

Program

12.30
Doors open

13.00 - 13.30
Welcoming and introduction
Short presentations by Eliane and Szymon

13.30 - 14.00
Movement warm-up
Getting into the rhythm and boosting confidence
and a short break

14.00 - 15.00
Poetry & writing
Playing with words that inspire to move and reflect
Creating and presenting poetry together

15.00 - 15.30
Break

15.30 - 16.15
Dancing and improvisation
Collective dancing session with an invitation to
contribute your best dancing moves from
your motherland

16.15 - 16.30
Break

16.30 - 17.00
Reflection and conclusion of the workshop

17.00 - 18.00
Hang-out & drinks & small party

Facilitated by Szymon Adamczak, Eliane Becks, Vera Varyga
and EECA-group of Hiv Vereniging
(EECA=East European & Central Asia)