



**Autonomous non-commercial organization of high professional education**

## **International Academy of Arts**



Cultural Educational Program

## **International Language of Art**

### **Safety in Arts+** **Intensive Course of Spoken Russian**

**Saint Petersburg, Russia**  
**(42 days/41 nights)**



**The mission:** 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 psycho-emotional tension ceasing during creative activity.

**The course is based on methods of practical psychology**

Number of participants in each group – 15-25 people

**Content (144 hours):**

1. **Intensive course of spoken Russian.**
2. **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.



### 3. Creative program "Talented In Everything"

Quizzes and quests

Dance parties

Group singing

### 4. Sightseeing tour: *Magnificent Saint Petersburg*



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







## THE PROGRAM SCHEDULE

Date	Time	Event
<b>Day 1</b>	Morning Afternoon	<i>Arrival, accommodation, exploring Center of Modern Art</i>
	Evening	<i>Meeting the group Presentation of the educational program</i>
<b>Day 2</b>		<ul style="list-style-type: none"> <li>• <b>Spoken Russian (6 hours)</b></li> <li>• <b>Psychological training (6 hours)</b></li> <li>• Preparing recital</li> </ul>
<b>Day 3</b>	Evening	Recital /Animation program
<b>Day 4</b>	Morning Afternoon	<i>Magnificent Saint Petersburg (sightseeing tour, bus &amp; walk)</i>
<b>Day 5</b>		<ul style="list-style-type: none"> <li>• <b>Spoken Russian (6 hours)</b></li> <li>• <b>Psychological training (6 hours)</b></li> <li>• Preparing recital</li> </ul>
<b>Day 6</b>		<ul style="list-style-type: none"> <li>• <b>Psychological tests (6 hours)</b></li> <li>• Preparing recital</li> </ul>
<b>Day 7</b>		
<b>Day 8</b>		<ul style="list-style-type: none"> <li>• <b>Day off</b></li> </ul>
<b>Day 9</b>		<ul style="list-style-type: none"> <li>• Meeting St Petersburg artists</li> </ul>
<b>Day 10</b>		<ul style="list-style-type: none"> <li>• <b>Spoken Russian (6 hours)</b></li> <li>• Subpersonal psychology foundations <b>(3 hours)</b></li> <li>• Preparing recital</li> </ul>
<b>Day 11</b>		<ul style="list-style-type: none"> <li>• Subpersonal psychology foundations <b>(3 hours)</b></li> <li>• Preparing recital</li> </ul>
<b>Day 12</b>		

<b>Day 13</b>		• <b>Spoken Russian (6 hours)</b>
<b>Day 14</b>		• Energetic component in creativity <b>(3 hours)</b>
<b>Day 15</b>		• Energetic component in creativity <b>(3 hours)</b>
<b>Day 16</b>		• <b>Day off</b>
<b>Day 17</b>		• The creativity crisis and methods of its overcoming <b>(3 hours)</b>
<b>Day 18</b>		• Meeting St Petersburg artists
<b>Day 19</b>		• <b>Spoken Russian (6 hours)</b>
<b>Day 20</b>		• Field practices – exploring methods <b>(6 hours)</b> • Preparing recital
<b>Day 21</b>		• <b>Spoken Russian (6 hours)</b>
<b>Day 22</b>		• Meditation as a tool for reestablishing psycho energy <b>(6 hours)</b> • Preparing recital
<b>Day 23</b>		<b>Day off</b>
<b>Day 24</b>		• <b>Spoken Russian (6 hours)</b>
<b>Day 25</b>		• Professional and creative burnouts – methods of ceasing <b>(3 hours)</b> • Preparing recital
<b>Day 26</b>		• <b>Spoken Russian (6 hours)</b>
<b>Day 27</b>		• Meeting St Petersburg artists
<b>Day 28</b>		• <b>Spoken Russian (6 hours)</b>
<b>Day 29</b>		• Energetic component in creativity <b>(3 hours)</b>
<b>Day 30</b>		<b>Day off</b>
<b>Day 31</b>		• Energetic component in creativity <b>(3 hours)</b>
<b>Day 32</b>		• Professional and creative burnouts – methods of ceasing <b>(3 hours)</b>
<b>Day 33</b>		• <b>Spoken Russian (6 hours)</b>
<b>Day 34</b>		The creativity crisis and methods of its overcoming (3 hours)
<b>Day 35</b>		• <b>Spoken Russian (6 hours)</b>
<b>Day 36</b>		• Energetic component in creativity <b>(6 hours)</b>
<b>Day 37</b>		<b>Day off</b>
<b>Day 38</b>		• Methods of personnel psychological diagnosis (6 hours) • Preparing recital
<b>Day 39</b>		• <b>Spoken Russian (6 hours)</b>
<b>Day 40</b>		Preparing closing ceremony
<b>Day 41</b>		Preparing closing ceremony Closing ceremony
<b>Day 42</b>		Departure

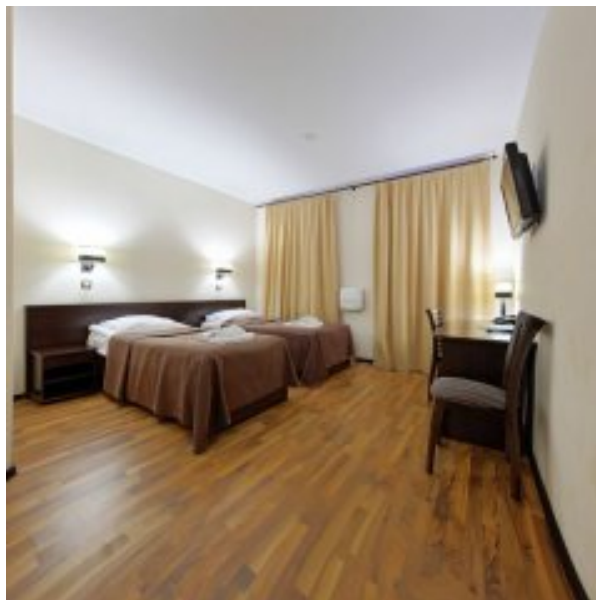
## **Participation fee: *1766 US dollars per person***

### **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.**

#### **IV. SIGHTSEEING TOURS: "Magnificent 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](mailto:academart@mail.ru)**

## International Language of Art:

### *the crew*

		
<p><b>Sultan ABAYEV</b></p> <p>member of the Russian Artists' Union , Honored Artist of Russian Federation, Rector of the International Academy of Arts</p>	<p><b>Olga GRIGORYEVA, PhD</b></p> <p>professor, member of the European Academy of Natural Science, member of the Peter's Academy of Science and Arts, first vice-rector of the International Academy of Arts</p>	<p><b>Yelena KORCHINSKAYA</b></p> <p>culturologist, transpersonal psychologist, member of the International Transpersonal Association "The Whole World", director of the project "Available Practical Psychology", educator on psychology in arts at International Academy of Arts.</p>





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International Academy of Arts**

**APPLICATION FORM**

*intensive educational program*

**Safety in Arts+**

**Intensive Course of Spoken Russian**

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 \_\_\_\_\_    144 hours\_\_\_\_\_

4. Personal contact data

phone \_\_\_\_\_                      email\_\_\_\_\_

*Please fill in this form and send it to [volant-7@yandex.ru](mailto:volant-7@yandex.ru)*