



# BOOTCAMP FOR MUSIC ANIMATORS OF COMMUNITIES

**AN ERASMUS + AND LAB.BANDA TRAINING COURSE**

**30<sup>TH</sup> OCTOBER - 4<sup>TH</sup> NOVEMBER 2023, ISLE OF PROCIDA, ITALY**

**LAB.BANDA**  
Associazione Culturale



Co-funded by the  
Erasmus+ Programme  
of the European Union

# ABOUT THIS TRAINING COURSE

Bootcamp for Music Animators of Communities is an international training course that aims to enhance the role of music in the development of community leadership skills for youthworkers and social animators, especially in working with vulnerable groups (children, elders, migrants, disabled individuals etc.). Themes of the project are CREATIVITY AND CULTURE and COMMUNITY BUILDING.

Bootcamp for Music Animators of Communities will take place in the charming Isle of Procida from the 30th of October to the 4th of November 2023 (travel days excluded). The activities designed by the pool of trainers will be focused on social/cultural animation through team-building, artistic workshops (orchestra and body music, singing circle, songwriting, drum circle), methods of community leadership, creative self-assessment. All activities will be developed using the non-formal educational methodologies. The group outcome that we foresee is the creation of a session of the Procida Community Orchestra: during the 6-day programme, with the support of the trainers, the international group and the local community will be able to prepare a final concert performance, that will take place in the last day of the project.

## WHO WE ARE LOOKING FOR

The project will involve 26 participants from the following countries: Albania, Armenia, Bulgaria, Cyprus, Georgia, Poland, Serbia (3 pax per country); Germany (2 pax); Italy and Portugal (1 pax per country).

We are looking for a gender-balanced group, active in the musical sphere (as amateurs or professionals), interested in singing/playing music and in working with marginalized groups, and motivated to enhance their intercultural awareness and to disseminate their experience after the activity within their peer groups.

# PRACTICAL INFO

The project activities will take place in different venues of the island. Before their arrival, participants will be made aware of the locations of the venues involved.

Participants will be staying in different apartments located in the same neighbourhood of the island. Each apartment may host 3-4 people, with single and/or double beds to be shared, and is fully equipped with furniture, wi-fi, towels, kitchen, fridge and washing machine. Participants will have breakfast in their apartments, while lunch and dinner will be prepared by our professional chefs' crew, taking into account everyone's diets, food allergies and/or special needs.

## A FEW WORDS ON PROCIDA

With a surface of 3.7 km<sup>2</sup> and approx. 10000 inhabitants, the island of Procida is the smallest of the Bay of Naples. A low-key summer tourist destination, Procida became suddenly famous nationally and internationally after being awarded the title of Italian Capital of Culture 2022. During the last year, plenty of cultural events took place on the island, part of a programme managed by the local municipality with the support of the Italian Ministry of Culture. One of the assets was to consider the local community not as mere audience of the cultural and artistic events, but as a co-creator and producer of culture: with our project, we aim to follow up within this approach and legacy.







# HOW TO GET TO PROCIDA

The island of Procida can be reached only by sea. There are 2 options from the Port of Naples:

**OPTION 1:** ferryboat (in Italian “traghetto”), a ship where, if you want, you can travel on the open-air decks. One-way trip from Naples costs 10-15 € and takes approx. 1 hour. The ferryboat pier is called Calata Porta di Massa

<https://goo.gl/maps/5ZkWHLv6qL1qebkJ9>

**OPTION 2:** hydrofoil (in Italian “aliscafo”), a smaller ship where you can only sit indoor, but faster and slightly more expensive than the ferryboat. One-way trip from Naples costs 19-22 € and takes approx. 45 minutes. The hydrofoil pier is called Molo Beverello

<https://goo.gl/maps/f7QsBXDp2KkG9UMh9>

Tickets can be bought at the ticket offices along the piers or online: check the website <https://www.naplesbayferry.com/it/t/napoli/procida>, where you will also find updated departures' timetable and prices

# HOW TO REACH THE PORT OF NAPLES

## FROM THE AIRPORT:

Exit the arrivals terminal and follow the signs to the Alibus shuttle bus stop (5 mins. walk approx.).

If you want to catch the ferryboat (Option 1), drop off at the second stop (Immacolata/Porta di Massa), while if you choose the hydrofoil (Option 2), you will drop off at the next stop, Beverello.

The one-way ride costs 5 €. Tickets can be bought at the kiosk and ticketing machines inside the airport or online, [here](#)

## LINK

The updated timetable of the departures from the airport is online at this page: [https://www.anm.it/index.php?option=com\\_content&task=view&id=2578&Itemid=373](https://www.anm.it/index.php?option=com_content&task=view&id=2578&Itemid=373)

## FROM THE TRAIN STATION:

To reach the Calata Porta di Massa pier (Option 1), catch the metro line 1 (L1) and drop off at the Duomo station: from there, it's a 10 minutes' walk to reach the pier.

To reach the Molo Beverello pier (Option 2), catch the metro line 1 (L1) and drop off at the Municipio station: from there, it's a 5 minutes' walk to reach the pier.

# FINANCIAL CONDITIONS

Food, accommodation and activity materials are fully covered by the project budget and free for the participants.

As for the travel, we have different reimbursement limits for country, according to the distance:

- Italy: up to 23 € (green travel)
- Bulgaria, Cyprus, Poland, Portugal: up to 275 € (regular travel)
- Albania, Germany, Serbia: up to 275 € (regular travel)/320 € (green travel)
- Armenia, Georgia: up to 360 €.

According to the Erasmus + Programme Guide, "Green travel is defined as the travel that uses low-emissions means of transport for the main part of the travel" (that is, more than 50% of the whole journey).

Lab.Banda encourages the choice of sustainable means of transport, whenever possible. The option of green travel can be chosen on an individual basis. Please remind that beside a higher reimbursement rate, if you choose green travel you're entitled to 2 extra days for the duration of your travel.

**IMPORTANT: YOUR TICKETS ARE PROOF OF YOUR TRAVEL. AS ORGANISERS OF THE PROJECT, WE NEED TO COLLECT AND KEEP THEM FOR ADMINISTRATIVE REASONS. WITHOUT THE ORIGINAL TICKETS (BOARDING PASSES INCLUDED) AND INVOICES CLEARLY STATING YOUR NAME, TRAVEL DETAILS AND EXACT COSTS COVERED, WE WON'T BE ABLE TO MAKE YOUR REIMBURSEMENT.**

# WHAT TO BRING?

Comfy clothes and shoes for the activities

Warmer clothes (jumpers, wind jacket) for the evenings

Waterproof shoes, raincoat, umbrella (you never know...)

Your musical instruments

Towel, swimwear, flip-flops for the beach

European Health Insurance Card (for EU citizens)/private insurance (for non-EU citizens) and personal medications

Personal water bottle (tap water is drinkable)

Food, snacks, drinks, games to represent your country and share with other participants

## GOOD VIBES!





# PROGRAMME

29<sup>th</sup> October

Arrivals

30<sup>th</sup> October

**(morning)** Project presentation, name-games, ice-breakers, first acquaintance

**(afternoon)** Expectations and individual goals, team-building with music and movement

31<sup>st</sup> October

**(morning)** Sharing experiences and competences in community music projects, preparing first meeting with the local community

**(afternoon)** Meeting with the local community (disabled adults, elders, migrants, amateur musicians) for the creation of a session of the Procida Community Orchestra, team-building with local community, first ideas of musical creation

1<sup>st</sup> November

**(morning)** Reflection about the first meeting with local community, development of musical ideas, preparation of the second meeting with the local community

**(afternoon)** Music workshop in three separated groups (Voice&Melody, Harmony, Rhythm), development of ideas for musical creation

2<sup>nd</sup> November

**(morning)** Collective musical creation, preparation of workshops with the local community

**(afternoon)** Workshops with the local community, development of ideas in separated groups, first rehearsal of the community orchestra

3<sup>rd</sup> November

**(morning)** Workshop on orchestral method and conduction, preparation of workshops with the local community

**(afternoon)** Workshops with the local community, final rehearsal of the community orchestra

4<sup>th</sup> November

**(morning)** Preparation of the public presentation of the Procida Community Orchestra

**(afternoon)** Rehearsal on the spot and public presentation of the Procida Community Orchestra.

5<sup>th</sup> November

Departures



# CONTACTS BEFORE AND UPON ARRIVAL:

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# HOW TO PARTICIPATE

Fill in the online application form at this link

<https://forms.gle/bCc9UoKP1wBfNUTi7>

The pool of trainers will evaluate your application and, in case of selection, inform your sending organisation that will confirm your participation.

Please wait for the confirmation before booking your tickets.

**SEE YOU SOON!  
THE LAB.BANDA TEAM**