

ERASMUS+ PROGRAM

PDA kreARTivity

27.11.2021. – 4.12.2021., Osijek, Croatia (travel days excluded)

TOPIC:

KreARTivity is a unique project that provides an opportunity for youth workers that work with young people, in an informal environment, to explore the power of arts - through art (color, form, technique), drama (acting) and using their body and their own expression through movement.

All for the purpose of introducing innovative elements into their own work and empowering young people of different profiles with whom they work. The activities are adapted to work with young people in physical contact or virtually.

Given the complexity of the problems young people are currently facing, they need to approach them in a holistic manner and offer activities and tools that encompass a whole “range” of different segments of their possible expressions and to find for each problem the most appropriate “way out” or sense of relief.



GOALS:

1. Experience a series of exercises in the field of art (areas - fine arts, drama, dance and movement) in order for an individual to discover the depth of such work
2. Developing motivation through personal deep positive experience for its use for the holistic development of the individual - connecting the body, emotions, mind in future work

3. Acquisition of specific competencies through the offered tools and approaches from 3 areas based on experiential learning
4. Incorporate the approach of thematic areas into the daily work of participants and their organizations and actively contribute to the further development of this innovative approach together with partners through new activities in the future

RESULTS:

- Theoretical knowledge about 3 areas of application of art in working with young people, the power of learning through the senses and the body, concepts of different applications in working with young people and how to create different activities for young people that include 3 areas,
- Increased awareness of innovative tools and areas in non-formal learning using various arts areas,
- A set of skills for designing and implementing informal activities with young people that include the processed areas of art "live" (physically) and virtually,
- Awareness of how to recognize the needs of a young person, implement them through the work process and monitor their progress,
- Skills of international team cooperation (especially through post-project activities where we will continue to implement activities and learn from each other),
- Developed/improved awareness of one's own connection of feelings, mind and body and how to encourage the same in working with young people, verbally and non-verbally,
- Greater self-awareness, self-confidence, self-expression and an ability and a deeper level of self-regulation,
- Deeper awareness of the concept of youth empowerment, but also personal development by experiencing the processes through art,
- Developed creativity to express their own ideas through 3 areas, independently, but also through interaction with others,
- Awareness of cultural differences when it comes to art, movement and dance culture, the meaning of symbols in painting, the use of acting .





FOLLOW-UP:

This is the most important part of the project and it is considered that participants will engage fully into this process after the PDA in Osijek. Trainers will provide 1 group session per month on Zoom for each field (total of 3 sessions each month).

The aim is to facilitate the implementation of acquired knowledge and tools in the daily work of organizations.

We will also produce a video book and a manual on all the activities we carried out during the project, which will be able to be upgraded by the end of the project and will serve the participants for further work and deeper research of the area.



! By involving in this projects, it is crucial that participants realize that we expect their active involvement not only during the training, but also in preparation activities and also follow-up activities !

PROFILE OF PARTICIPANTS:

Participants applying for this project should be:

- Involved in working with young people on the regular basis (youngsters 13+) in some youth center, organization, as youth workers, local activists, educators that provide non-formal learning, etc.
- Experience in fields of the PDA is not crucial
- Interested to explore new tools of youth work, willing to move and dance, develop their competences as youth workers and meet peers from other countries

- Ready to actively participate in the whole project (preparation, training course itself with a very busy daily programme and follow-up)
- Ready to organize at least 2 follow-up activity using the experience from this training (individually or together with another person from the same country) within 2 months after the training with their local youth and take part in Zoom meetings afterwards
- Fluent in communication in English

TRAINERS:

JASMINA PACEK - completed her graduate studies in design at the National Academy of Art and Design in Dublin, Ireland. She holds a master's degree from the University of California in the United States and a doctorate from J.J. Strossmayer in collaboration with Rider University of Princeton, USA. She obtained the qualification of university specialist in art therapy at the Postgraduate University Study of Creative Therapy, majoring in art therapy performed by the Academy of Arts and Culture and the Faculty of Medicine in Osijek in cooperation with George Washington University in the USA.



After a successful artistic and design career in the US and Europe, in recent years he has been working on the healing aspects of art. She is permanently employed as an associate professor at the Academy of Arts and Culture in Osijek, where as vice dean for study programs she was one of the authors and initiators of the Postgraduate Specialist Study of Creative Therapy, the first such study in the Republic of Croatia. Intensively presents at domestic and international professional and scientific conferences (Miami, New York, Washington DC, Baltimore) in the field of integrative psychiatry, neurology and social care promoting creative therapies, especially in Croatia where it is necessary to sensitize the public about the effectiveness of these, for us new

professions.

She applies art therapy in clinical work with the following populations: children and young people with behavioral disorders, dysfunctional families, children and adults with special needs, war veterans suffering from PTSD, family members of veterans and civilian victims of war, victims of domestic and other forms of violence, trauma survivors, elderly people, children and adults under stress. She leads group and individual art therapies, and during the Covid pandemic and teletherapy. Also, she is one of the founders of HART, the Croatian Association for Art Therapy, member of the "Coalition of Art Therapy Educators" and the "Institute for Continuing Education in Art Therapy" of the American Association for Art Therapy. Field of research that interests her the most is the application of art therapy protocols in working with professional artists and in the

academic education of visual and applied artists, as well as the application of art therapy as a form of personal therapy to therapists of different therapeutic directions.



ANTONIJA BLAŽEVIĆ - graduated from the Faculty of Law in Osijek and completed the training program for the leader of dance techniques at the Public Open University in Zagreb. She regularly specializes in dance seminars and workshops for leaders and dancers in the country and abroad. Acquired the title of university specialist as the first specialist of the Postgraduate Study of Creative Therapy, majoring in movement and dance therapy performed by the Academy of Arts and Culture and the Faculty of Medicine in Osijek. She is the co-founder of the Broadway dance club in Osijek, where she works as a leader and choreographer of a dance ensemble that regularly wins prestigious awards at national and international dance competitions. Currently, she is employed at the Art School in Beli Manastir as a teacher of contemporary dance and classical ballet.

Continuously conducts group and individual therapies with children, adolescents, adults and the elderly, as well as people with special needs, anxiety - depressive disorders, emotionally behavioral difficulties such as hyperactive, aggressive and timid children; trauma; autism; neurological disorders such as dementia, and Parkinson's; somatic disorders like eating disorders; oncological patients.

Engaged in scientific research in the field of "The effect of movement and dance therapy in children in the autistic spectrum".

MAJA ŠTIMAC - graduated from the Medical Faculty of the University of Zagreb. She specialized in pediatrics at the University Hospital Center in Osijek, and subspecialized in neonatology. She completed the professional postgraduate study "Clinical Pediatrics", and defended her master's thesis. Currently a specialist in drama therapy at the postgraduate specialist study of Creative Therapy performed by the Academy of Arts and Culture and the Faculty of Medicine in Osijek.



She worked as a specialist pediatrician and neonatologist at the Clinical Hospital Center Osijek and as an assistant at the Department of Pediatrics, Medical Faculty Osijek. She is now employed in the pediatric primary care practice.

In clinical work, he applies drama therapy in group and individual work with the following populations - persons suffering from malignant diseases, children and youth with behavioral disorders, children without adequate parental care and war veterans suffering from PTSD.

In his drama therapy work, he applies role-playing techniques, improvisational techniques, projective techniques, and elements of psychodrama and sociodrama, and pays special attention to the therapeutic application of the puppet. As a specialist in drama therapy, she conducts heuristic research on the application of puppetry in drama therapy. She is a member of the Croatian Pediatric Society, the Croatian Society for Social and Preventive Pediatrics and the Croatian Association of Breastfeeding Counselors.

Design of our PDA

PDA (27.11. - 3.21.2021.)

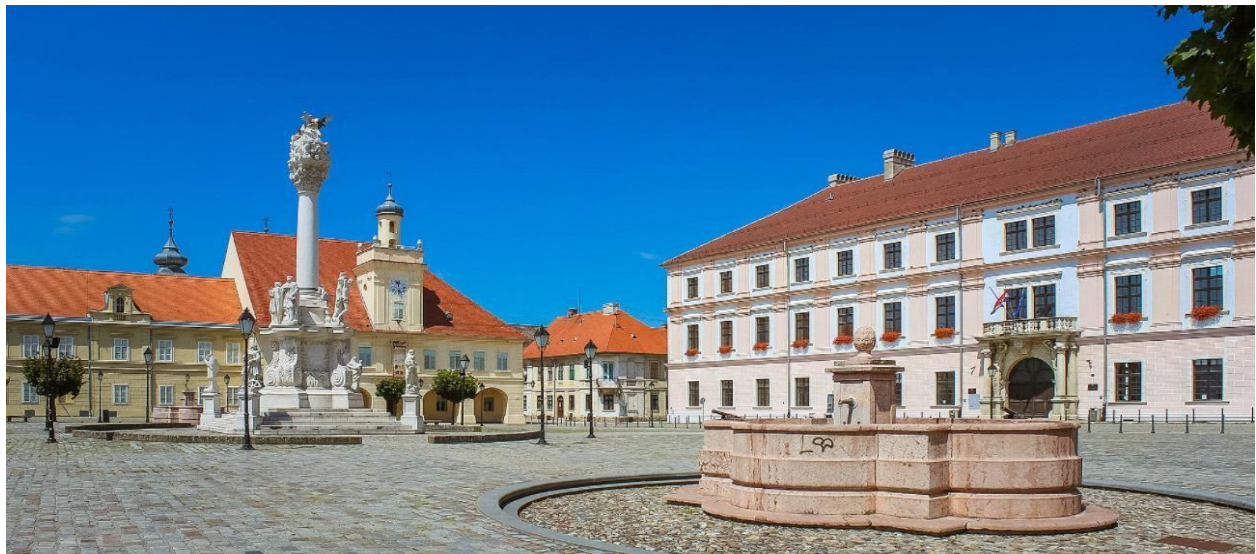
- Active participation in all programme activities (intensively – from 9.30 until late evening ;))
- Working on more detailed plan of follow-up activities

Follow-up activities in your country (January - August)

- at least 2 follow-up activity with your colleagues and young people & monthly Zoom meetings

ACCOMODATION

Hotel Silver is a business hotel in Osijek with a 15-year tradition. The hotel is located near the city pools and 15 by foot from the Tvrđa (Old town) and 20 minutes away from the city center. We will be able to go to the pools almost several times during our stay.



Partner	Number of participants	Max. travel reimbursement (per person)
CET PLATFORM (Greece)	2	275 €
Passion Udflugt (Denmark)	2	275 €
ACPELIA (Cyprus)	2	275 €
YOUNG EFFECT (Italy)	3	320 € (possibility of green travel)
AC Amics (Spain)	2	275 €
InoChange (Georgia)	2	360 €
Future in our hands (Armenia)	2	360 €
Stichting F.E.L.I.S. (Curacao)	2	1500 €
TEATRO METAPHORA (Portugal)	2	620 €

TICKETS:

According to the restrictions of the Erasmus+ Programme we can only refund up to some of the travel cost, if the following points are fulfilled:

- Before you get the tickets, you must have approval from Kreaktiva (sanelaaaaa@gmail.com)
- Your travel route is from your hometown to Osijek and back
- You have chosen reasonable and economic means of transportation.
- Your travel dates are according to the programme (2-3 days more is possible if the transport costs is reasonable and not more than original dates. Please talk to the Kreaktiva team)
- You have a receipt or invoice for the cost of your plane ticket and the boarding cards or the train/bus tickets. If you go by plane and book an e-ticket, please send us a copy by email (sanelaaaaa@gmail.com).

After you have booked your tickets, please send us the following details as soon as possible:

- Name of the traveler (Participant)
- date and time of the Arrival and Departure
- Price of the tickets

It is possible to fly to:

- Croatia (Zagreb, Pula, Rijeka, Osijek) - There are no direct flights to Osijek but it is possible to find connecting flight on some dates from other mentioned cities. Tickets sell fast but you might be able to catch them if you are fast 😊 Their web site is <http://www.tradeair.com/> or contact Sanela and she will check for you. If you arrive by plane to Zagreb in order to continue your journey you will take bus or train, so you can take the Pleso airport public bus that will take you directly to Main Bus Station. We recommend bus over train since trains in Croatia are not the best but it is possible to come by train too. There is a bus from Pula and Rijeka to Osijek too.
- Serbia (Belgrade) – bus from Belgrade operates several times a day, at 6am,10am,1pm,5pm. Sanela can help you with bus tickets since it is in Serbian and Croatian language.
- Hungary (Budapest) – it is possible to come to Osijek from Budapest with a bus (www.flixbus.com). There are not many buses please bare that in mind, but Budapest is amazing if you are planing to make a short sightseeing before the flight.

Some info about transportation:

1. Airport to bus station in Zagreb timetable: <http://www.plesoprijevoz.hr/en/page/timetable>
2. Main bus station Zagreb: www.akz.hr
3. Main train station Zagreb: <http://www.hzpp.hr/en>

Should you need any assistance please do not hesitate to contact Sanela.

IMPORTANT!

- Make sure you have a valid (not expired) ID card or a valid Passport

- Make sure to have your European Health Card in your wallet, but we also recommend travel insurance
- Only public transportation will be reimbursed (e.g.: taxi at your own expense)

REIMBURSEMENT:

- Reimbursement will be made as a wire transfer after we have all the necessary ORIGINAL documents. (boarding passes and all the tickets, etc.).
- Charges for wire transfers to non-Euro-countries /non-SEPA-countries are at participant's expense.
- We can not reimburse any amount exceeding the maximum budget for each participant. So please book your tickets as soon as possible.
- If you would like to stay longer, you can book flights up to 2 days before/after arrival/departure of the dates of the training. Tickets with more days will NOT be reimbursed.

PROTECTION AND SAFETY OF PARTICIPANTS:

We strongly support participation of vaccinated people BUT if you would like to participate in the PDA and its follow up, please contact us. We will cover cost of your tests (PCR, antigen) for arrival and departure from Osijek.

We strongly advise you to obtain health insurance for the days of your participation in the PDA.

ABOUT OSIJEK:

Osijek is the largest city and the economic and the cultural center of the eastern Croatian region of Slavonia, as well as the administrative center of Osijek-Baranja County with a current population of around 100,000 inhabitants. Lots of parks and there is also a nearby Park of nature "Kopački rit".

Few first info - <https://www.tzosijek.hr/index.php>





How to apply?

When you are sure in your participation, please fill the Google form which will be provided from your group leader/sending organization

Contact for practical info: **Sanela Ravlić**, sanelaaaa@gmail.com, phone number: **+385917899235** (WhatsApp, Viber)



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