



All inclusive

Applying Artistic Theatre Methods in Youth Work with Handicapped or Disadvantaged Youth

YOUTH EXCHANGE

October 6-14, 2017

Ključ - Bosnia-Herzegovina



"All inclusive – Applying Artistic Theatre Methods in Youth Work with Handicapped or Disadvantaged Youth" is a youth exchange inside the Erasmus+ programme of the European Union. The project intends to deliver a model for future school-focussed activities of our partners. Participating teamers of the youth exchange will learn to design own workshops. They will learn to implement their knowledge as facilitators under the guidance of experienced theatre trainers and put a theatre play on stage with an international youth group that is consisting of impaired and non-impaired youth. Participating youth will learn body oriented and artistic theatre methods, while also finding new ways of expressing themselves, becoming more self-confident and comfortable in their bodies. Main objective is for the participating youth to discover a new level of cooperation and mutual understanding of disadvantaged and non-impaired youth and new forms of communication in a joint activity. The project approaches also the inclusion of non-foreign-language speakers. Participants will organise and perform their own play based on the novel "Animal Farm" of George Orwell using self-designed materials and multi-lingual approaches. Participating organisations on the other side are planning to promote this model of theatre techniques to implement further projects of theatre plays in cooperation with other institutions in their countries.



The venue – Ključ, Bosnia-Herzegovina

Ključ is a small town and municipality by the same name in western Bosnia and Herzegovina. It is located in the bosniak-croatian Federation of Bosnia and Herzegovina, specifically the Una-Sana Canton. The name of the municipality translates to "key", which remembered his military and economic position in medieval times. Ključ is located south from Sanski Most and Banja Luka in the north. In the city are living 7.000 inhabitants. For more information see: www.Ključ.ba

How to reach Ključ

By Plane:

If you come by plane you'll probably arrive in Zagreb or Sarajevo, but the best to come is over Zagreb. In both cases you have to use a bus to Ključ (approximately 40 € there and back).

Via Zagreb:

You can use the shuttle bus from the airport to the Central Bus station (Autobusni kolodvor Zagreb) in Zagreb (one-way approx. 30 Kuna = 4.15 €) The Airport bus runs from the airport to the bus station from 5.30 to 19.30 every 30 min. Please check: <http://www.plesoprijevoz.hr/schedulezg.htm> In the Main Bus Station you can buy the ticket to Ključ. Please be aware, there are only 2 direct buses a day from Zagreb to Ključ (travel duration 4-5h), the first bus is leaving Zagreb at 8 a.m. (in the morning), and the second bus from Zagreb to Ključ is leaving Zagreb at 4 p.m. (in the afternoon)! The ticket is about 20.00 € Please check <http://www.akz.hr/vr/voznired.aspx>

The second possibility is to take first the bus to Banja Luka, then by bus to Ključ or – in case there are no buses - to be picked up by us from Banja Luka. The buses from Zagreb to Banja Luka are going at 6.30 / 9.30 / 10.30 / 13:30 / 16:30. The ticket is about 15.50 € In case you choose this possibility, please inform us in advance so we can arrange the pickup service for you if necessary.

You can also use the tram (catch the tram 2,6) to go from the Main Railway Station to the Central Bus station (Autobusni kolodvor Zagreb). You can buy the tickets on the kiosks. The tickets are valid 90 minutes (one way 8.00 Kuna = 1.15 €). The tickets to Ključ you can buy in the Main Bus Station.

Airport Zagreb - Pleso International Airport, Pleso bb
www.zagreb-airport.hr

Main Railway Station - Glavni kolodvor, Trg kralja Tomislava
<http://www.hznet.hr/>



Main Bus Station - Autobusni kolodvor, Avenija M. Držića bb
www.akz.hr

Via Sarajevo:

You have to use the bus (no taxi!) from the airport to the Central Bus station (Autobuska Stanica) in Sarajevo. Please take care, that there are two Bus stations in Sarajevo. Do NOT use the Station of Lukavica, ONLY serving the Republika Srpska and destinations in Serbia and Montenegro. Please go by bus to the Main Bus Station (Autobuska stanica, street: Put Života 8). Take bus 36 to Nedžarići (price 1.80 KM) the bus stop is located on the main road outside the airport parking lot. At Nedžarići you can change for a tram to the city centre (again 1.80 KM). Bus 36 runs about every 30 minutes. Service hours are 6-23 Monday-Friday, 6-8 and 14-18, sat and 8-15 sun. From the main bus station you go to Ključ.

Please check: <http://www.centrolines.ba/loc/showdetail.wbsp?p=Sarajevo&d=Ključ>

Sarajevo International Airport, Kasindolska cesta 136
<http://www.sarajevo-airport.ba>

Main Bus Station - Autobuska Stanica, Put Života 8
http://www.centrolines.ba/loc/template.wbsp?wbf_p_id=4&tl=federalne

Accommodation and Catering

Boarding & lodging will be provided, accommodated in the guest house D.O.M. Zvizda, Gardijske bb, Ključ. After your arrival, call us in order to pick you up from the bus station. Please call **Mr. Emil Bender +387 61348326**.

Travel costs

We will reimburse **the travel costs as listed below** for the YE based on the ERASMUS+ Programme.

Country	Erasmus +	Max. Travel Reimbursement per Participant	Participants number per Organisation including group leader
Albania	500 – 1999	275,00 €	6
Romania	500 – 1999	275,00 €	6
Bosnia-Herzegovina	0	0 €	6
Germany	500 – 1999	275,00 €	6
Macedonia	100 – 499	275,00 €	6



We will reimburse the travel costs for a 100% up to the maximum amount as listed above, higher costs go on the participant. To be reimbursed, participants have to present the ORIGINAL tickets, electronic tickets, boarding tags/cards, invoices, etc.

Due to new rules of reporting by ERASMUS+, we will need a full documentation of your personal data, a valid private email address and a confirmation, that you will participate in an online review of the EACEA.

In case those documents are missing, there will be no travel cost reimbursement! In case that you do not participate in the online review of the EACEA, we will be forced to recover the whole costs of the ERASMUS+ training course from you!

Currency

The domestic currency is the KM (Konvertibilna Marka), it is divided into 100 feninga. The marka has a fixed exchange rate to Euro (rate 1€ = 1.95583 convertible mark). There exist ATMs of several banks. In the post office, you can change any foreign currency.

PROGRAMME of Youth Exchange

DAY 1

- Arrival of the participants
- 05:00 PM Opening of the youth exchange
- Introduction into the youth exchange, presentation of the participants
- 07:00 PM Dinner

DAY 2

- 08:00 AM Breakfast
- 09:00 AM Icebreaker and teambuilding activities
- Skills, needs, fears and expectations
- 01:00 PM Lunch
- 03:00 PM Start of the workshop
- Show me your town - excursion into the local surrounding to be organized by host group of participants
- Reflection and learning achievement activities: introducing the learning diaries, reflection in national groups, feedback to the organizers
- 07:00 PM Dinner
- Excursion into the surrounding organised by organizers (not host group of youth)

DAY 3

- 08:00 AM Breakfast
- 09:00 AM Energizer organized by one group of participants
- Theatre workshop: Build up common vocabulary (speed, size, levels, energy)
- Theatre workshop: Devising your own choreography
- 01:00 PM Lunch
- 03:00 PM Start of the workshop



07:00 PM Theatre workshop: Discovering our natural voice
 Theatre workshop: Scene Synthesis
 Dinner
 Learning diaries, reflection in national groups, feedback and discussion between teamers, organisers and trainers

DAY 4

08:00 AM Breakfast
 09:00 AM Energizer organized by one group of participants
 Theatre workshop: Contact Improvisation
 Theatre workshop: Dynamic Acrobatics
 01:00 PM Lunch
 03:00 PM Theatre workshop: DIY Instruments
 Theatre workshop: Scene Synthesis
 07:00 PM Dinner
 Learning diaries, reflection in national groups, feedback and discussion between teamers, organisers and trainers

DAY 5

08:00 AM Breakfast
 09:00 AM Energizer organized by one group of participants
 Theatre workshop: Rhythmic exercises
 Theatre workshop: Improvisation (solo, in pairs, in big group)
 01:00 PM Lunch
 03:00 PM Theatre workshop: Mask technique
 Theatre workshop: Scene Synthesis
 07:00 PM Dinner
 Midterm evaluation - what did I, what did you, what did we learn
 Intercultural Night

DAY 6

08:00 AM Breakfast
 09:00 AM Travel to Jajce and Banja Luka: Team building through group tasks, joint experiences, recapturing imagination through changing the site and relaxing the mind and the body
 01:00 PM Lunchbague
 07:00 PM Dinner
 Return late night – no activities foreseen

DAY 7

08:00 AM Breakfast
 09:00 AM Energizer organized by one group of participants
 Preparing theatre play: Body and voice warm up
 Preparing theatre play: Monologues
 01:00 PM Lunch
 03:00 AM Preparing theatre play AY: Songs
 Preparing theatre play AY: Scene Synthesis



07:00 PM Dinner
Learning diaries, reflection in national groups, feedback and discussion
between teamers, organisers and trainers
Movie Night: to be organised by one group of participants

DAY 8

08:00 AM Breakfast
09:00 AM Energizer organized by one group of participants
Preparing theatre play: Individual training
Meeting the local - preparing the presentation: Visit to the local cultural club -
introducing ourselves, checking possibilities to present
01:00 PM Lunch
03:00 PM Preparing theatre play: Adapting the play the found conditions
Preparing theatre play: Rehearsal
07:00 PM Dinner
Working Late
Going for local music and dancing

DAY 9

08:00 AM Breakfast
09:00 AM Sleeping Out
Last preparations theatre play: Rehearsal Final Edit
01:00 PM Lunch
The Event: Presentation of the theatre play
07:00 PM Dinner
Final evening - presentation of a small film captured from the youth exchange,
exercises, rehearsals and the presentation as a present

DAY 10

08:00 AM Breakfast
09:00 AM Youth Pass
Final evaluation, issuing the youth pass
Departure of participants