

## An Introduction to the training

This training course will explore the use of music as a tool for individuals and communities to further self-development, social cohesion and intercultural awareness. It will culminate in the creation of a 'symphonic' performance for the local community.

Themes of the course will be:

- → Working with musical systems from different cultures, including Western, Indian, Iranian and Japanese;
- → Exploring the building blocks of music: melody, harmony, and rhythm;
- → Making music as a tool for personal and spiritual development;
- → Music making as a group/community building activity: vocal and instrumental;
- → Exploring the role of music in our lives and communities;
- → The connection between nature and music;
- → Working towards a performance.

This will be a chance for participants to both experience these tools and methods and be empowered to use them in their home communities as well as personal and professional contexts. No previous musical experience required.

The course will use non-formal learning methods and will take place in the beautiful surroundings of the ASHA Centre in the Forest of Dean, U.K. The ASHA Centre has an outstanding track record in delivering transformative education in the fields of intercultural and interfaith understanding, sustainable development and the performing arts.

#### Participant Profile

- → Willingness to engage fully with the topic
- → Enthusiasm and ability to implement the acquired tools in home contexts
- → Passion for applied drama and creative tools to support personal and social development
- → Good English speaking skills
- $\rightarrow$  18 or over







### Reimbursement of Travel Costs

ASHA reimburses travel expenses at 80% of the overall cost (but no higher than the <u>Erasmus+ travel distance band ceilings</u>).

## Partner Countries, Organisations and Travel Budget Ceilings

COUNTRY	PARTNER ORGANISATION  &  CONTACT EMAIL  (FOR ENQUIRIES REGARDING PARTICIPATION)	NUMBER OF PARTICIPANT SPACES	TRAVEL BUDGET CEILING: 80% OF TOTAL AMOUNT REIMBURSED UP TO
United Kingdom	The ASHA Foundation maris@ashacentre.org	- 5	180 euros
Croatia	CET Platforma Croatia croatia@cetplatform.org	- 4	275 euros
ESTONIA	Seiklejate Vennaskond <a href="mailto:haaletaja@gmail.com">haaletaja@gmail.com</a>	- 4	275 euros
GREECE	Youthfully Yours  youthfully yours gr@gmail.com	- 4	360 euros
İTALY	VulcanicaMente vulcanicamente.info@gmail.com	- 4	360 euros
Macedonia	CET Platforma Skopje macedonia@cetplatform.org	- 4	360 euros
POLAND	TDM2000 Polska janik@tdm2000.pl	4	275 euros
Romania	Asociata Hair Redivivus Buzau postoveitolea@yahoo.com	- 4	360 euros

# **How to Apply**

If you wish to apply, please bear in mind that travel costs can only be reimbursed when journeying from one of the above countries.

To apply for this training, simply complete the application form below (page 3), save it to your computer and then email it to **BOTH**:

- → The partner organisation based in your country of residence
- → AND maris@ashacentre.org

#### **Contact Us**

For questions regarding the course, please contact maris@ashacentre.org





