

BODY Culture, Body, Gender, Sexuality in Adult Trainings

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[www.bodyproject.eu](http://www.bodyproject.eu)



Budapest, Hungary July 1<sup>st</sup> to 5<sup>th</sup> 2013

The body brings the first impression in social encounter. *Age, gender, ethnicity, disability* – the body bears the visual markers based on which we automatically categorize each other and sometimes judge accordingly. The body also performs the rules of communication and respect – rules that show great diversity across cultures. If the body, gender and sexuality are connected, they are also linked to key values of all cultures: orientation towards individualism or collectivism, hierarchy, power relations, family, respect or purity. This intimate connection to core values and organizational principles explains the many rules, taboos around the human body, *around our own bodies*.

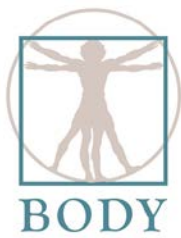
*How does it work to reflect on body issues in a training/counseling situation, where the body itself is intentionally involved in a situation? What does it take to face oneself own body, health, gender and sexuality as a professional? How can we identify and handle cultural differences behind body, gender or sexuality?* These and similar questions will be answered at the training.

Attending our Grundtvig In-Service training, adult trainers will be able to construct more inclusive and efficient trainings on issues related to the human body, health, sexuality, interculturality, thereby offering pathways for developing civic, social and intercultural competences and developing attitudes and skills concerning health, body and sexuality. Innovations of the training: application of scientific theories and approaches, training construction based on participation of target group, interactive IT accompaniment.

### What will we do?

- We help making adult trainings more inclusive through materials and methods helping to take into account special needs, thus prevent exclusion.
- We contribute to the awareness and mutual understanding of cultural differences.
- We explore cultural differences related to body, gender, health and sexuality thus helping to translate the principles of equality to different cultural reference frames.
- We develop civic and social key competences as well as skills / attitudes linked to body, health and sexuality.

In-service training activities enable people working in the field of adult learning to undertake a training course abroad. Participants should improve their practical teaching, coaching, counseling or management skills and gain a broader understanding of adult learning in Europe.



### **We invite to participate:**

Teachers (Pre-school, primary, secondary, vocational, adult, special needs)

Teacher trainers

Careers officers, educational guides and counselors

Members of students/teachers councils

Sex-educators, health educators, family counselors

Social workers, and other social professionals involved in adult training

Adult trainers involved in the field of intercultural education, health education, sexuality education, gender related training or physical education.

### **Venue:**

The course will take place: Budapest (Hungary) – in the European Youth Centre Budapest

Find out more about the location:

[http://www.coe.int/t/dg4/eycb/default\\_EN.asp](http://www.coe.int/t/dg4/eycb/default_EN.asp)

### **Course fee**

1.100 Euros in total for the 5 days including: accommodation and food, course materials, coffee and refreshments during the course.

### **Why to participate? What to learn? What to take home?**

We invite adult trainers, counselors, social workers, health educators, family counselors, sexuality-educators, teacher trainers facing in their daily work the challenge of cultural differences of the human body, health, gender and sexuality. The training's basic objective is to equip these professionals with the competencies necessary to deal how to overcome these challenges in training/counseling/ coaching situations. This includes:

- helping participants gain a better understanding of cultural differences in gender, body and sexuality;
- helping participants develop skills to reflect on their students' and their own non-verbal behavior;
- helping participants be able to design and lead their own trainings taking into account cultural differences in gender, body and sexuality;
- improving skills and facility in preventing or handling cultural tensions and incompatibilities;
- integrating the use of the 'Culture body gender sexuality' portal.

### **Training methodology**

The workshop will be based on a combination of different activities and methodologies, relying on non-formal education. We invite participants to participate actively, and share their experiences. Activities include:

- Structured exercises: role plays, simulations to examine the dynamics of training and counseling experiences;
- Small group tasks, discussions around questions of interest;
- Presentations and discussion;
- Getting acquainted with communication skills and methodological tools on body, health, gender and sexuality.

## **ENVISAGED SCHEDULE**



The course program starts on 1<sup>st</sup> July 2013 at 9.30am and ends on 5<sup>th</sup> of July at 17.30pm. In the evenings we propose optional activities.

Sunday 30 <sup>th</sup> June 2013			
Arrivals			
Monday 1 <sup>st</sup> July			
<b>Morning:</b> *Culture/body/gender/sexuality related introduction of participants *Ice-breakers * Expectations/Concerns/#Contributions		<b>Afternoon:</b> *Introduction to the theory and methodology behind the BODY project * <i>What is culture?</i> – interactive group exercise *Daily evaluation through drama game	
Tuesday 2 <sup>nd</sup> July			
<b>Morning:</b> *Drama exercise on non-verbal communication *Decentration with pictures based on intercultural communication		<b>Afternoon:</b> *Introduction to the Critical Incident Analysis *Case discussions and negotiation of solutions with Forum Theatre *Optional program: documentary on interculturality and body	
Wednesday 3 <sup>rd</sup> July			
<b>Morning:</b> *Session on disability – “Taboo” (structured exercise) *Introduction to the BODY project resources and products		<b>Afternoon:</b> * Field exercise in Budapest- small group/individual exploration task	
Thursday 4 <sup>th</sup> July			
<b>Morning:</b> * Warming up - Debrief of the fieldwork Parallel workshops on:		<b>Afternoon:</b> *Open Space on body/gender/sexuality/health - Self-managed activities Parallel workshops on:	
Gender	Sexuality	Health	Body
Friday 5 <sup>th</sup> July			
<b>Morning:</b> *Integrating the course to own practice - Project Cycle Methodology *Creating new projects based on the Project Cycle - group/individual task		<b>Afternoon:</b> *Presentation and discussion of the new projects – evaluation of the learning outcomes *Evaluation of the training	



## How to apply?

### THREE STEPS FOR OBTAINING THE GRANT AND PARTICIPATE

- Step 1.

If you think that attending the course could be useful for you and your trainees, please contact us under [info@bodyproject.eu](mailto:info@bodyproject.eu). You will receive a pre-registration form from us, which you have to submit to your National Agency under the Grundtvig Programme for adult education to receive a grant that fully covers all your expenses:

[http://ec.europa.eu/education/lifelong-learning-programme/doc86\\_en.htm](http://ec.europa.eu/education/lifelong-learning-programme/doc86_en.htm)

- Step 2.

Contact your National Agency. There you will get the application form for the training course. For receiving a grant from your National Agency you have to fill in the application form thoroughly. Tips and information on how to fill out the application form correctly can also be found on the homepage of your National Agency. Send the completed application form electronically to your National Agency. The deadline for application is 16<sup>th</sup> January 2013.

- Step 3.

Your National Agency will inform you if you have been awarded the grant to participate in the BODY training course. In case of a positive reply, please contact us at your earliest convenience via [info@bodyproject.eu](mailto:info@bodyproject.eu).

All travel costs and the course fee (1.100 €) will be covered for adult trainers that are accepted by their National Agency as course participants.

Course reference number: "[HU-2013-124-001](#)" with effect from "25/06/2012". For further information about the application procedure and the course organization please contact [info@bodyproject.eu](mailto:info@bodyproject.eu) or:

- [Dora Djamila Mester](#) ARS EROTICA FOUNDATION (Hungary)
- [Luisa Ardizzone](#) CESIE (Italy)
- [Carlo Depreytere](#) KVG (Belgium)
- [Margit Helle Thomsen](#) MHT (Denmark)
- [Vera Varhegyi](#) Elan Interculturel (France)

N.B. The Grundtvig in-Service Training is open to EU27 citizens

A list of National Agencies can be found here:

[http://ec.europa.eu/education/programmes/llp/national\\_en.html](http://ec.europa.eu/education/programmes/llp/national_en.html)

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