

CALL FOR PARTICIPANTS

D&MY - Dance and Music for Youth Empowerment
24-30 April, 2017 | San Miniato, Italy

The project **Dance & Music for Youth empowerment [D&MY]** is a Youth Exchange (YE) that aims at promoting self-esteem and strengthening empowerment of young people through arts, such as dance and music, used as tools to foster personal growth, team spirit and creativity.

The project is hosted by Association Nuovi Orizzonti takes place in **San Miniato, Tuscany, Italy** from **24th to 30th April, 2017** and involves **30 participants** from 6 countries (4 participants and 1 group leader from each country): **Estonia, Greece, Latvia, Lithuania, Romania and Italy.**

Participants will be encouraged to explore and experiment with new forms of self-development, highlighting their skills and understanding how to enhance them to improve their self-esteem and become more active citizens and participate in the life of their own community.

The artistic and creative potential of the participants will be exploited as a "portfolio of competences", which is configured as a valuable opportunity to experience social inclusion and employability pathways.

The objectives of the project are:

- to increase youth empowerment and self-esteem
- to improve socialization skills and inclusion in society
- to raise awareness of skills, improving employability prospects and career opportunities
- to enhance the leadership and youth empowerment
- to raise awareness of European youth projects and promote participation in other initiatives planned by the Erasmus + program.

PROFILE OF PARTICIPANTS

The YE involves 30 participants, 18-25 years old from 6 country (4 participants and 1 group leader from each country): Estonia, Greece, Latvia, Lithuania, Romania, Italy.

For a fruitful participation and the achievement of project objectives, the participants have to meet at least two of the following requirements:

- Music and dance skills (singing, ability to play musical instruments, passion for dance)
- Creativity
- Curiosity, enterprising and openness towards each other, willing to challenge themselves coming out from "comfort zone".

At least one third of the participants should have the musical abilities. The rest of the group is not required to have the specific skills, so that they can discover and experience their talents in the process.

During the project participants will live a journey of self-awareness, building self-confidence, discovery and exploitation of their talents, comparison with other young people and mutual learning, creative production of artistic performances based on improvisation and exploration of successful examples in the transformation of artistic talent in the social inclusion and empowerment.

METHODOLOGY

LEARNING TO PLAY, PLAYING TO LEARN: THE EXPERIENTIAL METHODOLOGY

All the activities will be carried out by the methodology of non-formal education. Music and Dance will be used as tools to facilitate teambuilding and socialization, strengthen self-esteem and interaction capacity, improve self-expression through sound and movement and discover hidden talents.

Games, Energizers, ice-breakers and teambuilding, story telling activities, communication through music and dance and empathetic activities will aim to increase self-esteem and socialization. Brainstorming, debates, debriefing, reflection time, group work and other cognitive activities aim to increase awareness of their talents and their potential. Finally the testimonies, visits and exhibitions will help to improve the ability to turn their talents into skills on which to build their emancipation and improve social inclusion.

FINANCES

This YE is financed by the Erasmus+ program. The costs related to food and accommodation will be completely covered by the hosting organization. Travel costs are refundable for participants who attend all the sessions, commit themselves fully to the activities and provide all ORIGINAL tickets, boarding passes and emails. The maximum reimbursement per participant from each country is up to as follows:

COUNTRY	TRAVEL COST LIMIT (eur)
Latvia	170
Estonia	270
Lithuania	170
Greece	170
Romania	170
Italia	80

If you are interested in participation, please [send the application](#) to:
dmyproject@nuoviorizzonti.org until 16th of March.