

Training “Baking as a social event”

Providing of qualification training in the methods and programs of the Bread Houses Network

9.10./10.10.2017 in Sofia

1. Background information of the Training Organization

The International Council for Cultural Centers (I3C), www.international3c.org, is founded by Nadezhda Savova-Grigorova as a world-wide civil society and volunteer-run initiative in 2008 which has already gained international recognition from global organizations like UNESCO, Slow Food International, etc. It is currently the biggest organization uniting community cultural centers from 56 countries. I3C is based in Bulgaria as an NGO with international membership. The organization involves in its local activities many volunteers of all ages and promotes active participation by various civic groups to help create more colorful, creative, and ultimately happier communities around the world. I3C is currently the only international non-governmental organization representing internationally community cultural centers with their rights, responsibilities, and needs for favorable conditions for the activities of voluntary/non-paid artists and community animators around the world.

I3C includes the global **Bread Houses Network (BHN)**, www.breadhousesnetwork.org. The BHN creates and unites centers for community-building, creativity, and social entrepreneurship with the mission to inspire individuals and communities around the world to discover and develop their creative potential and cooperate across all ages, professions, gender, special needs, and ethnic backgrounds through collective bread-making and accompanying art forms and sustainable ecological education. The Bread Houses are physical locations established as well as educational and community-building programs run by people whom are trained to host in various other locations (community centers, schools, churches, etc. and in different countries that we coordinate) with series of events and festivals. They run as community cultural centers (in Bulgaria and a few other countries) or social enterprises-bakeries that train and employ disadvantaged people.

Currently, the network unites trained people and organizations in 20 countries on 5 continents.



2. Training and workshop experience of the organization

The Bread Houses Network is actively developing and providing social community-building programs based on the community bread making, baking and sharing.

The organisation is providing weekly community programs for refugees and migrants, people with disabilities, children at risk using Bread Therapy, Kitchen music, 3S: Sifting-Shaping-Sharing Alternative Career Counselling Method, playing the Game Bakers without borders. The workshops seeks to encourage intercultural and inter-religious dialog, cooperation among different generations and professional and ethnic groups as all participants knead together around the same table. During the baking time, people share their artistic talents, discover their creative potential and identify the local assets (people, cultural traditions, natural resources, etc.) for problem-solving – rather than only delving into the local problems – to help one another move forward and promote co-existence through co-creation.

The organization is strongly experienced in provision of trainings for professionals working with diverse people and people in different life situation – social workers, psychologists, therapists, mediators, etc. The trainings includes introduction and deeply involvement in the bread methods as a tool for empowering the interaction between the professionals and the people they are working with. The whole training process is accompanied by practical workshops to applying the methods as well as direct “training in the practice” by including the trainees to participate in bread therapy groups. Part of the training is on the social entrepreneurship and business skills, based on Bread Houses experience as an opportunity to empower the

“clients” to become future leaders, facilitators and even founders. In addition to the practical experience the trainees have on their disposal writing training materials with detailed description of all the methods, programs, target group specifics.

The third training tool provided is the Game “Bakers without borders - Community building tool for ChangeBakers”. It is a non-competitive educational board game for all ages and different cultural settings, uniting people from all walks of life due to the unique power of bread as a universal symbol of sharing. The game is bringing together the 7-year long experience of the Bread Houses Network. With three sub-games, it can be used as a social business model and a guide for therapy and transformative life-long education. Game 1 is a tool for low-income communities to unite across ages, using the Theatre of Crumbs bread making method as a pretext to find common values and improve their quality of community life. Game 2 teaches the skills and spirit of a social entrepreneur, as it offers a step-by-step guide on developing food-related businesses, as well as other innovative start-ups. Game 3 is presenting stories from different parts of the world and motivates people to come up with creative ideas for solving social or ecological problems they are facing. The professionals have a close overview on the game and the way it is playing. Until now various professionals from around the world have been trained in the community bread baking methods and are implementing and using them in their work with vulnerable and social excluded people.

3. Main goal and results of the training

To provide qualification training in the programs of the Bread Houses Network for 16 participants. After the training the participants will be able to: organize bread baking events and workshops; to use the bread baking methods and programs with different groups of people; to use bread art therapy in their work and their own projects and initiatives; to develop their own ideas and methods based on the Bread Houses methodology.

Each participant will receive printed training materials and copy of “Bakers without borders” game (available in German and English).

Each participant will receive a training certificate issued by the Bread Houses Network confirming the ability to use the methods and the bread art therapy.

4. The training program

1 st day, 09.10.2017	10:00 – 12:30	<p>Welcoming bread making.</p> <p>The training starts with a common bread making during which the participants present themselves, their field of work and expectations (<i>the aim of the activity is the participants to be directly involved in the BHN methods and to experience the whole process, including preparation and organization</i>).</p> <p>Introduction to the Bread Houses Network history, mission, vision, philosophy, programs around the world, projects and initiatives.</p>
	12:30 – 13:30	LUNCH
	13:30 – 15:00	<p>Warm-up game.</p> <p>Presentation of the BHN methods and services:</p> <ul style="list-style-type: none"> - <i>Theatre of Crumbs</i> as a main method of community bread making. - <i>Kitchen music</i> - <i>Breadbuilding</i> - <i>3S Career counseling</i> - <i>Bread therapy</i> - <i>Bread in the dark</i> - <i>Special events</i> <p>Presentation of the BHN social enterprise model –the Nadezhko social bakery.</p>

	15:00 – 15:15	Short break with coffee
	15:15 – 16:15	Warm-up game. Metaphors of bread-kneading phases – presentation. Group exercise on the metaphors and preparation of scenarios for bread making with various target groups.
	16:15 – 17:30	Kitchen music exercise – the participants will create a text and song on a chosen topic using only kitchen instruments
	17:30 – 20:30	Free time and dinner
	20:30 – 22:00	Candle light bread making workshop – the participants will experience a different kind of bread making event which can be used on special events.
2 nd day, 10.10.2017	10:00 – 12:30	Warm-up game. Bread Therapy practical workshop with people with disabilities – the participants will practice bread therapy workshop with groups of people with special needs.
	12:30 – 13:30	LUNCH
	13:30 – 14:00	Video presentation and discussion.
	14:00 – 15:30	Presentation and playing of the game <i>Bakers without borders</i> .
	15:30 – 15:45	Short break for coffee
	15:45 – 17:00	Closing session - feedback, certification.

5. The team

Zdrava Vodenicharova - Zdrava has a Master degree in Social work from Sofia University “St. Kliment Ohridski”. Currently she is a Project Coordinator of the International Council for Cultural Centers. Zdrava is involved in change-making projects, establishing meaningful partnerships for collaboration on solving complex social problems. Her scope of work covers topics on initiatives and projects with communities, groups and individuals, social and educational innovations, creativity and dialogue, social entrepreneurship. Zdrava has strong background and experience in broad spectrum of roles as coordinator and expert of national and international projects financed by different programs and donors; training facilitator of professionals working with people at risk and with special needs; public relations; direct social work and provision of social and educational services for people at risk. She is author of a few publications and articles in bulletins and handbooks, as well as co-author of manuals and booklets for work with vulnerable groups.

Sandra Topalska – Sandra has a master degree in sociology and social work from the Jagellonian University in Cracow and a rich practice as volunteer in various initiatives. Sandra is the most recent member of the Bread House Network. She has spent the last 6 years gaining experience in the field of cultural diplomacy and international relations at the Polish Embassy in Sofia. Her involvement as a volunteer includes work with youngsters with disabilities, children from unprivileged families and people suffering from mental illnesses as well as the organization of various social events (workshops, conferences, pro-bono concerts etc.). Before joining the Bread House Network team, for one year Sandra participated as a volunteer in the activities of the Sofia Bread House, where she learned to lead community kneading's with diverse participants using the methods for social inclusion developed by the organization.

6. Working language

Working Language is English