

PAPAW

Erasmus+ KA1

17th - 24th of NOVEMBER 2025

Dear participant,

Congratulations for your selection and welcome to the KA1 “**PAPAW**: an Educational non formal project through performing arts in the framework of the Erasmus+ Programme.

Please read this info pack carefully. If you have any questions, you can always send an email to the JumBo team. NINA and CHRISTIAN (jumbo.office@gmail.com)

WORK-RELATED INFORMATION (What to bring, What to prepare)

Project Guidelines

This project invites you to explore your creativity both individually and as part of a group while practicing and developing your artistic skills.

You have to prepare a short Solo Performance

- **Length:** 2-4 minutes
- **Form:** Any performing arts discipline (dance, movement, acrobatics, theatre, poetry, performance, etc.)
- **Theme:** *Wellbeing*
 - You are encouraged to connect your performance to the theme.
 - It can be inspired by personal experiences, stories from others, or purely imagined.
- **Preparation:** Please rehearse your solo before arriving in Austria.

What to Bring

- **Comfortable clothing** (for movement and rehearsal)
- **Notebook** (for reflections, notes, and creative ideas)
- **Black and/or white costume**
- **Objects & sensorial materials**

- Bring one or more objects that hold personal meaning (e.g., photos, materials, personal items).
- You are also encouraged to bring sensorial elements from your cultural background (smells, fabrics, sounds, tastes, music) that connect to wellbeing. These will be used to create a shared installation during one of the sessions.

Important Note on Physical Contact

All activities will respect the comfort and boundaries of participants. Any use of physical contact will always be clearly announced and optional.

Be ready to be barefoot.

We suggest keeping a learning diary during the project please bring with you a paper notebook or a digital device that allows you to keep notes of what happens.

The theme of the project is well/being, we will use non-formal education methodology which will facilitate the development and acquisition of new skills, competences and thus contribute to personal and professional development. The course will combine a wide range of methods coming from theatre arts. The course will be based on experiential learning and will be eminently practical. Brief inputs will set the framework in different moments across the learning process.

The trainers will be Riccardo Brunetti and Emanuele Nargi, experts in using performing arts and creativity for social change and individual insight.

DISCLAIMER: Some of the activities involve physical contact in the respect of the participants, specifically during the energizers, team building, physical theatre and dance. If functional physical contact during the activities is not accepted, this project might not be right for you.

Please find attached the programme of the week.

Tasks for the participants to prepare.

We are looking forward to welcome you in Austria!



accommodation

Jugendgästehaus Mondsee, Krankenhausstr. 9, 5310 Mondsee, Austria

<https://www.oehv.at/jugendherbergen/oberoesterreich/mondsee/>

Transfer

Please notice that the dates include traveling days – the first and last are the days you are supposed to travel.

Airport to land: Vienna

ATTENTION: Arrival at Vienna Airport must be before 14:00! One of the last connections from the airport to Mondsee is at 18:30 - Please check the connections from the airport to Mondsee here: fahrplan.oebb.at

The journey from the airport to Mondsee takes about 4 hours!

Please try to be in Mondsee between 16:00 and 18:00. So that we have time to get to know each other and have dinner together.

Please send us your booking confirmation by 01.11.2025 and let us know your arrival and departure time from Mondsee before the training!

Participants will be accommodated in shared rooms. Usually 3 people per room together.

Food

We would like to point out in advance that the dishes are served at austrian meal times. The hostel tries to accommodate eating habits.

Coffee, tea, vegetables, fruit and snacks are free!

Costs for example food/drinks outside the common programme, are not included.

The hostel offers standard, vegetarian and vegan meals. Please let us know your preference. If you have any special dietary requirements, you will need to discuss this directly with the hostel.

Language

Even if we are a multi-linguistic team (we can work in German, English, Italian, Spanish, and French), the language used throughout the project activities will be English.

Materials you have to bring with you

Before starting the course you will be asked to develop creative work on your own, to prepare or study specific materials. You will get extra information from our trainers before the training starts in Austria! (you can also contact our trainer team Emanuele, Riccardo)
emmesabba@hotmail.com; riccardo.brunetti@gmail.com

participant Fee

the participation fee is a one-off fee of €50. you need no CASH cause we reduce travel reimbursement of € 50

Reimbursement

According with the ERASMUS+ Programme funding rules, we will reimburse the travel costs up to a certain maximum depending on the distance! (please check this: <https://www.jumbo-jugendmitbock.at/haeufig-gestellte-fragen/>)

Please bring with you all your original tickets, included the return ones (when you buy train or bus tickets, please buy round trip tickets, and if not possible, buy an open ticket). Please make sure to keep all your tickets (public transport) and send them to JUMBO via email after you got the last ticket – but at least 3 weeks after ending of the trainings-course! Required documents:

- Tickets
- any kind of payment confirmation, where the costs are visibly and clearly .i.e. Airline tickets: (containing the name of traveler, and ticket number).
- Boarding Pass
- Reimbursement form (will be sent later)

Submissions after that can no longer be considered. You will receive **all** your travel costs **in one** afterwards with bank transfer within 3 weeks after we received everything.

Unfortunately, we cannot refund you for trips with no ticket/receipt. **No taxis, no first class are accepted.**

Youthpass- Certificate

At the end of the project every person who has taken part is entitled to receive a Youthpass Certificate, which describes and validates the non-formal and informal learning experience and outcomes acquired during the project (learning outcomes). Furthermore, Youthpass is to be considered as a process of becoming aware, reflecting on and documenting the learning within the different phases of the project. For more information on Youthpass, please consult the Youthpass guide and further relevant material presented at www.youthpass.eu.

CONTRACT

By signing this contract, you declare to accept all the following commitments and duties (general conditions of participation and resignation)

NOTE Your Signed Declaration of Honor is valid for the Austrian Trainingcourse PAPA

Please send back before 15.10.2025



DECLARATION OF HONOR

- I commit myself to participate in the whole process;
- I accept the obligation to prepare carefully for the meetings and to do all the preparatory work at a distance that the team will ask me to do;
- I will be responsible for buying your travel tickets for this course.
- I will buy tickets that are the cheapest available;
- I agree to participate for the full duration of the project.
- I agree to participate in the entire evaluation process;
- I understand that it is my responsibility and at my own expense to obtain health and travel insurance (if you are an EU citizen, your health insurance will be valid throughout Europe). I understand that the information I provide about my special needs does not relieve me of my personal responsibility to ensure my own health;
- The organisers NGO JumBo are not responsible for any damage, theft or loss of my property;
- If I cancel my participation up to 1 week before the start of the course (without giving notice) or cancel before the end of the course, a penalty of 100 EUR will be charged;
- I agree that photos and videos taken during the course may be used for social media (FB, website) and to document the project;
- I agree with a WhatsApp group that will be set up before the course. If not desired, please contact the organiser explicitly.

I have read the general conditions of participation and resignation terms carefully and agree with it.

NAME, SURNAME and COUNTRY of RESIDENCE

Place, Date and Signature
