

# TRANSFORMING EMOTIONS

NONVIOLENT COMMUNICATION  
meets CONTACT IMPROVISATION

International Training Course  
9-16 November 2023, Poland



Co-funded by  
the European Union

PERFORM  
ARTISTIC FOUNDATION



# ABOUT THE PROJECT

The project is a direct follow-up to the training course "Empathy Matters: Embodying Nonviolent Communication", which was held in May 2022. The idea of connecting Nonviolent Communication (NVC) with Contact Improvisation (CI) was highly appreciated by the participants, and the need to extend these practices in the context of youth work appeared. In this project we want to show participants how the full connection to the core of the body, the feelings and needs, can be done through NVC and CI, while working with concrete emotions. We will focus on recognising and transforming four strong feelings: anger, shame, guilt and fear.

The aim: to learn how to transform intense emotions through NVC & CI practice and to provide tools to support young people in their emotional growth, self-regulation and resilience.

## Objectives:

- to raise self-awareness and increase emotional well-being
- to increase body-mind connection
- to learn how to locate the emotions in body and understand how to regulate them
- to increase the ability to become grounded, learn techniques to release stress and become more resilient
- to practise how self-awareness can support empathy and respect towards others
- to practise how to shift from reactivity to relatedness, and take responsibility for one's feelings and decisions

# FOR WHOM?

This training course is designed for **youth workers with previous experience in Nonviolent Communication (NVC) and Contact Improvisation (CI)**.

**TC Language: English**  
**Age: over 18**

The participants must have an experience in working with NVC with other people and have completed **at least 18 h of NVC training before**. The participants also must have experience in working with **movement** and be ready to work using **touch** with other people. There is no needed experience in CI but participants need to be aware of what it is and be open to try it during the course.

The training course is foreseen as an intense workshop of working 6-7 hours per day with other people, using the whole body and sharing our deep emotions. Please, apply only if you can fully commit to the course and be ready to work and share with other people.

Important! The project is designed for people who are willing to increase their self-awareness and **ready to share their feelings and their private stories** in order to make their learning experience more authentic and profound. Although it's not a therapy some therapeutic tools may be used and there is a chance that some strong emotions can come to surface. If you are following any therapy please consult with your therapist if the project is right for you.

The whole project involves **online preparation, a 6-day training course** with full presence, and the **follow-up activities** implemented & documented by the participants in their home countries.

# WHERE?

<http://www.wataszka.com>

Wataszka Guest House is located in the upper part of the village of Wójtowice in the Bystrzyckie Mountains, at an altitude of over 700 m above sea level. You can admire beautiful nature from the windows & feel it fully as soon as you step through the doorstep, however you can struggle with **poor internet connection** or phone signal. Please take it on the account while applying for our project.

The house is large and spacious, which will allow us to work and rest comfortably. The cosy rooms with access to a bathroom will accommodate between 3 and 6 people and offer comfortable conditions to rest after intensive training days.

All meals will be prepared according to the original menu of the local kitchen, using **only vegan & vegetarian** fresh, seasonal ingredients. You will be able to help yourself with coffee or tea during breaks and free time :)



# HOW TO GET THERE?

The venue is not easily reachable therefore we will organise a bus from Wrocław. It's important that you arrive in Wrocław on time!

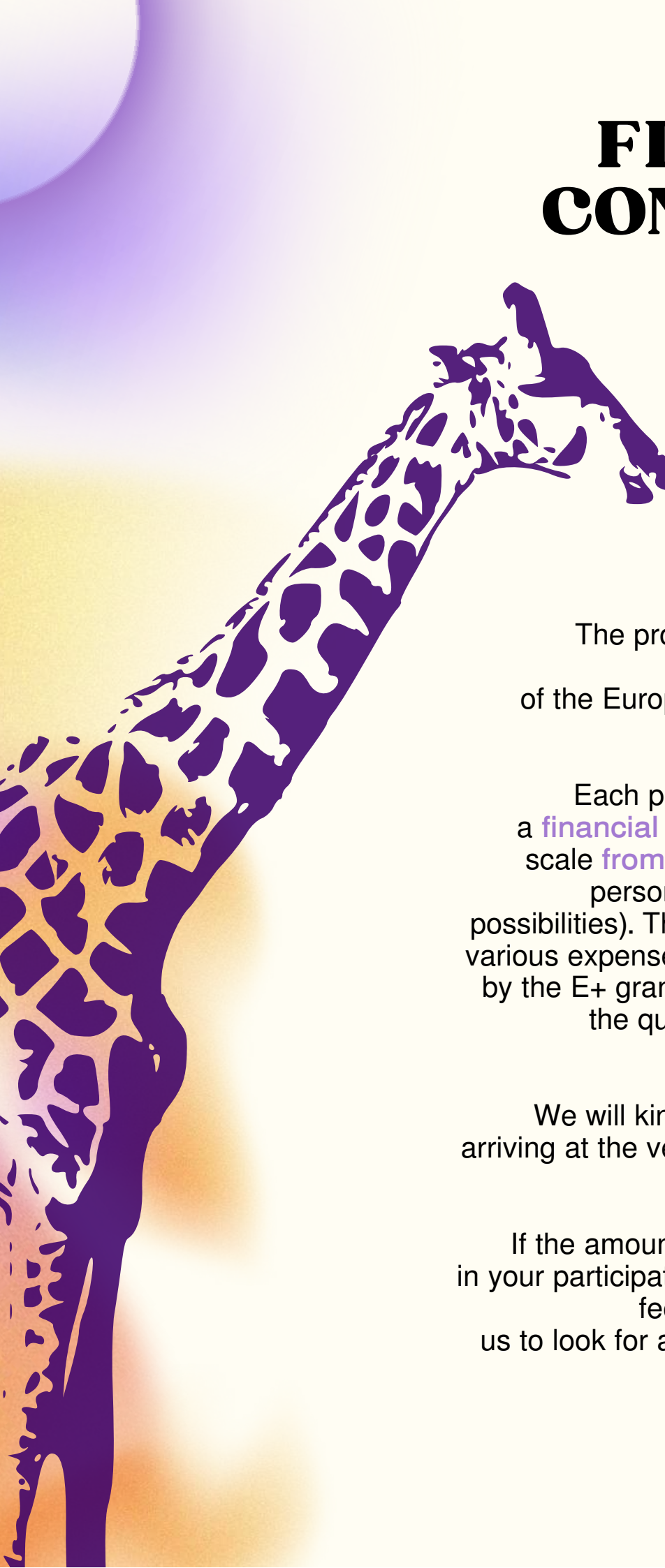
You should get to the railway/bus station in Wrocław no later than 5 pm on the 9th of November 2023.

A bus will also take us back to Wrocław. It's important that you plan your travel not before 1 am on the 16th of November.

Before buying any tickets please consult your travel option with us. Tickets purchased without our acceptance, may not be reimbursed.

Participants are responsible for their travelling and medical insurance.

# FINANCIAL CONDITIONS



The project is co-financed by the Erasmus+ Programme of the European Union, which covers most of the expenses.

Each participant is asked to offer a **financial contribution**, on a sliding scale **from 120 to 150 Euros** (each person will choose according to possibilities). This money will be used for various expenses that cannot be covered by the E+ grant, as well as will reassure the quality of the venue and the programme.

We will kindly ask you to pay before arriving at the venue on the bank account of our organisation.

If the amount of money is an obstacle in your participation in the training course, feel free to get in touch with us to look for a solution, before applying to the course.

# GUIDELINES FOR TRAVELS & REIMBURSEMENT:

**REGULAR TRAVEL (by plane):** Please remember that taxi and business class flight tickets will not be reimbursed, only the economy class flight tickets, train tickets and bus tickets will be reimbursed.

**GREEN TRAVEL:** We encourage you to choose green travel options, which include train, bus or carpooling. Green travel does not include planes.

The reimbursement of the travel costs will be done in EURO, regardless of the currency indicated on the tickets, receipts or invoices.

The money will be reimbursed up to 1 month after the training course, provided active participation in the whole project & delivery of all the relevant documents.


All tickets must be purchased before the training and only tickets delivered to the training will be reimbursed. Tickets purchased after the training will not be reimbursed.

country	number of participants	maximum of reimbursement for each person*	
		regular travel (plane)	green travel (bus, train, carpooling)
Italy	2	245 €	290 €
Spain	3	245 €	290 €
Portugal	3	330 €	380 €
Romania	3	245 €	290 €
Croatia	2	245 €	290 €
Poland	2	150 €	180 €

\*Maximum Erasmus Plus travel allowance for each person is travel allowance defined by the Erasmus+ Programme minus 30 euro for the shared return bus from Wrocław to Wataszka

## TEAM

# Paulina Orbitowska- Fernandez

A portrait of Paulina Orbitowska-Fernandez, a woman with long, straight, light brown hair, wearing glasses and a dark blue top. She is looking directly at the camera with a neutral expression. The background is a soft, out-of-focus indoor setting with light-colored walls and a window with blinds on the right side.

Paulina has finished postgraduate studies in Leadership in Education and Nonviolent Communication according to Marshall Rosenberg, Train the Trainer of Nonviolent Communication and Mediator Studies, at Collegium Civitas in Warsaw, Poland. Finished Business and Life Coaching at the School of Empathic Trainers in Warsaw. She has attended numerous NVC courses with various international trainers. She has worked as a trainer since 2017. She has given numerous trainings for non-profit and business organizations, schools, teachers and parents.



A close-up portrait of Paulina Swiecanska, a woman with long, wavy brown hair, looking directly at the camera with a slight smile. The background is a soft, out-of-focus gradient of light colors.

**TEAM**

# Paulina Swiecanska

Paulina is a multidisciplinary artist who develops her and others' awareness through dance, music and painting. As a dancer and choreographer, she mainly works with techniques such as contact improvisation, authentic movement, floor work, animal flow and pilates. In music, despite her classical education, she works with improvisation. In painting with the VedicArt technique.



**TEAM**

# **Sylwia Federico**

Sylwia is a non-formal educator passionate about learning and developing human potential. She loves creating learning spaces for self-discovery where people can safely explore and express their inner worlds and connect with others in an authentic way. She has worked internationally in the field of human development since 2010 and she has been a practitioner of NVC since 2018. Her experience includes group facilitation, project management, and coaching and mentoring.

# APPLICATION PROCESS

If you wish to participate, please fill in the form:

<https://forms.gle/MpSBDmjzS9udcCaGA>

This course is a continuation course for anyone who has done at least 18 hours of NVC course in the past and is aware of what Contact Improvisation is. If you haven't done a course on NVC please reach out to us before applying. There will be a priority given to participants who took part in the first edition of this course. The selected participants might be invited to an online interview.

Please note that the final confirmation of your participation is the proof of purchasing the tickets for the project and paying the participation fee.



# TIMELINE

Deadline for applications:  
**31 of August**

Date of final selection:  
**14 of September**

Deadline for buying tickets:  
**29 of September**

Online preparation:  
**October**

Deadline for paying participation  
fee:  
**5 November**

Project dates:  
**9-16 November**

Deadline for completing Mobility  
Tool and Evaluation Forms:  
**30 November**

Follow-up activities &  
Dissemination:  
**December and January**

Deadline for reimbursing the travel  
tickets:  
**15 December**



**INFO:** [erasmus@perform.org.pl](mailto:erasmus@perform.org.pl)

**ORGANISER:** [www.perform.org.pl](http://www.perform.org.pl)

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