



CALL FOR PARTICIPANTS

JOURNEY TOWARDS CONNECTION

INTERNATIONAL TRAINING COURSE FOR YOUTH WORKERS, EDUCATORS, TEACHERS,
FACILITATORS AND COMMUNITY LEADERS
POLAND, JUNE 18TH - 27TH 2019 ERASMUS + KAI

"Journey towards Connection" is an eight days training course organised by kobieTY (PL), Actions for Change (RO) and Teatro Invisible (IT), taking place from 18th to 27th June 2019 (incl. travel days) in Polish mountains. This TC is designed to bring together youth workers, trainers, educators, teachers, facilitators, community leaders who are willing to explore and develop their inner resources in order to create transformational experiences, support the authentic growth of all young people and build more open, inclusive and inspiring communities.

Participants will be guided on a journey to reconnect with their inner self, body, mind and emotions, to express openly and creatively, and by being invited to get out of their comfort zone to cultivate trust, vulnerability and connection with themselves, others and nature as the foundation for becoming a source of heart-based positive transformation for the community.

METHODOLOGY:

Methods used during the training will be based on **non-formal education** and **experiential learning** and include:

- somatic and embodied learning
- creative expression (dance, movement, writing, arts)
- connection with nature and the five elements
- mindfulness and meditation
- holistic education, soul-based work



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INVITATION

PROFILE OF PARTICIPANTS:

This journey is for you, if you are:

- A youth worker, teacher, facilitator, educator or a community leader - what's important is that you are directly working with and for young people on a daily basis, especially young people with fewer opportunities
- Over 18 and you live in one of the partner countries: Poland, Romania, Italy, Hungary, Czechia, Spain, Portugal, Latvia, Netherlands, former Yugoslav Republic of Macedonia, Cyprus
- Good in English
- Ready to spend 9 days in remote location in Polish mountains, with amazing connection with nature but with poor wi-fi and phone reception
- Happy to spend most time outdoors, regardless the weather
- Willing and able to walk up to 2 hours on the day of arrival and day of departure (to reach the venue from where the bus will leave us)
- Committed to take part in preparation phase as well as implement follow-up action after the training course

VENUE:

This training course will be held in "Bacówka nad Wierchomlą" - a remotely located refuge in Beskidy mountains in Poland, approx. 2 hours drive from Kraków, with beautiful views over the mountain tops. See map [here](#).

The accommodation is basic and participants will share rooms with up to 6 people. Bathrooms and shared. In line with project values, the food provided will be simple and mostly plant-based.

Please note that the closest village is located around 10 km from the venue, so make sure you are prepared to spend 9 days in such location.

<https://www.facebook.com/BacowkaNadWierchomla/>



THE JOURNEY EXPERIENCE PREPARATION, IMPACT, AND FOLLOW UP DISSEMINATION:

Participation in this course requires a commitment to the preparation phase and follow-up phase. Selected participants should follow an online learning process (reading different materials, articles, watching videos) related to the topic of the training as well as personal work before coming to the program (e.g. journaling on certain questions, self-time in nature and several other invitations).

During the training we wish to create profound experiences, based on soul-work. Knowledge, information and facts are very important and will be provided within the training, but what moves us, what drives us to create a long-lasting impact in our field of activity is the joined elements of both intellectual understanding and deep experience processes.

After the course participants will be asked to focus on follow up activities, which will contribute to a learning journey and inner growth for the young people they work with. This phase will be as important as the training itself to ensure a powerful impact through this project. As a continuation of the experience each participant will have to implement at least one ACTION in their own community.

WHAT TO EXPECT DURING THIS TC?

Expect to be moving, in a group and by yourself, in connection and in contact with various elements provided by nature: grass, stones, trees, wind, rain, sunlight, human bodies.

We will spend lots of time outdoors, exploring connection with nature, regardless the weather, encouraging the body and mind to explore and express the inner nature waiting to be awakened whilst cultivating empathy and compassion towards others and environment,



CONDITIONS OF PARTICIPATION:

- The costs of food and accommodation during the training course period (from June 18th in the evening to June 27th in the morning) and travel (within a specific limit - see below) are covered by the Erasmus+ programme.
- You are in charge of arranging your own insurance (health, accident, liability) for your travel/stay in Poland.
- Full participation in the programme from evening of June 18th to evening of June 27th is mandatory to be eligible for the reimbursement of travel and subsistence costs; you cannot arrive later or leave earlier from/to Bacówka.
- We are inviting you to contribute to KobieTY's future local projects by making a donation from €30 to €60 based on personal financial possibilities. We don't want the money to be obstacle in participating in this course, so in case any financial difficulties please get in

TRAVEL COSTS:

The travel costs of the participants will be reimbursed after the training course (after participants send all their travel documents and reports regarding their follow-up activities) to the maximum amounts:

Poland, Czechia, Hungary, Romania - 180 EUR

Italy, Spain, Netherlands, Cyprus, FYR Macedonia, Latvia - 275 EUR

Portugal - 530 EUR

APPLICATION FORM:

If you would like to join this training course, submit your application available here: <https://goo.gl/forms/5UN9UVvpJ9ThjdwH2> by **April 7th, 2019**.

You will be informed about the selection results by April 14th, 2019.

CONTACT:

In case of any questions or doubts feel free to contact Kasia Stepień:
katarzyna.kobiety@gmail.com or journeytowardsconnection@gmail.com



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TRAINERS TEAM:

SANDRA HOREA



Sandra creatively and heart-fully invites people to be in intimate and meaningful journeys with their Soul, Nature, and the Community they belong to. As a trainer, she creates purposeful spaces of self-discovery incorporating in her work her experience regarding nature and soul-based practices, eco-centric development, contemporary dance, storytelling, poetry and deep imagination.



Antonio is a passionate trainer who loves to craft experiences for self development, group awareness, creative expression and pursuit of a wise and joyful freedom. He regularly facilitates workshops, for teenagers, students, youth workers and adults, using and mixing his expertise and experiences from theatrical improvisation, contemporary dance, martial arts and contact improvisation.

ANTONIO
CARGNELLO



KASIA STEPIEN



Kasia weaves together her passion for embodied practices, nature and communities, inspiring mindful re-connection with self, others and the Earth. She is certified dance meditation facilitator, mindfulness practitioner, explorer and activist. In her work she creates heart-based spaces supporting young people and adults on their journeys to wholeness, based on compassion, authentic expression, self-awareness and play.

