

Report

2nd Learning, Teaching and Training Activity

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Poland, 10th-14th February 2020



Erasmus+

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Index

INTRODUCTION.....	3
DAY 1. MONDAY FEBRUARY 10TH 2020	4
1.1 Introduction to the training and getting to know each other	4
1.2 Move On with Music: exploring creativity through musical activities	6
1.3 Creativity in language learning.....	6
1.4 Teaching Children from 9 to 99- a lecture on Music – a universal form of education .	8
DAY 2. TUESDAY FEB.11TH 2020	9
2.1 Move On with Dance – therapeutic aspects of movement and practical workshop	9
2.2. Move On with Dance – dancing the cultural heritage	9
2.3 Shakespeare solitaire - educational programme for senior citizens	10
2.3.1 Tour of Gdańsk Shakespeare Theatre	10
2.3.2 Drama workshop	11
DAY 3. WEDNESDAY FEB.12TH 2020	12
3.1 Move On with Handcraft - exploring creativity through various forms of handcraft and needlework.....	12
3.2 Move On with Handcraft – patchwork and crocheting	12
3.3 Trainers' workshop -Meeting in The City Culture Institute (Instytut Kultury Miejskiej)	13
3.3.1.Presentation of IKM educational/ artistic activities.....	13
3.3.2 Co-Creating Erasmus + (2021-2027) and European projects promoting education through art for adults	14
3.4 Artists in action.....	14
Tapestry and Photography.....	15
3.5. Art therapy for senior citizens	16
DAY 4. THURSDAY FEB.13TH 2020	17
4.1 Move On with drama- exploring creativity through body work.....	17
4.2 Shadow Theatre – practical activities and presenting a story	18
4.3. Trainers' workshop - Facilitation and creativity skills in adult education.....	19

4.4 Meeting with an art curator ; discussion about strong feelings evoked by art 20

4.5 Project Creative Forum with partners' input..... 20

DAY 5. FRIDAY FEB.14TH 2020 22

5.1 Women in action part 1 - meeting a female folk community group "*Paczewianki*" 22

5.2 Women in action part 2- Interactive discussion about the art of regional cooking – with practical examples ! 23

5.3. Trainers' workshop - ICT skills in adult education 24

5.4 Presentation of MY SUCCESS stories 24

5.5 Certificates, final words and group photo 26

Introduction



The main idea of LTTA 2 has been to offer several opportunities to project participants to take part in activities which allow them to see their hidden talents, new possibilities and create a safe environment where they can ask themselves a question : **Who can I be ?**. The programme of LTTA 2 offered a spectrum of activities demonstrating creative possibilities of various forms participant. Art, as a means of self-expression and communication, is a very good context for raising such questions. It is a powerful motivating agent and can be a short cut to the path of further education and new competences. In order to help every participant with finding their answers, the programme of LTTA 2 presented them with different creative activities that boost the spirit of confidence and internal motivation. While the motto of LTTA 1 was – **SHINE !-** , the focus of LTTA 2 has been – **GROW !** .



Day 1. Monday February 10th 2020

1.1 Introduction to the training and getting to know each other

The opening session of LTTA 2 had an important message to all participants and educators – that of acceptance and appreciation of our similarities and differences in cultural backgrounds and making everybody welcome to this group. It also aimed at breaking the feeling of possible insecurity (being in a new group, different climate and country, not speaking a foreign language etc.,) and making everybody feel comfortable. The session was started with a couple of activities connected with learning the names (everybody got a badge prepared by a female participant of the host organisation (International College, Poland), milling around and saying one's name with confidence (the group repeating it), writing one's name on a "mood thermometer". When all members of the group had a chance to learn the names of others and practice new combinations of sounds, there was another activity when all participants had to greet each other with gestures, which was followed by "choosing sides" of opposite notions (night and day, hot and cold, tea and coffee) and going to opposite parts of the room, based on their instinctive feelings. The activities generated a lot of movement, interaction and fun.

The session ended with some information about the logistics of the venue (Arts Academy in Gdańsk), the programme of the day and the rest of the week.

Facilitator: Małgorzata Sz waj, International College



1.2 Move On with Music: exploring creativity through musical activities

The second session on the first day was focused on universal aspects of music and the fact, that in order to enjoy music and – create it – one does not need to have professional qualifications. In fact, music is available to all if we enjoy it through song or play a tune. The participants were invited to use self-made percussion instruments to accompany the singing of simple folk songs or beating the rhythm of musical pieces. All participants were able to take part in all activities, enjoyed themselves and the session strengthened the spirit of group integration and satisfaction.

Facilitators : Maria Datta , Gdańsk Musical Academy and Katarzyna Targowska, International College



1.3 Creativity in language learning

The third session of the first day had a more calming effect, and started with a guided visualisation, to the background of peaceful music, about walking in a garden. The participants were asked to stroll in an imaginary garden and observe plants and flowers. After they exchanged their mental images, they briefly discussed what we need in order to learn effectively and “**grow**” – the metaphors of soil, light, nutrients, what tools we need in order to learn , what skills we need to acquire etc.. Then, the participants constructed

together a “tree of skills” , a three dimensional structure, which combined the ideas of all participants about what helps us to grow and learn.

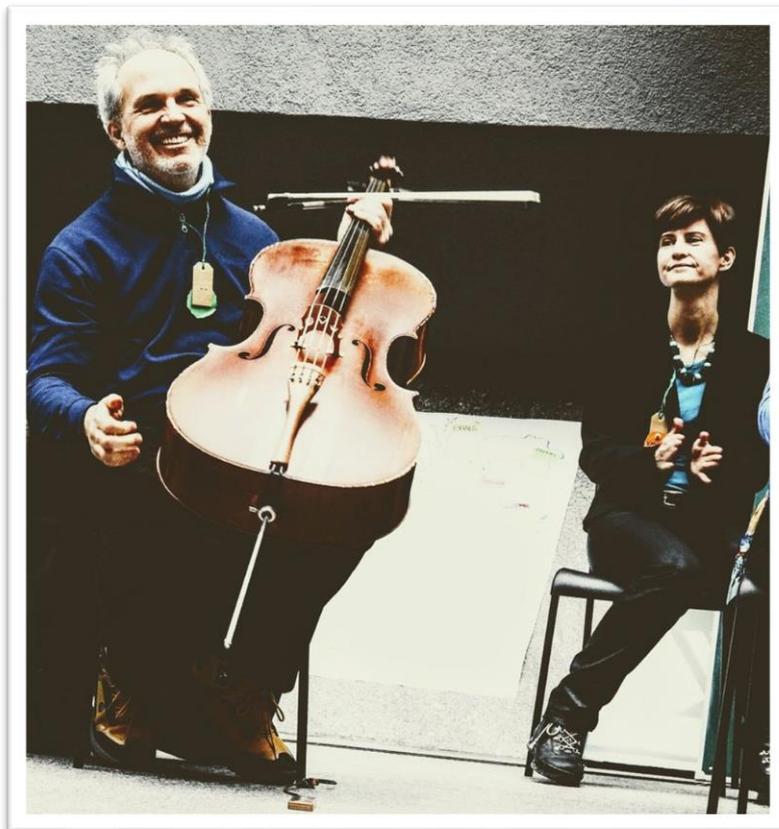
Facilitator: Magda Malinowska, International College



1.4 Teaching Children from 9 to 99- a lecture on Music – a universal form of education

This lecture, offered by a renowned conductor, was a presentation of the principles on which writing and playing music is based. The lecture was punctuated with musical presentations (the facilitator demonstrated his ideas by playing the cello).

Facilitator : Philippe de Chalendar, Civic Enterprises



Day 2. Tuesday Feb.11th 2020

2.1 Move On with Dance – therapeutic aspects of movement and practical workshop

The morning of the second day was devoted to movement and its central function to our psychological and physical wellbeing. The sessions were led by a certified dance therapist who managed to draw everybody to the floor and got them to move with feeling and enthusiasm. The practical part was preceded by a short presentation about the impact of dance on the neurological structure of our bodies. After the introduction, we started various exercises to warm up our bodies to movement and practiced several dancing sequences.

2.2. Move On with Dance – dancing the cultural heritage

In the second session after the break, we danced to the music coming from partner countries and talked about how music and dance affect our emotions. Many participants talked directly how they felt and observed that dance has strong healing powers. Everybody felt moved and uplifted by the session which dissolved inhibitions and raised self-esteem.

Facilitator : Edyta Bonk, University of Gdańsk



2.3 Shakespeare solitaire - educational programme for senior citizens

The afternoon activities were related to theatre and involved a visit to a professional venue - The Gdańsk Shakespeare Theatre where theatre companies from all over the world give performances of Shakespeare plays and other theatre productions. Apart from its artistic function, the Theatre runs a very extensive educational and community programme which includes performances based on Shakespeare plays prepared by 50+ participants who are not actors by profession.

2.3.1 Tour of Gdańsk Shakespeare Theatre

First, the participants of LTTA 2 were taken on a tour of the theatre which won several rewards for the architecture and design. We could see how many functions the well-designed space of a theatre can have, and understand what is needed for staging different productions. The tour was very interesting and participants asked many questions.





2.3.2 Drama workshop

The participants of LTTA 2 were then invited to take part in a drama workshop where they could do several simple tasks that helped them loosen up and take part in short, improvised sketches. This session generated a lot of laughter and good energy and encouraged the more shy participants to get involved in amateur theatre activities !

Facilitators : Anna Ratkiewicz, Katarzyna Rukat, Marta Nowicka, Gdańsk Shakespeare Theat



Day 3. Wednesday Feb.12th 2020

The whole of the third day was devoted to different forms of handcraft as a form of personal expression and relaxation, as well as functional utility. Some women 50+ are well acquainted with handcraft, while others never had a chance to try and rule out this opportunity. The workshop was a practical hands-on experience and gave a lot of confidence and pleasure to all participants.

3.1 Move On with Handcraft - exploring creativity through various forms of handcraft and needlework

In the first session, after some introductions about the psychological and physical benefits of practicing different forms of handcraft, the participants were invited to get involved in practical tasks related to needlework and produced practical things such as a scarf, a shopping bag, a coaster, etc.

3.2 Move On with Handcraft – patchwork and crocheting

In the second session, the participants were involved in learning the techniques of patchwork and crocheting which generated a lot of intensive work, focused attention and, last but not least, plenty of satisfaction about one's work.

Facilitator : Elżbieta Rolbiecka, Oliwa Hall of Culture





3.3 Trainers' workshop -Meeting in The City Culture Institute (Instytut Kultury Miejskiej)

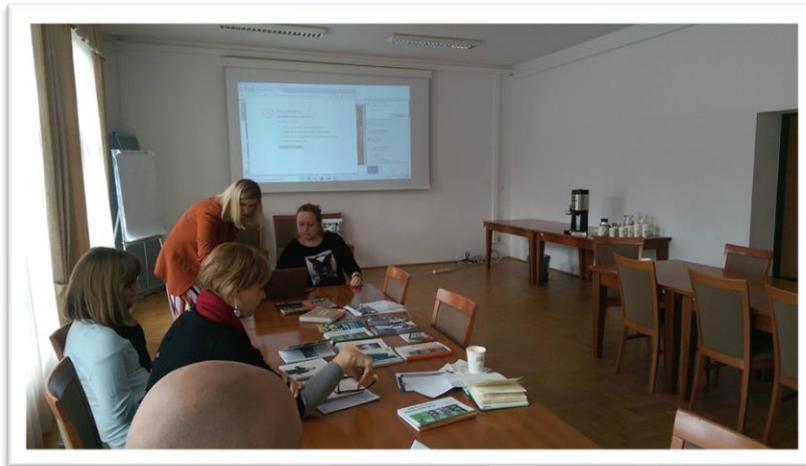
While the participants were learning the art of handcraft, the trainers from each partner organisation were welcomed in The City Culture Institute to learn about its activities, especially in the field of involving citizens with limited education and from deprived districts. to participate in cultural/artistic projects.

3.3.1.Presentation of IKM educational/ artistic activities

The Head of Education Department at CCI (*Marta Bańka*) had a presentation about cultural and educational projects which the city of Gdańsk introduced in its deprived districts in order to revitalise the areas and motivate their inhabitants to take up employment as well as become active on a social level. Projects such as The Local Guides or Get to Know Your Neighbours have been very successful and they can be adapted to other contexts. The ideas presented in the meeting were very inspiring for the trainers.

3.3.2 Co-Creating Erasmus + (2021-2027) and European projects promoting education through art for adults

In this session, *Renata Jankevičienė* from PRSC presented other Erasmus + projects in adult education which focus on art as a vehicle for further development.



3.4 Artists in action

In the afternoon, two women presented briefly their work. Both of them occupy themselves with artistic activities but one of them is a professional artist, while the second one discovered the creative side as a way of dealing with traumatic events in her life.

Tapestry and Photography

The first artist (*Natalia Bereźnicka*) presented her work by playing a film which showed her inspirational source – nature – which later on is transformed into large-scale tapestries. The second one (*Joanna S. Grzybowska*) – an amateur photographer talked to the group about a moment when, faced with a traumatic point in life, she decided to start taking photographs of the sunset for 365 days and how it transformed her entire life. Then, we had a chance to see her work in a short film. Both meetings gave the participants some personal reflections on the power of one's individual creativity.



3.5. Art therapy for senior citizens

The last point of the programme was a visit to a Residential Care Centre where senior citizens have classes in creative activities and handcraft, such as painting, drawing, patchwork, knitting, sewing, photography etc. Such classes are run by volunteers 50+ who share their passion with the elderly. The meeting was a very good social occasion to see their work and talk about the idea of volunteering when you are 50+.

Facilitator : Agnieszka Cysewska, Director of Residential Care Centre in Sopot

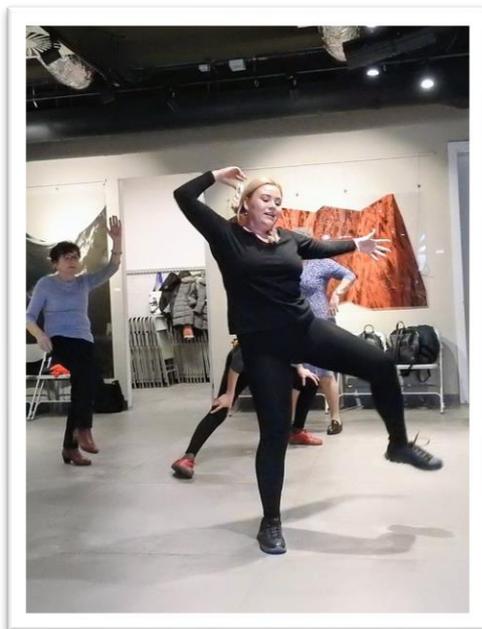


Day 4. Thursday Feb.13th 2020

The fourth day took place in a new venue – Oliwa Hall of Culture – where the participants of LTTA 2 could take part in the activities organised by the community cultural centre. The Oliwa Hall of Culture combines the function of an art exhibition centre with community education through art and creative projects, therefore it was an ideal venue for the participants of LTTA 2 to experience the aims of the project- MOVE ON - put into practice.

4.1 Move On with drama- exploring creativity through body work

The first session helped everyone forget their initial reservations about – *what would I look like and what will others think of me ???* - by involving everybody in a series of warm-ups that relaxed our bodies and showed that losing self-consciousness can be fun!.





4.2 Shadow Theatre – practical activities and presenting a story

After the coffee break, the participants watched a Shadow Theatre performance. Then, they were divided into groups and instructed on how to tell a story by means of the techniques of shadow theatre. The session was a huge success and the participants experienced what it involved to create a script collectively, assign roles, make special effects, and act it out !

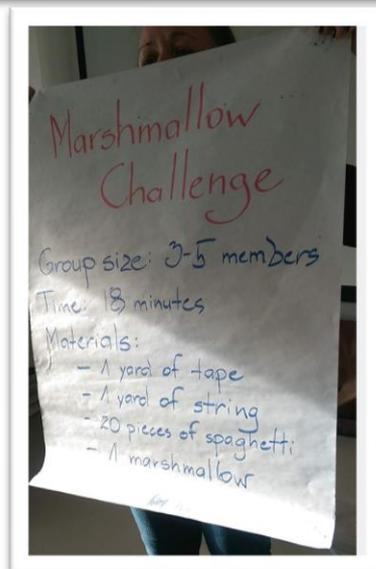
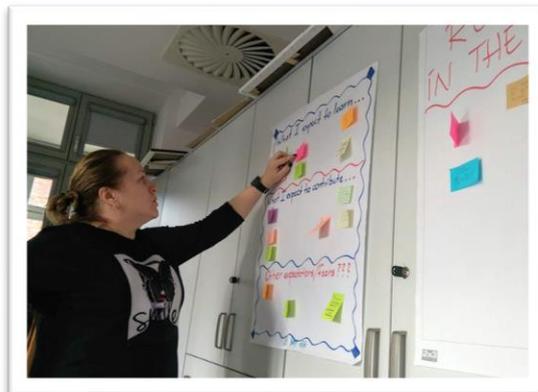
Facilitator : Olga Cisewska, Oliwa Hall of Culture



4.3. Trainers' workshop - Facilitation and creativity skills in adult education

When the participants had their drama workshop, the trainers from all partner institutions met to learn about facilitation and creativity skills. Several activities were introduced and the trainers were involved in problem solving tasks. The session was inspirational and had interesting practical ideas for all to use.

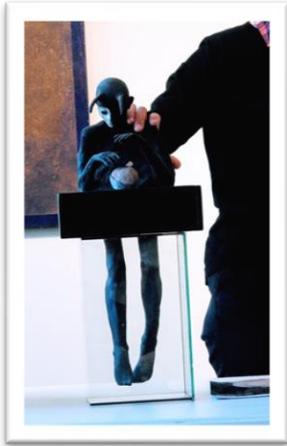
Facilitator : Margit D  una, Kuressaare Gymnasium/Osilia



4.4 Meeting with an art curator; discussion about strong feelings evoked by art

One of the persistent problems with appreciating works of modern art by members of the public, and especially people who missed out on education, is a comment – *I don't understand it !*. This session was dedicated to all participants of LTTA 2 who felt insecure in the environment of modern art galleries and unable to offer any comments about the personal impact of the pieces of art they were looking at. The art curator explained where the old/traditional norms of evaluating art had come from and how they changed in modern times.

Facilitator : Anna Cirocka, Oliwa Hall of Culture



4.5 Project Creative Forum with partners' input

All the sessions of LTTA 2 so far, had the effect of raising participants' confidence and self-esteem, getting them to have first-hand-experience in

various types of artistic activities. On this session all the project partners had a chance to share with others their creative ideas which they felt were important. The presentations included poetry recitation, a sketch, multimedia invitation to visit a place, a song, a personal account of a success story – the leitmotiv of the project, and others.

Facilitator : Małgorzata Sz waj, International College



Day 5. Friday Feb.14th 2020

The last day of LTTA 2 was a closure of various themes central to the project and the training event. The activities on that day resonated with the central aim of the project by showing the participants how they can grow and move on, and that moving out of unemployment - is possible. The final day addressed these issues by showing practical and personal examples of how it can be achieved.

5.1 Women in action part 1 - meeting a female folk community group “Paczewianki”

The session was an interactive discussion with members of the Country Housewives Association „Paczewianki” who are a group of retired women from a very small village , Paczewo, in the Kashubia region, 60 km from Gdańsk. They have basic education and no prior experience in creative projects but they recognised the strength of supporting each other and their community through active involvement. They use their time to create regional handcraft pieces and promote Kashubian culture and cooking. Members of the group explained what made them organise themselves, how they worked on creating their community identity and what internal resources they used in order to move on.

Facilitator : Magda Abraham –Dębska, Oliwa Hall of Culture





5.2 Women in action part 2- Interactive discussion about the art of regional cooking – with practical examples !

It turned out to be a lively discussion on the topic of the Art of Cooking with participants from different countries suggesting what their regional cuisines were like, what ingredients were used and what dishes were typical. In the course of the discussion, the participants discovered how many similarities there were across the countries in the types of dishes and ingredients despite the geographical distance. At lunchtime, a Kashubian lunch prepared by members of *Paczewianki* was served, and it was - a huge success !

Facilitators : Halina Miotk, Magda Abraham –Dębska, Małgorzata Sz waj



5.3. Trainers' workshop - ICT skills in adult education

In this session, which ran parallel to session 5.1, trainers had a chance to try several activities which, in a creative way, motivate to upskill ICT competences for adult learners and their trainers.

Facilitator : Margit Dööna, Kuressaare Gymnasium/Osilia

5.4 Presentation of MY SUCCESS stories

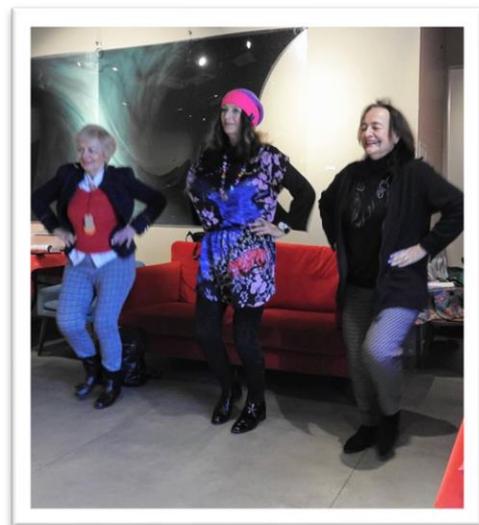
One of the outputs of the project has been the collection of MY SUCCESS Stories which were visual presentations of individual success points. In this session, participants of the host partner organisation – International College – presented their visual success stories and explained what it meant for them. Then, the works were handed over to the project Coordinator to be included in the final book of Success Stories.

Facilitator: Małgorzata Sz waj, International College



5.5 Certificates, final words and group photo

The final session was an official closing ceremony but, thanks to the strong creative spirit of the project, it turned out to be another creative occasion, where participants shared their images from the past week, received and gave personal heart-shaped messages (St Valentine's !), enjoyed an improvised short cello concert given by Philippe de Chalendar and came to collect certificates with the steps of a traditional Polish Dance – Polonaise. Memorable final moments ...!





We believe that this LTTA 2 and active involvement in the project has really given the participants i.e. the target group- Women 50+ unemployed etc ... - the tools to **GROW**, a constructive reflection of **WHO CAN I BE** and the confidence to **MOVE ON** !





(NB. This report can be supplemented with the LTTA 2 Programme and BIODATA information about the facilitators.)