



## *Training of Trainers*

October 24-29, 2018

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## Learning objectives

Musicians without Borders' *Training of Trainers* is an in-depth course to gain skills and experience in facilitating training for community music leaders based on Musicians without Borders' principles and methodology. This course covers the skills and knowledge needed to train others in leading community music workshops and concepts related to nonviolence, trauma and self-care. We will examine our training methodology in relation to five principles: Safety, Inclusion, Equality, Creativity, and Quality. We will practice facilitating training sessions that cover didactic, pedagogic and musical skills.

## Goals

- **Principles:** The trainee will gain practical skills in following the principles of Musicians without Borders as a trainer.
- **Methodology:** The trainee will learn how to train others to connect the principles of Musicians without Borders and music activities.
- **Community:** The trainee will learn how to train others to create and prepare music workshops for diverse target groups.
- **Leadership:** The trainee will gain practical experience in leading and facilitating training sessions.

## Training schedule (subject to change)

Arrival and registration: Wednesday, October 24 (9:30-10:30am)

	Day 1 - Wed, Oct 24	Day 2 - Thurs, Oct 25	Day 3 - Fri, Oct 26	Day 4 - Sat, Oct 27
<b>Session 1</b> 9:00-10:30	Arrivals	Creativity	Nonviolence	The 6 Principles of Nonviolence of Dr. King
<b>Session 2</b> 11:00-12:30	Introduction: Why Musicians without Borders?	Presentation - MWB & Social Change	Songwriting	Movement & Dance
<b>Session 3</b> 14:00-15:30	Trauma, Resilience & Singing	Feedback & Deep Listening	Storytelling and Program Presentations	Music for Special Needs / Group Process Guidelines + Assignment: Workshop Scenarios
<b>Session 4</b> 16:00 - 17:30	Singing and Leadership	Leadership Assignment	Drum Circle Facilitation	Assignment: Workshop Scenarios

	Day 5 - Sun, Oct 28	Day 6 - Mon, Oct 29
Session 1 9:00-10:30	Active Listening Playground	Assignment: Be a Trainer
Session 2 11:00-12:30	Conflict Resolution & Perspective-Taking	Assignment: Be a Trainer
Session 3 14:00-15:30	Facilitation Skills - How to Train: WHAT, HOW, & WHY	Evaluation & Celebration
Session 4 16:00 - 17:30	Orchestral Methods & Conducting	

## Packing list

- Instrument/s of your choice
- Warm clothes/layers that are comfortable to move in
- Notebook and pen
- Laptop computer (optional, free wifi available)

## Trainers



**Laura Hassler** – Laura is the founder and director of Musicians Without Borders. Born in New York, she studied cultural anthropology and music at Swarthmore College and was active in US and international peace and social change movements. She moved to the Netherlands in 1977, where she developed a career linking music to social causes. Part of a large network of socially conscious musicians, Laura mobilized this network to create Musicians Without Borders in 1999.

**Otto de Jong** - Otto is a choir and orchestra conductor specialized in working with large groups of children. Since 1999, he has been working as a trainer for Musicians Without Borders, training others in how to use the power of nonverbal communication and team building for and with children.





**Emma Smith** - Emma Smith studied double bass at the Royal College of Music where she was trained in classical double bass technique and repertoire. Building on the language of classical music, and exploring the story-telling aspect of folk music from different parts of the world, Emma has forged a career as a composer and improviser. Emma also produces *Bitches Brew*, where she showcases the best in female instrumental improvising talent.

**Christa Tinari** - Christa Tinari is a speaker, author, trainer, and peace and justice activist. As founder of *PeacePraxis*, she teaches skills such as empathy, diversity appreciation, nonviolent communication, mindfulness, and reconciliation to people from all walks of life. Christa holds degrees in Psychology and International Peace Studies and Conflict Resolution, and is co-author of *Create a Culture of Kindness in Middle School* and other nonviolence curricula. Christa is a singer who performs with several folk-rock and jazz bands in the United States.





**Darren Abrahams** - Darren Abrahams is a singer, coach, therapist, trainer and edupreneur. He works internationally as a facilitator and project leader in the fields of creativity, music and trauma, arts and community, social entrepreneurship and personal development. He is a qualified trauma therapist and a Certified High Performance Coach. He is co-founder of The Starr Trust which supports young people to fulfill potential, and Crisis Classroom which trains volunteer and professional teachers to work in crisis situations.

## Accommodation



**Akoesticum** is a new and unique centre with state of the art instruction spaces for performing arts, educational programs in music, dance and theater, a restaurant and on-site accommodation.

## Meal options

(Special diets/allergies can be accommodated and should be communicated two weeks in advance of the training.)

**Breakfast:** “Dutch sandwich buffet” inclusive of croissant, eggs, fruit, yogurt, muesli/cornflakes, sweet spreads, cheese, meat, orange juice, milk

**Lunch:** “Dutch bread/sandwich buffet” inclusive of homemade soup, salad, hot snacks, fruit, sweet spreads, cheese, meat, orange juice, milk

**Dinner buffet:** Daily dish, freshly cooked with vegetables, either fish or meat or vegetarian alternative if requested, side dishes + salad with homemade dressing

## House rules

### Building, halls, surroundings

1. Please help us to keep Akoesticum and its surroundings clean, throw waste in the bins.
2. The entire building is smoke-free. If you want to smoke, use the designated smoking area in the courtyard.

3. Eating and drinking is allowed in the dining area, the café, the courtyard and the garden. It is not allowed to eat and drink in the bedrooms and in the rehearsal and concert halls.
4. The café is open for all guests, drinks can be ordered till 12:30am. The café closes at 1.00am.
5. It is not allowed to bring your own food & beverages.
6. We have high-quality instruments. If you use them, please treat them with care.
7. If you want to make recordings (audio, video) of activities of other guests, please ask their prior permission.

### **Staying the night**

8. Bed linen ( sheet, pillow case, duvet cover) and a towel is provided.
9. Please bring your own soap, shampoo and a hairdryer as these are not provided.
10. Clean towels are only provided on the request.
11. The key for your bedroom also opens the front door, please don't keep this card near your telephone as the radiation of your phone will interfere with the key.
12. We don't facilitate cots or highchairs for small children.
13. When you leave: please leave all used linen in the green laundry baskets in the hallways and close the windows. You can store your luggage in the allocated room.
14. Check out time at 10:00, please leave your key at the front desk, unless otherwise requested.

15. Please be silent in the hallways and staircases after 22:00, and be considerate of others who have gone to bed before you.

16. In case of emergencies or urgent questions during the night, contact the person in charge of your group. Only in extreme emergencies, contact the night watch +31 (0)318 304 349

### Safety

17. If you lose something, or if you have found something belonging to someone else, please tell one of our staff.

18. If you notice an unsafe situation, please tell one of our staff, so that we can take action. In case of calamities, follow the instructions of our staff.

19. Akoesticum cannot be held responsible for damage to or theft of belongings of guests. The costs for repairing damage to the property of Akoesticum will be charged to the person or persons causing the damage.

## Transportation

Akoesticum is located in Ede, a beautiful, small Dutch town.

### From the airport

There are two airports that are accessible to Akoesticum - Schiphol airport (Amsterdam) and Eindhoven airport. It takes approximately one hour by train from Schiphol and two hours from Eindhoven airport to reach Ede.

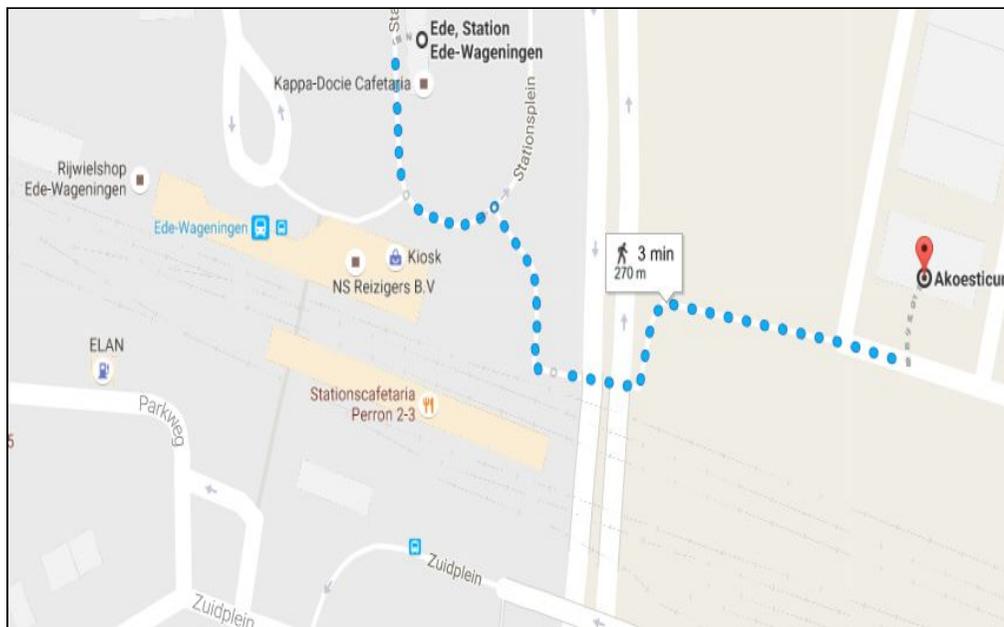
From Schiphol airport you can take a direct train every 30 minutes from platform 3 to Ede-Wageningen.

From Eindhoven airport, you need to take bus 400 from the airport to Eindhoven station and take a train to Utrecht Central (direction Alkmaar/Schiphol) and then change to platform 19 (direction Nijmegen) to continue to Ede-Wageningen.

### From Amsterdam

There are direct trains every 20 minutes from platform 5 at Amsterdam Central that travel to station Ede-Wageningen.

<http://9292.nl/en> is a useful trip planning website. You can also download an app called Reisplanner to check the daily schedule of all trains.



### Walking route

Akoesticum is approximately a five minute walk from station Ede-Wageningen. You will see signs at the train station directing you to the walking path.



### Driving

Akoesticum is accessible by car from the N224 (Arnhem / Apeldoorn) or A12 Utrecht/Ede (exit 24). There is free parking available on-site. Follow the Akoesticum (brown) signs to the parking lot.

### Address

Nieuwe Kazernelaan 2 D-42, Ede (Gld) 6711 JC The Netherlands

### Getting to town

The main street Parkweg is a 10 minute walk from Akoesticum, where you will come across several restaurants, bars and supermarkets. Directly on the main road you will find a bus stop (Ede-Wageningen) where you can catch a bus every 15 minutes that brings you to the center of the town. There are three bus lines that you can use – 1, 107 and 108.

## Contact information

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