

# SPARKING DRAMA



14 - 20 October 2021  
Rabat, Malta

Training Course  
Info-Pack



Karl Vella  
foundation  
Here to Care

# Project Background

Approximately two-thirds of young people will have been exposed to a traumatic event by the time they turn 16. Experiencing a traumatic event can potentially affect both their current and future mental health. Trauma occurs when a young person witnesses or experiences overwhelming negative experiences. These effects do not dissipate as time goes on, but trauma continues to be re-experienced.

A primary obstacle in treating these recurring traumatic memories is that young people often experience difficulties verbalizing and expressing their trauma(s). Evidence shows that utilizing the expressive/creative arts therapies can greatly help in processing trauma.

For the above reasons, the participant organisations, based on similar needs-analysis drew up three main objectives that would like to reach through the SPARK project:

1. To create new methods through which the young people receiving the service from the partner organizations will benefit from. All the young people who receive support from the partner organizations are considered as vulnerable due to the difficult events experienced in their lives
2. Through the use of arts; mainly drama, art and body movement, enable young people to use tactile materials to create symbols and images, bypassing the need for verbal language, and allowing for a better understanding of their emotions through the development of a visual vocabulary
3. Through the arts therapy tools learnt through this project, key workers will acquire the ability to help young people heal from trauma in ways that words alone cannot

# Partners

1. Karl Vella Foundation, Malta
2. Drusto MOAVE, Slovenia
3. Asociatia Copiii in Sanul Familiei, Romania



# OBJECTIVES

## **Objective 1:**

Introduce participants to the advantages of using drama with young people recovering from trauma

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## **Objective 2:**

Discover new ways of transforming trauma to support young people such as by exploring new identities, psycho-social integration and reframing

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## **Objective 3:**

To give tools to youth workers to support young people through the appropriate drama techniques

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## **Objective 4:**

Combine theoretical explorations with experiential learning

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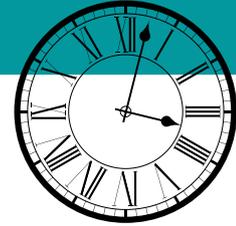
## **Objective 5:**

Help participants through practices of self-care which is vital when working with victims/survivors of trauma so as to reduce the risk of vicarious trauma

# PROFILE OF PARTICIPANTS

- Working as youth workers/ youth leaders/ educators in a non-formal setting with the participating organisations and with young people undergoing trauma
- Have a strong motivation to learn more about using arts to work with young people undergoing trauma
- Be at least 18 years of age
- Have a working knowledge of English
- Able to implement the skills, knowledge and attitudes acquired during the training
- Able to multiply the learning which took place during this project with other members in the organization

# TIMETABLE



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	<b>A r r i v a l s</b>	<b>Breakfast</b>					<b>D e p a r t u r e s</b>
Session 1		Introduction and ice- breakers	Neurodramatic play - trauma /resilience	Ritual and loss	Covid as an experience of loss and trauma	Closing Ritual	
Coffee Break							
Session 2							
		<b>Lunch</b>					
Session 3		General Introduction to dramatherapy	Ritual in dramatherapy	Mask-making process and the meaning of mask in death	Story work	Final Evaluation	
Coffee Break							
Session 4							
		<b>Reflection</b>					
		<b>Dinner</b>					
Evening Activities	Welcome Party	Intercultural Night	Free Night	Mdina by Night	Free Night	Farwell Party	



# ON YOUR WAY HERE

## Malta

A small island in the middle of the Mediterranean sea with a population of about 475,000. The official languages are Maltese and English, with Maltese officially recognized as the national language and the only Semitic language in the European Union.

In Autumn the temperatures may reach 28 degrees during the day and around 16 degrees at night. Make sure to bring light clothes and some warmer ones for the night.

Currency: Euro

Adapters: UK System.



# COVID-19 REALITY CHECK

**Important: These COVID realities and rules are as of 09/08/2021. We will update you if things change.**

- The COVID situation in Malta is stable - we are having between 50 - 100 cases daily.

1) All passengers are required to present a completed Public Health Travel Declaration and Passenger Locator Form (PLF) or the Digital Passenger Locator Form accessed from <https://app.euplf.eu> . Systems are in place to verify the origins of passengers arriving in Malta. A false declaration will be considered a criminal offence.

2) A valid vaccination certificate recognised by the Superintendent of Public Health (age 12+) for a full course of vaccination (2 doses with EMA approved vaccines (Comirnaty [Pfizer], Spikevax [Moderna], Vaxzevria [AstraZeneca]) or 1 dose of a single dose vaccine Janssen [Johnson & Johnson], with batches that are authorized by the national regulatory authority of the administering country, with 14 days after the last dose

3) A list of valid vaccination certificates is available overleaf. Without a valid vaccination certificate, passengers will be required to quarantine for 14 days in a hotel designated by the Government of Malta and expenses are to be paid by the passenger.

# COVID-19 REALITY CHECK

The recognised vaccine certificates include:

- The Official Maltese vaccination certificate
- The **EU Digital COVID vaccination certificate**, issued by EU, EEA and non-EU countries connected to the EUDCC gateway. The EU Digital certificates now includes certificates from Switzerland, Iceland, Liechtenstein, Norway, San Marino, Switzerland and Vatican city.
- The United Kingdom NHS (paper or digital) Coronavirus (COVID-19) Vaccination Certificate
- The UAE Vaccine certificate issued by the Dubai Health Authorities with a readable QR Code
- The Turkish Vaccine certificate of full course of vaccination.
- The United States CDC Covid-19 Vaccination Record Card: accepted until 31 July 2021. As of 01 August 2021 this will need to be verified through the VeriFLY app to be accepted as a valid vaccination certificate. The VeriFLY app is available on both Google Play (<https://bit.ly/2Wkqfrl>) and Apple App Store (<https://apple.co/3x8K0zn>). Go to <https://go.daon.com/verifyapp> for Verify FAQs.
- The Serbian “Digital Green Certificate” with a readable QR Code
- The Gibraltar, Jersey and Guernsey vaccination certificate
- The Covid 19 vaccination certificate issued by the Ministry of Public Health, Doha, Qatar
- The Albanian Digital Covid Certificate // Certifikate dixhitale shqiptare COVID



# BUYING YOUR FLIGHTS

## **STEP 1:**

Fill in the online application form on (click on the link)  
[Online Application Form](#)

## **STEP 2:**

Wait for our confirmation that you have been selected.

## **STEP 3:**

Search online for flights. Kindly note only economy class will be accepted. Subsequently send your flight itinerary on [kvf.projects@gmail.com](mailto:kvf.projects@gmail.com) and wait for approval before purchasing them.

## **STEP 4:**

Proceed in purchasing the flights and once purchase is completed, kindly send a copy of the flight tickets on [kvf.projects@gmail.com](mailto:kvf.projects@gmail.com)

# FLIGHT ALLOWANCE



This training course is co-financed by the Erasmus+ Programme. On the next page you will find the allocated funds for your travel; flights, train tickets, buses. Please note that only the cheapest options will be reimbursed.

Ensure that you retain all receipts from all transportation, otherwise you will not be reimbursed. Please also keep boarding passes.

You are allowed to stay an extra 3 days, either before or after the training, in Malta, but you would have to cover the accommodation yourselves. Kindly advise us of your prolonged stay before purchasing flights and let us know if you need help booking accommodations for the extra nights, or if you need a list of things to do or visit in Malta.



# FLIGHT ALLOWANCE

Country	Participants Allowed	Maximum Travel Reimbursement per Participant
Malta	7	0
Slovenia	7	€ 275
Romania	7	€ 275





# ACCOMODATION



The training course will take place at  
The Archbishop's Seminary in Rabat.

In order to get here you may use:

Public Transport Malta - Approx €2 bus

[www.publictransport.com.mt](http://www.publictransport.com.mt)

Shuttle Bus - [www.maltatransfer.com](http://www.maltatransfer.com)

Accommodation is full board. Food, towels and bed linen  
are included.

During the training course, you will be accommodated in  
single rooms with ensuite facilities

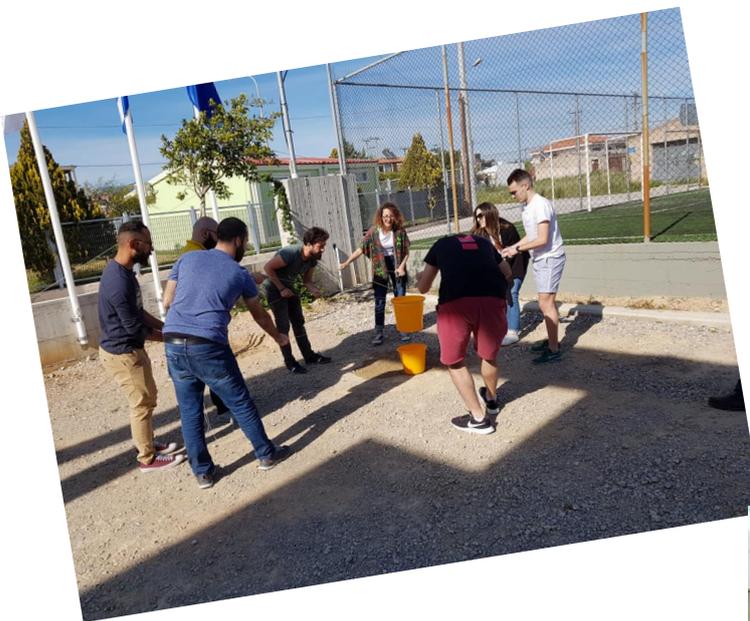


# PREPARATION



**Before arriving in Malta, we would like you to prepare the following:**

- Information about your NGO: Any leaflets, business cards and experiences to share with others
- Energizers/Ice Breakers/Games
- Stories, Postcards, Food and Beverages related to your country to share during intercultural night



# GET IN TOUCH

If you need more information, do not hesitate to contact us.



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