

Erasmus+ Training Course

heART in Mediation

FROM PERSONAL TO SOCIAL CHANGE
THROUGH **COMMUNITY ARTS**

16 - 22 May 2022 SPAIN



The Project

Art ~ Consciousness ~ Community

heART in Mediation is a 7 days Training Course for 12 Youth Workers of 6 different European countries, happening this May (16 - 22) in the beautiful mountains of Catalunya.

There is an essential connection between life and art, that facilitates our personal well being, and fosters social inclusion in a symbolic and creative dialogue. This process starts from a constant interaction between our physical body, emotions, thoughts and symbols of the personal or collective unconscious.

In this training course, we use artistic processes and embodiment to explore and deepen in personal, interpersonal and social issues.

You will pass through a variety of artistic ways, body based methods and group dynamics, that will help you stimulate your creativity, foster your artistic self, develop your body awareness and find ways to use art for emotional well being and social inclusion.



Community Arts

*Weave the people, weave the arts,
weave the community*

Community arts are created by, with, and for a community empowering individuals to raise their voice in a collective creation, generating a different type of dialogue, belonging and inclusion.

It is a great tool for working with young people, as it provides a holistic perception of a creative and active human existence in a community setting.

With this framework, "HeArt in Mediation " focuses on ways to respond to the emotional and community needs, integrating social sciences, expressive arts, pedagogy and creative therapies and promoting social transformation and inclusion, community mediation and empowerment and personal awareness.



Our tools:

The body
Word and Poetry
Dance and Movement
Music and Sound
Image
Improvisation
Performance
Diversity
Reflection

Methods that nurture our course:

Artistic methods: Creative narrative, Spoken world, Authentic movement, Community Dance, Land art, Photography and Video.

Somatic methods: Conscious movement, Awareness through the body.

Other methods: Non violent communication, Gestalt, Mindfulness, Dance Movement Therapy, Somatic Experiencing.



Timeline

Preparation (April - May 2022)

Selection of participants and online connection to get to know each other and the project.

Training Course (16-22 of May)

Arrival, Activity, Departure

Follow up (May - August 2022)

You will apply tools and knowledge that you gained in the training, by organizing a follow up activity in your communities and sharing your outcomes.

Evaluation and closing (September 2022)

Online evaluation on the impact of the training, reflection on your own process and personal goals and closure of this journey.

If you decide to apply for this training, bear in mind that you are committing yourself to all phases of this project.

This project is for you if you are:



- Resident of Spain, Czech Republic, Italy, Greece, Poland and Portugal (Azores).
 - More than 22 years old.
 - Fluent in english.
 - Youth worker, trainer, facilitator, volunteer, artist, therapist or educator.
 - Committed to participating in all the phases of the training (preparation, training course, follow up).
 - Motivated to offer your knowledge and tools and exchange practices during the course.
- ➔ Proyecto Nagual gives priority to participants who are facing conditions that make their participation in commercial trainings difficult or non-affordable.

The Team



Raul Ruiz Sola, is musician, writer/poet, sociologist (PHD) and facilitator. In 2014 he founded the association Proyecto Nagual. As sociologist, he teaches in the University of Barcelona in the fields of social change, social problems and social control. As a musician he has published four albums and participated in many festivals. As a writer he has published a book of poems and receive the scholarship Montserrat Roig (Ajuntament de Barcelona) for his novel El Observador. Focusing his approach on the social integration and creative processes he works as a facilitator with teenagers in social risk.

Currently, he is studying Gestalt psychotherapy.



Myrto Zarokosta is dance movement therapist, dance artist and facilitator, with a degree in social anthropology. Her work finds it's base in an integrative approach, using her knowledge and curiosity on performing arts, embodiment and creative process for individual well being and social inclusion.

She has worked with populations of all ages, facilitating sessions of dance movement therapy, conscious movement, dance in family, community dance and improvisation. As a dance artist, she has participated in different pieces and laboratories between Greece and Spain.

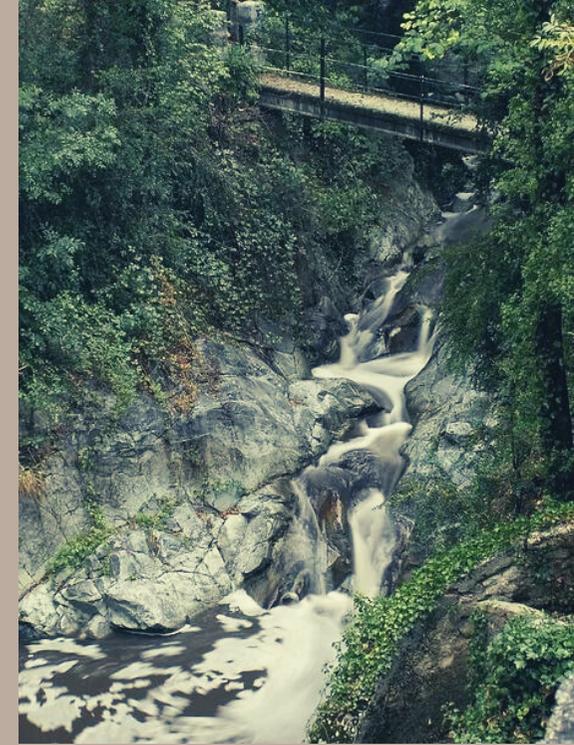
Currently, she is studying a postgraduate on Body and Art, and the body-oriented trauma therapy method of Somatic Experiencing.



David Fernández will be our collaborating trainer, contributing his expertise in the audiovisual and youth field, using participatory documentary and other forms of reporting as tools for community artistic integration and mediation.

David has studied Sociology and Social Integration. He is co-founder of the association Càmeres i Acció (2012), he has made, edited and co-directed many documentaries and cordicated various projects on social intervention through audiovisual art.

Welcome Home Sanilles



This training course, will be hosted in our happy place, called **Sanilles**, a peaceful eco project in the heart of **Catalan Pyrenees**. Just 2 hours from Barcelona, Sanilles is a place with exceptional attributes and natural beauty. First built as a spa hotel in the 19th century, it has hosted other artists, Ernest Hemingway and Agatha Christie.

Nowadays, you will find it as a conscious **eco – living** project surrounded by rivers, thermal waters and forests that host many nature lovers.

<https://www.sanilles.com/>

You will be nurtured with delicious **vegetarian** food from our cooker Pablo.

Conditions of Participation



Erasmus+ will cover the costs of **food, accommodation, materials, the program** and the **travel costs** up to the maximum allowed amount (from May 16th in the evening to May 22nd in the morning).

You are in charge of arranging your own insurance (health, accident, liability) for your travel/stay in Spain.

Your full participation in the project through all the phases (preparation, implementation, and follow up) is mandatory, otherwise Proyecto Nagual cannot proceed with your reimbursement.

There will be a participant's contribution between 0-50 €

Travel costs and reimbursement

The travel costs of the participants will be reimbursed after the training course based on the original travel documents (tickets, invoices and boarding passes) and participant's reports regarding their follow-up activities. See the specific maximum travel budget according to each country.

In case you want to spend some more days in Barcelona, keep in mind that you have a margin of two days, in order to get reimbursed and also that Erasmus+ will not cover your food and accommodation costs during these extra days.

Travel Budget:

Greece: 360 €

Spain: 180 €

Poland: 275 €

Italy: 275 €

Portugal (Azores): 360 €

Czech Republic: 275 €





The organization

Proyecto Nagual

Proyecto Nagual is a non profit organization created by artists, social scientists, facilitators and therapists.

Working on projects in cultural/artistic, non-formal educational, psychosocial and therapeutic sector, we use art in contexts of youth participation because we believe on it as a great mediator in the relationship of a person with their own self and the society.

We design and facilitate projects, cultural events, speeches and workshops with basic core the creative participation and artistic exploration through body, movement, dance, music, plastic expression and writing.

<https://proyetonagual.es/asociacion/>



Partners

Spain: **Proyecto Nagual**
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Greece: **Roes Cooperativa**
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Poland: **4Youth**
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Portugal: **Teatro Metaphora**
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You don't need to be an active member in one of these organizations in order to participate in the course.



Contact

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Instagram: <https://www.instagram.com/proyectonagual/>

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