerance
- **Develop** and **implement** workshops that use forum and image theatre as a method: projects that will respond to the needs of the local communities
- Find out how **Erasmus+** programs can support your growth and the benefits for the youth work on the international level



Project timeline

APV - End of March 2024

(in Ommen, the Netherlands)

29th March - Arrival day

30th & 31st March - Preparatory Meeting

1st April - Departure day
(1 participant/organization)

Assignments
(Online)

Training course - July 2024

(in Ommen, the Netherlands)

between **April - June 2024**
.....

3rd of July - Arrival day

4th- 11th July - Training course

12th July - Departure day
(3 participants/organization)

Local Phase implementation
(in your country/community)

Follow Up

(Check-in Online meeting)

deadline until the **15th of**
September 2024
.....

by **October 2024**



Travel reimbursement



Erasmus Jeugdinstituut and Erasmus+ offer **travel reimbursement** for all participating countries in this project.

You will be reimbursed for your travel expenses for the **Training course**, the full amount of **€275**, no matter how much you spend on your tickets.

If you are from Greece, the reimbursement is **€360**, according to the regulations of Erasmus+ and the EU distance calculator.

The travel expenses will be reimbursed to you a few days **after completing the Training course**. Please keep all the tickets as proof to offer us. The reimbursement will be transferred to your **bank account**, according to the country you are coming from.

Participation fee: €50. If you plan your travel efficiently, you can cover the participation fee with the travel reimbursement money. For instance, you can spend €225 on your journey and offer the rest of €50 to cover your participation fee. The fee will be deducted from the **full amount** of reimbursement, €275.

If you are **not from** one of the **partner countries** in this project, either as a **resident or citizen**, and you want to participate, it is possible and, in this case, the participation fee is €450, which will cover the accommodation, food, and the 8 days training program.

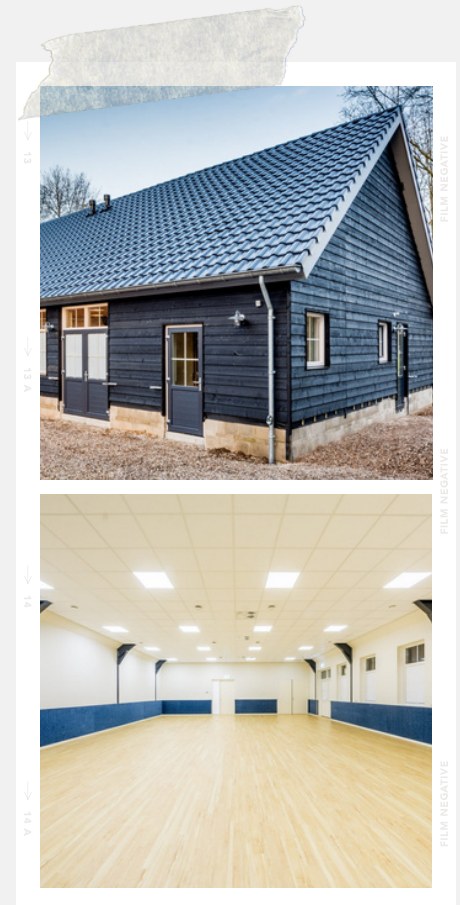
Venue

Both the **Preparatory Meeting** and the **Training Course** will take place in **Ommen, the Netherlands**. The Accommodation and Food are covered by Erasmus+ and Synchro Foundation. For this project, we rent Olde Vechte Group Accommodation and the training room.

Olde Vechte Group Accommodation



Training Room



Key people

Gabriel is an **actor, trainer, and researcher**. He holds a **Dramatic Arts Degree** and has experience using **Social Theatre** with young people with ASD and cognitive disabilities, migrants, refugees, and LGBTQ+ young people.

He's been awarded a scholarship for **research in Drama for the Community** at the Royal Central School of Speech and Drama of the University of London. He works as a trainer of **inclusive theatrical tools** and **body movements** in different European countries. As a researcher, his lines focus on theatre as social intervention, theatre and functional diversity, and drama and theatre tools for activism.

Cristina holds a Master's degree in Occupational Health and Organizational Diagnosis, from the **University of Psychology** Bucharest, and has been working for the past five years with young people facing different obstacles in life.

She was the **reinforced mentor** in ESC short-term volunteering projects in the Netherlands and currently, she is **leading and coordinating mobilities** through Erasmus+ . With a deep commitment to **social change**, she is investing her energy into the field of **education** through research, writing, communications, concept development, and facilitation of non-formal educational programs.

Agnieszka graduated from the **Educational and Cultural Studies** and **Coaching Academy** in Poland, and she is an educator, trainer, coach, and facilitator. She believes that personal learning flourishes when we step out of our comfort zones.

She has been involved in **international youth projects** and currently working as a freelance trainer and facilitator for various organizations. She is using **Theatre of the Oppressed Methodology** in different mobilities throughout Erasmus+ when working with young workers and youngsters with fewer opportunities.



Gabriel Vivas Martinez

Facilitator during TC



Cristina Pavel

Coordinator of the project



Agnieszka Zawislak

Facilitator during TC

Our partners



Country

Poland

Spain

North Macedonia

Italy

Lithuania

Bulgaria

Greece

Czech Republic

Latvia

Estonia

The Netherlands



Organization

USKRZYDLAMY: "We add wings"

Asociacion Dinamica

Scout Unit "Mirko Mileski"

Gramigna ODV

Association Tavo Europa

Walktogether

Roes Cooperativa

European Youth Centre Břeclav

Active Rainbow

Seiklejate Vennaskond

Synchro Foundation



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seiklejate.vennaskond@gmail.com

info.synchrofoundation@gmail.com

Overview: Project Development

Registration

Complete the application form and be part of the selection process that takes place with the support of each country partner

Practicalities

Get in contact with the sending organization of your country to arrange all the practical matters: insurance, project details, etc.

Documentation

Send us a documentation of what you have learned, how the local activity went and how did the program supported you in your work.

Buy your tickets

Purchase your travel tickets to ensure your place in the project and send them to us via e-mail.

Local activity

Organize a local activity in your country /community, where you put into practice what you have learned during the training course and create social impact.

Facebook Group

You will be added in the Facebook Group to stay in contact with us and the professionals who are joining the program.

Training course

Join the 8 days training course in Ommen, the Netherlands + receive Youthpass certificate.

Online assignments

Receive online assignments that support your personal and professional learning journey.



How to register?



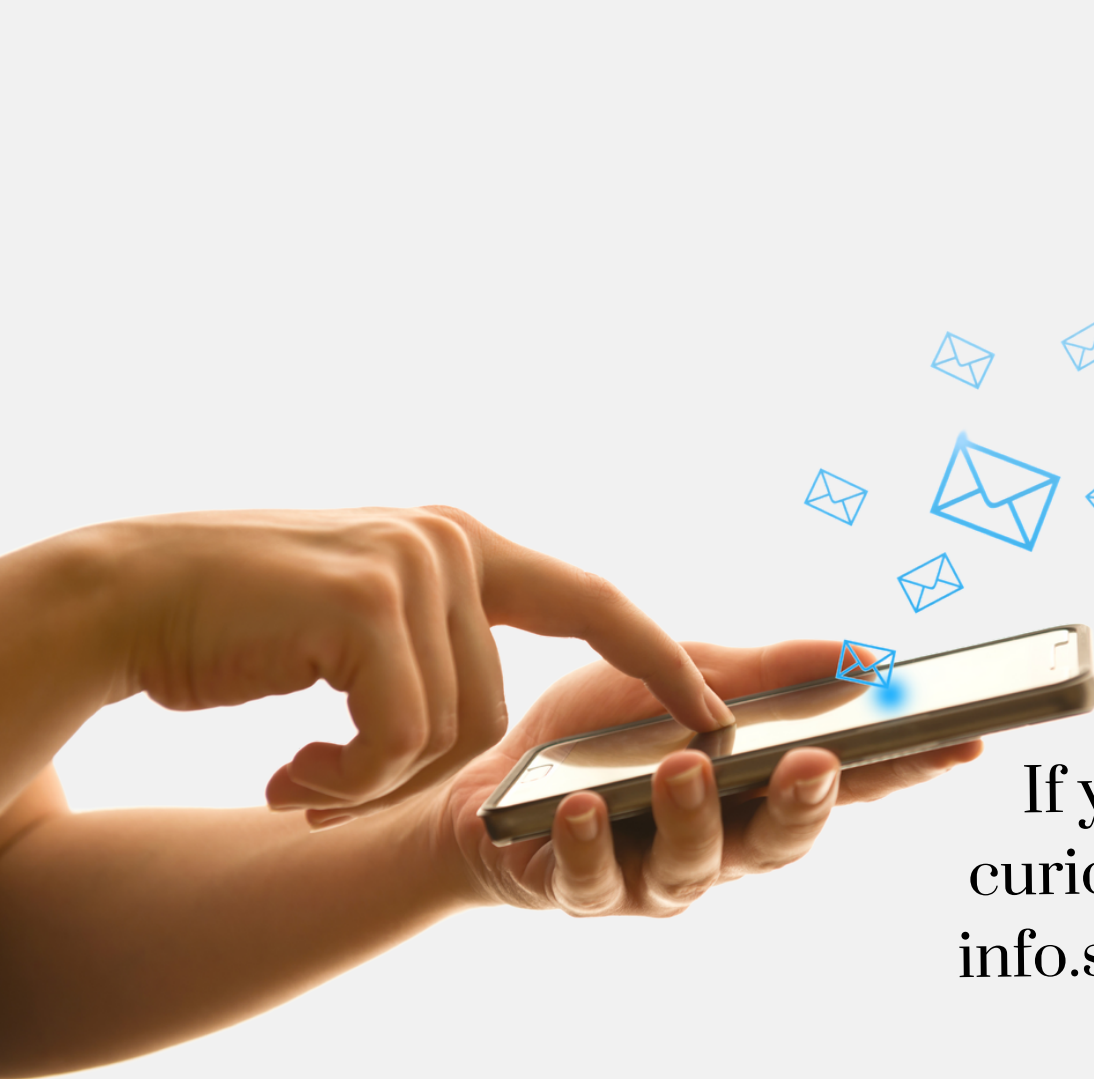
If you want to register, you can complete the application form by clicking

[here](#)

and preferably be from one of the following countries: **Poland, North Macedonia, Spain, Italy, Lithuania, Bulgaria, Greece, Czech Republic, Latvia, and Estonia, the Netherlands** either as a **citizen** or **resident**.

If you are selected, you will receive more information about your participation in the phases of the project, practical information, and next steps.

Contact



If you have further questions or curiosities, please send an e-mail to info.synchrofoundation@gmail.com, and let's connect.