

2023 - SECOND EDITION!

La VIBRIA INTERCULTURAL & La LLUERNA present:

FACILITATING POWER

OR HOW TO IMPROVE YOUR LEADERSHIP

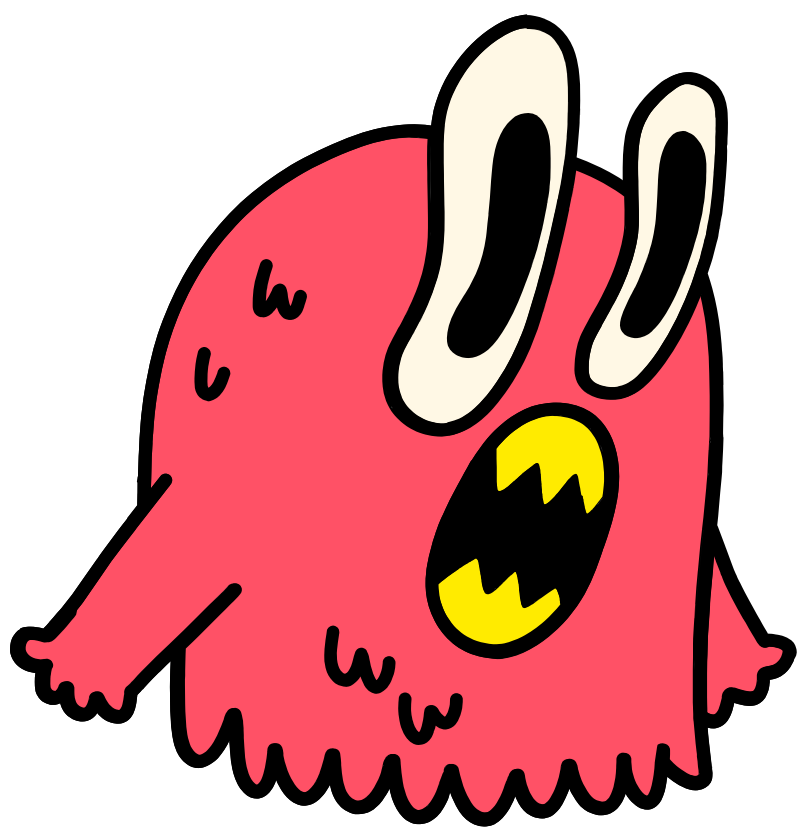
- **Arrival day:** 14th august
- **Departure day:** 21st august
- **Dosrius**, close to Barcelona
- **2 participants** per organization
- **Partners from** Spain, Georgia, Armenia, France, Italy, Slovakia, Greece, Ukrania, Malta, Croatia, Bulgaria, Romania, Turkey, Macedonia



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la lluernà



Do you know that?

80% of the conflicts have to do with invisible rank differences

Power differences are present in every interaction we have.

Privileges can be abusive or beneficial to others.

Please, join us if you are:

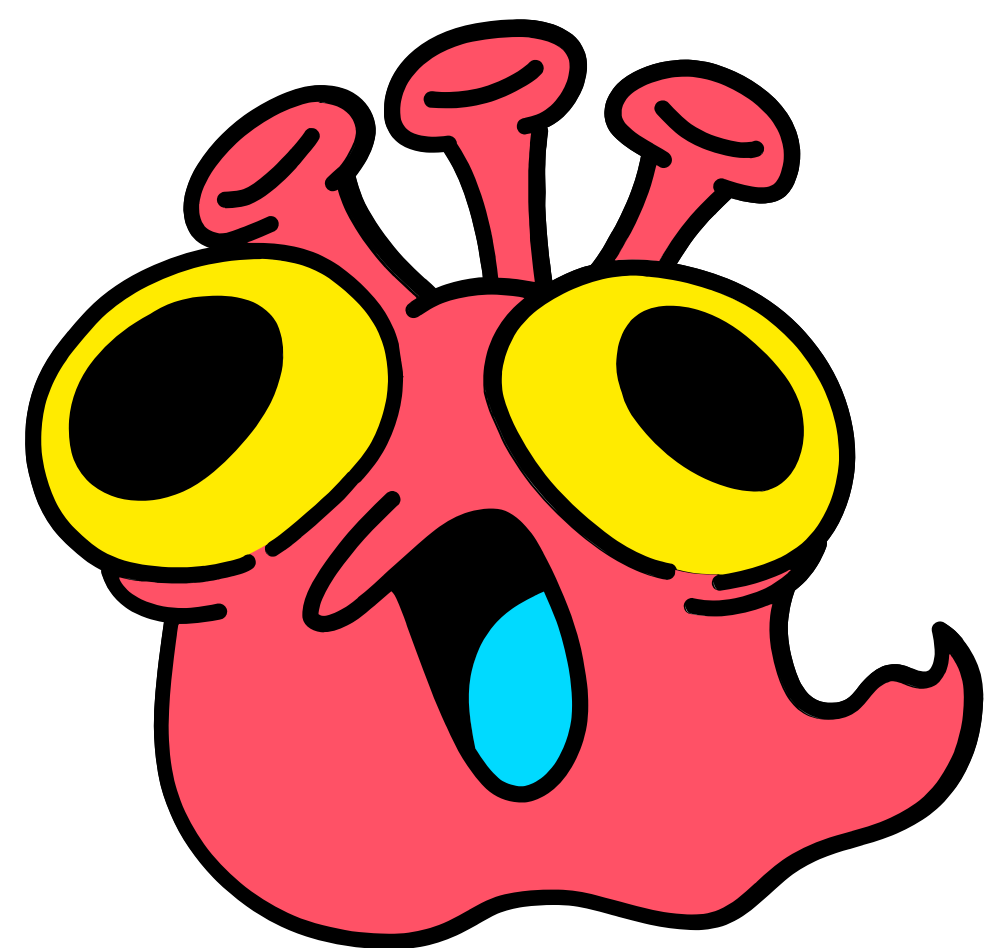
- Interested in learning more about your personal power dynamics
- Interested in getting sensitized for the power dynamics in your organization
- Coordinating a working team
- Part of an organization where you could implement the learning
- Dealing with a group of young people
- An expert of facilitating

You will:

- Understand rank, privileges and power dynamics that structure your perception and behaviour
- Understand and develop a plan to improve the power dynamics in your organization
- Learn how power is related to conflict
- Get a deeper understanding of the underlying dynamics of racism, sexism, classism, lgtbfobia, and exclusion to minorized groups in general
- Get a new understanding of human relationships
- Learn a new approach to facilitate
- Learn and try out new ways to deal with power (dynamics)

Methodology

- Process Work Psychology
- Social theater
- Theatre of the Oppressed





WARNING

This training course is intense

- in terms of introspection / self reflexion and a critical analysis of systemic structures
- the possibility of facing difficult emotions.

Power is a taboo in our societies and it's often associated with power abuse . That's why most of us have a difficult relationship with it. In order to deal with power in a healthy and useful way, we need to understand power with all its layers and dynamics - and we need also to get to know ourself better. Of course, you will be free to decide how you implicate in each activity, but we want you to know that:

- This TC are not a sweet place where to do holidays
- Can be dense in some moments
- It is a space to get inspired on a topic that is present in every moment of your life - Power.

Money for travelling

	NORMAL TRAVEL	GREEN TRAVEL (NO PLANE)*
Turkey	530€	610€
Italy	275€	320€
Slovaquia	275€	320€
France	180€	210€
Ukrain	360€	No option
Bulgary	360€	No option
Spain	180€	210€
Georgia	530€	No option
Romania	360€	410€
Greece	275€	320€
Malta	275€	320€
Croatia	275€	320€
Macedonia	275€	320€
Armeny	530€	No option

*In order to take care of the planet, we recomend and animate you to take this ecological option! The green option, means that you are travelling by train or bus - in other words: **no plane!**

How to get the house:

From the airport you can take:

- a train to **Barcelona - Sants Estació**
- or a bus to **Barcelona Plaça Catalunya**

From the train station (RENFE) of Plaça Catalunya or Sants Estació:

- Get the **R1 train** direction Massanet-Maçanes. Your final destination is **Mataró**.
- **Attention!!!** Be aware that there are two different trains going to Massanet-Maçanes, but **just the R1** stops in Mataró.



In front of the train station of Mataró, there is a bus stop. There you will take the **bus line 551**, going to **Dosrius**. There is just one bus per hour: at 15.15, 17.15, 18.15, or 19.15h. Please make sure that you do not arrive at Mataró after 7pm to make sure you get the latest bus!

In Dosrius, the house is called: ALFAR ALBERG.

We will send you the concret position when you sign up.

Be aware of the schedule!

Barcelona - Mataró in train: 50min.

Mataró - Dosrius by bus: 35min

It is important that you arrive to Barcelona Airport at 3 pm the latest in order to get to the house in the afternoon!



Regarding your return ticket: be aware that from the house to the airport it takes you around 3 hours. Do not book your train/plane too soon!!!

What to bring:

The house is placed in the middle of the forest - a magic and silent spot of the world.

- If you want to **sleep in a tent and have your own space, it will be possible.** You will have to bring your camping material. Please, let us know if that is an option for you and bring your own tent!!!
- If you choose to sleep inside, in beds, you will share the room with all the other participants.

In any case bring:

- Your own towel
- Your own sheet or sleeping bag. There are blankets, but no sheets so better if you bring it
- Your own pillowcase
- Suncream / - protection
- Antimosquitos

We will be there in summer and hopefully the weather will be nice - it could be really warm - but at nights is refreshing! (Please check the weather forecast some days before)

Sign in:

**If you want to
be part of it,
please fill in
the form!**



Contact

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*Looking forward to meeting
you all!*



Caren, Ares & Bea