

A watercolor illustration of a stylized human torso, viewed from the front. The central element is a light green, elongated shape representing the spine or a central organ. On either side of this central axis are various colorful, abstract shapes representing internal organs. Large, vibrant red shapes flank the central area, possibly representing lungs or large organs. Smaller, more varied colors like orange, yellow, and purple are interspersed. At the top, there are small, colorful, fan-like shapes. At the bottom, there are two circular, pinkish-purple shapes. The entire illustration is rendered in a soft, painterly style with visible brushstrokes. Overlaid on the lower half of the illustration is the text "CREATIVE TRIBE" in a dark purple, serif font.

CREATIVE TRIBE

WE BELIEVE THAT EVERY HUMAN BEING IS CREATIVE.

WE BELIEVE THAT EVERY HUMAN BEING HAS THE CAPACITY TO GO IN RESONANCE WITH HIS/ HER ENVIRONMENT.

WE BELIEVE THAT EVERY HUMAN BEING HAS PASSION AND PLAYFULNESS.

WE BELIEVE IN CREATING AN ATMOSPHERE WHERE THIS CREATIVENESS CAN BE DEVELOPED.

WE BELIEVE IN SENSEMAKING THROUGH ART.

WE BELIEVE THAT WE DO NOT KNOW WHAT IS BEST FOR OTHERS, THAT WE CAN ONLY OFFER AND FRAME A SPACE AND AN EXPERIENCE.

WE BELIEVE THAT NEW AND TRANSFORMATORY EXPERIENCES CAN BE MADE THROUGH ART.

WE BELIEVE THAT INSPIRATION IS IN YOUR SURROUNDINGS.

WE BELIEVE NATURE IS A GREAT RESOURCE FOR CREATIVITY.

WE BELIEVE THAT DEEP AND TRANSFORMATORY EXPERIENCES NEED A SAFE SPACE, A CONTAINER, A COLLECTIVE TO BLOSSOM.

WE BELIEVE IN THE MIXTURE OF "PURE" EXPERIENCE AND AN ANALYTIC INTEGRATION OF THE THINGS THAT HAPPENED THROUGH REFLECTION.

# WHAT WE OFFER?

WE SEEK TO CREATE A MIXTURE OF CREATIVE METHODS AS A COMBINATION OF EXPRESSIVE AND FINE ARTS. THROUGH DIFFERENT WAYS OF EXPRESSION SUCH AS: CREATIVE ART EXPRESSION (EG. COLLECTIVE DRAWING, SCULPTURE OR PERFORMANCE), CREATIVE WRITING, DANCE IMPROVISATION, SMALL PERFORMANCES, THEATRE & CLOWN, GROUP SCULPTURING, WE WANT TO ENABLE EACH PARTICIPANT TO DRAW FROM HIS/ HER OWN DWELL OF CREATIVITY.

THE JOURNEY WILL BE EMBEDDED IN A TEMPORARY COMMUNITY. ORGANIZING OURSELVES TOGETHER WITH THE PARTICIPANTS. THIS WILL BE ACCOMPANIED BY WORK OF CONSCIOUSNESS WITH DIFFERENT FORMS OF MEDITATION YOGA AND BREATH EXERCISES. AS WELL, WE WORK WITH COMMUNITY AND COMMUNICATION. IN THIS PART, WE WILL USE TOOLS OF "NON VIOLENT COMMUNICATION" AND "SYSTEMISCHEN KONNSIEREN" TO GAIN INSIGHTS AND GROW TOGETHER INDIVIDUALLY AND AS A COMMUNITY. WITH OUR PROCESS WE VALUE GOOD AND TRANSPARENT COMMUNICATION. IT IS IMPORTANT TO US TO TRANSMIT THIS THROUGHOUT THE PROCESS OF THE EXCHANGE. WE COOK TOGETHER, CLEAN TOGETHER, PLAY TOGETHER AND CREATE TOGETHER. MOST IMPORTANTLY WE REFLECT TOGETHER.





THROUGHOUT THE 10 DAYS THE FIRST 4 DAYS, FIXED WORKSHOPS WILL ALTERNATE WITH THE TOPICS: YOGA & MEDITATION/ CLOWN & THEATRE/ COMMUNITY & COMMUNICATION/ MEDITATION & SHARING/ ART IN NATURE, AS WELL AS TIME TO REFLECT AND INTEGRATE. WE OFFER A MIXTURE OF INDIVIDUAL FOCUSING, COLLECTIVE EXPERIENCES AND A COLLECTIVE ORGANIZATION.

THE LAST 4 DAYS WILL DEVELOP GROUP EXPERIENCES, WHERE A PRESENTATION ON STAGE WILL BE CREATED. DIVIDING THE THEATER EXPERIENCES INTO DIFFERENT SECTIONS, SCENERY (ART), THEATER AND MUSIC, EVERY PARTICIPANT JOINS A TEAM OF CREATION. ON THE LAST DAY, WE PUBLICLY PRESENT OUR CREATION AND CELEBRATE WITH SELF MADE PIZZA. DEPENDING ON THE GROUP PROCESS, THE WEATHER OR ACTIVITY, WE WOULD LIKE TO COMBINE WORKING INSIDE AND IN THE NATURE.



# WHERE?

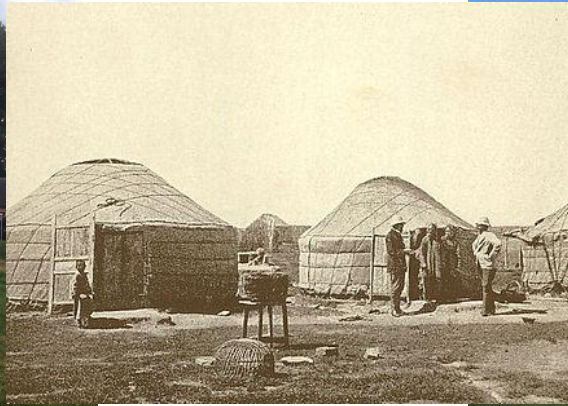
FOR OUR PROGRAM, WE USE A BIG FUNCTION ROOM "GÜTERHALLE" CONTAINING EVERYTHING WE NEED (TOILETS, SHOWER, SPACE TO WORK AND CREATE) IN THE "BAHNHOF E.V." IN OTTERSBERG. IT IS SURROUNDED BY NATURE AND A VERY BEAUTIFUL RIVER OR LAKES. [HTTPS://WWW.BAHNHOF-EV.ORG/](https://www.bahnhof-ev.org/)

THE ROOM IS PART OF A COMMUNITY AND OFFERS ALSO A SURROUNDING CULTURE OF COLLECTIVE SHARED CREATIVITY RESPONSIBILITY AND LIVING. CLOSE BY IS A BIG GARDEN WHICH OFFERS A PROTECTED AND ACCESSIBLE NATURE SPACE AS PART OF THE SAME COMMUNITY.

WHILE OUR STAY IN OTTERSBERG, WE HAVE TO RESPECT THE PRIVACY OF THE COMMUNITY. THIS MEANS, WE WILL HAVE WONDERFUL PLACES WE CAN STAY IN AND HAVE TO RESPECT THAT OTHER PARTS OF THE COMMUNITY ARE NOT OPEN FOR US AS A PROTECTION OF PRIVACY.

FOR COOKING, WE WILL HAVE A BEAUTIFUL WAGON TO COOK IN AS A COMMUNITY.





We will be sleeping in 2 or 3 Yurtes, which all have wooden floors. For this you will need a sleeping bag and a mat.

*The yurt is the traditional tent of nomads in Western and Central Asia, especially in Mongolia, Kyrgyzstan and Kazakhstan. From the yurt and the army camp formed from it derives the German name Horde for migrating people.*



# WHO ARE WE?

WE ARE TWO YOUNG ADULTS LALA (28 YEARS) FROM SPAIN AND JOHANNES (29 YEARS) FORM GERMANY WITH VARIOUS CULTURAL AND LANGUAGE BACKGROUND. LALA (B.A. IN FINE ARTS IN LONDON) JOHANNES (B.A. IN THEATRE & DANCE IN THE SOCIAL CONTEXT, B.SC. PSYCHOLOGIE) .

WE PROVIDE RESOURCES FROM OUR STUDY AND WORK EXPERIENCES IN THE FIELD OF ARTS AND PEDAGOGY. FROM THESE EXPERIENCES AND OUR PEDAGOGICAL KNOWLEDGE, WE ENABLE INDIVIDUAL DEVELOPMENTAL PROCESSES THROUGH DIVERSE FORMS OF CREATIVITY. WE WILL BE ACCOMPANIED BY A WONDERFUL TEAM OF LEADERS FROM VARIOUS PEDAGOGICAL, THERAPEUTIC AND ARTISTIC BACKGROUNDS TO ENABLE A WONDERFUL PROGRAM.



## HOW LONG?

WE PLAN A WORKSHOP TIME OF 10 DAYS PLUS 1 DAY TO ARRIVE AND 1 DAY TO LEAVE. SO 10 DAYS IN TOTAL. FROM THE 4TH OF SEPTEMBER TILL THE 15TH OF SEPTEMBER.

## WHEN?

MID SEPTEMBER (04.09.2019-15.09.2019)

ARRIVAL DATE- 04.09.2019 TILL 18 O' CLOCK & DEPARTURE DATE 15.09.2019 AFTERNOON/ EVENING

## HOW MANY PEOPLE?

A GROUP FROM 30 PEOPLE (2 LEADERS PER GROUP)

## HOW IS THE AGE RANGE?

YOUNG ADULTS (18- 30 YEARS OLD)

## PARTNER ORGANISATIONS

ITALY---FUTURO DIGITALE ([HTTPS://WWW.FUTURODIGITALE.ORG/IT/](https://www.futurodigitale.org/it/))

GREECE---EKO GREECE ([HTTPS://EKOGREECE.COM/](https://ekogreece.com/))



# DISSEMINATION

IN ORDER TO RECEIVE THE GRANT FOR THE REIMBURSEMENTS, THERE IS A NEED TO PUBLICIZE THE PROGRAM BEFOREHAND AND DISSEMINATE THE OUTCOMES AFTERWARDS. WE ENCOURAGE ALL PARTICIPANTS TO MAKE AS MANY PHOTOS/VIDEOS AS THEY CAN, DURING THE ACTIVITIES, BUT ALSO DURING LEISURE TIME AND SHARE IT WITH US! ALSO, IF THERE ARE PARTICIPANTS WHO HAVE VIDEO EDITING SKILLS AND IF THEY WANT THEY CAN VOLUNTEER TO MAKE A SLIDESHOW/VIDEO OF THE PROJECT EXPERIENCE!

**Please send us the links from all your publication efforts, prior, during and after the project!**



# COMMUNICATION

DON'T FORGET TO MAKE A REQUEST TO OUR FB GROUP, WHICH IS GOING TO BE THE MAIN TOOL FOR OUR COMMUNICATION DURING THE PROJECT!

LINK: [HTTPS://WWW.FACEBOOK.COM/GROUPS/134707923211019/](https://www.facebook.com/groups/134707923211019/)



ALSO PLEASE FILL IN YOUR DETAILS IN THIS GOOGLE SHEET:

[HTTPS://DOCS.GOOGLE.COM/SPREADSHEETS/D/1W\\_HKW1X3SCBNE6V-5IW2COOP5VMULJWCXINKDELAR94/EDIT?USP=SHARING](https://docs.google.com/spreadsheets/d/1w_HKw1x3sCBNE6V-5Iw2cOOp5VMULjWcXINkDeLAr94/edit?usp=sharing)

## INSURANCE

ALTHOUGH WE CAN'T REIMBURSE YOU THE COST OF HEALTH INSURANCES, WE STRONGLY ENCOURAGE YOU TO MAKE ONE! GREECE IS AN EU MEMBER STATE, SO AN INSURANCE FOR TRAVELING HERE SHOULD BE CHEAP AND EASY TO MAKE. IF YOU HAVE A EUROPEAN HEALTH CARD, PLEASE BRING IT WITH YOU, IT IS VALID IN OUR HOSPITAL SYSTEM ALSO AND CAN REPLACE A REGULAR INSURANCE.

## FOOD

VEGETARIAN FOOD

## PACKING

MAKE SURE TO BRING COMFORTABLE CLOTHES YOU FEEL GOOD MOVING IN. DURING SEPTEMBER THE WEATHER IN GERMANY IS MOSTLY SUNNY AND CLOUDY, BUT IT CAN BE ALSO BE RAINY AND COLD IN THE EVENING. YOU WILL NEED SOME WARM CLOTHES ALONG WITH FEW SHORT SLEEVE T-SHIRTS. OF COURSE, CHECK THE WEATHER FORECAST BEFORE PACKING!

SLEEPING BAG + MATS + INSTRUMENTS OR ANY OTHER QUALITIES YOU CAN BRING (EG. JUGGLING, CARIOCAS, DIABOLO)!!

## OTHER THINGS TO BRING WITH YOU

- ◆ PASSPORT/ID
- ◆ STUDENT ID
- ◆ YOUR SMILE AND POSITIVE ENERGY :)

## FINANCIAL CONDITIONS

- ◆ THE PROJECT COVERS 100% OF:
- ◆ ACCOMMODATION COSTS (HOTEL AND MEALS)
- ◆ TRANSPORTATION COST WITH PUBLIC MEANS WITHIN BREMEN AND HAMBURG (TICKETS THAT COVER YOUR WHOLE STAY IN OTTERSBERG ARE PROVIDED)



# TRAVEL REIMBURSEMENT

ALSO TRAVEL COSTS ARE COVERED ACCORDING TO THE TABLE BELOW:

1. GREECE---EKO GREECE---370€
2. ITALY---FUTURO DIGITALE---370€
3. GERMANY-----50€

- ❖ The travel grant refers to the maximum amount of travel expenses eligible for reimbursement in Euros. This grant is based on the distance between the city of the sending organization and Germany, as calculated by the official distance calculator tool of Erasmus+ Programme. Travel grants correspond to the maximum amount of eligible reimbursement valid during the period of submitting the proposal. For more information you may check the following link: [http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm).
- ❖ **The participants (or the sending organizations) are expected to purchase their own travel tickets, and the actual costs will be reimbursed by CREATIVE TRIBE after the project through bank transfer, on the basis of the relevant justifying documents handed in to E.K.O. Please search and book your tickets early on (according to the travel rules below), as prices may increase day by day. Before booking your tickets please send the details of the flight to CREATIVE TRIBE ([hi.lalalandproductions@gmail.com](mailto:hi.lalalandproductions@gmail.com)) for approval.**
- ❖ Transport coverage and reimbursement includes transport from and to the airport Hamburg or Bremen or Hannover.

- ❖ Please note that taxi drives are not reimbursed.
- ❖ The travel of the participants must be from the country of their sending organization to Greece and back, in order to be eligible for reimbursement.
- ❖ If you wish to travel to Athens a few days earlier than the start of the program and/or leave later than its end you can do so (travel expenses will be reimbursed). Note, however that for the extra days you have to cover all other expenses yourself.
- ❖ These documents are obligatory for the reimbursement of travel costs:
  - **A fiscal invoice showing (i) the name of the participant (ii) the dates and times of travel and (iii) the amount paid Boarding passes.**
  - It is essential that the boarding are electronic and sent to us by email Electronic boarding passes are the documents received AFTER on-line check in, which have a barcode (not the booking confirmation mails).
- ❖ On the occasion your airline does not offer the possibility of online check in, and you have your boarding passes printed at the airport, we need the original boarding passes (no photos or scans).
- ❖ The receipts of the train tickets from and to the Airport to Ottersberg (not the ticket itself)
- ❖ No reimbursement can be made unless we have all boarding passes, flight invoices & all other required documents for all participants of each group. Therefore, if a participant is late in sending us the necessary documents he/she is responsible for the delay in the reimbursement of the whole team!

# IMPORTANT NOTICE

- ❖ The individual eligible reimbursement amount is subject to reduction of 50% on the occasion a participant misses 5-10 activities of the program. For more than 10 absences travel reimbursement will be waived completely. This is an attempt to avoid absences or big delays from people who may come with wrong expectations, as this will reduce the quality of the program and the experience of the other participants. In case of participants under the age of 18, they should have with them a written confirmation by their parents that they are allowed to participate in the project.
- ❖ In case of participants under the age of 18, they should have with them a written confirmation by their parents that they are allowed to participate in the project.

In case you have further questions, you can always contact us:

Contact Person: Eugenia Cifuentes

E-mail: [hi.lalalandproductions@gmail.com](mailto:hi.lalalandproductions@gmail.com)

Mobile phone: (+49) 17629989080

Whats app:(+34)635 21 65 34