



Break a leg! – A1

KA1 Youth Exchange

03rd to 14rd of April 2020

Pocuvadlianske Jazero, SLOVAKIA

About the host organisation

Ingens Risus is a non-governmental non-profit organization that aims to sustain the interest of the youth from rural and small urban areas from the Harghita County and not only from this region, and to help into strengthening the relationships between the people who come from minorities or different ethnic or social environments. Our organisation represents a fusion of two aspects: the need of having an instance for developing projects or activities, which will chase our main goal; and the sense of initiative which helped us in improving other activities in which we took part. Therefore, we decided in March 2017 to create an organisation which will contribute to the personal and professional development of the youth from minorities and which have fewer opportunities.

About our project

When we compare local communities across Europe, the issues affecting young people shift and change like a kaleidoscope. But recent scientific research posits that regardless of variation in local issues, engaging young people with their emotions through arts such as theatre, is a vital part of personal development in any community.

Our project consists in **two mobilities**, which means we will select as much as possible young people who can participate in both of them. The first mobility-A1 will take part in Slovakia, where 40 participants can stimulate their creativity, thought process and experience learning through theatrical instruments while acquiring the basics skills of theatre and assessing where they'll fit best for the following stages of the project.

The second mobility-A2 will take place in Romania, at the Black sea between 28.08-06.09.2020 where 40 participants (vast majority from the first part of the mobility) can create an entire play (script, scenery, costumes, music, acting and directing) from 0, to play it in front of a live audience, performance that will also be recorded and disseminated properly on several video channels, themed sites



and social media environments, ensuring it reaches its target audience and creates E+ visibility.

Objectives

O1: Work in intercultural ensembles; specifically enhancing abilities/competences of listening/respect towards others and exhibit a fundamental working knowledge of the basic areas of theatre: acting, directing, design, voice, etc.

O2: Develop competences in oral language and expressive mechanisms (voice and physicality expression), develop understanding in psychological and moral analysis of a character (analytical aptitudes) and learn the elements of stagecraft and production

O3: Create a theatrical play from 0 (script, scenery, costumes, music, acting, directing and recording), involving all participants, to be played in front of a live audience and recorded as an output for DEOR.



The profile of participants

This project is addressed to those who are normally deprived of wide access to information on personal and professional development. Lack of information on possibilities for that development may result in low level of initiative. Thus, the project responds to the need of young people to learn, develop and improve to empower them to take action regarding their current situation and future, to be more initiative. This opportunity is addressed to any youth interested in the topic of theatre as well as in the topic of directing, recording and putting together the elements of a theater play.



NO high level of English is required to participate; moreover, the project will help in the development of English speaking skills. None of the participants or facilitators are native English speakers, so there is nothing to be afraid 😊

From each country the partner organisations will try to maintain an equal number of boys and girls in order to achieve gender balance in our youth exchange. To be sure that gender discrimination, or any other discrimination for that manner excluded, the whole agenda of activities was designed to be gender neutral and not oriented in a such a way that a specific skill set would be required or would create an advantage.

Each partner will select the participants as follows

Country of origin	Number of participants/ age	Number of group leaders	Name of the organization
Hungary	8 Participants aged 18-23	1 group leader aged over 18	ISZOSZ
Romania	8 Participants aged 18-23	3 group leaders aged over 18	Ingens Risus
Slovakia	8 Participants aged 18-23	1 group leader aged over 18	Obciansky Spolok
Bulgaria	8 Participants aged 18-23	1 group leader aged over 18	ICDET
Macedonia	8 Participants aged 18-23	1 group leader aged over 18	Volunteer Center Skopje

The results

The desired short-term outcome is to successfully stimulate creativity, self-knowledge, self-expression and inclusion for all participants, and experience the benefits of learning through theatrical instruments while acquiring the basics skills of theatre and benefit from the experience of creating an entire play and playing it in front of people.

As for the medium-term results, this project and mobility will impact the participant's view of theatre and theatre based learning as a real need in our lives, stimulate their abilities for invention, improvisation and an overall better use of their imagination, and possibly affect their educational choices for the future.



One core outcome that we all pursue is to influence the current perception of discovery-based learning, whilst also guiding participants to better express themselves, and be ready to work with a team mentality in order to accomplish a common goal.

Also, being an intercultural environment reuniting 5 countries participants will get to know other cultures and be more culturally aware and understanding. In addition, through methods used and team work participants will be having many dialogues that will give them the chance to practice their English and improve another valuable skill generally useful. Through the sessions planned the young people will develop their cultural awareness; learn how to interact in a non-formal context with other youths from a different country; find out how they can benefit in the future from the opportunities emerged after this YE. The Youthpass certificate will reflect their learning process.

Venue, accommodation and meals

The youth exchange will take place in the heart of Štiavnicke hills in beautiful Pocuvadlo, Slovakia which is a chill village next to Počúvadianské Lake, 10 kilometers away from the closest city, Banska Stiavnica, it the same time being the highest peak of the Stiavnice Mountains. It is considered to be the perfect place for relaxation and reconnecting with nature by the tourists who go there each year.



For the accommodation, we will face the facility of Chata Lodiar – which was recently renovated. Accommodation will be arranged for 2-4 persons/room, grouped by gender. Breakfast, lunch, and dinner will be served at the same location every day, plus the coffee breaks. Each room has its own bathroom but **towels and soap are not provided** so please come prepared. For more information about the accommodation please click [here](#).



Access to the internet: Unfortunately, in that region of Slovakia the internet services are not highly reliable. At the location, there is limited access to the internet (Wi-Fi). Please leave your work at home and do not rely on the Wi-Fi. Internet connection of good quality will be provided for the activities that required that.



Reimbursement of transport

Ingens Risus will assure the transport for the groups coming from Romania, Hungary, Macedonia and Bulgaria from Budapest Airport to the venue and back with a rented bus. The participants will have to assure their transport to Budapest Airport and they will be reimbursed after the project based on the travel tickets.

Make sure you arrive and depart:

Arrival in Budapest Airport not later than **03 of April 2020 at 18:00.**

Departure from Budapest Airport not earlier than **14 of April 2020 at 11:00.**



For participants from Slovakia, the transport will be assured by Ingens Risus with another contracted bus for both ways.

Before buying or booking any travel ticket to Budapest and back please consult with us and obtain our written approval so you make sure you will be reimbursed.

¶ **The participant must be on the project for the whole duration and must attend all the sessions in order to be eligible for reimbursement.**

¶ If you need extra information, we are happy to offer our assistance to choose the best travel.

Each participant will be reimbursed up to a maximum limit, based on justificative documents (plane ticket, boarding passes, bank extracts and/or train/bus ticket).

Country	Total number of people	Distance band	Maximum amount to be reimbursed
Hungary	9	100-499 km	180 EUR
Romania	11	500-1999 km	275 EUR
Slovakia	9	100-499 km	180 EUR
Bulgaria	9	500-1999 km	275 EUR
Macedonia	9	500-1999 km	275 EUR

Participants are responsible to ensure their transportation from their city to the airport of departure and these costs **will not be reimbursed**.

Examples of ineligible transportation: personal car/gas ticket, priority boarding seat reservation, additional luggage bought after the flight, business class tickets, plane tickets on longer routes, plane tickets with stops for one night or more, taxi, rented cars private transport companies, travel starting or ending in different country than than receiving organization's country, etc.

!The sums that are not used by one participant will not be transferred to other participants who exceeded the travel budget/person.

!All the travel tickets, inclusively the ones for return must be bought before the project starts (03rd of April). We will not accept any tickets bought after this date. For electronic ticket/receipt/invoice, the document has to be delivered in PDF format. If it's on a website, it has to be saved as PDF or printed into PDF. Screenshots or forwarded emails are **not** accepted, exception making the boarding passes.

Note: reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice. If the ticket is bought in local currency, we will calculate your travel costs in EURO based on the exchange rates required by Erasmus+ programme. Each country will be reimbursed in maximum 30 days after



we obtain all the necessary transport documents from all the participants from that specific country and after the realization of the dissemination activities.

For each country, we will make one bank transfer to the bank account of the partner organisation. The partner organisation will further divide the money among participants in cash or by bank transfer.

!In order to be reimbursed each participant has to have the following:

For Plane Transportation:

- Electronic ticket or invoice containing the dates, route and price (pdf.)
- All the boarding passes in the original or electronic version in pdf.
- Bank extract of the payment, attesting the value and date of the purchase.

For Online Tickets (bus and train):

- Electronic ticket or invoice containing the dates, route and price (pdf.)
- Bank extract of the payment, attesting the value and date of the purchase.

For tickets bought with cash:

- ticket or invoice containing the dates, route and price in the original.

!All the participants will have to provide the organizer with the proof of the travel insurance and proof of the dissemination activities implemented by them.

NOTE: A ticket is not eligible without the name of the passenger, the price, and the dates of the travel and the route of travel. If you have received an e-mail from the fly company which is missing one of these details it means the e-mail does not represent the right confirmation and you have to ask them for it.

Dissemination of the project results

¶ Each group is expected to organize a dissemination activity once they return to their communities. The purpose of this activity is to spread the results of the project among other people. By deciding to take part in this project, the participants are assuming the responsibility of organizing the dissemination activity in their community. More detailed information about this will be provided during a dedicated session, in one of the activity days.



Insurance

The participants are required by Erasmus+ program to have a valid travel insurance that covers liability to third parties, lost or stolen luggage and health for the whole period of the projects including the travel days. Supplementary, we also recommend our participants to get the European health insurance card. You are free to choose your insurance.

Note: The travel insurance is mandatory, and without it we cannot accept the participation in the project.

General Information

☆ **Weather conditions:** in the area of **Pocuvadlo**, the average temperature in April is between **17 °C and 25 °C**. Please check [accuweather.com](https://www.accuweather.com) for more updated information about the weather.

☆ **Dress code:** Casual comfortable sportswear, slippers or sneakers for indoor and comfortable shoes for outdoor activities. According to the meteorological release, we do not expect rain during our mobility, but you never know, so please pack warm clothes and waterproof jackets and shoes. There is also a SPA center with a pool in our neighborhood so make sure you pack your swimming suit as well.

☆ **Intercultural evenings:** each country is expected to prepare a short program to present their culture and eventually to bring some typical local drinks and snacks. The intercultural evening is the time when participants have the opportunity to get to know each other's culture better in an informal context. We encourage the participants to be as creative as possible in presenting their culture, to use theatre, dances or live presentations. **We do not provide** video-projector for this event and any kind of promotional video or power point presentation will be presented exclusively in spare time.

☆ **Meals:** we will provide you with three meals/day and two coffee breaks. The meals will take into account all the participants dietary aspects such as allergies, intolerance, and preferences. If you have any special requirements regarding food (allergies, intolerances, vegetarian, vegan, etc.) you are obliged to mention them in the application form. Otherwise, we might not be able to accommodate your requirements.



Deadlines

The partner organizations must send us all travel documents before beginning of the mobility. The travel document is the only valid proof of someone's participation. In case any of the participants will miss any deadline (for the application or for sending us travel documents) or the partner fails to confirm its participants by the deadline, we reserve the right to choose different participants from any of the partner countries for replacement.

05.03.2020 – Partner confirmation of final list of participants.

10.03.2020 – Partner sends us the travel documents of the participants.

Contact

For project related communications:

If you have any questions or concerns don't hesitate to contact us [here](#) via messenger here or write us an e-mail at **info@ingensrisus.ro**

⚠ Before applying please carefully read the application form and make sure:

1. Your data such as **name, e-mail and date of birth** is correct. Making mistakes will automatically translate into wrong information on your certificate received at the end of the project and we cannot change that.
2. You use no other e-mail address than yours and you have access to it.
3. You specify us if you prefer a vegetarian or vegan menu-this cannot be changed during the project and if you have any allergies or intolerances.

⚠ We are not responsible for wrong or incomplete data you introduce in the form. Once you have all this done you can submit your application.



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