

*"Migrants' stories through the use of images"*

*27-28 May 2020*

# ONLINE TRAINING

*SIMPLE*

A black and white photograph of two hands reaching towards each other, set against a wall with a mural of stylized flowers. The word 'SIMPLE' is overlaid in yellow text.

**Day 1: Wednesday 27/05/2020**

***Session 1 - Presentation of Approdi and introduction to the theory***

Trainers: Diego Manduri, Niccolò Guglielmi, Marta Guidotti, Lucia Romani

**Morning session: 10:00 – 12:30**

10:00 – 10:10 Welcome and introduction

10:10 – 10:20 Check-in and networking time

10:20 – 10:25 Brief description of today's objectives

10:25 – 10:40 What is Approdi?

10:40 – 10:50 Breathing exercises

10:50 – 11:00 Feedback exercise

11:00 – 11:30 Introduction to the theory: the window of tolerance

11:30 – 12:00 Activity

12:00 – 12:30 Open discussion

***Session 2 - Art therapy activity***

Trainers: Diego Manduri, Martina Mancini, Serena Panico, Niccolò Guglielmi, Marta Guidotti

**Afternoon session: 14:30 - 16:00**

14:30 – 14:40 Introduction

14:40 – 14:50 Body exercise

14:50 – 15:00 Introduction of the activity

15:00 – 16:00 Art therapy activity

16:00 – 16:30 Feedback

Evaluation and check-out

**Day 2: Thursday, 28/05/2020**

***Session 3 - The Arrival theory***

Trainers: Diego Manduri, Irene Esposito, Serena Panico, Chiara Tarli

**Morning session: 10:00 – 12:30**

10:00 – 10:15 Intro and Recap

10:15 – 10:25 Body exercise

10:25 – 10:40 Introduction to the uses of images

10:40 – 11:00 Introduction of the Arrival 's approach

11:00 – 12:00 Description of the process

12:00 – 12:30 Practical activity

***Session 4 - The Arrival: practice***

Trainers: Diego Manduri, Irene Esposito, Chiara Tarli

**Afternoon session: 14:30-16:30**

14:30 – 14:35 Introduction

14:35 – 14:45 Body exercise

14:45 – 15:00 Description of the activity

15:00 – 16:00 Practical activity

16:00 – 16:30 Reflection and wrapping up