

A large, irregular teal watercolor splash is centered on a white background. The splash has a textured, painterly appearance with various shades of teal and blue. Numerous smaller, darker teal splatters and droplets are scattered around the main splash, particularly on the right and bottom sides.

M&Mint

training course



we invite you to...

be, move, play, observe, listen, share, challenge ourselves,  
learn from within and from each other, get to know new  
people & ways & attitudes, and create this experience  
together.

Lets explore and experiment together with activities and  
methods which help us to tune in into the unfolding moment  
and cultivate our ability to be present.



MoMint is an 8-day training course which aims to introduce and explore principles of "Mindfulness" and to experiment with practical and fun tools and techniques that can be readily used in daily life, creative work and in the other situations and places too.



14. - 23. May 2019



Buchov, Czech Republic



MoMint is created with support of the Erasmus+.



Erasmus+





# Why mindfulness?

Mindfulness develops the skill to bring one's attention to the present moment on purpose and serves to strengthen one's capacity for stress resistance, kindness and compassion both in personal and professional life. Science-based methods allow participants in training to experience visceral, 'in the moment' practices within an overtly reflective and supportive environment.

We wish to support you in finding ways to be more resilient and empathic by equipping you with mindfulness-based tools that you can later on use in your practice.



We believe that mindfulness...

... cultivates one's skill to welcome and observe the incoming inputs from inside and outside without attachment, not to be dragged or manipulated by emotions and upcoming thoughts.

... represents a more fitting response to the complexity of human relations in which youth workers operate and thereby help to preserve the integrity of process-based practice. Enhanced concentration and clarity brings more creativity into trainers' daily work and supports learners' success.



# Who is this training for?

The training was designed for youth workers, volunteers, activist and other people who work with people, that want to refresh their skills and attitudes to their days, to other people, to work and to the world.

We aim to have an overall number of 27 participants from the following countries:

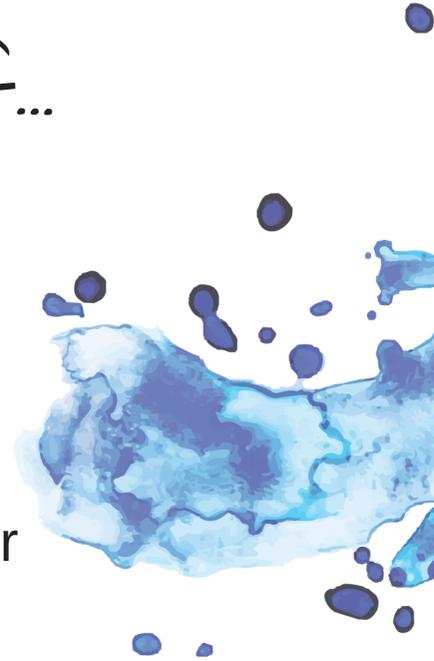
- **Czech Republic, Italy, Poland, Portugal, Romania, Latvia, Macedonia and Cyprus**

- The participants must be **over 18 years** and have a communicative level of English language, so that they can participate fully in a program that will be in English.



## This training is for you, if...

- you want to explore and experiment with specific tools from non formal fields (theatre, movement, dance, meditation, arts, creative expression),
- you want to use and imply the learned skills in your professional work with people,
- you are open to sharing your own skills and learning the skills with others,
- you are motivated and willing to commit to work during the whole duration of the project (preparation, training course, follow-up activities).
- you live in one of the participating countries.





# What will you be doing?

- Collecting new inputs and inspiration that renew motivations to act with commitment and new ideas.
- Refreshing curiosity and playfulness in approaching your work in order to prevent burning out.
- Improving your trainers' and personal skills to be more efficient, adaptable, responding to issues and demands in your work and life.
- Widening your perspectives and points of view to see new opportunities, create new patterns, and avoid situations of stalemate when working with people with different cultural background.
- Gathering specific tools from non formal fields (theatre, dance, meditation, creative expression)
- ... and much more.

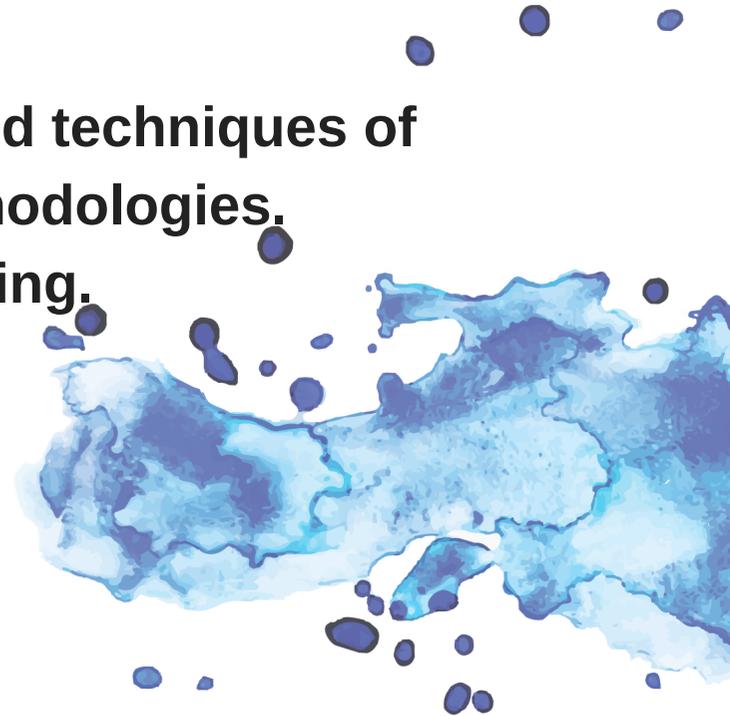


# Working methods

In the 8 days together, we will be, move, play, observe, listen, share, explore, experiment, challenge ourselves, learn from within and from each other, get to know new people & ways & attitudes, and create this experience together.

**We will be exploring the principles and techniques of various mindfulness-based methodologies.**

**We will be learning by doing.**



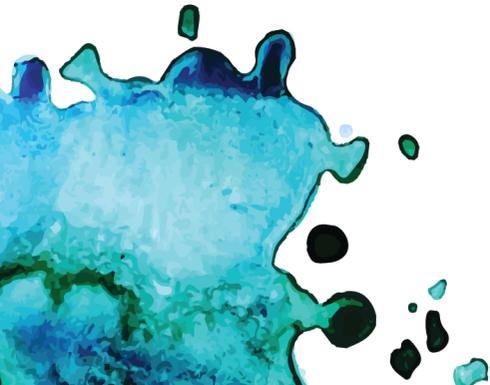


... and there will be more



The dramaturgy of the program, the red line connecting our days, uses a combination of meditation, body awareness, mindful movement and exploration of patterns of behaviour, thinking, feeling and action.

**The course will also have a strong component based on the sharing of ideas, opinions, experiences and best practices,** so if you consider joining the training, start thinking of some activities, you would like to propose.





## Some wise words about mindfulness

"Mindfulness can be understood as the non-judgemental acceptance and "open-hearted" investigation of present experience, including bodily sensations, internal mental states, thoughts, emotions, impulses and memories, in order to reduce suffering or distress and to increase well-being."

~ Jon Kabat-zinn





## The team

### **Andrej Dobes**

Andrej is naturally curious kid exploring the universal magic of life on his travels around the world and in different roles in multi-culti educational youth projects and initiatives. His main passion and mission is experimenting with different methods and tools and trying to bring “mind-fool” and playful approach into youth work through nature, mindfulness and movement based activities.

### **More about Andrej:**

<https://tinyurl.com/AndrejProfil>

<http://trainers.salto-youth.net/AndrejD/>





## The team

### **Jana Stara**

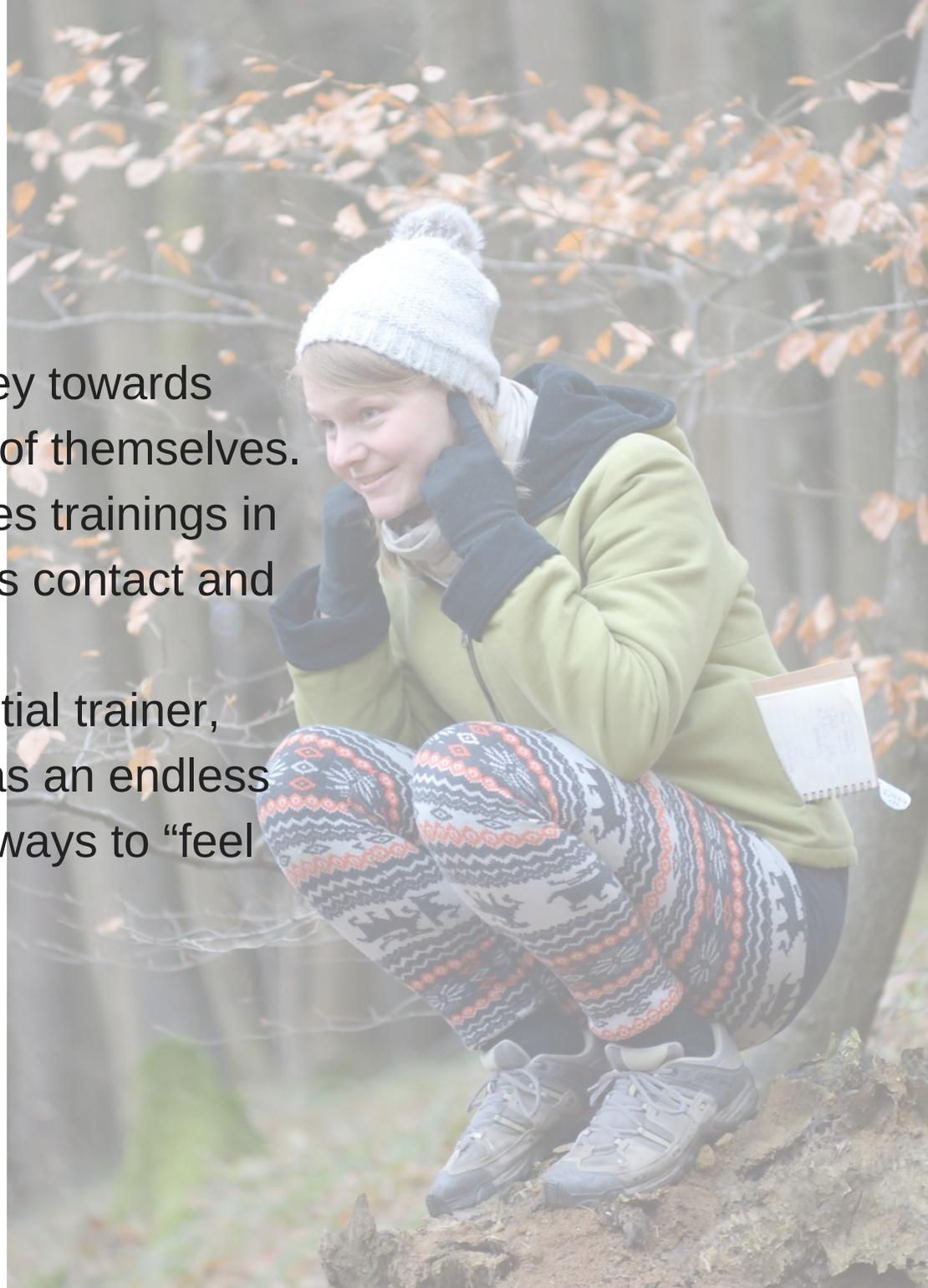
Jana guides people on their journey towards more joyful and satisfied versions of themselves. She teaches at university, facilitates trainings in forests and in the meantime enjoys contact and theater improvisation elsewhere.

As a wellness coach and experiential trainer, she sees body in/and movement as an endless source of well-being and creative ways to “feel good and grow”.

### **More about Jana:**

<http://tinyurl.com/JanaProfile>

[www.wellcome.cz](http://www.wellcome.cz)





## The team

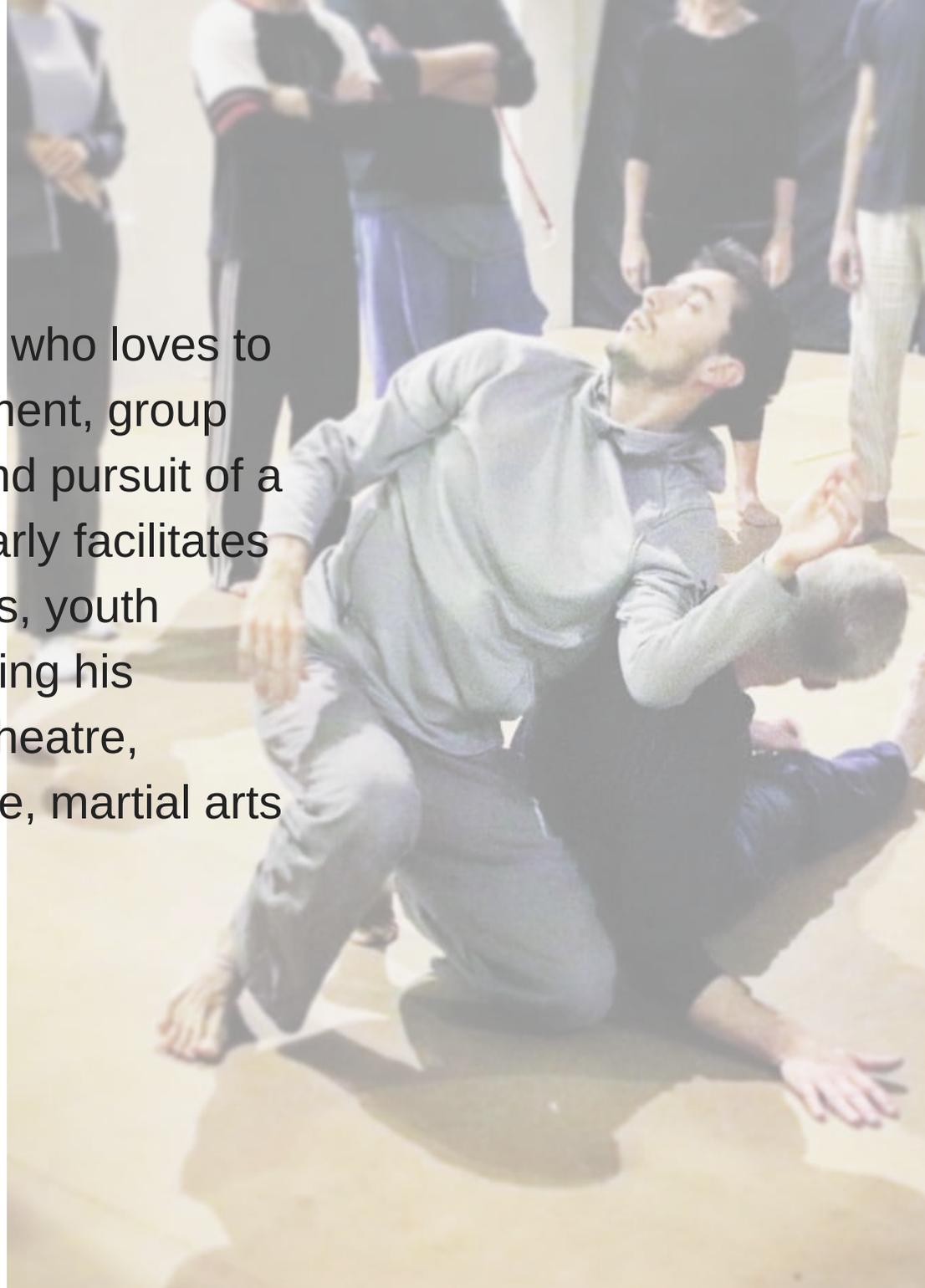
### **Antonio Cargnello**

Antonio is an 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 expertises and experiences from theatre, contact impro, contemporary dance, martial arts and clowning.

### **More about Antonio:**

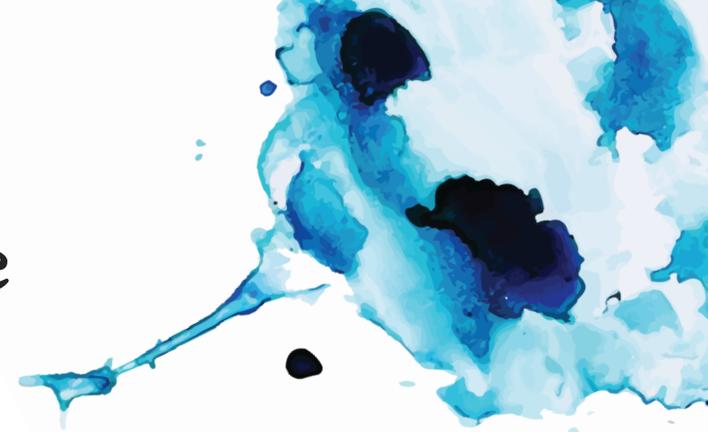
<http://tinyurl.com/AntoProfile>

[www.teatroinvisible.it](http://www.teatroinvisible.it)





## When and where



The training will happen from 14th May (arrival) to 23th May (departure) in Centrum Buchov 2, near Benesov, Czech Rep.

It is a lovely retreat center in the middle of nature, where we will have enough room for all of us and space for our program.  
The food will be vegan and prepared with love and care.

**See the venue here: [www.centrum-buchov.cz](http://www.centrum-buchov.cz)  
[www.facebook.com/CentrumBuchov2](https://www.facebook.com/CentrumBuchov2)**

**Meet our VegAngelic cooks here:  
[www.facebook.com/vegangeliccooks/](https://www.facebook.com/vegangeliccooks/)**



## How to travel

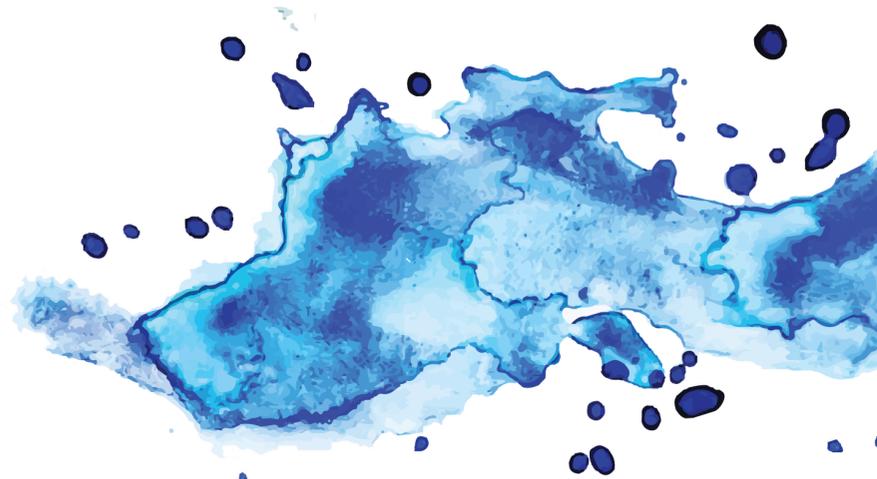
**When checking travel options, look for connections that take you to Prague.** From there you can take local bus to Čelivo village. For local connections use: [www.idos.cz](http://www.idos.cz)

*Please, try to choose the most environmentally friendly form of transport e.g. bus or train. Try to avoid short haul (<600 km) flights, and if you must fly, choose airlines with higher occupancy rates and more efficient aircraft.*

Note: Your travels cannot be further than 2 days before or after the training course. Due to the rules of our financial grant.



## Costs



Accommodation, food and training program are provided.  
Travel costs will be reimbursed (more info below).

**Participant contribution: 50-120 euro**  
(to be paid in cash upon your arrival)

*Money shouldn't be an obstacle for your participation.  
In case you cannot effort the contribution, please contact us.*



**Erasmus+**

This course was co-funded by the Erasmus+ programme, Mobility of youth workers.  
If you wish to learn more about the programme and its opportunities, [have a look here](#).



# Travel reimbursement

The travel costs of the participants will be refunded after the training course (after participants send all their travel documents etc.).

Maximum amounts:

**Czech Republic - 20 EUR**

**Romania, Latvia, Poland, Macedonia, Italy - 275 EUR**

**Portugal, Cyprus - 360 EUR**

**ANYWAY, DON'T FORGET TO KEEP ALL YOUR TRAVEL RECEIPTS,  
we will need them to reimburse your transport!**



# Travel reimbursement

**Here is what you need to do to have your travel costs reimbursed:**

- 1** - after you have been selected, send us your tickets invoice to [mindfullyouthwork@gmail.com](mailto:mindfullyouthwork@gmail.com) when booking your tickets
- 2** - during your trip, keep all your original tickets and **boarding passes**
- 3** - after the project, send us all your original tickets and boarding passes by post (or mail if they are digital) to:

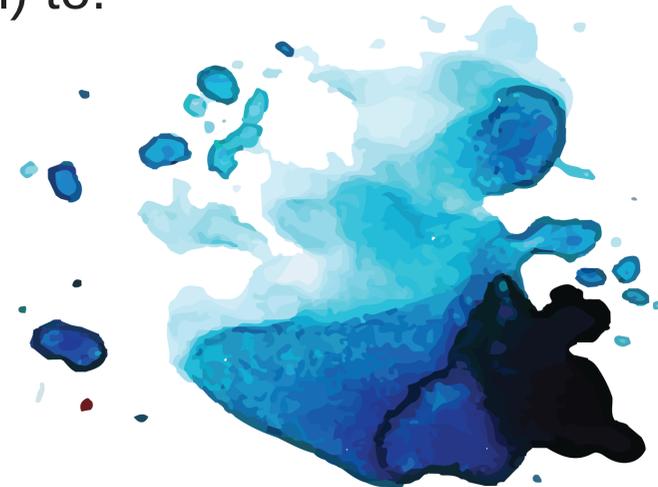
Dobroti Czech Republic

Jana Stará

Kuršova 30

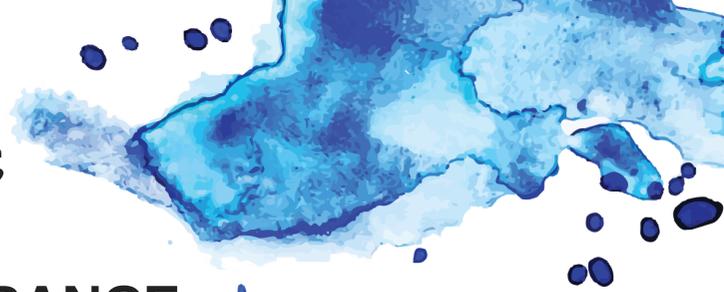
Brno 635 00

Czech Republic





# Practicalities



## TRAVEL AND HEALTH INSURANCE

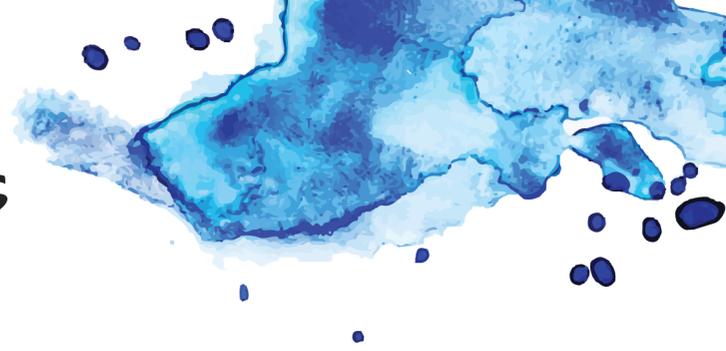
Health insurance will NOT be provided or reimbursed by the mobility organizers. However, it is a mandatory requirement for all participants to provide your own health insurance. This should cover you for the full duration of your time in Czech Republic.

**When you have arranged your insurance policy, please provide us with the details of it before you attend the training course, by sending us a scanned copy at [mindfullyouthwork@gmail.com](mailto:mindfullyouthwork@gmail.com)**

If you are an EU resident, you can use the free European Health Insurance Card (EHIC) to allow you access to public hospital treatment. Having this card means you may be able to receive free medical treatment in the event of an emergency, but it is NOT guaranteed. Also, please be aware that the EHIC is NOT a travel insurance policy, it will not cover private health care, non-emergency health costs, or being flown back to your home country. To learn more, please go to [ehic.europa.eu/](http://ehic.europa.eu/)



# Practicalities



## **DIETARY, HEALTH AND OTHER SPECIAL REQUIREMENTS**

Please, inform us as soon as possible, if you have any food allergies or special dietary requirements so that we can inform the caterers and they can prepare meals that are suitable for you. If you have any other allergies, need to take regular medications or foresee a need for general medicines during your time in Czech Republic (for example bug spray, headache tablets, travel sickness pills, etc.) please arrange these yourself as we are unable to provide them for you.

Likewise, if you have any health conditions, disabilities or mobility issues that you feel we need to be aware of or that may affect your participation in the training course activities, then please let us know what they are and how best to assist you.



# APPLY FOR THIS TRAINING NOW

**Do not book any ticket or insurance now!  
First, make sure to apply for this training course.**

Application form here: [http://bit.ly/MoMint\\_apply](http://bit.ly/MoMint_apply)

**Deadline for application is: 22nd March at 12pm  
Results will be published by: 3rd April 2019**





contact

do  
BRO  
ti

Hosting organization

Dobroti Czech Republic

[www.dobroti.cz](http://www.dobroti.cz)



For affairs related to MoMint training course, please contact us directly at  
**[mindfullyouthwork@gmail.com](mailto:mindfullyouthwork@gmail.com)**



Erasmus+



contact

For more information about **Mindfulness in youthwork**,  
follow <https://mindfultyouthwork.wixsite.com/mindful/>

Check collected resources, galleries and experiences from  
previous training courses.

You can also follow us on Facebook:

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



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