



**EURO  
ACCION  
MURCIA**

# INFO PACK FOR TRAINING COURSE

# SINS

Transformative Performing arts in  
youth work

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**18 - 25 ABRIL 2019 |  
CARAVACA DE LA  
CRUZ, MURCIA,  
SPAIN**

**PARTICIPATION  
FEE: 65 EUROS**

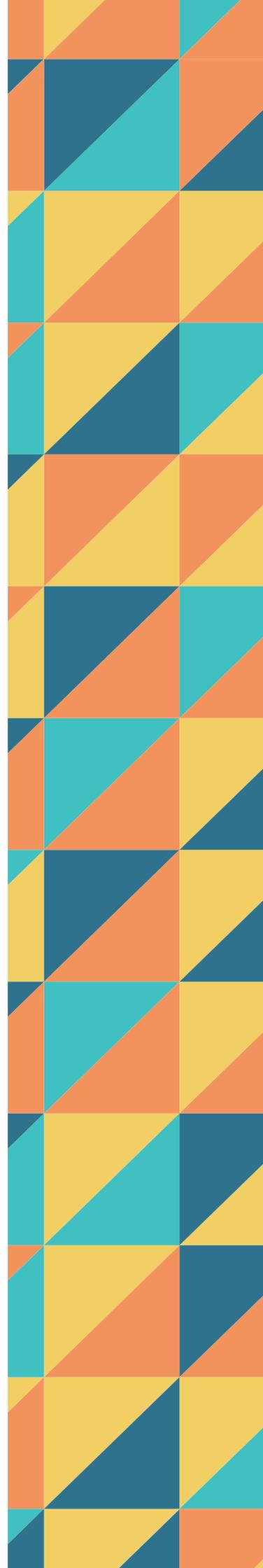
# WHAT IS IT?

SINS is a training course for youth workers and trainers aimed at:

A) Developing their self awareness on their personality through Gestalt therapy approaches.

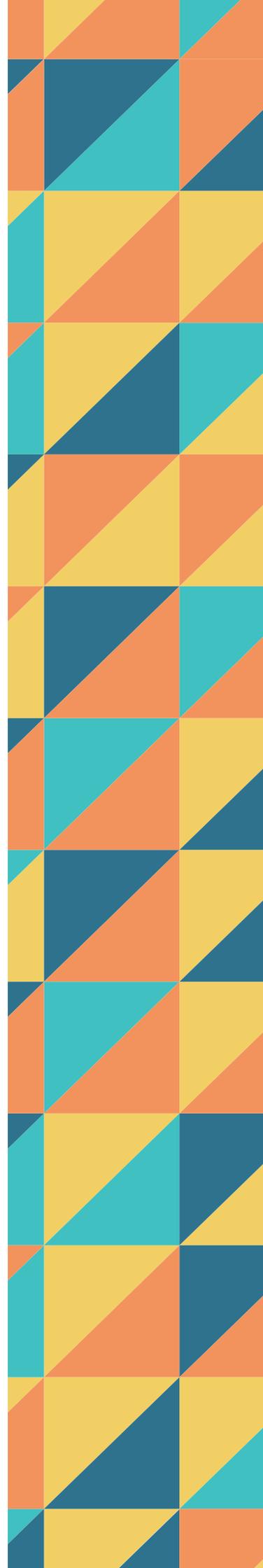
b) Improving their professional competencies in the use of different performing arts in the work with young people, such as contemporary dance, Contact Improvisation, Choreographic Theatre, Performance, and other disciplines involving body movement.

As a complementary feature of the course the program will also explore how these activities can positively foster the emotional intelligence of young people, their self awareness, their sense of creativity as well as their spontaneity.



# OBJECTIVES:

- To go deeper and become aware on our own personality, inner neurotic mechanisms from an humanistic perspective inspire in the Enneagram.
- To develop skills, knowledge and attitudes regarding the use of performing arts with young people.
- To learn and experience about different types of performing arts and its impact on people's brains, emotions and bodies.
- To experience how performing arts can provide meaningful insights for young people, supporting their personal development.
- To support participants in finding new ways for young people's creativity, more diverse and spontaneous..

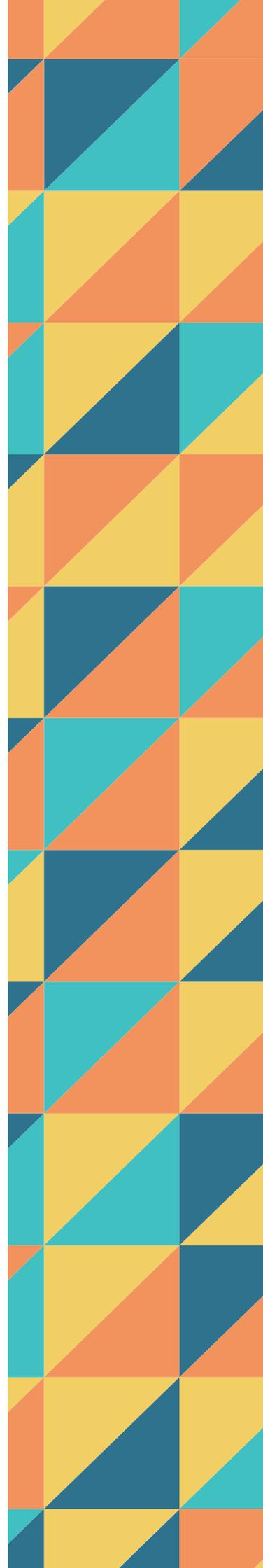


# APPROACHES AND CONTENTS

Main approach will be experiential learning through performing arts as well as Gestalt psychotherapy when it comes to debrief personal experiences and insights across the learning process.

Main contents will be:

1. Performing arts, types and characteristics
2. Enneagram and types of personalities and self exploration into that.
3. Creation of a collective performance inspired in the capital sins and the Enneagram.
4. Essentials in choreography and performances creation.
5. Creative process through music and body.



# TRAVEL INFORMATION

## AIRPORTS

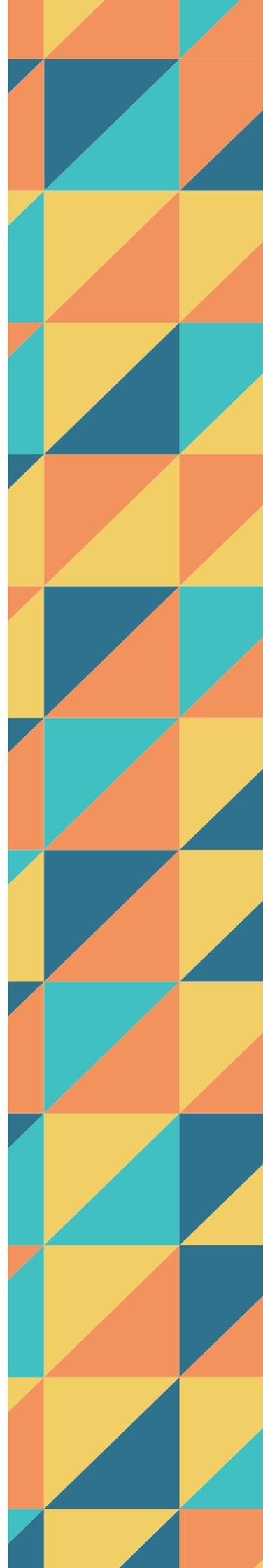
The nearest and most convenient airport to Murcia is Alicante Airport, which is one-hour distance by bus from Murcia. ([www.alsa.es](http://www.alsa.es))

From Alicante Airport there are buses to Murcia every two hours. Please, try to organize your journey in order to be on time **at the Meeting Point on the 18th of April at 20:30** the latest!

(We can't reimburse extra accommodation and food.)

If you don't find good flight connection to Alicante, try Valencia airport, which is 3-4 hours distance from Murcia.

In the last case, if none of the previous airports have good connections, you can fly to Madrid Barajas Airport and from there take a bus ([www.alsa](http://www.alsa)) or a train ([www.renfe.com](http://www.renfe.com)).



When you buy the tickets please consider the distance between towns in order to be on time in the meeting point!

From Murcia a private bus will pick you up and drive you to the place where the Training Course will take place:

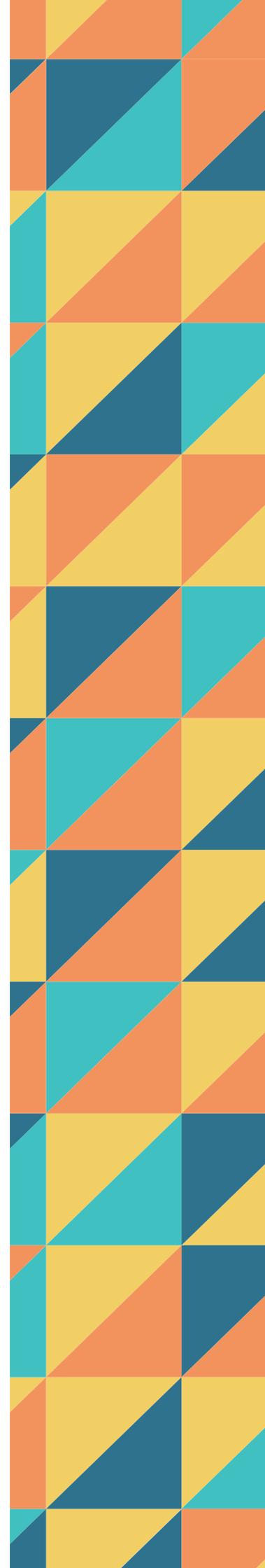
La Casa del Trigo in Caravaca De La Cruz

All the bus connections between Alicante Airport and Murcia can be found on [www.alsa.es](http://www.alsa.es)

Board and lodging will be fully covered for the duration of the course.

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**Travel Days are 18th and 25th of April.**



# TRAVEL INFORMATION

## MEETING POINT

The meeting point is on the **18th of April at 20.30 in Murcia in front of the Cathedral**, the main entrance, in Plaza del Cardenal Belluga in front of Crepería Ô Délices de Paris, a restaurant of crepes with terrace (it is the closest restaurant to the main door of the Cathedral).

It's around 20 minutes walking from the bus and train station. If you arrive at the train station you can pick up the bus number 39 and get down to the bus station GLORIETA DE ESPAÑA.

You can see on the map, near the river, between the two bridges that there is a house. That is GLORIETA DE ESPAÑA and the Cathedral is very close, 2 minutes walking.

After that participants will be picked up by private bus and brought to Casa del Trigo.



# TRAVEL INFORMATION

## TRAVEL REIMBURSEMENT

For **Bulgaria** travel reimbursement is max **360** Euros.

For **Armenia** travel reimbursement is max **530** Euros.

For **Greece** travel reimbursement is max **360** Euros.

For **France** travel reimbursement is max **275** Euros.

For **Ireland** travel reimbursement is max **275** Euros.

For **Lithuania** travel reimbursement is max **360** Euros.

For **Slovenia** travel reimbursement is max **275** Euros.

For **Italy** travel reimbursement is max **275** Euros.

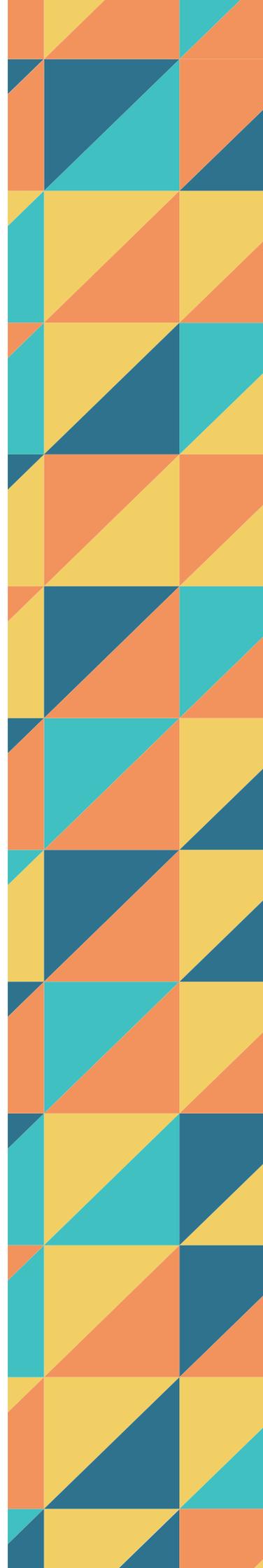
For **Czech Republic** travel reimbursement is max **275** Euros.

For **Netherlands** travel reimbursement is max **275** Euros.

For **Romania** travel reimbursement is max **360** Euros.

For **Ukraine** travel reimbursement is max **530** Euros.

For **Spanish participants**, this sum is max **20** Euros per person.



These prices are defined by Erasmus+ policy, we provide 100% of reimbursement, but only up to the amounts mentioned above.

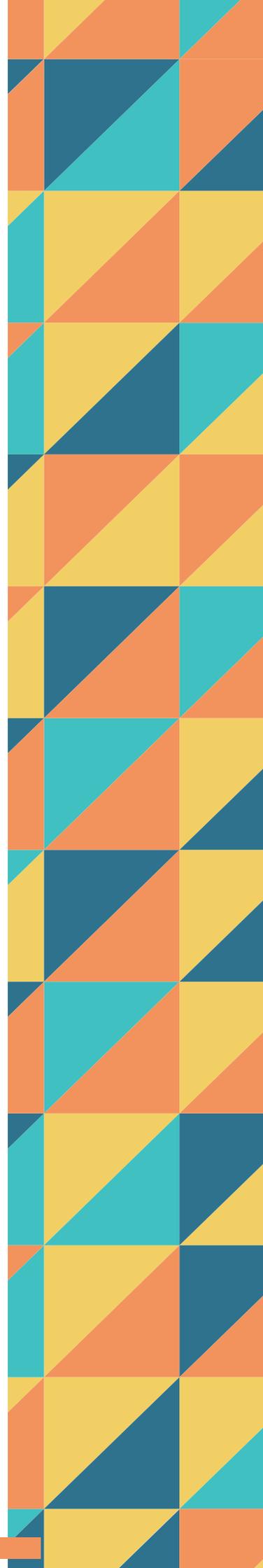
In order to organize participants' arrivals-  
**BEFORE BUYING THE TICKETS**, please send us the email with proposals  
**[mariatsanana.euroaccion@gmail.com](mailto:mariatsanana.euroaccion@gmail.com)**.

**ONLY AFTER APPROVAL**, you can proceed with your purchase.

While buying the tickets, please, be aware that you can have **maximum two days difference in your arrival and departure dates from the dates of the training are allowed by the National Agency**.

If you want to travel around do not exceed the two days, or it won't be possible for us to provide you reimbursement.

**Save all the tickets**, including ones for buses and trains, **boarding passes and invoices** about the payments for any kind of transportation in order **to be reimbursed**.



# VENUE

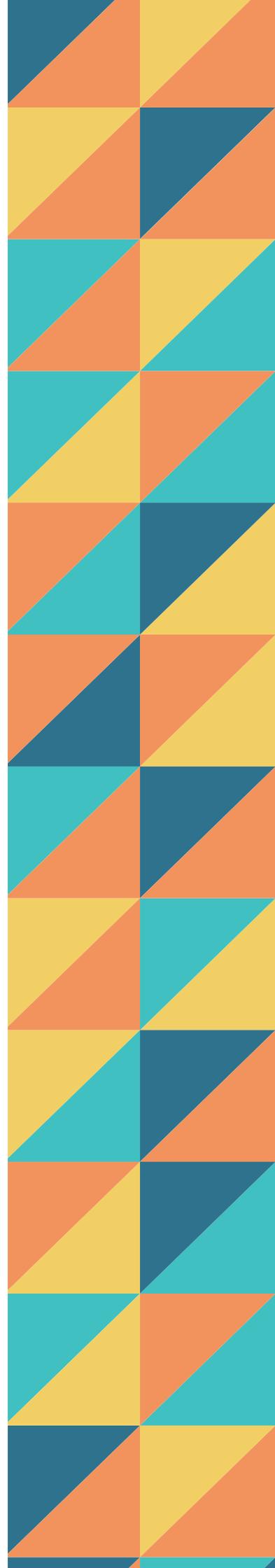
## CASA DEL TRIGO

We would like to give you some information about the venue where we will be living and working together.

The place we will be in is called **CASA DEL TRIGO** (Wheat House). It is a very special place located in the municipality of **Caravaca de la Cruz**, a very old and monumental town in the Region of Murcia.

**CASA DEL TRIGO** is located 7 Km far from the town. It is in a green rural area called La Encarnación. The house is big and it is our brand new training centre. The house is not just 1 house, it is divided into three houses, and one is for about 10 people as well as for the kitchen staff that is living there. It has all you may need including a living room for spare and social moments and Internet connection. Then there's also the main house, with two floors for about 6-7 people each. Beds are bunk type, so, 3 or 2 bunks in each room. Rooms are really big and comfortable.

No need to bring your bedding or sleeping bag, **BUT PLEASE BRING YOUR TOWELS.** The working room will be also in the main house. In each floor there's a bathroom with 3 - 2 showers and 1 WC.

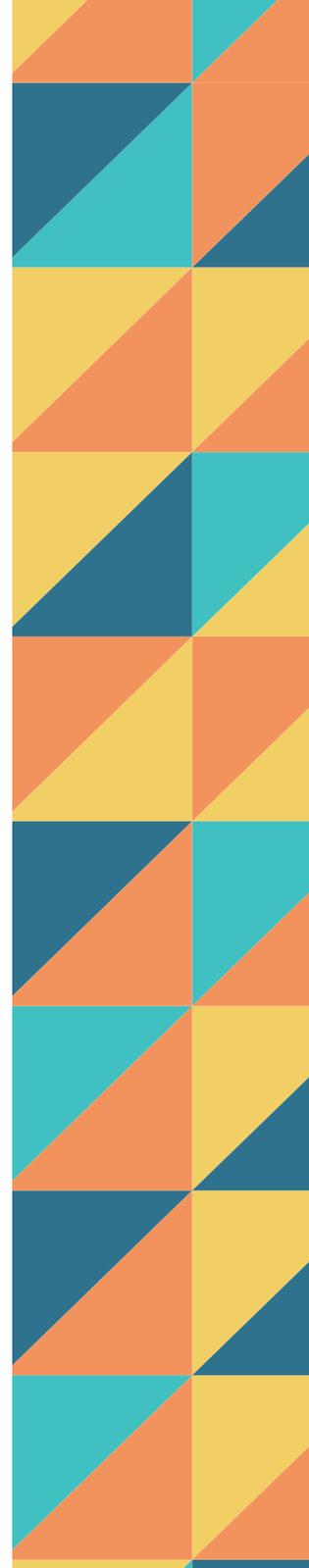


For us this house, which we created 3 years ago, is the result of an extraordinary amount of energy and passion in order to create a place for inspiration, learning, discovery and self-awareness. Because we believe in social change and we are convinced that this world will not change if we ourselves, as individuals don't change, we promote certain habits and behaviour in our/your **CASA DEL TRIGO**.

For instance:

1. We would ask you to keep silence after midnight and to socialize or play games in the second house where a living room is foreseen for your spare moments.
2. We would ask you to wash ecologically your dish, glass, spoon, fork and knife after each meal and leave it ready for the next meal. For that, every day we will have different teams in charge of the main washing after lunch and dinner.

Another very important issue concerning your travel to Murcia and your participation in this course is that you bring all your **TICKETS, INVOICES; BOARDING PASSES** to be able to reimburse those costs. Thanks in advance to everybody for your understanding and collaboration.



# TIPS:

We could say so many things about what to consider when travelling to Spain or to Murcia that we will spend pages and pages in that. Instead of making you feel sleepy with so much reading we propose you a more exciting and comprehensive information that we think you will like for more information visit the link of the best travel guide, Lonely Planet and find anything you need to know about Spain or Murcia: <http://www.lonelyplanet.com/spain>

**Comfortable clothes that you dont mind breaking during the rehearsals are recommended! Also you have to bring a foto of you from your childhood between the age of 5 and 10 yeahrs old and it needs to be printed!**

Normaly spring in Murcia is very unstable. We recommend you to check the wheather before you prepare your luggage: <https://www.accuweather.com/en/es/cara-vaca-de-lacruz/305939/july-weather/305939?monyr=7/1/2018>

Other thing you may need to take are solar creams and swimming suits- if your skin is sensitive to the sun, in case we go to the beach. Furthermore, around the venue, there are no shops, so we advise you to buy before your snacks,medicines, cigarettes or other commodities you may need during the course. *Exceptionally and in urgent cases our staff can travel to Caravaca city.*

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