FACILITATING POWER

OR HOW TO IMPROVE YOUR LEADERSHIP

• Arrival day: 1st september
• Departure day: 8th september
• Dosrius, close to Barcelona
• 2 participants per organization
• Partners coming from Turkey, Italy, Portugal, France, Ukrain, Moldova, Spain, Georgia, Greece and Ireland
Do you know that?

80% of the conflicts have to do with invisible rank differences

Power differences are present in every interaction we have.

Privileges can be abusive or beneficial to others.

Please, join us if you are:

- Part of an organization where you could implement the learning
- Interested in learning more about your personal power dynamics
- Interested in getting sensitized for the power dynamics in your organization
- Coordinating a working team
- Dealing with a group of young people
- Expert of facilitating
You will:

- Understand rank, privileges and power dynamics that structure your perception and your behaviour
- Understand and develop a plan to improve the power dynamics in your organization
- Learn how power is related to conflict
- Get a deeper understanding of the underlying dynamics of racism, sexism, classism, lgtbphobia, and exclusion to minorized groups in general
- Get a new understanding of human relationships
- Learn a new approach to facilitate

Methodology

- Process Work Psychology
- Social theater
Money for travelling

<table>
<thead>
<tr>
<th>Country</th>
<th>NORMAL TRAVEL</th>
<th>GREEN TRAVEL (NO PLANE)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey</td>
<td>530€</td>
<td>610€</td>
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<tr>
<td>Italy</td>
<td>275€</td>
<td>320€</td>
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<tr>
<td>Portugal</td>
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<td>180€</td>
<td>210€</td>
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<tr>
<td>Ukrain</td>
<td>360€</td>
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<tr>
<td>Moldova</td>
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<td>Spain</td>
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</tbody>
</table>

*In order to take care of the planet, we recomend and animate you to take this ecological option! The green option, means that you are travelling by train or bus - in other words: no plane!
How to get the house:

From the airport you can take:
- a train to **Barcelona - Sants Estació**
- or a bus to **Barcelona Plaça Catalunya**

From the train station (RENFE) of Plaça Catalunya or Sants Estació:
- Get the **R1 train** direction Massanet-Maçanes. Your final destination is **Mataró**.
- **Attention!!!** Be aware that there are two different trains going to Massanet-Maçanes, but just the R1 stops in Mataró.

In front of the train station of Mataró, there is a bus stop. There you will take the **bus line 551**, going to **Dosrius**. There is just one bus per hour: at 15.15, 17.15, 18.15, or 19.15h. Please make sure that you do not arrive at Mataró after 7pm to make sure you get the latest bus!

In Dosrius, we can pick you up by car, or we can take your luggage and you can get to the house walking - enjoying a nice 30min walk through the catalan landscape!
Be aware of the schedule!

Barcelona - Mataró in train: 50min.
Mataró - Dosrius by bus: 35min

**It is important that you arrive to Barcelona Airport at 3 pm the latest** in order to get to the house in the afternoon!

Regarding your return ticket: be aware that from the house to the airport it takes you around 3 hours. Do not book your train/plane too soon!!!
What to bring:

The house is placed in the middle of the forest - a magic and silent spot of the world.

- Do you want to **sleep in a tent**? It is an option if you want. In that case, notice that we can offer you normal mattresses so you could have a wild-confortable private space. Please, let us know if that is an option for you and bring your own tent!!!

- If you choose to sleep inside, in beds, you will share the room with all the other participants.

In any case bring:

- Your own towel
- Your own sheet or sleeping bag. There are blankets, but no sheets so better if you bring it
- Your own pillowcase
- Suncream / - protection
- Antimosquitos

We will be there in summer and hopefully the weather will be nice - it could be really warm - but at nights is refreshing! (Please check the weather forecast some days before)
Contact

lalluerna@lalluerna.org

Ares: +34 669175718
Bea: +34 659 33 52 76
Caren: +49 170 4744744

And don't forget to fill in the form for signing in!
Looking forward to meeting you all!

Caren, Ares & Bea