Autonomous non-commercial organization of high education

International Academy of Arts



Cultural Educational Program

International Language of Art

Safety in Arts

Saint Petersburg, Russia (21 days/20 night)



<u>The mission:</u> exploring ways of getting out of professional crisis and preventing syndrome of professional and emotional burnouts for creative people (actors, drama directors, artists, musicians, etc.); studying methods of psychological self-regulations, exploring basics of psychoemotional tension ceasing during creative activity.

The course is based on methods of practical psychology Number of participants in each group – 15-25 people

Content (72 hours):

- 1. System of trainings and workshops "Safety in Arts": studying basics of practical psychology for achieving goals in professional activity and personal life.
 - exploring theory of the emotional burnout syndrome and causes of its appearance;
 - working on personnel express diagnostics for harmonization relationships in collectives;
 - developing skills of using psychotechnical methods for stabilizing emotional state and changing attitudes to stressful situations;
 - studying ways of resisting manipulations in creative practice;
 - exploring basic strategies and interactions with conflicting personalities;
 - learning methods of getting out of professional crisis.



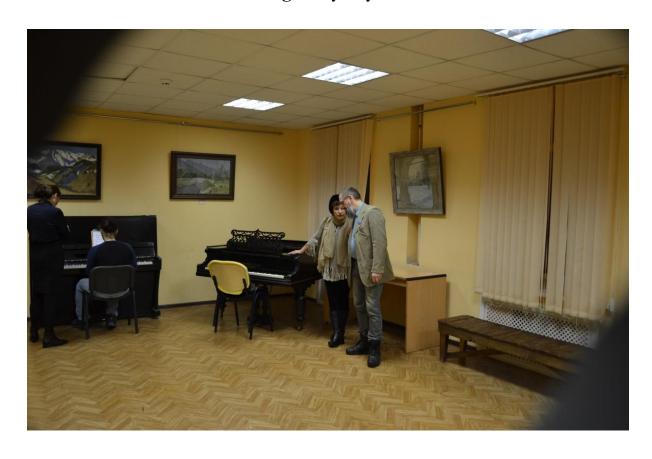
2. Creative program «Talented In Everything»

Quizzes and quests
Dance parties
Group singing

3. Sightseeing tour: «Magnificent Saint Petersburg!»



Location: *Center of Modern Art*Saint Petersburg, Stolyarny Pereulok 18





THE PROGRAM SCHEDULE

Date	Time	Event
Day 1	Morning Afternoon	Arrival, accommodation, exploring Center of Modern Art
	Evening	Meeting the group Presentation of the educational program
Day 2 Day 3		Safety in Arts
		Psychological training
		Preparing recital
		Safety in Arts
		Psychological training
		Preparing recital
	Evening	Recital / Animation program
Day 4	Morning Afternoon	Magnificent Saint Petersburg (sightseeing tour, bus & walk)
	Evening	
Day 5 Day 6		Safety in Arts
		Psychological testing
Day 7 Day 8		Preparing recital
		Safety in Arts
		Methods of personnel psychological diagnosis
		Preparing recital
Day 9		Meeting St Petersburg artists
Day 10		Safety in Arts

Day 11		Subpersonal psychology foundations
Day 12		
Day 13 Day 14 Day 15		 Preparing recital Safety in Arts Energetic component in creativity Meeting St Petersburg artists pra
Day 16	Morning Afternoon	 Safety in Arts The creativity crisis and methods of its overcoming
	Evening	Preparing recital
Day 17	Morning Afternoon Evening	 Safety in Arts Professional and creative burnouts – methods of ceasing Preparing recital
Day 18		 Safety in Arts Field practices – exploring methods Preparing recital
Day 19		 Safety in Arts Meditation as a tool for reestablishing psycho energy Preparing recital
Day 20		Preparing closing ceremony Closing ceremony
Day 21		Departure

Participation fee: 896 US dollars per person

Including:

I. ACCOMMODATION: Hotel Remarka, central part of St Petersburg (Stolyarny Pereulok 18)



- Individual bathroom (shower, toilet, sink).
- Air conditioning

- Furniture: wooden beds, chairs, nightstand, wardrobe, cloth hanger.
- Optional: refrigerator, TV set.
- Wi-Fi



- II. MEAL: Breakfast (yoghurts, sandwiches, oatmeal, tea, coffee, fruits)
- III. EDUCATIONAL PROGRAM: workshops, lectures, seminars, trainings and consultations on music improvisation.
- IV. SIGHTSEEING TOURS: "Magnificent Saint Petersburg" and "Musical Saint Petersburg".

Additional expenses:

Travel expenses to/from Saint Petersburg are paid by participants. Optional: the host can provide assistance in purchasing airplane tickets on request.

Transfer from/to Pulkovo airport, providing comfortable bus (in case of group arrival).

PAYMENT ORDER: wire transfer (bank account data on request)

CONTACTS:

195197, Russian Federation, Saint Petersburg, Kirochnaya 32

Phone & fax: +7(812) 273-2710; E-mail: academart@mail.ru

International Language of Art:

the crew



Sultan ABAYEV

member of the Russian Artists' Union, Honored Artist of Russian Federation, Rector of the International Academy of Arts



Olga GRIGORYEVA, PhD

professor, member of the European Academy of Natural Science, member of the Peter's Academy of Science and Arts, first vicerector of the International Academy of Arts



Yelena KORCHINSKAYA

culturologist, transpersonal member of the psychologist, International Transpersonal Association «The Whole World», director of the project «Available Practical Psychology», educator on in psychology International Academy of Arts,



Autonomous non-commercial organization of high education International Academy of Arts

APPLICATION FORM

intensive educational program <u>Safety in Arts</u>

1. Personal data:
1.1 Name & Surname
1.2. Date of birth
1.3.Education
1.4. Occupation
2. Theatrical education (if any): yes (fill in 2.1 below) no
2.1. Educational institution
year of entry year of graduation currently a student
3. Duration of the course chosen (mark): 72 hours
4. Personal contact data
phone email

Please fill in this form and send it to volant-7@yandex.ru