



Theater unveiled – Exploring the art of empathy

Training Course Project

APV: 13-16 December 2023

TC: 15-23 January 2024

Countries participating:

Luxembourg
Croatia
Czech Republic
Greece
Italy
Poland
Portugal
Spain

Group size:

2-3 participants + 1 leader



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Through a series of workshops, this project aims to explore performative arts to promote empathy as a mean of bridging emotional gaps between people. Through thought-provoking workshops and immersing experiences, the project seeks to foster understanding, compassion and a deeper sense of connection among people.

The workshops will be supported by non-formal methods. Each team leader is invited to create and deliver a workshop on the topic, having a chance to get actively involved into the program of activities.

On the Advanced Planning Visit (APV) the team leader of each country team will physically visit Luxembourg. The goal of the APV (13-16 December) is to present workshops, visit the accommodation venue and to go through the logistics altogether.

The project is co-founded by the Erasmus+ program of the European Union.



Participants profile

This training course is open to young people aged 18 or older, interested in theater. Previous knowledge/skills related to theater, dance and music is welcome but not mandatory.

English will be the working language of this project, which is why we find it important that each participant has at least basic knowledge of the language.

Good mood, happy faces and positive energy are more than welcomed.

Please inform us in advance if you have participant(s) with handicap or disabilities within your group in order to prioritize them during the selection process.

Erasmus+ is a program that supports young people with disadvantages which is the reason why we strongly encourage their inclusion.

Accommodation

Home Luss Collini is a scouts center located in Sanem, a small municipality approx. 30min ride by train from Luxembourg city train station. In its vicinity there is the castle of Sanem.

The inhabitants of Sanem value their calm lifestyle, meaning that a quiet and calm ambience in the period 10p.m. - 7a.m. would be expected. Please note that the accommodation venue is not in Luxembourg city, meaning that if the project topic and the training course itself is not your main motivation to visit, you might want to reconsider your participation in this project. However, the program of activities will include a cultural visit of Luxembourg city.

The scouts center is maintained by volunteers-members of the scouts federation who do everything in their power to make the accommodation venue flourish. The venue is equipped with advanced garbage selection and we would kindly ask you to stick to it. It will be presented and explained during the preparatory visits.

Facilities

Activity/dining room; Professional kitchen; Bathrooms/showers (separated by gender); Shared rooms (separated by gender).

Find more about the venue in: <https://suessem.lgs.lu/fotos-home-bis/>





How to get to the accommodation venue?

Once you arrive in Luxembourg, the public transport is free of charge with the sole exception of the 1st class in trains.

For up-to-date information on how to get to the accommodation, you can use the webpage www.mobiliteit.lu or their application called mobiliteit. You can also refer to google maps.

Your destination is Home Luss Collini at the following address: 18, rue du Château 4992 Sanem.

A photograph of a buffet table. In the foreground, there are several pieces of bread topped with a vibrant red sauce. To the left, a glass jar with a white label and a barcode is visible. In the background, a white bowl filled with a yellow, chunky substance is partially visible. The lighting is warm and focused on the food.

Food

The food will be prepared and served for you in the accommodation venue. It will be served as a buffet.

There will be three meals and two snacks/coffee breaks provided. We will provide simple 'with/without meat (vegetarian)' dishes. If you have any specific dietary needs/allergies, please let us know in advance.



Travel and reimbursement

The travel **MUST** be from the participating country to Luxembourg and back. The foreseen **travel days are 15 and 23 January**. Exceptions/extension of the travel dates may be possible if requested in advance and if a valid reason is provided.

The **travel costs will be reimbursed up to the limit of 275€ per participant**. All **plane tickets must be bought directly via the airline company**. The use of any providers must be approved by REACT in advance!

In order **to make the reimbursement, we will need all the tickets (originals) including the ones for the way back**. It is very important that you keep ALL your travel documents (invoices, itineraries, boarding passes, bus/train tickets) and bring them with you on project in a hard copy (paper). They will be used to fill in the travel cost reimbursement form on project. Travel costs will be reimbursed only if you take part in ALL the activities foreseen for the project.

Please note that we strongly encourage the idea of green travel. If you would like to organize your trip in this way, please share this info with your sending organization. Please note that in this case, extra travel days and a reimbursement ceiling of 360€ is eligible.

It is obligatory to confirm with us before buying your tickets!



Health insurance

It is mandatory to obtain a health insurance for the full duration of the project, including the travel days.

If you have a valid EU health card, this covers the basic needs, otherwise a travel insurance is needed.

In both cases, an additional travel insurance is recommended.



What to bring on project?

- ❖ Bed sheet, sleeping bag or a blanket. You may bring a pillow or improvise one (the accommodation venue does not provide blankets or pillows).
- ❖ Towel and hygiene essentials
- ❖ Flip-flops or home slippers
- ❖ Laptop, tablet, camera (if any)
- ❖ Layered clothes (the weather can frequently change thorough the day)
- ❖ Ideas, ice-breakers and traditional dances for your national evening.
- ❖ Posters, leaflets, cards, videos and typical music from your country.
- ❖ Materials, stickers and brochures of your organization (if any).