



GENERAL INFORMATION

After a very successful organisation preparation trip we are ready to invite you on a new EAMTS Project taking place in St. Petersburg in Russia.

The contacts with the German Russian organisation PERSPEKTIVEN have been established in the last two years and together with the local organizers we agreed to cooperate. We combined and exchanged our ideas and came to the following set up.

Perspektiven realizes the possibility of co-workers who work voluntarily in two institutions for severe mentally and physically handicapped people in the Russia. The children and adults are living in very poor conditions and do not receive additional training or care. A lot of them do not give a lot of reactions and it is hard to interact with them.

Music and musical improvisation with its inherent abilities of stimulation and communication can provide an additional way of coming into contact and into interaction. We therefore aim to train the co-workers coming from Russia, Germany and Poland in basic methods of musical interactions such as holding techniques, mirroring, repeating and synchronizing to the clients actions.

The co-workers arrive in St. Petersburg generally end of September. This means that we would probably aim to have the project in November so that there is enough time for using the musical abilities with the clients. We might have a second trip in the same year, maybe only a few co-workers will really be interested... All this we can decide after we have done a first pilot project. We invite you now to come with us on the first pilot period and to the evaluation meeting in the summer for three days. If you can already say that you would be interested to come twice in 2008 that even better!

TIME FRAME:

The first project pilot period will take place in April 2008.

We will meet for preparation days in Berlin on Friday 4th of April and

Will end in Berlin on Sunday Evening the 13th.

We will the again meet for an evaluation and process meeting in the summer again in Berlin.

STRUCTURE/CONTENT:

The therapists/Students will work together with one organizer and the local coordinator in one of the 2 institutions. We will have **4 therapists working in Pawlowsk** the Children's Home and **2 Therapists working in Peterhof** with the adults.

The Therapist will each have one contact person of the voluntary co-workers, who is matching the best according to language abilities and interest.

Pawlowsk

The work will mainly be focused on providing a training possibility for the co-workers to interact musically with the children/adults they take care of. We will prepare a general basic training scheme (taking in account the difficulties of no language in common), which is going to be introduced at the beginning of the week in a first introduction workshop.



The therapists are going to be working with 2-3 co-workers, staying with them and their clients during the whole period. The therapist will have individual sessions and group sessions. The individual sessions are problem focused and should be repeated in the same setting (client/co-worker/therapist). The group setting will provide the co-workers a possibility to observe their children additionally.

There is one music teacher working in Pawlowsk. The therapists are going to will be able to act as interns in her classes and she will assist in the therapy group sessions.

Peterhof

Lena is the music therapist in Peterhof, who is working individually and in group settings already. The main purpose of our work is to assist her in specific questions with individual clients as well as providing the co-workers with a basic training in the methods used for musical interaction and stimulation.

The therapists will assist Lena in her group sessions and exchange with her methods and interventions of music therapy for two days and for two days the therapist will have group sessions and times for individual consultations.



ACCOMODATION

The whole team will stay together in a flat in St. Petersburg, where cooking possibilities will be available. We will have to take the “elictischka” every morning to get to the institutions, which takes about 1h.

TRAVEL

We will fly from Berlin to St. Petersburg and back. The preparation days will take place in Berlin.

PREPERATION DAYS

We will have 1,5 days for preparation in Berlin which will include team building activities, cultural awareness trainings and the preparations of the introduction workshop and the training sessions with the co-workers. Accommodation will also be taken care of in Berlin.

COSTS

The costs will be around **200€ for one project period** and the evaluation period per person. We will try to get as many funds as possible and then the price might be lower. Additional cost will be the travel to Berlin and back as well as food during the project period.

The price includes the flight from Berlin to St. Petersburg and back, the organisation of the Visa, the travel to the institutions, a preparation book, the whole organisation and supervision, intercultural and team building trainings, the accommodation, the accommodation during the preparation days and evaluation.

ORGANISATION

1. Melanie Schmitz (Deutschland)

Music therapist from Cologne with working experience in the field of mentally and physically disabled children and adults. She went to St. Petersburg already in 2005 and 2006 and knows the institutions.

2. Verena Heidenreich (Deutschland)

Head of the EAMTS Project Commission.

Music Therapist, Social Worker, MSc Cross-cultural psychology, Trainer for Intercultural Competence Manager, Advisor and Supervisor of EAMTS projects since 2004

INTERESTED??

For your application please send a short motivation letter and your CV as well as a short personal introduction to mail@eamts.org directed to Melanie Schmitz.