

## Report Training Activity I

### Inclutrain extends – Lebensraum Birkenhof

The 1st training activity of the Inclutrain extends project took place from 22-26 January 2024 at Lebensraum Birkenhof in Austria. The main topic of the training activity was: Inclusive dialogue through artistic means of expression. In relation to this topic, theoretical inputs, practical exercises, reflection rounds and multimedia presentations were made.

The participants were made up of people with and without support needs from Austria, Germany, Italy and the Netherlands. During the training activity, everyone was able to speak in their own language, as what was said was always translated.



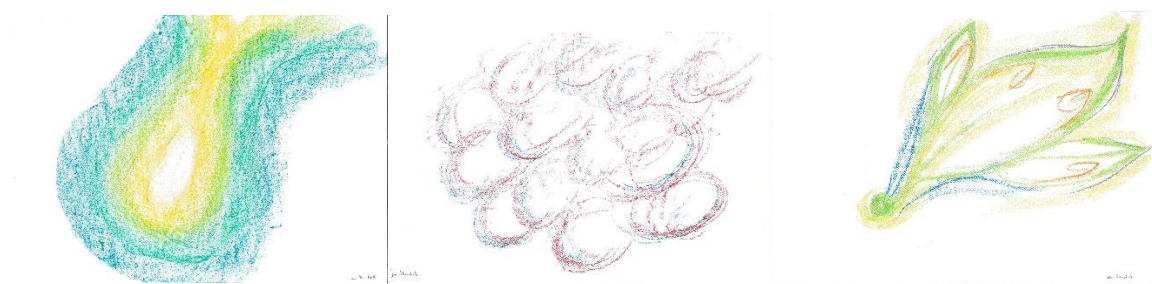
Art working group - Visualisation of individual qualities

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### Inclusive dialogue through artistic means of expression

In order to approach the main topic of the training activity, namely inclusive dialogue, it was presented how a person's impulse of action can be represented not with words, but through artistic means of expression. Therefore, the impulse of action was modelled by

two participants while walking and then translated into music, painting and movement. Over the course of the three-day training, small working groups practised using painting, music and dance as a means of communication. The working groups also worked on the following questions: How can a task be set in such a way that it corresponds to a person's impulse of action and is therefore as motivating as possible? How can a learning and working space be designed in such a way that it is as conducive as possible for a person? At the end of each day, the experiences were reflected on in the plenary session.



Expressing the perceived in images.

*"During the art exercise, I realised that my own impulse of action always flows into the drawings. When I painted Erich's impulse of action, I did it in my own way (Aiming Strengthening). I set the shapes first and only coloured in the free areas afterwards. Erich, on the other hand, painted the sheet first and then drew the shapes in the coloured areas. His impulse of action, the Resting Refining, was evident in the way he drew." - Valentin*

## Inclusion and the how method

The short film "The How Method" was shown to deepen the methods. The film was created as part of the first Inclutrain project (2017-2020) and illustrates how to find an impulse for action and write a portfolio. In order to make the content of the video as understandable and accessible as possible for everyone, the film was paused repeatedly and the content shown was gathered in German and Dutch. Link to the video: <https://youtu.be/T6o2dMnQgdY>

This was followed by a short keynote speech on the topic of inclusion. Inclusion does not mean that carers fulfil all the wishes of the people they look after. Rather, it is about participation. It is important to see carers not only in their work function, but to recognise the person. This means that attention must be paid to the skills and needs of employees in order to make an organisation inclusive. This respect for qualities must come from the people being cared for and the carers, as well as from the management. The content-related impulses were then discussed in small groups.

*"Before the music exercise, I asked myself how one would perceive a person's impulse of action in music: in the rhythm, in the melody, ...? I couldn't imagine it. But when I experienced it, it was quite clear what the impulse of action was. But I first had to hear it myself, perceive it myself, to get an idea of it." - Angela*

## Peer group dialogue

An important element of the Inclutrain extends project is peer group work. The aim of peer group work is to enable people to demonstrate their qualities and express what kind of working environment they need in order to be able to work according to their abilities. At the beginning of the project, it was assumed that the peer group would consist exclusively of people with support needs, but it quickly became apparent that all participants shared the need to expand their skills in this area. Accordingly, it was determined that the peer group ultimately includes everyone who participates in the Inclutrain training. In the course of the project, all participants gain experience about their own qualities as well as those of their fellows. In this way, they are all peers.

A discussion between the peers from the various organisations was held at the beginning and end of the training activity. Reports were given on the previous peer group meetings as well as on experiences with their own impulse of action.

## Further programme

The theoretical units, practical exercises and reflection sessions were rounded off by a varied programme. The participants played group games, sang together and went on excursions in the region. They visited the city of Villach and went sledging on the Dobratsch.



Sledging on the "Dobratsch" mountain in Carinthia

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Participating partner organisations: Hofgemeinschaft Weide-Hardebek (D), Lebensraum Birkenhof (AT), Integrative Hofgemeinschaft Loidhold (AT), San Patrizio (IT), Urtica de Vijfsprong (NL), Albert de Vries *Onderzoek in eigen werk* (NL)

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