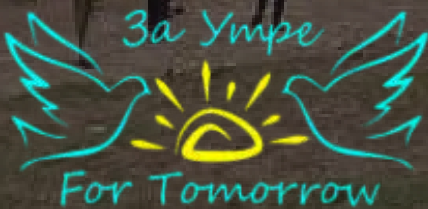




Co-funded by
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Training Course
**INnate art
INclusion**
**Innovative art tools for
social and work inclusion**

Dotni Rakovets, Bulgaria
28 March - 07 April, 2025



When you think about creativity, what comes to mind? Usually, we immediately have images of famous artists, painters, or musicians. I think of great works of art hanging in galleries, plays, and songs that set my soul on fire when we see and hear them. And yet, we realize this is a limited view of creativity. Since we are neither famous painters nor musicians, what does that mean about our capacity for creativity in the world?

Through this training program, we want to remind and show all participants that creativity is not exclusively about having specialized artistic talent, and it is not only for professionals in art. We often attach creativity to professional art and think that if we can't draw, dance, sculpt, or write music according to specific standards, then we are not creative.

We often think being an artist or creative person requires special gifts, special education, or higher intellectual abilities. What about intellectually disabled people? Is it not possible for them to be artists or create as "normal" people? All these prejudices will be broken and overcome during our project.

We are all creative; every person could be an artist, including the intellectually disabled. Yet, we don't often fully realize it, embrace it, or embody it. Through this training program for youth workers, we will present and practice methods to research, develop, and expose the inner creative potential of every person, especially of intellectually disabled individuals.

Developing and supporting the inner creativity of intellectually disabled youth is a powerful instrument for social and work inclusion. During the program, a team of artists, psychologists, and special educators will present different creative informal educational approaches and techniques that youth workers could use in their inclusive work with intellectually disabled youth.

We are going to use the power of voice, music, dance, painting, craft work, clay, and other creative approaches to learn how to connect and include intellectually disabled youth. Special focus will be given to the implementation of inner creativity and art for work inclusion and social enterprise development for young people with intellectual disabilities.

About the project

Project venue: village Dolni Rakovets, 50 km – south from Sofia

Period of training program activities: 29th March – 6th April 2025

Arrival day: 28th March, **Departure day:** 7th April

Host organization: Foundation For Tomorrow <https://zautre.bg/en>

Expected participants: Maximum 18 participants from a minimum of 5 countries (Bulgaria + at least 4 partner countries). Youth workers with experience or interest in informal education and support for social inclusion and work inclusion of young people with special educational needs. Especially, we will give advantage to participants interested in social entrepreneurship based on art and creativity activities.

- Participants should have experience in creative workshops, education, training, consultancy, social work, volunteering and/or other activities for support social and work inclusion of youth with special learning needs. We especially look for partners with experience in art and creativity work with young people with special needs.
- Participants must be ready to participate actively in preparation, implementation, and follow-up activities. They must prepare and present during the training program a presentation about the experience, present, and future activities of their organization in the area of the project topic. They must prepare and present the culture of their country – by presentation, games, music, dance, food, and other cultural activities. Every evening will have a cultural program of each partner's country.
- The participants must be ready to multiply the results from the training program by public presentation of the training results and by implementing the new knowledge and methodology in their work with intellectually disabled youth. As follow-up activity, each organization should realize at least 1 public presentation and at least 1 workshop with youth with special learning needs by using what was learned during the project's innate creativity tools.
- During the program, representatives of partner organizations should discuss and create a plan for next common activities and long-term partnership in the area of social and work inclusion of intellectually disabled youth.

Project objectives

This training program is designed to equip youth workers with innovative skills and methods for informal education and the social inclusion of youth with special educational needs. By harnessing the tools of inner creativity and art, participants will gain hands-on experience in fostering development and inclusion. Through interactive and informal educational methods, participants will be guided by leading experts in psychology, art, sound therapy, dance, social entrepreneurship, and work inclusion. The program will focus on utilizing innovative creative techniques to support the personal growth and social skills development of intellectually disabled youth.

The training will emphasize how art and creativity can serve as powerful tools for informal education, enabling youth with intellectual disabilities to build essential life skills and achieve meaningful social and work inclusion.



Topics in the training program

The topics included in the training program are:

- Exchange of experience and good practices in youth workers' work for social inclusion of young people with special learning needs.
- Exchange of experience in creativity and art methods in inclusive education.
- Interactive educational methods for social inclusion.
- Interactive music and sound methods as instruments for informal education of intellectually disabled youth.
- Interactive methods for supporting innate creativity.
- Innate art methods for inclusion – painting, handcrafting, inner theater, creative dancing, and more.
- Work with senses as an instrument for developing inner creativity of intellectually disabled youth.
- Social entrepreneurship as a tool for social and work inclusion.
- Social entrepreneurship through art and creativity activities.
- Environmental art methods for supporting social inclusion and personal development – art and creativity activities in nature, working with ecological materials, and more.
- Digital tools for creativity activities.
- Digital tools for networking and promoting social entrepreneurship.
- Europass Recognition tool for non-formal and informal learning of youth workers.

Topics in the training program

Planned informal and non-formal education methods:

- Ecstatic dances and energizers 😊
- Get-to-know interactive games.
- Presentation of each partner organization's activities.
- Experience exchange.
- Training sessions with experts.
- Self-presentations.
- Self-experience activities.
- Workshops, educational games.
- Musical and art sessions.
- Sense theater workshop.
- On-site meeting in a local organization (daily center for young people with intellectual disabilities).
- Practical work with intellectually disabled youth from the local community.
- On-site visit to a social enterprise.
- Country cultural presentations.
- Outdoor activities.
- Excursion for sightseeing of cultural and natural sights of the region.
- Cross-cultural interactive activities and any other according to the needs and proposals of the partners' organizations and the participants.



Travel

Dolni Rakovets is a village in Southwestern Bulgaria, situated only 50 km south from the capital Sofia. The village is quiet, situated in the valley under a hill with mineral spring water and charming forest. In the village has high-speed Internet connection and easy connection by train (around 1 hour) to the city center of Sofia.

How to reach Dolni Rakovets:

The closest Airport is Sofia. <https://sofia-airport.eu/en/>

The village has a direct connection by train to the central railway station of Sofia (only 70 minutes trip by train).

The hosting organization, Foundation For Tomorrow, will organize shuttle cars to the village for all participants arriving in Sofia. Please send us your travel details to organize a certain time and place of the cars departure!



Accomodation

The house for Personal development, "**Home OM**," is a retreat house for organizing events for informal education and physical and spiritual development. In the calm and relaxed atmosphere of the village villa, the participants could feel at home and get closer to group dynamics, interaction, and peer-to-peer education. The house has all the necessary facilities for an enjoyable stay of a group of 20 persons – 7 bedrooms (double, triple, and quadruple), four shared bathrooms, a common kitchen and daily room, a big terrace, a 48 m² training hall with all necessary training equipment, green yard with sports facilities, fireplace, swimming pool and own garden with fresh vegetables. The house and the village have mineral spring water.

During the program, participants will have fresh, homemade food from the local restaurant, but they could also participate in food preparation (especially for the cultural evenings) and learn some traditional recipes. Evenings are long and funny around the fireplace.

Next to the house, there is a charming forest with spring water and beautiful trails and views.



Educator Pass 2025

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members!

Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

For more projects: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities: <https://www.facebook.com/groups/186132221744993>

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