



## CALL FOR PARTICIPANTS

### Description of the project “Mind Full Nest”:

Each year millions of people are forced to leave their homes and seek refuge. Many of them arrive in Europe with the hope to live with dignity and freedom. We believe that youth work and non-formal learning activities can significantly contribute to address these needs. We are confident that youth work can empower refugees, asylum seekers and migrants and can increase awareness about this issue within the local communities. In this context, the project “Mind Full Nest” is born to create a **nest** for every young person by supporting the professional development of youth workers to improve the level of the key competences on how to work with youth from migrant/refugee background.

### Innovative aspect of the project

The project introduces youth work to the innovative concept of **mindfulness**. Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment without judgment. Mindfulness is a great way of realizing, exploring and using our inner resources, our talents, passions and potential. By infusing mindfulness into youth work, we can maximize the empowerment of the young people, especially the ones who need it the most, like young people from migrant/refugee background.

We are going to work on mindfulness using the following elements:

- Meditation practices
- Dancing and singing
- Poetry
- Drawing
- Nature
- Storytelling

## Aim and objectives:

The aim of the project is to develop the competences and to inspire the youth workers to work in a more meaningful and impactful way with young people coming from migrant and/or refugee background.

The objectives of the project are for youth workers:

1. to gain knowledge on how to use a diverse range of non-formal methods when working with young people, especially the ones coming from challenging backgrounds
2. to develop skills in using holistic education in order to achieve more impactful transformations in the lives of young people for reaching their full potential
3. to be inspired and motivated to improve their work with young people
4. to create sustainable follow-up action plans that will enhance the impact on young people's lives both on local and international level

## Who is it for?

This training course is for you, if you are a youth worker (youth trainer, youth coach, youth leader, youth teacher, youth organizer, etc) and you are interested on the topic. The participants must be over 18 years and have a good level of English.

## What is expected from you

Once you are selected to participate, we will contact you in order to arrange your travel to Cyprus. Following this, we will offer to you a series of educational preparation that you need to do before coming to Cyprus.

During the training course, your full dedication is required. Among others, we will develop educational workshops that we will all offer to young people with migrant background here in Cyprus.

After you return back home, you will need to implement a follow-up activity among young people, putting in practice everything you learnt 😊

## Practical information

The training course will take place in Cyprus between 24/11/2018 and 3/12/2018 and it will involve 7 working days and 2 travelling days.

**Arrival day: 24<sup>th</sup> November 2018**

## Departure day: 3<sup>rd</sup> December 2018

During the training course we will be hosted in a remote area, in the heart of nature, probably in a mountainy place. Offering an unforgettable landscape, the place will frame a serene and tranquil environment, suitable for the activities we will do.

We will be hosted in apartments of 3, 4 or 5 people. You will need to bring towels with you, but don't worry, we will remind you about everything that you need to bring with you once you are selected to participate.

During the training course we will be enjoying healthy, empowering and delicious vegan food, for breakfast, lunch and breaks! A special chef will be preparing for us local, seasonal and absolutely nutritional food. For dinner, we will be divided in teams and each team will be responsible for preparing one meal for everyone 😊

## Finances and travel information about “Mind Full Nest”:

There is an Erasmus+ funding for this training course. The Erasmus+ funding covers the following:

Country	Number of participants	Maximum Travel cost allocated (in euros)
Cyprus	3	0
Bulgaria	3	275
Croatia	3	275
Czech Republic	3	360
Greece	3	275
Poland	3	275
Portugal	3	530
Romania	3	275

We are inviting the E+ participants to contribute with a 30 euros participation fee.

The training course is also welcoming other friends from EU countries who do not require visa and who are willing to cover their own expenses. In this case, we would be happy if you could communicate with us in order to take care of it as soon as possible, using the email [allazoyme.group@gmail.com](mailto:allazoyme.group@gmail.com)

## Are you interested to join this training?

Follow the link below and fill in the application form. Last day to fill it in is the **25<sup>th</sup> September 2018**.

<https://goo.gl/forms/lAD9oP1EcUFqikli1>

## Who is organizing this training course?



We are an informal group of young people under the name “**allaZOYME**” - **We live, we progress**. Grammatically, “allaZOYME” derives from three Greek words, the one embracing the other. In reality it means “we change” but at the same time it encompasses in the change the idea of innovation and the idea of progressing. It illustrates that by experiencing new concepts, we change towards a sustainable, coherent and evolving living. “allaZOYME” is about moving forward, learning and choosing to pursue positive changes in our lives that will facilitate our

development, improvement and progress. Every change is enriching. Yet “allaZOYME” does not imply progress of me and you only. It is about the whole society we live in. It is about envisioning a better world and striving to achieve it collectively.

“allaZOYME” is the name we chose to give to our informal group of young people established in Nicosia, Cyprus in 2015. Our group is inspired by the idea of enriching changes in society and is here to help achieve it. Our focus is young people because we believe in their potential and capacities of being the drivers of social change. At the moment the group involves 10 young people with diverse age range. Our team is composed of experienced youth workers but also very young people with dreams and vision for the future.

## If you want to communicate with us:

Don't hesitate! Just send us an email at [allazoyme.group@gmail.com](mailto:allazoyme.group@gmail.com). We would love to hear from you! 😊

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