



TRAINING OF WORKSHOP LEADERS

FEBRUARY 21-24, 2020

LEARNING OBJECTIVES	2
TRAINING SCHEDULE	3
PACKING LIST	4
TRAINERS	4
ACCOMMODATION	5
TRANSPORTATION	8
CONTACT INFORMATION	10

LEARNING OBJECTIVES

Musicians Without Borders' *Training of Workshop Leaders* is a practical course to expand knowledge and skills in community music leadership based on MWB's principles and methodology.

This course deepens and expands participants' skills in leading music workshops with groups of any size and age. Participants will develop an understanding of the connection between music activities and the five principles of Musicians Without Borders: Safety, Inclusion, Equality, Creativity, and Quality.

The course covers pedagogical, didactic and musical skills in order to apply MWB's methodology in different situations and for diverse target groups. The course offers hands-on experience in leading activities, including body percussion, drumming, singing, movement, and songwriting, as well as introduces our approach to trauma awareness and nonviolence in our work.

GOALS

- Principles: The trainee will gain awareness of the principles of Musicians Without Borders.
- Methodology: The trainee will practice making the connection between the principles of Musicians Without Borders and musical activities.
- Community: The trainee will practice creating and preparing music workshops for diverse target groups.
- Leadership: The trainee will expand and strengthen their leadership skills to run music workshops in their own communities.

TRAINING SCHEDULE

	Thursday, Feb 20	Friday, Feb 21	Saturday, Feb 22	Sunday, Feb 23	Monday Feb 24
Breakfast 8:00-9:00					
Session 1 9:00-10:30		Introduction to MWB	Introduction to Creativity	Introduction to Nonviolence	Movement & Dance
Session 2 11:00-12:30		Introduction to Singing	Introduction to Songwriting	Introduction to Nonviolence	Workshop Scenarios Assignment
Lunch 12:30-13:30					
Session 3 14:00-15:30		Music & the Nervous System	Deep Listening	Creative Leadership Practice	Evaluation and Celebration
Session 4 16:00 - 17:30	Arrivals (from 17:00)	Music & the Nervous System	Leadership Assignment	Drum Circle Facilitation	
Dinner 18:00-19:00					
Evening Program 19:30-21:00	Open Jam / Free	Open Jam / Free	Open Jam / Free	Open Jam / Free	

PACKING LIST

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

TRAINERS

Emma Smith - Emma has been a trainer for MWB since 2017, leading training for MWB's projects in El Salvador, Northern Ireland, Palestine, and Greece. She studied double bass at the Royal College of Music and has forged a career as a composer and improviser. Emma also produces *Bitches Brew*, where she showcases the best in female instrumental improvising talent.



Espoir Rukengeza - Espoir is a core member of the Rwanda Youth Music program, working as a Community Music Leadership trainer, therapeutic music group facilitator, and teaching guitar, bass and vocals. He has been a trainer for MWB's projects in Rwanda, Uganda, Tanzania, and Democratic Republic of Congo, and run workshops in Luxembourg and Burkina Faso. Espoir has experience working with people living in refugee camps, those living in conflict regions, and people whose opportunities are profoundly limited by poverty and prejudice. As a performing musician, Espoir has a full and busy career as a guitarist and singer.

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.

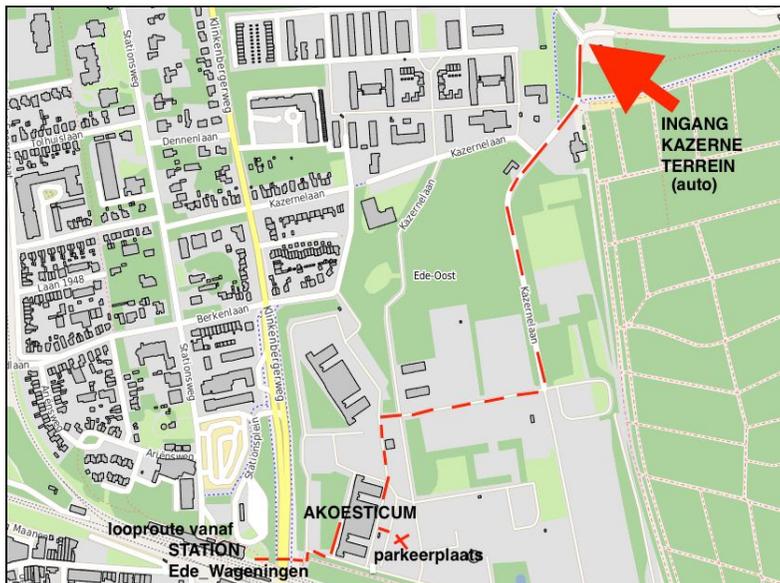
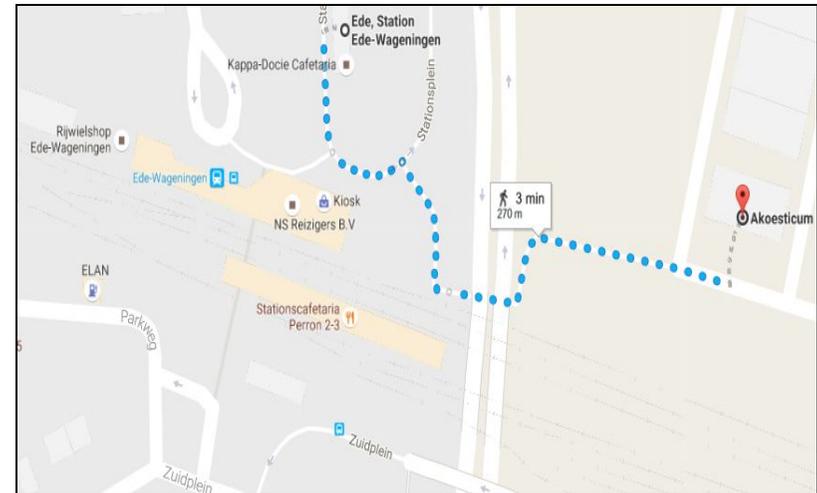
From Amsterdam

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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