

Move, play, create:

Circus and Physical Theatre as Tools for Youth Work



1-7 February 2027

Brežice, Slovenia



Co-funded by
the European Union

CIRKUS LA BULLE
DRUSTVO CIK

THE AIM OF THE TRAINING

To introduce youth workers to circus and theatre pedagogy as methods of non-formal education



THE OBJECTIVES

Provide participants with a practical repertoire of simple circus and theatre activities that they can use with young people

Explore how circus activities can encourage cooperation, trust, creativity, participation and self-confidence

Develop participants' confidence in using circus activities even when they are not professional circus artists

Allow participants to experience the process of performance creation



THE PHILOSOPHY BEHIND THE TRAINING COURSE

The training is based on circus pedagogy, an educational approach that uses circus activities not primarily to train performers, but to support learning and personal and social development. Circus creates many opportunities to cooperate, communicate, build trust, be creative, take on challenges and experience success.

One of the central ideas of circus pedagogy is that circus can be accessible to everyone, regardless of age, physical abilities, previous experience, gender or social background.
Through practical experience, reflection and group work, participants will discover how circus and theatre activities can support young people's confidence, creativity, cooperation, persistence, coordination and social connection.

Participants will explore how a group of young people can move from individual activities and games towards creating a short collective performance. They will learn about the pedagogical and practical aspects of the creative process, including generating ideas, distributing roles, connecting different disciplines and ensuring that everyone can contribute.



WHAT CAN YOU FIND IN THIS COURSE

The training course is designed for youth workers, educators and facilitators who are complete beginners in circus and theatre, and would like to discover how these practices can become valuable tools in youth work and non-formal education.

During the training, participants will explore the basics of juggling, partner and group acrobatics, clowning, physical theatre… while learning how to transform these activities into accessible and meaningful workshops for young people.

No previous circus or theatre experience is required.



PROVISIONAL PROGRAMME

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10:00-11:30	Arrival Day	Getting to know each other	Acrobalance	Poi	Clowning	Creating performance	Departure Day
12:00-13:00		Getting to know each other	Juggling	Diabolo	Physical theatre	Creating performance	
15:00-16:30		Why circus pedagogics and theatre for social inclusion	Clowning	Integration Time	Physical theatre	Future market	
17:00-19:00		Teambuilding * Daily reflection	Clowning * Daily reflection	Integration Time	How to create juggling balls * Daily reflection	Evaluation	



THE TRAINERS



Anja Mikič Crovella

I'm Anja Mikič Crovella, a social pedagogue, circus educator and president of CIK / Cirkus La Bulle. I've been active in youth work since 1999 and have many years of experience as a trainer, organiser and coordinator of Erasmus+ projects. Circus pedagogy is at the heart of my work. I'm the co-author of Cirkuška pedagogika, the first book on circus pedagogy published in Slovenia and I love exploring how circus, games and creative activities can be used as tools for learning, inclusion and well-being.

José Branco

I'm José Branco, from Portugal. Informal since my teeth began to grow, I tried to follow a different path, spending several years studying Engineering before eventually letting it go like a soap bubble. Today an educator, actor and narrator, I walk my path through non-formal education, arm in arm with young people and adults, believing that 'the art of education' and 'education through art' are after all twin sisters.



PROFILE OF PARTICIPANTS

The training course will bring together **26 participants from eleven partner countries.**

- The project targets **youth workers, trainers and facilitators** working in different areas of non-formal education who want to improve the quality of their programmes and are motivated to learn new creative tools to support youngsters.

We are looking for **participants aged 18+ with a good level of English**, who are willing and committed to actively engage in all sessions (approximately 8 hours per day).



PARTICIPANT REQUIREMENTS

- All participants must be **residents of the sending country**.
- Participants should **already be involved in youth work** or have the wish to do so.
- Sending organisations are encouraged to ensure gender-balanced participation.
- Participants must be **18+**.
- Participants are **expected to organise a local activity in their local community** in the month following the training and share the experience through social media.
- Participants should be **interested in developing follow-up international projects** and **promoting the Erasmus+ programme**.

PARTICIPATING COUNTRIES

COUNTRY	NUMBER OF PARTICIPANTS
Slovenia	2 + 3 team members
Portugal	2 + 1 team member
Germany	2
Spain	2
Turkey	2
Hungary	2
Denmark	2
Greece	2
Serbia	2
Italy	2
Czech Republic	2



TRAVEL REIMBURSEMENT

Thanks to the financial support of the Erasmus+ Programme, we offer the following conditions:

- Food and accommodation during the training course will be provided.
- Travel costs will be reimbursed after the end of the training course, up to a fixed limit depending on the distance between your home city and the venue.
- If your actual eligible travel costs are lower, only the actual eligible costs will be reimbursed.

10 – 99 KM	100 – 499 KM	500 – 1999 KM	2000 – 2999 KM
28 EUR (Green travel: 56 EUR)	211 EUR (Green travel: 285 EUR)	309 EUR (Green travel: 417 EUR)	395 EUR (Green travel: 535 EUR)

GREEN TRAVEL

Travel that uses low-emission means of transport for at least half of the round trip, such as bus and train.

TRAVEL COST REIMBURSEMENT

- Travel costs will be **reimbursed to you or your organisation** after the project, once all the conditions are met (see next page).
- When purchasing tickets, please note that there is a **fixed maximum amount** reimbursable for your individual trip costs.
- This amount, calculated using the European distance calculator, **covers round-trip travel from your home to Brežice**.
- **Participants are responsible for any travel costs above the maximum reimbursable amount.**

CONDITIONS FOR REIMBURSEMENT

IMPORTANT: To receive reimbursement, participants must:

- **Submit all original invoices, tickets, and boarding passes**, showing your full name, travel dates, departure and arrival locations, and the price. **WITHOUT THESE DOCUMENTS WE WON'T BE ABLE TO REIMBURSE YOU**.

- **Complete the Erasmus+ survey**, which you will be invited to fill out on the last day of the training course. Completing it promptly ensures your reimbursement is not delayed.

- **Carry out follow-up activities**. To create maximum impact, you are expected to lead a workshop for your local community and publish a social media post on your profile or your organisation's profile.

- **Failure to participate in at least 90% of the programme without a valid reason or inappropriate behaviour might result in reimbursement being refused or even withdrawal from the course with a notice provided to the sending organisation.**

THE VENUE:
BREŽICE, SLOVENIA

The training course will take place in **Brežice**, a charming town in eastern Slovenia near the Croatian border.

Our venue, **MC Hostel Brežice**, is located in a green and peaceful area, just a short walk from the city centre.

At the reception there is a tourist information point, which provides all the information on local attractions.

You can find more information about the venue here: MC Hostel Brežice



The address is: MC Hostel Brežice, Gubčeva 10a p.p. 29, 8250 Brežice



LIVING

Participants will be accommodated in **rooms with up to 6 beds**, with WiFi access available. Laundry facilities and a shared kitchen are also provided.

The hostel features a sunny roof terrace overlooking the castle and the city park — a perfect place for participants to relax and enjoy the view.



EATING

Meals will be provided at the hostel, from dinner on 1 February until breakfast on 7 February 2027.

Breakfast is served buffet-style, allowing you to choose what you like. Lunch and dinner will consist of a hot meal, with dietary requirements and allergies taken into account.

You can make our coffee breaks more interesting! **Bring a food item from your village, city, family, community, region, or country to share with the others.**



ARRIVAL AND DEPARTURE

- Please plan your arrival on **1 February** and your departure on **7 February 2027**.
- **Once you have booked your tickets, please send your travel details to cirkuslabulleinfo@gmail.com no later than 1 December 2026**.
- All participants **have to arrive, at the venue in Brežice, on the arrival day** and **stay till the departure day**. If you arrive later or leave earlier, we will unfortunately not be able to accept you on the project.
- If you plan to come to Slovenia a bit before or leave a bit after the project, please contact us before booking your tickets. You are allowed to **arrive maximum two days before** the project starts and **leave two days after** the project finishes. If you stay longer than that, we won't be able to reimburse you.
- The costs incurred during these **additional days are at your own expense**.

HOW TO GET THERE

The address of the venue is: **MC Hostel Brežice, Gubčeva 10a p.p. 29, 8250 Brežice**



BY PLANE

Flying to Ljubljana, Zagreb, Trieste, Venice, Treviso, Klagenfurt or Graz.

There are affordable flights from all over Europe to these airports. Check Ryanair, Volotea, Easyjet but you can also look on websites such as Momondo, Skyscanner, Opodo, Kayak or Expedia.
From all the airports you can take a **Go Opti shuttle** https://www.goopti.com/en which will bring you directly to the venue. Make sure to enter the exact address of the venue (Gubčeva 10a, 8250 Brežice). If you use our **discount code**, it will reduce the price by €5. The code is RFLILWSRF4S8, you have to enter it in the 'Discount code' field.



BY BUS OR TRAIN

From your country or from the airport you can travel to Brežice by train via Zidani Most.

You can also compare long-distance bus options, including FlixBus and BlaBlaCar Bus.

Here are some useful links:
Slovenian train station: https://potniski.sz.si/en/
Slovenian bus station: https://www.ap-ljubljana.si/en
Buses to Brežice: https://www.nomago.si/avtobusne-vozovnice/vozni-red
Trains from Zagreb to Brežice: https://int.bahn.de/en

FROM BREŽICE TRAIN STATION TO THE HOSTEL

- **Walk** 30 minutes to Gubčeva 10a
- **Take a local bus**: Here is the timetable https://www.nomago.si/avtobusne-vozovnice/vozni-red . To get the timetable, write under “vstopna postaja” BREŽICE ŽP and under “izstopna postaja” BREŽICE MARKET. From the market, it is a 7-minute walk to the MC Hostel Brežice https://goo.gl/maps/s8hFCRx7XpeVhBtAA .
- **Call a taxi**: +386 31 677 400. We suggest booking them in advance as they are not always available.

TRAVEL TIPS

To ensure a smooth reimbursement process and avoid misunderstandings, we advise you to:

- Book all travel in advance using **economy class tickets**. 1st class tickets are not reimbursed. Choose the cheapest route to the project venue and back home.
- Travel together with participants from your country whenever possible (same plane, bus, or train) — this makes the process easier for you and your sending organisation.
- **Taxi rides can only be reimbursed in special cases and must be approved in advance.**
- **Car travel is not refundable**.
- If you have any doubt, please contact the coordinator before booking tickets.



LANGUAGE TIP:
The Online Language Support (OLS)

The Online Language Support (OLS) is designed to help Erasmus+ participants improve their knowledge of the language in which they will work, study or volunteer abroad so that they can make the most out of this experience.

As the lack of language skills remains one of the main barriers to the participation in European education, training and youth mobility opportunities, OLS makes language support accessible in a flexible and easy way.

Check OLS out HERE.

PRACTICALITIES

TRAVEL AND HEALTH INSURANCE

It is mandatory to have valid travel and medical insurance (e.g. European Health Insurance Card) during your travel.

The host organisation will not cover any personal health insurance for participants.

Obtaining health and travel insurance in case of accident, serious illness (including permanent or temporary incapacity) and death (including repatriation) as well as the travel insurance (including damage or loss of luggage) **is the participant's own responsibility.**

Please ask your sending organisation if you have any doubt.

WHAT TO BRING?



- Typical snacks or drinks from your country
- Towel
- Toiletries
- Warm clothes
- Earplugs (if you are sensitive to snoring)
- Insurance card, ID card or passport
- Games to play in the evening, musical instruments if you like
- Swimsuit (in case you want to go to Terme Čatež)

HOW TO APPLY?

Apply as soon as possible to secure your spot.

Once you are selected, your sending organisation will give you the link to the Participant Information Form.

Please complete the **Participant's Information Form by 15 November 2026**.

Travel tickets must be purchased by 1 December 2026.

For any questions related to the application, please contact us at cirkuslabulleinfo@gmail.com.

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