

TRAINING COURSE RE-CONNECTING

FUERTEVENTURA
26.11-2.12.2017
(including travel days)

Co-funded by the Erasmus+ Programme of the European Union

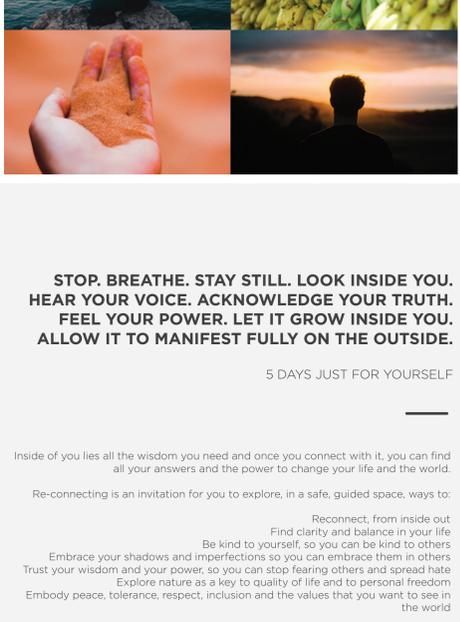


Do you ever feel like the world is running around too fast and you barely manage to keep up with the pace and the demands?

Do you feel that you're stuck or so caught up in your life that you're not sure who you are and where you are heading anymore?

How often do you wish you could slow down and get your bearings?

How much do you long to go on an island and leave everything behind so you can find yourself?



01

What is Re-connecting?

STOP. BREATHE. STAY STILL. LOOK INSIDE YOU. HEAR YOUR VOICE. ACKNOWLEDGE YOUR TRUTH. FEEL YOUR POWER. LET IT GROW INSIDE YOU. ALLOW IT TO MANIFEST FULLY ON THE OUTSIDE.

5 DAYS JUST FOR YOURSELF

Inside of you lies all the wisdom you need and once you connect with it, you can find all your answers and the power to change your life and the world.

Re-connecting is an invitation for you to explore, in a safe, guided space, ways to:

- Reconnect, from inside out
- Find clarity and balance in your life
- Be kind to yourself, so you can be kind to others
- Embrace your shadows and imperfections so you can embrace them in others
- Trust your wisdom and your power, so you can stop fearing others and spread hate
- Explore nature as a key to quality of life and to personal freedom
- Embody peace, tolerance, respect, inclusion and the values that you want to see in the world

Because the world needs more well-centered people, attuned to their inner power to make conscious choices, in order not to live in fear, but to open up for the creation of a new, different era of tolerant, multicultural inclusive coliving.

02

Program

THE CORE OF OUR APPROACH IS THE CIRCLE, RESTORING THE SACRED UNITY AND HONORING THE RIGHTFUL PLACE OF EVERYONE INSIDE IT.

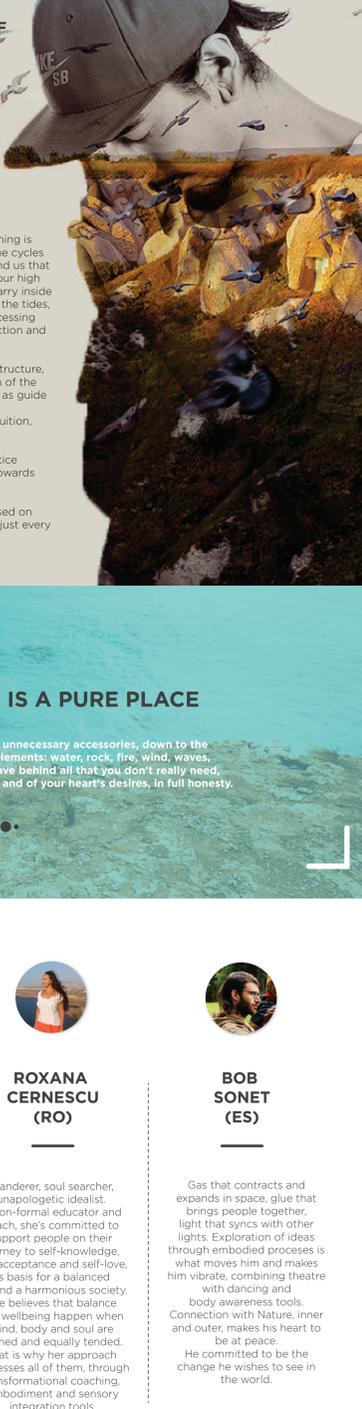
"In circle, we are all equal. There is no one in front of you and there's nobody behind you. No one is above you, no one is below you. The circle is sacred, because it is designed to create a unity." - LAKOTA WISDOM

The program of the Re-connecting training is based on a methodology inspired by the cycles and rhythms of nature, serving to remind us that we, humans, are still part of it, despite our high tech lives and crazy speeding. We all carry inside us the prints of the seasons, the pull of the tides, the inner cycle of reflection and of processing emotions, of going inward for introspection and outwards for full expansion.

We use the Medicine Wheel as a core structure, reconnecting each day with the rhythm of the four seasons and of the cardinal points as guide to our inner selves.

We explore emotions, desires, fears, intuition, limitations and full expression through movement, dance, embodiment, art. The Way of Council is the way we practice speaking from the heart and honesty towards self and others.

The program and activities, entirely based on experiential learning, will evolve and adjust every day to the learning needs of the group.



FUERTEVENTURA IS A PURE PLACE

Where nature seems stripped from all unnecessary accessories, down to the powerful simplicity of the primordial elements: water, rock, fire, wind, waves, endless sky. A landscape that calls to leave behind all that you don't really need, to meet yourself at the core of your power and of your heart's desires, in full honesty.

03

Team



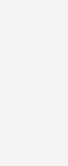
SARKA MARTINKOVA (CZ)

Gypsy heart, wild soul, mountain woman. She's committed herself to journey to wholeness, to life of growth, freedom, love and joy. She decided to bring her gift of inner fire and share everything she's learnt from years of experience with connecting with people and nature all around the World, with personal development and non-formal Learning. She's here to serve you your journeys to reconnection.



ROXANA CERNESCU (RO)

Wanderer, soul searcher, unapologetic idealist. A non-formal educator and coach, she's committed to support people on their journey to self-knowledge, self-acceptance and self-love, as basis for a balanced life and a harmonious society. She believes that balance and wellbeing happen when mind, body and soul are aligned and equally tended. That is why her approach addresses all of them, through transformational coaching, embodiment and sensory integration tools.



BOB SONET (ES)

Gas that contracts and expands in space, glue that brings people together, light that syncs with other lights. Exploration of ideas through embodied processes what moves him and makes him vibrate, combining theatre with dancing and body awareness tools. Connection with Nature, inner and outer, makes his heart to be at peace. He committed to be the change he wishes to see in the world.

DO YOU FEEL THIS CALL? THEN TAKE YOUR SEAT IN OUR RE-CONNECTING CIRCLE! RE-CONNECTING IS FOR YOU IF:

- you resonate with what have you been reading so far
- You are a youth worker, trainer, facilitator or coach
- You are from Spain, Czech Republic, Romania, France, Croatia, Latvia, Greece, Italy
- You are over 18 years old

04

Accommodation and area information

The nest for the Reconnection is beautiful space, the natural protected area of Betancuria, also the oldest city of the Canary Islands. It's a simple and magical space, surrounded by nature where you can disconnect and reconnect with yourself and others.

We will commune together under one roof, sharing ONE BIG ROOM, sleeping on bunk beds and mattresses, taking care about this accommodation. You will need to bring your sleeping bag!



The house will be self managed by our group, which will be responsible for living together during the course. It is a normal part of our educational approach, and encourages community spirit, responsibility and sharing. Everyday tasks like cleaning, setting tables, sorting garbage and washing up will be shared by participants, as part of the "sustainable living" experience making it feel as a good place for us.

Unfortunately, the project cannot cover any of the expenses for extra nights/stay for those who come earlier or/and leave later. So, if you arrive 2 days earlier or leave later, please arrange your own.

05

How to get to Fuerteventura

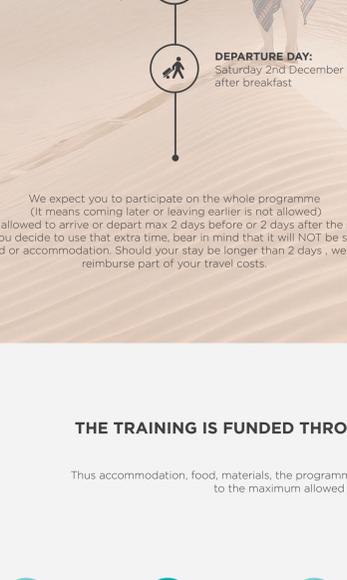
By plane nearest airport: Fuerteventura Airport, the only one of the island. When you'll be selected we can help you to find flights from your home country.

HOW AND WHEN TO REACH US

As it takes some time to get to the venue from the closest airport, we would like to kindly ask you to arrange your arrival in the morning hours.

To be able to attend the course from beginning till the end is one of the basic conditions for participation, so please arrange your travel to be there on time. In case of any complications, please let us know as soon as possible. We'll organize a shuttle to pick up to the venue and bring everybody at the airport!

RE-CONNECTION TIMEFRAME



We expect you to participate on the whole programme (it means coming later or leaving earlier is not allowed). You are allowed to arrive or depart max 2 days before or 2 days after the mobility. In case you decide to use that extra time, bear in mind that it will NOT be supported with food or accommodation. Should your stay be longer than 2 days, we will NOT reimburse part of your travel costs.

06

Costs & Fees

THE TRAINING IS FUNDED THROUGH ERASMUS+ PROGRAMME

This accommodation, food, materials, the programme and the travel costs up to the maximum allowed amount are fully covered.

PARTNERS

COUNTRY	ORGANISATION (2 PARTICIPANTS EACH)	E-MAIL ADDRESS	MAX € REIMBURSED
Spain	Isla CreActiva	reconnecting.at.fuerteventura@gmail.com	0
Italy	Vagamondo	infoyouthprojects@gmail.com	€ 360
Czech Republic	Brno Connected	brnoconnected@gmail.com	€ 530
Greece	Synergy Flow	info.synergyflow@gmail.com	€ 530
Romania	Synergy Romania	contact@synergyforyou.ro	€ 820
Latvia	Piedzivojuma Gars	rota@piedzivojumagars.lv	€ 820
Croatia	Syncro	synergy@synergy-croatia.com	€ 530
France	Via Brachy	heterotopies@viabrachy.org	€ 360

WE CAN REIMBURSE ONLY THE CHEAPEST TRANSPORTATION POSSIBLE AND ONLY PUBLIC TRANSPORT, 2ND CLASS FARES. TAXI IS NOT REFUNDABLE, AS WELL AS PRIVATE CARS. FOR THE REIMBURSEMENTS, WE WILL NEED:

- An invoice with the itinerary of your trip, the names of the passengers and, very important, the price of the ticket. Usually all this information is available on the e-tickets for flights.
- All your original travel tickets and receipts (train and bus tickets, boarding passes, etc.). The boarding pass is a very important document, the only evidence that you took the flight, and is required by National Agency for reimbursement. We cannot provide reimbursement without these documents, and it will be your responsibility to take good care of them.
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TRAINING FEE

Participants will be asked to contribute with a participation fee, according to the possibilities of each participant, on a sliding scale between 60 and 120€ to be paid upon arrival.

07

Other useful information

OBTAINING A FULL INSURANCE (TRAVEL RISKS, MEDICAL, INJURIES) IS THE PARTICIPANT'S RESPONSIBILITY

The participants commit themselves to actively participate in the whole process, including: to read all the information carefully, communicate timely with the organisers, prepare adequately for the training course; to take actively part in the full duration of the activities; to participate in the evaluation process after the course; pictures, videos, images taken at the course, as well as the materials produced during the activities, can be used to document the activity in reports or websites or social networks, or for promotional material; Providing information on special needs, does not remove the participant's personal responsibility for ensuring their own health and safety.

APPLICATION

Fill in the application form in: <https://goo.gl/forms/0Cp9xYknPglpV9rx2> latest by the 6th of October 2017 at 12pm

CONTACT

Any questions related to the training course, travel to Fuerteventura or visa matters shall be addressed to the project coordinator Natalia Alferi reconnecting.at.fuerteventura@gmail.com

This project has been co-funded by the Erasmus+ Programme. If you would like to find out more about the programme, please visit <http://ec.europa.eu/programmes/erasmusplus/>