

# THEATRE OF THE GIRAFFE

**21<sup>st</sup>- 30<sup>th</sup> of September / “Wytwórnia Ciszy”, Uniejów, Poland**

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Dear participants!

We are looking forward to see you in September in Poland for our training course. We hope the time we are going to spend together will be full of meaningful conversations, experiencing new methods, and enjoying our company as well as the environment.

This offer of the training is for you if:

- ✓ you work with other people – as your target group and/or as your partners and professional colleagues
- ✓ you have experienced conflict situations between people, and you would like to explore how to react in those situations in a nonviolent way, still being able to fully express yourself – from the perspective of a supporter/ mediator or yourself being involved
- ✓ you are open to try different methods connected with body, voice, nature, drama to reflect on your needs, emotions, and the communication process

## About the THEATRE OF THE GIRAFFE

This project anticipates developing competences of youth workers to communicate in a nonviolent way – acknowledging own and others’ needs, recognising and expressing emotions, building peaceful relations with young people, and co-workers. We found an existing need among trainers, facilitators, youth leaders, and project coordinators to approach situations of conflict and misunderstanding in their work environment with a fresh perspective. Especially working with multinational and cross-cultural groups, youth at risk, migrants and refugees, where backgrounds, contexts and understandings might be so different, and may lead to frustrations in the communication process.

The THEATRE OF THE GIRAFFE TC aims to have impact in two main areas:

- ◆ develop emphatic attitude, by building a group ready to support each other, where participants will share their challenges, contact with their emotions and needs, go through experienced frustrations, and approach them as a resource for learning
- ◆ improve/ acquire knowledge and skills in Nonviolent Communication as a tool to deal with similar situations in the future.

## PROGRAM

### METHODS

Name of the project comes from two methods which inspired us to develop the idea, and are the main methodologies upon which has been constructed the programme for the activity of the project. THEATRE refers to Theatre of the Oppressed and applied drama methodology, created by Augusto Boal, a theatre director, and community and social activist. GIRAFFE refers to emphatic communication language – called the language of giraffe, from Nonviolent Communication method by Marshall Rosenberg, a psychologist and mediator.

The frame for learning in this training course will be created with methods and techniques from applied drama. From building a safe and emphatic environment, we will invite you to become more aware and familiar with your body, and later encourage to take roles, explore various desires, and improvise in search for different strategies in the communication process, creating a Forum Theatre. The content to practise in that frame will be based on the Nonviolent Communication method. We will invite you to discover the meaning of needs and emotions for reaching a satisfactory compromise in a conflict situation. Using drama, you will practise the skills to form observations free from opinions, recognise and express needs, and to construct compromises in order to move forward in a peaceful way.

### OBJECTIVES OF THE COURSE

- ◆ introducing the concept of Nonviolent Communication method developed by Marshall Rosenberg
- ◆ raising awareness about own needs and emotions, the ability to be in contact with them, to express them in verbal communication, and awareness about the meaning they bring to the communication process
- ◆ equipping participants with an attitude ready to listen to others' needs and emotions
- ◆ sharing experience of being in different challenging situations for peer supervision
- ◆ equipping participants with open and proactive attitudes towards conflict situations
- ◆ practising empathic, constructive communication and conversation
- ◆ practising conflict facilitation in groups and with individuals
- ◆ creating space for networking and peer support
- ◆ improving professional language skills for inclusive acting in a diverse environment, including linguistic diversity.

## Accommodation and food

Venue of this TC will be in „**Wytwórnia Ciszy**“ – a retreat centre in a village close to Uniejów, Poland (full address, if you check on the map, is Brzozówka 30, 99-210 Uniejów).

**How to get there?** We will organise a transport for you from Warsaw, the capital of Poland, which is located around 200km from the venue. The hour to take the bus will depend on your arrival schedules, so we will give more details to selected participants in the next months.

You can check the website of our venue here: <http://www.wytworniaciszy.pl>, although it's in Polish only.

There will be shared rooms with private bathrooms, as well as some shared bathrooms in the hall. Towels and bed linen provided.

All meals (breakfast, lunch, dinner and breath breaks) will be served with **vegetarian and vegan food**.

There is a free WIFI connection in the house.

## Organisers

This activity is organised by association KobieTY from Łódź in Poland, with the financial support from Erasmus+ Youth in Action Programme.

To learn more about KobieTY visit our website: [www.kobiety.lodz.pl](http://www.kobiety.lodz.pl)

Food, accommodation and travels will be covered by the organisers.

Travel tickets will be reimbursed up to a certain limit:

**360 EUR** – Portugal/ Spain

**275 EUR** – Romania/ Italy/ Germany/ France/ Estonia/ Lithuania/ former Yugoslav Republic of Macedonia/ Bulgaria/ Slovenia

**20 EUR** – Poland

### Partner organisations in the project:

Romania – Team for youth Association - [www.t4uth.ro](http://www.t4uth.ro)

Spain – AFAIJ – [www.afaij.org](http://www.afaij.org)

Italy – YouNet – [www.you-net.eu](http://www.you-net.eu)

Germany – Jugendkulturarbeit Ev – [www.jugendkulturarbeit.eu](http://www.jugendkulturarbeit.eu)

France – Nomadways – [www.nomadways.eu](http://www.nomadways.eu)

Estonia – Mondo – [www.mondo.org.ee](http://www.mondo.org.ee)

Bulgaria – Knowledge Association Lovech – [www.znanielovech.org](http://www.znanielovech.org)

FYROM – Info front Prilep – [www.infofrontprilep.wordpress.com](http://www.infofrontprilep.wordpress.com)

Slovenia – Ribalon Institute – [www.ribalon.org](http://www.ribalon.org)

Portugal – Associação Spin – [www.a-spin.pt](http://www.a-spin.pt)

Lithuania – Informacijos centras "Kartu Europa"