

Together we can "Catch the moment"



This training course in the context of youth worker mobility of the European Erasmus + program ([yes, look for Erasmus for trainers, it's worth it](#)) took place in Plovdiv, Bulgaria from 12th to 20th of July 2021.

The title (Catch your moment) or more freely "seize the opportunity" aspired to change the hypothetically unfavorable thoughts of 40 people from 12 European countries, in the current health crisis, through improvisation and entrepreneurship.

The result seems to justify trainers and organizers, if we consider the initial difficulty of pronouncing some of the participants' names in their native language and how, in the end, we managed to say difficult phrases from foreign languages, as well as to build common theatrical experiences based on improvisation.



Utilizing the teamwork and inspiration of the moment, as well as the techniques presented during the seminar, we were able to create, express and gain experiences, both on stage and during our seminar presentations, outdoors but and in the cafe in a central part of the city of the youth organization (Smokinya) that hosted us.

The knowledge, enthusiasm and disposition of the trainers (Kiss Gergo, Arany Brigitta, Kamberovic Sanja), as well as the original actions of the seminar, which was built on the 5 + 1 basic principles of theatrical improvisation and youth entrepreneurship (Acceptance Spontaneity, Story-telling, Unknown - Stepping to the unknown, Changing the patterns and Inspiration / Creativity - immediately formed the team spirit, despite our different age, educational and professional experiences.

All of us had the opportunity to get involved in the actions, to express ourselves creatively, to accept diversity and to cultivate respect and trust, as prerequisites for our participation in this seminar.

A typical example in our first acquaintance is that: the instructor encouraged us to show another participant by shouting his name - her wrong, even if we accepted her correction - his.



During the seminar useful skills of theater, business and life (such as invention, narrative, representation, self-observation, cooperation and flexibility but also values such as Acceptance, Self-knowledge, Incorporation of failure, Initiative, Perseverance, Creativity, Collaboration, Personalized) were presented in genuine and experiential way.

It is important to be said that we realized that our participation in this seminar did not seek to demonstrate the skills of the participants or the simple satisfaction of participating in small challenges and competitions, but the opportunity to reflect on what motivates us and what does not, what makes us creative, what connects us, what helps us to be open and what isolates us.





This was a creative condition of a seminar full of body activities for both people with a given physical movement and for people in wheelchairs, such as Manu from Spain, whom we will remember for a long time and whose example fills us with optimism.

During the seminar we had the opportunity to interact with participants from different European countries both during the activities and during our free time. We talked about the history and culture of our countries of origin. We danced dances from Bulgaria, the Canary Islands, Greece, Bulgaria and Turkey. We created new friendships and established new collaborations in the wonderful environment of Plovdiv, which combines the old and the new in a very creative way.

We are sure that we will transfer the acquired knowledge to the organizations we come from and we will encourage young people to take advantage of the opportunities given to them, through the Erasmus + Youth in Action programs to seek learning and personal development opportunities.

Finally, we thank the Greek organization "Solidarity Mission" for the opportunity given to us, through our choice, to participate in this seminar.

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