

#DancifyYE

Dancify!

Youth Exchange about Dance,
Movement and Music as tools
to share values

9-21 November 2020, France



Erasmus+

1. KEY OBJECTIVES

The project has the following specific objectives at its core:

- Raise awareness about diversity send a message: “celebrate diversity!” With the youth exchanges we want to show that there is nothing shameful about our differences, instead, we can embrace, appreciate and celebrate them!
- Develop the competence of cultural awareness and expression through exploring music and dance as key ways to communicate. With this youth exchange we would like to encourage youth to tell their stories and express their authentic selves. Every person has a story to share!
- Encourage youth to explore various opportunities that dance and music offer for expression of their own values and values of their communities
- Increase the sense of initiative and entrepreneurship through involvement in creation of a public dance performance

With this project we aim to enable understanding of different cultures, by appreciating their differences or becoming active members of the inclusive society where there is a respect for human dignity and cultural diversity.

The project will create a sharing environment where we learn from each and develop our competences in the sharing and safe environment together.

At the end of the exchange the participants will create a performance using methods of music and dance to raise awareness about our shared diversity.

2. PROGRAM

Check it out following the [LINK](#). Do you have any suggestions or ideas to add? Feel welcome to share about those! We will gladly include your suggestions and workshops in the program.

3. MAIN FACILITATORS



Oksana Tykhovska

Manager of educational projects and trainer with over 7 years of experience and more than 50 successful projects. Currently involved design of educational programs with various organisations around Europe specialising in usage of interactive methodologies such as storytelling, music and performing arts as tools for social inclusion. Oksana's greatest passion is to inspire the artists within. Her expertise in mindfulness comes from training to guide meditations and meditative sound journeys in Buddhist monasteries of Tibet, where she has also been trained in "16 guidelines of happiness" technique. Additionally, she runs a private Creative and Emotional Intelligence Coaching practice for different kinds of teams.



Yiting Hsueh

Since 2014 studies fine art at Universität der Künste Berlin

2012 Performance workshop with China performance artist: Wang chuyu

2014-2017 - Immersion in Butoh with Minako Seki; Tadashi Endo; Yumiko Yoshioka
Also Focus on body-mind-centering, somatic movement, yoga and improvisation

2017-2019

Travel between Italy, Greece Austria and Mongolia mountain; Leaning frame drum; jaw harp and singing;

Yiting believes that sound is all around the materials which we live with. If you get the right vibration it is possible to sing with stone and plants.

4. PARTICIPANTS

Dancify! will bring together 30 young people aged between 16 and 26 from Italy, Latvia, Bulgaria, The Netherlands and France.

PARTICIPANTS PROFILE:

All participants of the exchange correspond the following criteria/have the following background:

- Motivated to participate in the youth exchange and contribute to it as much as possible with one's own ideas and dissemination of learning;
- Aged 16-26;
- Interested in the topic of the exchange and the language of dance as a way to talk about it;
- Eager to learn and have experience of communicating with other young people in an international environment;
- Working English competence;
- Actively contribute to sharing knowledge and cultures during the project;
- Willing to use their learning and disseminate project results in their organisations and beyond;

HOW TO PREPARE:

- Bring an object which you will trade for a story. The story should be related to your training practice. During the training we will trade and exchange those objects and stories between each other.

Connect with others through a Facebook group. [LINK](#).

Participant fee: 30 EUR; You will receive details about a way to make a payment in a welcome email.

Participant agreement: Make sure you make yourself familiar with and sign the participant agreement which we send you in the welcome email.

5. VENUE

We will stay at a beautiful venue in the forest. Check out more details [following the link](#).



Important notice: We will live in a remote place at nature. Make sure you take all your need for your stay like different hygiene products and personal care items. The house is 1 hour ride form the nearest shop.



HOW TO PREPARE yourself for living at nature?

Bring your best mood and determination to live this experience with the rest of the community. We will live together, work, learn, eat together during those days. It might be challenging for your to adapt the first days if you have never lived in a home at nature, but trust us, it's worth it! It will be a great learning experience for all!

For your own care and safety, bring the following for yourself(we will not be providing those items for you):

- Face masks
- Hands disinfectant
- Mosquito repellent
- Sunscreen
- Vitamin C
- Personal hygiene products (ONLY ORGANIC!) Our sewage system is very tender and doesn't like non-organic products. It might get disappointed and even break. How do you know whether it's organic? [Check out an article](#).

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6. TRAVEL REIMBURSEMENT

Travel reimbursement will be made after the YE. Check out our [DETAILED GUIDELINES](#) with requirements to documents and information about their eligibility. We strongly advise to check them out with care before you travel.

Not all journeys are eligible for reimbursement. To make sure you're covered, we kindly ask to confirm your journey with us. It will take minutes. Before purchasing the tickets, send us the screenshots to trainings@adventuresofthevalparaiso.com for a confirmation.

Before making reimbursement to anyone we have 2 requirements: Filling in an online Evaluation form after the training + send us a link or share with us about ways you disseminated/multiplied your learning from the YE with a hashtag #DancifyYE.

7. INSURANCE

It is mandatory that you have your health insurance with you. If any emergencies, we will not cover any medical costs for you.

We will not take responsibility for any lost or broken personal items. Other kinds of insurance (in case you break something or your belongings get stolen) are optional and are up to your own consideration.

Travel: When booking your flight make sure you choose an option which guarantees a refund for you in case of cancellations or other emergencies. We don't cover missed flights for any reasons.