



Introductory Course

July 27-28, 2018

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Learning objectives

Musicians without Borders' Introductory Course provides an orientation to Musicians without Borders' principles and methodology.

This course offers an introduction to the five principles of our community music training methodology: Safety, Inclusion, Equality, Creativity, and Quality. We will cover diverse approaches to community music making, including body percussion, drumming, singing, movement, and songwriting.

Goals

- Principles: The trainee will be introduced to the principles of Musicians without Borders.
- Methodology: The trainee will experience the connection between the principles of Musicians without Borders and musical activities.
- Community: The trainee will experience the benefits of making music together.
- Leadership: The trainee will gain skills that will allow them to further develop their leadership skills and run music workshops in their own communities.

Training schedule (subject to change)

Arrival and registration: Thursday, July 26 from 5pm

	Friday, July 27	Saturday, July 28
Session 1 9:00-10:30	Introductory Workshop	Trauma & Singing / MATES (9:00-10:15)
Session 2 11:00-12:30	Lecture on MWB / Intro to Singing	Introduction to Creativity (10:45-12:00)
Session 3 14:00-15:30	Movement & Dance	Introduction to Songwriting (13:00-14:15)
Session 4 16:00 - 17:30	Body Percussion, Drumming and Singing	Sounds & Conducting / Evaluation and Celebration (14:45-16:00)

Packing list

- Instrument/s of your choice
- Warm clothes
- Notebook and pen
- Laptop computer (optional, free wifi available)

Trainers



Laura Hassler – Laura is the founder and director of Musicians without Borders. Born in New York, she studied cultural anthropology and music at Swarthmore College and was active in US and international peace and social change movements. She moved to the Netherlands in 1977, where she developed a career linking music to social causes. Part of a large network of socially conscious musicians, Laura mobilized this network to create Musicians without Borders in 1999.

Otto de Jong - Otto is a choir and orchestra conductor specialized in working with large groups of children. Since 1999, he has been working as a trainer for Musicians without Borders, training others in how to use the power of nonverbal communication and team building for and with children.





Fabienne van Eck - Fabienne works as the program manager of MwB's Palestine Community Music program, where she trains and coaches Palestinian music workshop leaders and gives music workshops in refugee camps, isolated villages, schools and community centers. She is also the artistic director of Sounds of Palestine, a program that combines music and social work for children from refugee camps and isolated villages, inspired by Venezuela's groundbreaking El Sistema method.

Amanda Koser-Gillespie - Amanda is a music educator, ethnomusicologist, band director and performer. She currently serves as the music coach for MwB's Music Bridge training project in cooperation with Cultúrlann Uí Chanáin in Derry/Londonderry, Northern Ireland. She is also the founder and director of Second Line NI, which has introduced New Orleans jazz street performance ('second lining') to promote shared musical experiences through community music making in Northern Ireland.





Darren Abrahams - Darren Abrahams is a singer, coach, therapist, trainer and edupreneur. He works internationally as a facilitator and project leader in the fields of creativity, music and trauma, arts and community, social entrepreneurship and personal development. He is a qualified trauma therapist and a Certified High Performance Coach. He is co-founder of The Starr Trust which supports young people to fulfill potential, and Crisis Classroom which trains volunteer and professional teachers to work in crisis situations.

Accommodation



Akoesticum is a new and unique centre with state of the art instruction spaces for performing arts, educational programs in music, dance and theater, a restaurant and on-site accommodation.

Meal options

(Special diets/allergies can be accommodated and should be communicated two weeks in advance of the training.)

Breakfast: “Dutch sandwich buffet” inclusive of croissant, eggs, fruit, yogurt, muesli/cornflakes, sweet spreads, cheese, meat, orange juice, milk

Lunch: “Dutch bread/sandwich buffet” inclusive of homemade soup, salad, hot snacks, fruit, sweet spreads, cheese, meat, orange juice, milk

Dinner buffet: Daily dish, freshly cooked with vegetables, either fish or meat or vegetarian alternative if requested, side dishes + salad with homemade dressing

House rules

Building, halls, surroundings

1. Please help us to keep Akoesticum and its surroundings clean, throw waste in the bins.
2. The entire building is smoke-free. If you want to smoke, use the designated smoking area in the courtyard.
3. Eating and drinking is allowed in the dining area, the café, the courtyard and the garden. It is not allowed to eat and drink in the bedrooms and in the rehearsal and concert halls.

4. The café is open for all guests, drinks can be ordered till 12:30am. The café closes at 1.00am.
5. It is not allowed to bring your own food & beverages.
6. We have high-quality instruments. If you use them, please treat them with care.
7. If you want to make recordings (audio, video) of activities of other guests, please ask their prior permission.

Staying the night

8. Bed linen (sheet, pillow case, duvet cover) and a towel is provided.
9. Please bring your own soap, shampoo and a hairdryer as these are not provided.
10. Clean towels are only provided on the request.
11. The key for your bedroom also opens the front door, please don't keep this card near your telephone as the radiation of your phone will interfere with the key.
12. We don't facilitate cots or highchairs for small children.
13. When you leave: please leave all used linen in the green laundry baskets in the hallways and close the windows. You can store your luggage in the allocated room.
14. Check out time at 10:00, please leave your key at the front desk, unless otherwise requested.
15. Please be silent in the hallways and staircases after 22:00, and be considerate of others who have gone to bed before you.

16. In case of emergencies or urgent questions during the night, contact the person in charge of your group. Only in extreme emergencies, contact the night watch +31 (0)318 304 349

Safety

17. If you lose something, or if you have found something belonging to someone else, please tell one of our staff.

18. If you notice an unsafe situation, please tell one of our staff, so that we can take action. In case of calamities, follow the instructions of our staff.

19. Akoesticum cannot be held responsible for damage to or theft of belongings of guests. The costs for repairing damage to the property of Akoesticum will be charged to the person or persons causing the damage.

Transportation

Akoesticum is located in Ede, a beautiful, small Dutch town.



From the airport

There are two airports that are accessible to Akoesticum - Schiphol airport (Amsterdam) and Eindhoven airport. It takes approximately one hour by train from Schiphol and two hours from Eindhoven airport to reach Ede.

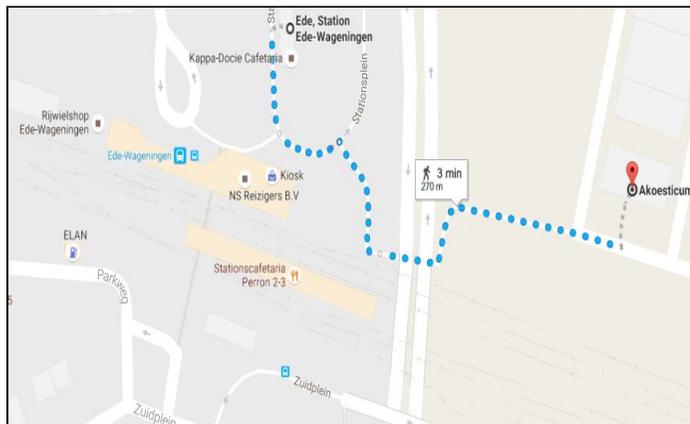
From Schiphol airport you can take a direct train every 30 minutes from platform 3 to Ede-Wageningen.

From Eindhoven airport, you need to take bus 400 from the airport to Eindhoven station and take a train to Utrecht Central (direction Alkmaar/Schiphol) and then change to platform 19 (direction Nijmegen) to continue to Ede-Wageningen.

From Amsterdam

There are direct trains every 20 minutes from platform 5 at Amsterdam Central that travel to station Ede-Wageningen.

<http://9292.nl/en> is a useful trip planning website. You can also download an app called Reisplanner to check the daily schedule of all trains.



Walking route

Akoesticum is approximately a 5 minute walk from station Ede-Wageningen. You will see signs at the train station directing you to the walking path.



Driving

Akoesticum is accessible by car from the N224 (Arnhem / Apeldoorn) or A12 Utrecht/Ede (exit 24). There is free parking available on-site. Follow the Akoesticum (brown) signs to the parking lot.

Address

Nieuwe Kazernelaan 2 D-42, Ede (Gld) 6711 JC The Netherlands

Getting to town

The main street Parkweg is a 10 minute walk from Akoesticum, where you will come across several restaurants, bars and supermarkets. Directly on the main road you will find a bus stop (Ede-Wageningen) where you can catch a bus every 15 minutes that brings you to the center of the town. There are three bus lines that you can use – 1, 107 and 108.

Contact information

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