

Call for Participants

Training course ACROYOGA * (HEALTH + EFFICIENCY) = HAPPINESS²

INFORMATION	
Dates	August 8 – 17th. 2014
Location	Lithuania
Organizer	VšĮ "KUGLIS"
Title	ACROYOGA*(HEALTH+EFFICIENCY)=HAPPINESS ²
Goal	To promote healthy and efficient lifestyle habits using acroyoga' method among youth in Europe.
Participants	Participants from seven countries (Lithuania, Italy, Spain, Turkey, Romania, Poland, Estonia).
Official contact	info@kuglis.eu , +370 650 13010

The Kuglis team invites you to take part in training course "ACROYOGA * (HEALTH + EFFICIENCY) = HAPPINESS²" dedicated to arm Your organization with one more measure to decrease social isolation and create more active, innovative, motivated leaders from parts of society usually not active at all. With this comes introduction of healthy active lifestyles, specifically, healthy body using acroyoga techniques. These techniques are used to motivate office - limited people to come back and be active once more, if they have ever been active members of society, or if they have not - to show, how fun and useful it can be.

The training course will take place in Lithuania during the warmest time of the year – summer. Program will include: **non-formal education** activities, the opportunity to meet professional physiotherapy trainers and other competent people that will show their motives, techniques exchange their **experiences** and guide you through the learning process. You will actively participate in workshops, meetings and other activities further increasing your competence as a **people** managing person. During informal part of the training course, we will have the opportunity to express ourselves in different social space activities, discuss and of course have **fun** learning other cultures and ways of healthy, efficient **lifestyle**, which then can be passed to people overly concentrated on productivity and forgetting their health. You have to experience and believe in order to teach.

If you are interested, please find more detailed information below and complete the attached documents:

- Participation form
- Declaration of honor

About the organization

Public body "Kuglis" is a young organization, created by a group of young active people which united under same idea with different experiences and interests while sharing same willingness to share and explore. Our organization "Kuglis", founded on 2014, consists of young, extremely active, people and youth workers who have learned, practiced and in some cases – perfected, many different activities connected with sports, movement therapy, street theater, time - management and others. The objective of our group is to be always keen to help others to explore their capabilities, brake physical and psychical borders, become open - minded, active, healthy and more effective in their nowadays activities.

Main Idea

The main idea of training course is to incorporate people through their natural interests and as a result create new leaders from social groups which has never or almost never participated in social activities since, those groups are very closed and becoming less and less social. After this course You will know how to use acroyoga to motivate office people of becoming healthy through their most desired paths. During the training course these topics will be covered:

- Social group which was forgotten and never (in our knowledge) included as a problematic in previous projects. This group can be highly useful for creation of new social leaders.

- What is healthy lifestyle? And how it is not that we used to hear!
- Is it possible in today's fast and workaholic society to find time for sports and well - being?
✓ Yes and you'll understand how easy it is to keep yourself motivated ;-)
- Is wealthy lifestyle important?
- Healthy can be fun, easy and rewarding. Rewards are well separated for every step through this sport - acroyoga.
- How to organize your life in a way to be efficient?

The main context of the training course is intercultural environment and healthy, active and fun way to start feeling better fast, getting more efficient in nowadays activities.

The aim of the project is:

Acroyoga / (Movement + sharing + helping + having fun) → Efficiency, Happiness and Health

Explain that it is now possible to have sport which doesn't require investments in gear no matter how deep you progress in to the sport! That young people starting sedentary works can have healthy bodies even without scheduling their day with extensive workouts. That it can be as easy as – “I want, and I do” in any place You are at the time, even if it's town's main square everyone would be happy to see acroyoga being done besides them.

After explaining this very main principle every other aim of healthier life, happier life, more efficient day to day existence becomes self - encouraging and drives person with ever-growing feel of living fulfilling life. Which in return creates drive, heightens productivity, effectiveness of time - management and most importantly strengthens interpersonal bonds which are as important to society as core muscles to human body and this sport projects to both of these!

Objectives:

- ✓ to explore most common problems that young people endure while doing sedentary work (office, lab, research etc.);
- ✓ to learn the benefits of the healthy, active lifestyle, having the possibility to practice it directly in your work place;
- ✓ to understand different cultures, build confidence and tolerance towards people from different cultural backgrounds, learn trusting each other using movement therapy as a method (acroyoga);
- ✓ to work together and to explore together!
- ✓ to create ideological background how socially isolated office people can become the new social leaders.

Preferred profile of participants:

- ✓ There are no age limit.
- ✓ Willing and able to actively participate in the entire program and get involved.
- ✓ Able to use English as a working language.
- ✓ Be interested in healthy lifestyle and everyday sports activities.
- ✓ Willing to share the obtained knowledge with the members of his / her organization, friends, family and any other social spaces once he / she gets home.

Working methods

Training will be based on non - formal education, acroyoga's methodology and street theater, encouraging youth workers to take active part in all the activities, organized during the project. During the training there will always be given space for participants to take an active role, express themselves while sharing their experiences and examples of a good different practices. A rich variety of tools, resources and methods will be used including ice - breaking games, movement therapy, energizers, discussions with prominent people (including professional yoga trainer), daily acroyoga practice, team building activities, presentations and of course international presentations.

The participants will also take part in the project presentation final acts that will take places in two different surroundings: one of the business - technology center in Vilnius in order to present the result for the target group and an open-air festival held near the seaside. Based on participants experience there will be also created a "beginners daily routine" video to follow, in this way creating the possibility to all interested people to be able use this healthy lifestyle method daily. This video will be given to all the partner organizations and freely uploaded in internet (youtube, facebook etc.) and also published in the mass media.

The working language of the training course is English.

Time table:

	Friday 8	Saturday 9	Sunday 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17	
	1st day	2nd day	3rd day	4th day	5th day	6th day	7th day	8th day	9th day	10th day	
	Arrivals	Day of introduction, team building and physical check.	Presentation of acroyogas's methods and safe practice guidelines. First touch of AcroYoga practice.	Acroyoga's practice days	Introduction of street theater methodology and movement therapy.	Acroyoga's practice days adding of choreography and acting elements.	Filming and video/photoshoot of acro yoga and final performance	AcroYoga tutorial filming. Night on the fresh air.	Final evaluation of the project and Certificates.	Departures of participants	
08.00 - 09.00	Breakfast							Packed breakfast	Packed breakfast		
09.00 - 12.30	Morning	Ice breaking activities and participants expectations Coffee brake Team building activities.	Morning energizer, warming up, and team building activities. Coffee brake Presentation of Acroyoga's method, theory and practice, safety.	Morning energizer and warming up Coffee brake Analysis of acro yoga's stretching exercises.	Morning energizer and warming up Coffee brake Street theater workshop	Morning energizer and warming up Coffee brake Activity: practicing of Acro yoga in mixed groups.	Two parallel activities: Tutorial filming Final preparation for "act it out" coffee break continuing activities	Games o the road Coffee brake Activity: Analysis of acro yoga's stretching exercises.	Final evaluation of the project: coffee break continuing evaluations/ travel reimbursement	Departures	
13.00 - 15.00	Lunch						Packed lunch on the go	Packed lunch on the go			
15.00 - 19.00	Afternoon	Participants arrivals	Continuing team building activities and presentation of AcroYoga Concepts Coffee brake Two parallel activities: Time management seminar and discussion Health condition and level of physical preperation check	Discussion on healthy nutrition habits. Coffee brake First try of Acroyoga's methods in practice in safety groups. Reflection group	Practising of acro yoga. coffee brake Continuing activity Reflection groups	Practising of acro yoga. Coffee brake Dinner in particular close town and free time	Movement therapy, improvisation and choreography. Coffee break Self-motivation presentation and discussion Reflection groups	"act it out" Layout of choreography and rehearsals. coffee break continuing activity and performing choreography Reflection groups	Erasmus+ interactive presentation coffee break Certificates and nominations		
19.30 - 20.30	Dinner						Dinner in town	Packed dinner on the go			
21.00 -	Evening	Presentation of the project: Social game (depends on participants expresed demand)	Social space "countries stereotypes" and nominations box preparation	Social space "The community game"	Intercultural evening (presentation of all countries)	Free time	Social space - activities proposed by participants	Free time	Participating in music festival	Activity: Closure meeting and Goodbye mascarade "Lithuania in my heart"	

Acroyoga's vocabulary:

In order to keep it safe and simple during the training course it is necessary for You to know specific words of human body parts and verbs which are used in acroyoga. Find the list below and make sure that you are familiar with all of them.

PARTS OF THE BODY:

Palms
Forearm
Wrist
Finger
Thumb
Pinky, little finger
Fist
Elbow
Biceps
Triceps
Shoulder
Trapezius (shoulder area)
Toes

Neck
Head
Forehead
Chin
Chest
Armpit
Left side of flank
Right side of flank
Waist
Hack of the rib cage
Spine
Lower back
Rib cage

Belly, tummy
Abs
Buttocks
Hips
Thigh
Knees
Calf (back of the leg below the knee)
Shin (the front of the leg below the knee)
Heel
Foot
Feet
Toe

VERBS:

Straighten
Fix
Bend
Spin

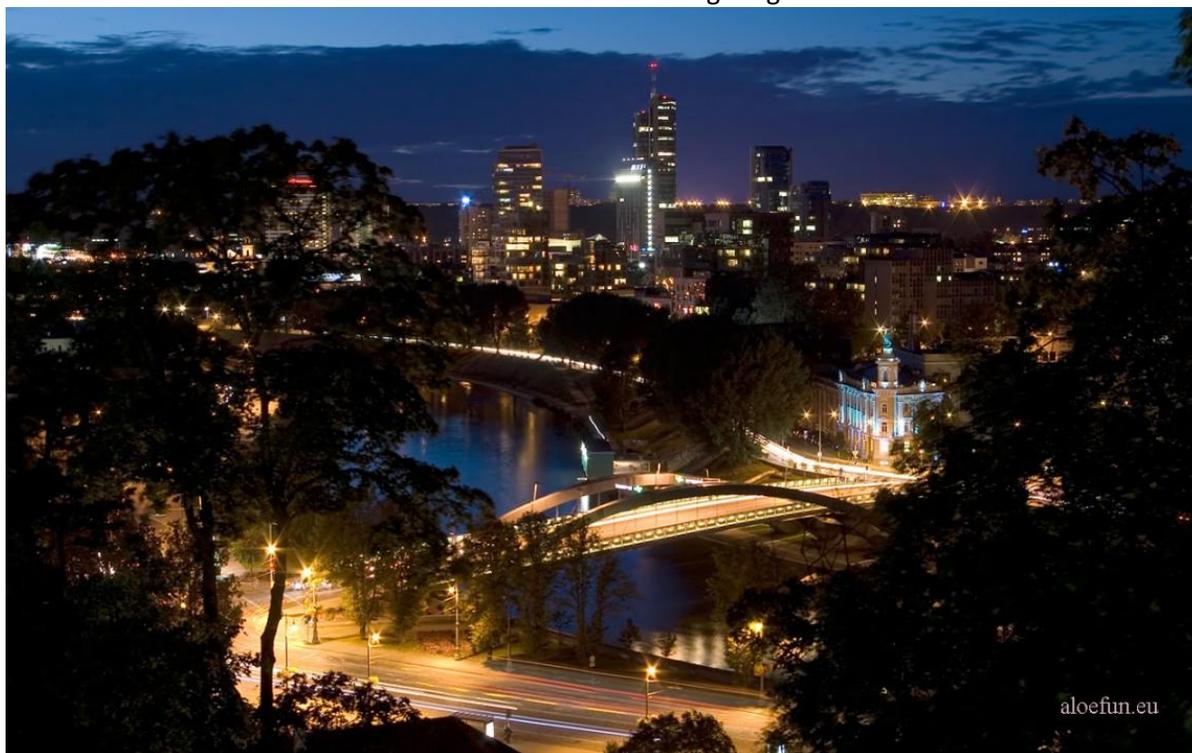
Lift
Push up
Leistis
Pasvarti
Lean forward

Lean backwards
Hang relaxed
Tense
Stif
Hold on
Grip

Project venue



Lithuania is the largest country in Baltic States and its population is about 3.2 million. Lithuania is a beautiful country, with the charming capital city - Vilnius. The capital of Lithuania, situated near the rivers Neris and Vilnia, was founded in 1323 when Grand Duke Gediminas built a Castle there. Today the tower of this Castle is one of the landmarks and symbols of the city. The historical center of Vilnius, the old town, is one of the biggest (360 ha) and oldest in Eastern Europe. The magic atmosphere, the magnificent splendid architectural blend of Gothic, Renaissance, Baroque and Classicism styles makes this a wonderful city to explore. In 1994 Vilnius Old Town was included into UNESCO heritage register.



Most of the time participants will be located in the Lithuanian countryside, which lacks the hustle of the city, but offers so much more. Beautiful forests, lakes, rivers, outdoor activities are the essential for the project on healthy lifestyle. More information about Vilnius and its activities: <http://www.vilnius-tourism.lt/en/tourism> More about Lithuania and its countryside: <http://www.youtube.com/watch?v=oYuP3VDSrQk>

Financial Conditions:

Accommodation, food and fixed amount of travel costs will be covered by Erasmus+ programme.

The programme will cover all costs related to accommodation, boarding, visas and travel costs 100% (if the amount is not higher than Travel Grant per Person) from the resident country. Participants must respect the limits given in the table below. If the amount exceeds the limit given then the participant has to pay the difference by himself.

The eligible countries and compensations are:

Country	Number of participants	Travel Grant for Participant	Total Travel Grant per Group
Estonia	5	€ 275.00	€ 1375.00
Romania	5	€ 275.00	€ 1375.00
Italy	5	€ 360.00	€ 1800.00
Poland	6	€ 275.00	€ 1650.00
Spain	6	€ 360.00	€ 2160.00
Turkey	5	€ 275.00	€ 1375.00

DOCUMENTS FOR REFUND: participants are obliged to keep receipts of the ticket, boarding pass and invoices of credit card that was used for buying the tickets for online payments. All participants will be reimbursed after the event by bank transfer.

PREFERRED PROFILE OF PARTICIPANT (priority will be given to those that most closely meet these criteria):

- ✓ Have an interest and experience in the topic;
- ✓ Willing to learn, motivated and share experience with other participants;
- ✓ Are able to work in English;
- ✓ Are committed to attend the overall duration of the training course;

(Gender balance, group diversity in terms of different social and cultural backgrounds will be taken into consideration)

WHAT TO BRING:

- ✓ Sleeping bag (will be used only for one night during the open-air festival)
- ✓ Two sets of comfortable clothes for final performances (one black and one colourful)
- ✓ Things which you need for your country's and organization's presentations
- ✓ Anything what you want to share or present for training course's participants
- ✓ Loads of good mood and motivation