



Erasmus+

TRAINING COURSE:

“The keys to social circus”

01 - 08.9.2019, Kemmel (Belgium)



DESCRIPTION OF THE PROJECT

The training course "The keys to social circus" is organized by Association **CIK/Circus La Bulle** (SLO) in Kemmel (BE) in cooperation with **Circusplaneet** (Ghent), during the period of **01-08.9.2019**, including 30 participants from 13 countries (Belgium, Bulgaria, Croatia, Czech Republic, Greece, Italy, Latvia, Macedonia, Netherlands, Poland, Romania, Spain, Slovenia).

During the 8-day training course, we will discover how to use circus as a method and a tool for youth work. We use circus activities as a form of pedagogy in teaching and in non-formal education. Our main idea is that circus activity is appealing and fun for everybody, making it ideal as a tool for educational work with youngsters.

Number of participants per country:

2 participants per country (except Slovenia 1 and Belgium 3), keeping gender balance of one male and one female. We need to have the exact number of participants as if we do not have it we will get less money for the project. It is very IMPORTANT THAT EACH OF YOU BRING THE EXACT NUMBER OF PARTICIPANTS. If anyone thinks that there will be a problem with that please let us know well in advance so we can help you.

AIMS AND OBJECTIVES

The aim is to introduce youth workers and youngsters to **positive, healthy activities that encourages co-operation, and strengthen confidence, while developing co-ordination and persistence**. The end result is much more than learning these skills – it also helps to improve **self-esteem, build on a social capital and direct people towards positive ways of living**.

The main goal of our project is to teach the participants basics of various circus skills such as partner and group acrobatics, juggling, diabolo, balloon modelling... and show them how to **prepare and implement a circus workshop**, which they can use as a tool in their work with youngsters. On the end of our training course, all the participants will be equipped with knowledge how to prepare and implement a basic circus pedagogy workshop on their own. After the project, their task will be to **lead a circus workshop** for youngsters in their country and this way disseminate results of TC.

During the project, participants (with the help of trainers) will prepare a short **circus show** that they will perform for the local community. After the show, the participants will lead the circus pedagogy workshop for the local community and test their newly learned skills.

PARTICIPANT'S PROFILE

We are looking for youth workers/youth leaders who are over the age of 18 with a good level of English, who will be willing and committed to participate actively in ALL sessions (about 8 hours a day):

All participants HAVE TO BE OVER 18 YEARS OLD and HAVE RESIDENCY IN THE SENDING COUNTRY otherwise they cannot participate in the project.

- ❖ There should be a gender balance; half of the participants should be male and half should be female.
- ❖ All participants should speak and understand English.
- ❖ Participants SHOULD NOT have any previous knowledge of circus skills as the T.C. is adapted to total beginners.
- ❖ Participants should already be involved in youth work or be motivated to get involved with it.
- ❖ Participants should be interested in making follow up international projects.
- ❖ Some participants, should fall in the category of youngsters with fewer opportunities, meaning youngsters with geographical obstacles (from remote rural areas, islands, less serviced areas...), economical obstacles and social obstacles.



Please send to cirkuslabulle@gmail.com the participant forms filled in latest till 25.06.2019

THE VENUE : Kemmel (Belgium)



The Training Course will take place in **Kemmel**, a small town situated at the west of Belgium at the border with France. Here the main language spoken is Flamish. Our venue, **De Lork**, is located in the green heart of the town, very close to the Kemmelberg, flanders' highest hill & WWI battle site, with war memorials & cobblestoned roads for cycling.

Participants will be accommodated in **4 to 6-bed rooms with WiFi access** with shared kitchen and a cozy lounge area. [Here](#) you can find all pictures, video and info you need about the hostel and the activities around.

Our training space will be a gym and a **big multi-purpose hall** with modern equipment.

Address: Kattekerkhofstraat, 28956 Kemmel (BE)

HOW TO GET THERE

You will probably fly to Brussels. You might arrive to **Brussels Zaventem** or to **Brussels Charleroi**.

From Zaventem: You already are into a train station. When you buy the ticket, chose Ypres as your final destination. Your travel might take 2 and a half hours, so make sure that your flight is arriving not too late in the night.

From Brussels Charleroi airport: You need to get a bus to Brussels Gare du Midi/Zuidstation. The travel to Brussels is about 1 and a half hour. [Here](#) you can buy your ticket. From Gare du Midi/Zuidstation you take a train to Ypres. The train usually changes at Ghent station. [Here](#) you can plan your travel and see the trains timetables.

Ypres-Kemmel: there's no train station. Transport will be organised from us to pick you up on arrival date (1st September) to the hostel and from the hostel to Ypres station on departure day (8th September). Please inform sarah.cinardo@gmail.com about the precise time you will be at Ypres train station on 01.09.

If you can find cheaper transport options 1-2 days before or after the project dates you can do that. But keep in mind that if you decide for that option you have to cover the accommodation and food costs yourself on those extra days. You can travel just 2 days after OR before project dates. If you travel more than 2 days after or before project dates we will not be able to reimburse your travel.

Please note that car travel is allowed just in case of special condition. Consult the project Coordinator to know if possible.



ARRIVAL AND DEPARTURE

The arrival day is **Sunday, 1st September** and the departure day is **Sunday, 8th September**. All participants have to arrive to the venue on the arrival day and leave the venue on departure day.

Please be aware that money to buy the ticket will be reimbursed to your organization after the project when we get the money from National Agency and it might take some time (up to few months).

Also keep in mind that every participant will get reimbursement only up to the maximum prices set by the European distance calculator. Any ticket with higher price will have to be covered by participants themselves. The sum is for return ticket and covers the travel costs from participant's home to accommodation in Kemmel.

IMPORTANT: In order to get money reimbursed we need you to give us the **original invoice for every ticket** you buy, we need the original ticket and the **original boarding pass**. IF ANY OF THESE DOCUMENTS ARE MISSING WE CAN'T REIMBURS MONEY TO YOU. So please do take care that participants bring all the documents with them. On all the tickets has to be written **your name and surname, date of travel, from where to where was the journey, and the price**. After the participants come back home they will have to send us their original return tickets.

→ Please send any travel expense evidence to sarah.cinardo@gmail.com (object of the email: TRAVEL - TC at KEMMEL) or bring it printed to Sarah at the TC.

TICKETS AND TRAVEL COSTS

Travel costs will be reimbursed to your organization **AFTER** the project and it might take some time. Also, when buying the tickets, bear in mind that **there is a fixed maximum amount reimbursable for your individual trip costs**. The sum, set by the European distance calculator, is for return tickets and covers the travel costs from the participants' home to Kemmel. Participants themselves will cover travel costs exceeding the maximum reimbursable amount.

| | | | |
|---------|-------------|---|---------|
| Belgium | Netherlands | Bulgaria, Croatia, Czech Republic, Italy, Latvia, Macedonia, Poland, Romania, Spain, Slovenia | Greece |
| 20 eur | 180 eur | 275 eur | 360 eur |

“REPETITA IUVAANT” = I repeat myself ;) : In order to reimburse you, we need all original invoices, tickets and boarding passes you will use during your trip. **WITHOUT ANY OF THESE DOCUMENTS WE WON'T BE ABLE TO REIMBURSE YOU.** On all travel documents has to be written your name and surname, date of travel, from where to where was the journey, and the price. Once you book your trip, please send all confirmations to sarah.cinardo@gmail.com

TRAVEL TIPS

To avoid misunderstandings and have an easy reimbursement process, we advise you to:

- ❖ Arrange all your travel in advance based on **economy class tickets** and plan the cheapest route possible to the project venue and back home.
- ❖ Buy your tickets and send to sarah.cinardo@gmail.com latest on 25.07.2019 your travel confirmation (copy of your tickets).
- ❖ If possible travel together with participant from your country (come with the same plane, bus, train which will make our and your organization much easier).
- ❖ Taxi rides can only be refunded **in special situations and have to be discussed in advance with us.**
- ❖ Please note that car travel might be refundable just after consultation with the project coordinator.

If you have any doubt about your travelling plans, please contact the coordinator **before booking tickets.**

Failure to participating in a minimum of 80% of the content sessions or inappropriate behaviour might resolve in reimbursement not being given to the participant or even withdrawal from the course with a notice provided to the sending organization.

PRACTICALITIES



INSURANCE

It is mandatory to have a **valid travel and medical insurance** (European Health Insurance Card) during your travel. The host organization will not cover any personal health insurance for participants. Participants have to be aware that obtaining a health insurance in case of accident, serious illness (including permanent or temporary incapacity) and death (including repatriation) as well as the travel insurance (including damage or loss of luggage) is their own responsibility. We strongly recommend it. Please ask your sending coordinator if you have any doubt.



INTERCULTURAL
EVENING

We'll have the opportunity to **discover one another's cultures and national delicacies** during multi-cultural night. For this please bring some **typical food or drinks from your country**.



PARTICIPATION FEE

There will be a **20 EUR participation fee** to be brought in cash. The money will be spent to provide extra materials, activities and more fun times. Accommodation and food during the training course are covered by Erasmus + grant.

CHECK LIST

- Prepare brief presentation of your sending organization (maximum 2 minutes long)
- Prepare brief presentation of your country and culture (some funny facts, music, pictures...)
- Bring some traditional snacks/drinks/sweets from your country for multi-cultural night.
- Prepare one energizer game to share with the group (warm up game).
- Bring your passion items (guitar, face painting, knitting set...).
- Send to cirkuslabulle@gmail.com filled in and signed application form and declaration of acknowledgement **latest till 25.06**
- Book transportation according to budget limits and send to sarah.cinardo@gmail.com the travel confirmation (copy of all tickets) **latest till 25.07.**

CONTACT INFORMATION

For questions contact **Association CIK (Anja in Denis): cirkuslabulle@gmail.com**
For planning your trip contact **Sarah: sarah.cinardo@gmail.com**



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