

## “MUSIC IMPROVISATION FOR SOCIAL CHANGE”



An Erasmus+ Training Course

21<sup>st</sup>-31<sup>th</sup> October 2024

Capranica (Viterbo), Italy

Co-ordinated and monitored by *Orchestra Improvvisata*

Dear Friends from all over Europe,  
we are glad to invite You to our intercultural Youth Exchange  
**“MUSICAL IMPROVISATION FOR SOCIAL CHANGE”**

Organised by **Orchestra Improvisata**,  
Co-financed by the **ERASMUS+ Programme**.

**We are waiting for you to join us and to live  
together this adventure!**

Get ready to deepen (or discover!) our amazing way to **make  
music together** through

## **MUSIC IMPROVISATION**

The 9 days program will take place in **Capranica**,  
a lovely small village close to **Rome**, Italy.

In this letter You will find all you need to know about its goals,  
programme and information about the practical arrangements.

***Don't be shy and contact us for any question!***

Looking forward to meeting You in Italy!

## ABOUT “MUSICAL IMPROVISATION FOR SOCIAL CHANGE”

The aim of Music for EU-ths is to create and strengthen our community that, through the development of specific skills related to music, learns to collaborate, communicate and overcome the barriers of prejudice, stereotype and cultural ones, with the aim of rediscover ourselves as members of a single close-knit group.

This project proposes a model that can create a real transformation in the social relations of a community, such as the possibility of **cultural production** in a **collective way**, through artistic experiences that highlight **music**, with the final result of cultivating a community capable of building collectively, in a few days, a unique event, an "**Improvised Concert**"

In our project, **rhythm** and **improvisation** become the tools through which skills, relationships, and roles necessary for collective construction are developed, to transform a group of people into a group of artists who take care of their compositional framework.

We will work on the development of new **musical techniques**, discovering how to make music together through **improvisation**, at the base of which there is **listening to the other**, the **recognition** and **respect of others' musical-personal space** and **personal harmonious putting into play**: elements that, combined, create a work of the whole, the final result of which depends on the union of the sounds of each one, each different and each of a personal inestimable value.

During the activities we will work on a method that will include the *sharing of one's feelings*, the *comparison* and the capacity for *self-assessment* which will increase the process of becoming aware of the skills developed.

## WHO CAN PARTICIPATE AND ACTIVITIES

The Exchange is aimed at 36 young people aged 20 to 30, coming from Italy, Spain, Ireland, Romania, Germany and France.

The Exchange is imagined aiming to people interested in creating through **music**, a **community** group, which is able to listen to and support each other and with particular interest in the environmental issue.

The Youth Exchange which will be developed over 9 days of workshops organized as follows:

- Breakfast & awakening
- Morning workshop
- Lunch and free time
- Afternoon workshop
- Evaluation moment useful for sharing one's psycho-physical sensations and filling in the YouthPass, useful for keeping track of the skills developed
- Dinner
- Intercultural evening, to break down prejudices and get to know new cultures.

In the beginning we will do **Ice Breaking** and **Team Building** activities to facilitate the connection between the Participants.

We will learn how to do **music** with and without instruments.

We will learn how to **build** and **use percussion instruments** and we will experiment **collective musical composition**.

We will experiment the different roles of **musician** and **improvisation director** and we will discover and deepen the "**Rhythm with Signs**" method, implementing musical composition in real time, the integration of **sung texts**, **music direction** and the use of **musical signs**.

We will approach **music theory** and we will **record** our music sessions.

We will also have the "**Improvised Concert**", a unique event in which the local population will also be involved.

## PARTNER ORGANIZATIONS AND REPRESENTATIVES

<b>Country:</b>	<b>Partner:</b>	<b>How many:</b>	<b>Contact:</b>
<b>France</b>	Orange Platine	5+1	antoine@orangeplatine.fr
<b>Ireland</b>	Seán Parnell on behalf of Anyone Can Make	5+1	contactanyonecanmake@gmail.com
<b>Italy</b>	Orchestra Improvisata	5+1	rhythmwithsignseurope@gmail.com
<b>Germany</b>	KULTUR & ART INITIATIVE EV	5+1	info@kultur-art.com
<b>Romania</b>	Euro Education Federation	5+1	ema.tulpan@gmail.com
<b>Spain</b>	Fundación Indaliana para la Música y las Artes	5+1	ade@clasijazz.com

## WHEN

**Preparatory visit (PV): 9<sup>th</sup>-12<sup>th</sup> September 2024**

**(1 group leader per organization)**

**Youth Exchange (YE): 21<sup>st</sup> -31<sup>st</sup> October 2024**

**(1 group leader + 5 participants per organization)**

**We expect you to participate in the whole program in order to benefit from the Erasmus+ Programme financial contribution.**

## WHERE

The intercultural youth exchange will be held in Capranica (Viterbo), about 60 km from Rome. The accommodation is “Casale della Nocerqua”, a wonderful farmhouse located in Tuscia territory, on the Francigena Road, between Vico Lake and Bracciano lake.

The farmhouse is 500 mt from Capranica train station (directly linked to Rome) and is composed of 4 structures suitable for hosting all 36 participants in accordance with health rules. The farmhouse will be reserved for the Youth Exchange in order to allow an efficient and safe subdivision of the participants in the rooms.

The main room for workshops is very spacious and has big windows and doors allowing air exchange.

The flooring is wooden, perfectly suitable for physical activities.

Most activities will be held on the outside. The farmhouse, in fact, is surrounded by a huge garden, allowing a constant contact with nature.



More pictures here: <https://www.gliargonauti.net/galleria/casale-della-nocerqua>

Aerial Shots here: <https://www.youtube.com/watch?v=rXPCgr9LjHE>

## HOW TO GET THERE

Please buy your ticket ONLY after you get the confirmation from your organization!

It is essential to know what time you land in Italy. **We strongly advise you to land in the morning.** Here are the most common routes:

### From Fiumicino airport:

Option nr. 1 (easiest option)

- Take the TRENITALIA train From “Fiumicino aeroporto” to “Roma Trastevere”.
- Take train from “Roma Trastevere” to “Capranica-Sutri”.  
(The train line is Roma – Viterbo Porta Fiorentina, **remember to get off at “Capranica- Sutri” station!**)

Option nr. 2:

- Take the TRENITALIA train or TERRAVISION bus from “Fiumicino aeroporto” to “Roma Termini Train station” (main station in Rome).
- Take the TRENITALIA train From “Roma Termini train station” to “Roma Trastevere”.
- Take train from “Roma Trastevere” to “Capranica-Sutri”.  
(The train line is Roma – Viterbo Porta Fiorentina, **remember to get off at “Capranica- Sutri” station!**)

### From Ciampino airport:

Option nr. 1 (easiest option)

- Take the TERRAVISION bus from “Ciampino aeroporto” to “Roma Termini”.
- Take the TRENITALIA train From “Roma Termini train station” to “Roma Trastevere”.
- Take train from “Roma Trastevere” to “Capranica-Sutri”.  
(The train line is Roma – Viterbo Porta Fiorentina, **remember to get off at “Capranica- Sutri” station!**)

Option nr. 2:

- Take the TRENITALIA bus called “Ciampino airlink” from “Ciampino aeroporto” to “Ciampino”
- Take TRENITALIA train from “Ciampino” to “Roma Termini train station”
- Take the TRENITALIA train From “Roma Termini train station” to “Roma Trastevere”.
- Take train from “Roma Trastevere” to “Capranica-Sutri”.  
(The train line is Roma – Viterbo Porta Fiorentina, **remember to get off at “Capranica- Sutri” station!**)

Trenitalia website: <http://www.trenitalia.com/>

Terravision website: <http://www.terravision.eu/>

At “Capranica-Sutri” station we will pick you up and take to the accommodation.

### Contact numbers to call on arrival:

Gonzalo Teijeiro 0039 348 735 0054  
 Gianluca Iacuvella 0039 340 7821363  
 Gianvito Montemurro 0039 328 6273449

Please feel free to ask us if you need support or advice about any travel arrangements 😊

## FINANCIAL CONDITIONS

Food, accommodation and project costs are fully covered and free for the participants.

As for the travel, we can reimburse up to 100% (maximum) of the costs below.

Country	Standard travel reimbursement	Green* travel reimbursement
<b>Germany</b>	309 €/person	417 €/person
<b>Ireland</b>	395 €/person	535 €/person
<b>Italy</b>	0 €/person	0 €/person
<b>Romania</b>	309 €/person	417 €/person
<b>Spain</b>	309 €/person	417 €/person
<b>France</b>	309 €/person	417 €/person

**\*Sustainable means of transport (green travel) is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bikes, bus, train or car-pooling.**

As for insurances, the European medical insurance card is valid also in Italy and all participants coming from EU country must bring it with them.

Here is a sample of an Italian medical insurance card.



**Very important: your tickets are a proof of your travel that we must keep and present to the ERASMUS+ Program, the main funders of the project. If you cannot provide your original tickets and invoices clearly stating the travel company, your name, all the trip details and the exact costs covered, we will not be able to reimburse you.**



## WHAT TO BRING

- Passport or other official identification
- Tickets, insurance, visa
- Sleeping bag, blanket and warm clothes for the night (especially during the night it gets very cold! Please bring everything you think you may need to face the cold!)
- Everything you need for your personal hygiene (soap, toothbrush, etc.)
- Comfortable clothes for living outdoor & indoor (no washing facilities available)
- Towel
- Medicine, if you take any
- Your musical instrument (if possible)
- Your own Art Kit (dancing outfit, theatre costumes, etc.)
- Gastronomic specialties (cold food and/or drinks) to share with the other participants during “intercultural nights”
- 1 set of colorful clothes for the final performance
- Smiles, willingness and good mood 😊

# PROGRAMME

	<b>DAY 1 Oct 21</b>	<b>DAY 2 Oct 22</b>	<b>DAY 3 Oct 23</b>	<b>DAY 4 Oct 24</b>	<b>DAY 5 Oct 25</b>
8-30-10.00	WELCOME & HOSTING	Breakfast & preparation	Breakfast & preparation	Breakfast & preparation	Breakfast & preparation
10.00-13.30		Project Introduction, Ice-breaking & team-building activities	Capranica experience through the 5 senses	Rhythm with Signs	Rhythm with Signs
13.30-15.30		Lunch and free time	Packed lunch and free time	Lunch and free time	Lunch and free time
15.30-19.00		Rhythm with Signs	Rhythm with Signs	Rhythm with Signs	Rhythm with Signs
19.00-19.30		Sharing & feedback	Sharing & feedback	Sharing & feedback	Back to Capranica
19.30-21.00	Spontaneous aggregation and dinner	Dinner & free time	Dinner & free time	Dinner & free time	Dinner & free time
21.00-23.00	Welcome evening	Intercultural night preparation (on-site)	Intercultural Night (FR & RO)	Intercultural Night (DE & IT)	Intercultural Night (IE & ES)
	<b>DAY 6 Oct 26</b>	<b>DAY 7 Oct 27</b>	<b>DAY 8 Oct 28</b>	<b>DAY 9 Oct 29</b>	<b>DAY 10 Oct 30</b>
8-30-10.00	Breakfast & preparation	Breakfast & preparation	Breakfast & preparation	Breakfast & preparation	Breakfast & preparation
10.00-13.30	Visit to ROME	Performances Facilitation Plan	Recording at Sutri Amphitheatre	School Performances	School Performances
13.30-15.30	Lunch	Lunch	Lunch	Lunch	Lunch
15.30-19.00	Visit to ROME	Rhythm with Signs	Amphitheatre Performance	School Performances	Follow up plans & Final evaluation
19.00-19.30	Back to Capranica	Sharing & feedback	Sharing & feedback	Sharing & feedback	Program Closing
19.30-21.00	Dinner & free time	Dinner & free time	Dinner & free time	Dinner & free time	Dinner & free time
21.00-23.00	Free night	Top-up evening	Top-up evening	Top-up evening	Super final party!
	<b>DAY 11 Oct 31</b>				
8.00-13	Departures				

## YOUTHPASS

Every person who has taken part in the Exchange is entitled to receive a Youthpass Certificate, which describes and validates the non-formal and informal learning experience and outcomes acquired. During the project (learning outcomes). Furthermore, Youthpass is to be considered as a process of becoming aware, reflecting on and documenting the learning within the different phases of the project.

For more information on Youthpass, please consult the Youthpass guide and further relevant material presented at [www.youthpass.eu](http://www.youthpass.eu).

## HOW TO APPLY

If you want to join us in the training, send your application form to the representative of your Country's partner organization. You can find the contact at page 5 of this document.

You will find the application form in an attachment with this info-letter.

### HOW WE ARE LOOKING FORWARD TO MEETING YOU!

See you soon,

**Orchestra Improvvisata ;-)**