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Centre of Learning Through Mobility

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Choice

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24 FEB - 4 MAR 2023
11 - 19 APRIL 2023
UNITED KINGDOM

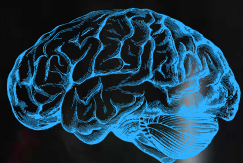


Intuitive Literate

Erasmus+ Youth Exchange



Intuitive Literate



2 PHASED PROJECT

1

Youth exchange

Phase #1

24 Feb - 4 Mar 2023

England, UK

2

Youth exchange

Phase #2

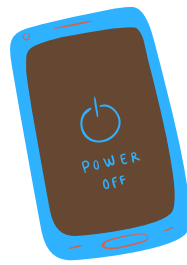
11 - 19 April 2023

England, UK

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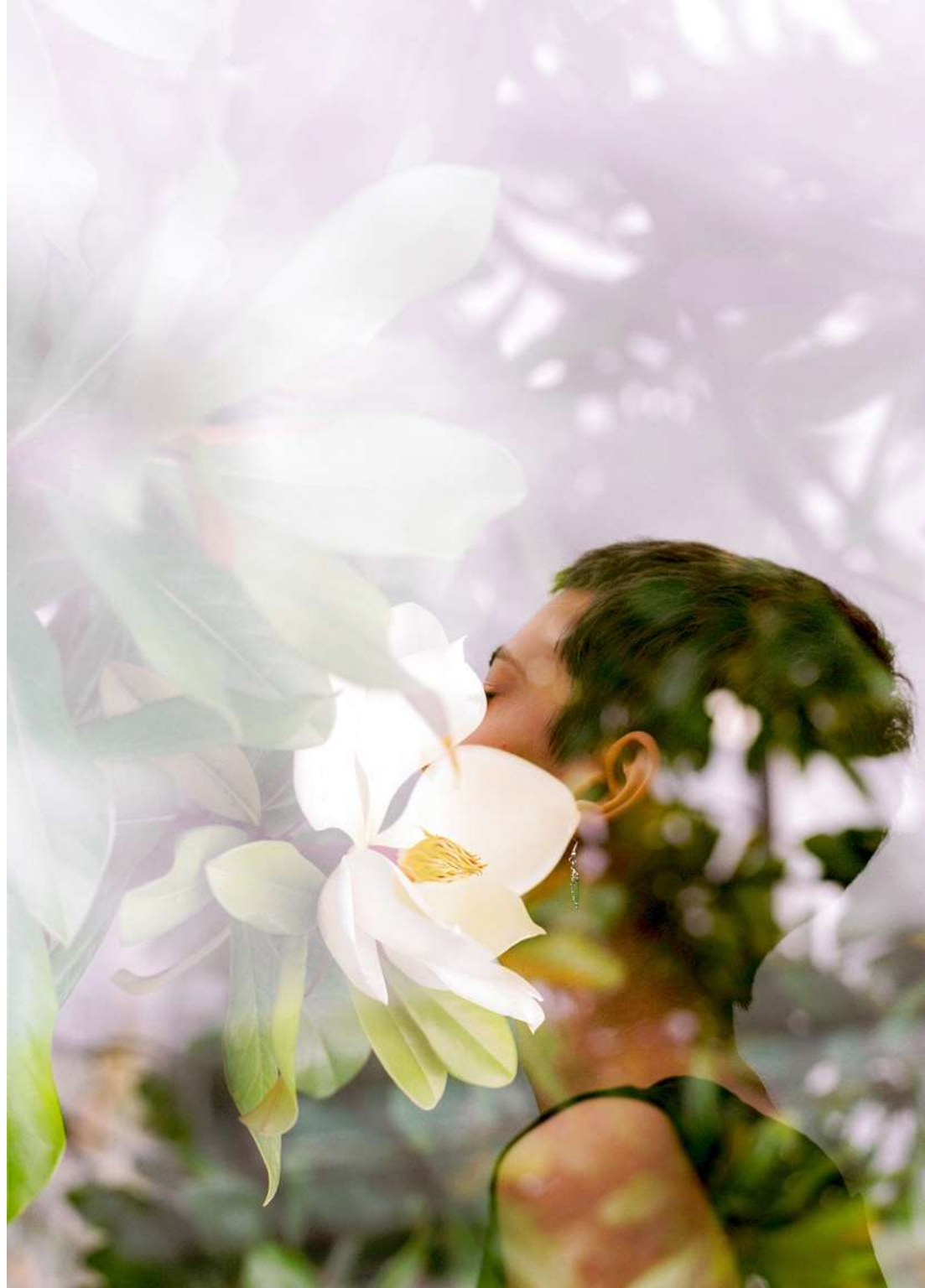
CONTEXT



Every day we face plenty of decisions (some sources estimate that an average adult makes more than 35 thousand decisions each day). Some of them are small, some of them are big, and some of them are life-changing. In school (and often later in life), we're instructed to listen to the voice of reason (the teacher / authority / the system) and to do as we're told, and consequently to ignore our heart, our gut feeling that is sometimes called INTUITION.

We learn to make decisions based on the rational, economical mind. This approach arises from safety, carefulness and logic. It is this approach that sometimes creates the exclusion in society: the fear of immigrants, the annoyance with disabled people, putting kids with learning disabilities to special classes so they are not slowing down "the normal" kids. By recalling our gentle side, we learn to make decisions which doesn't seem to be economically logical (e.g. spending free time in support a charity, community meeting, playing with kids, etc.), but which bring happiness to our lives and to the lives of the others.

INTUITIVE thinking (especially working in tandem with analytical thinking) is positively associated not only with better, faster and more accurate decision-making processes but also with happiness and a sense of autonomy and freedom. This is why it's important—and today probably more than ever—to connect to our intuition and to exercise it.



OBJECTIVES

- To explore the concept of intuition and its components, both conceptually and practically
- To foster a deeper connection to ourselves and others
- To explore ways to self empowerment
- To explore tools for dealing with adversity (emotional, social and spiritual) in order to build resilience and confidence
- Increase active citizenship and social inclusion – as intuition can be applied to all mankind with no difference of particular labels
- Increasing solidarity – as intuition raises the level of empathy and finds out original solutions to many problems



Suppose that I had two choices in front of me—a life in which **all** people like me, and a life in which there are people who dislike me—and I was told to choose one. I would choose the latter without a second thought. Before being concerned with what others think of me, I want to follow through with my own being. That is to say, I want to live in freedom.

Ichiro Kishimi, Fumitake
Koga, *The Courage to be
Disliked*



Who Should Attend?



- You have the motivation, openness, curiosity and courage to **explore the unknown** (new and unusual ideas and forms of communication, movement and self-explorations)
- You enjoy **deep conversations**, both giving and receiving
- You are looking for opportunities to **test yourself** as a leader and facilitator
- **Resident** of UK, Lithuania, Greece, Poland, Bulgaria, Latvia, Czech Republic
- Able to work and **communicate in English**
- You are **18-30 years old** (except leaders, who can be of any age)

Priority will be given:

- to young people who have **fewer opportunities** to be engaged in such projects.
- participants of previous **Abroadship.org** projects



PROGRAMME

1

Arrival to United Kingdom, **traveling to the magic training place** Kingswood Grosvenor Hall in Ashford

2

Structure:

08:00 Breakfast

09:30 1st session

11:00 Tea break

11:30 2nd session

13:00 Lunch

15:00 3rd session

16:30 Tea break

17:00 4th session

18:30 Reflection groups

19:00 Dinner

Evening programme will be organised all together :)

8

Sessions are subject to change: Getting to know each other, Team building, Intuition and empathy, Intuition and freedom, intuition and movement, Intuition and art, impro, Open space, Evaluation, Erasmus+, Youthpass

9

Departure



DELIVERY STYLE

- "Learning by experience" - learning from experiencing different activities and putting them into practice;
- "Learning to play, playing to learn" - connected with learning through games, from actions and playful environment;
- "Learning through movement" - learning while being in movement
- "Learning with nature" - being aware of the environment and its stimulus to brains, mental and physical condition





METHODS USED

- Working with peers (we will be sharing, talking, listening, empowering)
- Self-reflection (time alone thinking, assessing, writing and planning)
- Nature based activities (being and working outside in nature)
- Experiential learning (we will be playing, doing, testing, analyzing the experiences and listening to different perspectives)
- Collaborative communication (a style of communication developed by Dr. Marshall Rosenberg)
- Arts, theater (creating, playing, having fun, laughing)
- Embodied and holistic learning (creating space for connecting through the body, physical state, emotions, feelings, energy, not only through the mind and thinking)
- Intercultural sharings, learnings and reflection



FINANCIAL COSTS

- 100% accommodation, food and program materials are covered by the grant from Erasmus+
- 80% traveling costs (only the most economical - no first class, no taxi, no special seats, insurances, etc) are covered. Maximum traveling costs
 - €20/participant for UK;
 - €275/participant for Lithuania, Latvia, Poland, Czech Republic
 - €360/participant for Greece, Bulgaria
- For traveling reimbursement, it is mandatory:
 - online tickets: forward emails with e-tickets, boarding passes and invoices, it has to contain price and date.
 - offline tickets: bring original receipts (originals), copies will not be accepted.
- Reimbursements will be sent as soon as possible, latest 30 June 2023, once (and if) participants take part in
 - full duration of the programme
 - fill the evaluation forms
 - present all the traveling documents

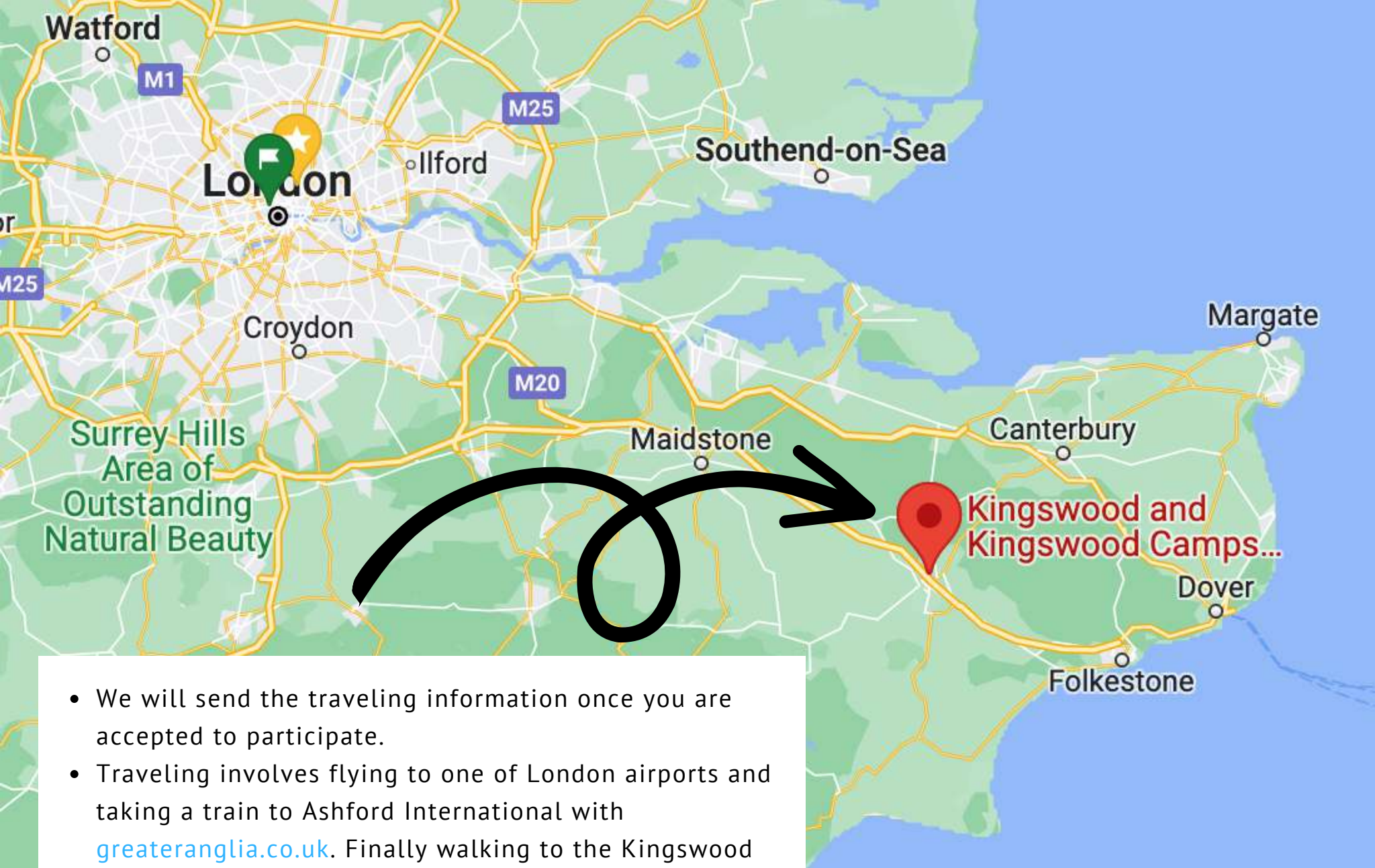


*Intuitive
Literate*



WHERE?

UNITED KINGDOM



- We will send the traveling information once you are accepted to participate.
- Traveling involves flying to one of London airports and taking a train to Ashford International with greateranglia.co.uk. Finally walking to the Kingswood Grosvenor Hall.
- Travel will be reimbursed only for the most economical means of transportation (see conditions).

HOW TO GET THERE?

WHEN TO GET THERE?

Youth Exchange #1

Arrival Day: 24 February 2023

Programme: 25 February - 3 March 2023

Departure Day: 4 March 2023

Youth Exchange #2

Arrival Day: 11 April 2023

Programme: 12 - 18 April 2023

Departure Day: 19 April 2023

Days allowed to stay in the UK: This is a great time to explore UK. We will not have a lot of free time during the programme, thus if you want to explore country, please arrange extra days. You are allowed to come max 7 days before the YE or leave after max 7 days after the YE, but the total amount of the days that are not part of the programme is max 7 days. If you decide to stay more than 7 days longer than the official programme, you will have to cover the traveling expenses yourself. If traveling on different than programme days is more expensive, you have to cover the difference, as the touristic reasons are not reimbursed. During these extra days, you have to find your own accommodation and no other expenses are covered (we will cover just flights on different days).





PRACTICALS - WHAT TO BRING!

- Comfortable shoes and clothing for outdoor and indoor activities (like longer walks and dancing).
- Small backpack (not necessary, but very practical for the outdoor walks)
- Towel and Hairdryer, if needed
- Reusable water bottle, if you have one.
- **Passport is mandatory! EU ID cards are not accepted after BREXIT**



- Bring something from nature that you connect to (like a small rock, a pine cone or a dried leaf)
- Medicines
- Insurance - this is critical! Please bring European Health Card and Insure in other ways because we do not provide and are not liable for any incidents
- Food and traditions to represent for intercultural evenings (no alcohol - it is forbidden)



MEDICINE, ALLERGIES, DIET, DUTIES

The food provided in the venue will be **vegetarian**. If you are vegan or have a special diet, let us know, indicating what you can and cannot eat, so that we can arrange suitable nutrition.

If you have an **illness, physical limitations** and/or use the medicine we need to know about, please let us know.

During the YE in order to maintain the place proper, clean and dignified, all the community will be asked to do carry **household duties** in small inter-cultural groups.

The training site is an **alcohol free and drug free area**. We believe that human beings can reach the utmost of their potential without consumption of substances.

WEATHER

In February - March
temperature in
Grosvenor Hall ranges
from 0 to 12 degrees,
sunshine lasts \pm 2 hours
and of course of course
of course (not so)
beautiful rain (rains \pm 10
out of 30 days) is a
constant friend and a
mandatory discussion
subject in all
conversations.

Check the weather forecast [here](#).





HOW TO APPLY?

Fill in the application form available:

<https://forms.gle/35mdZGAWGzHZ8Sog6>

In order to apply for **Intuitive Literate** project, you must be over 18 - 30 years old (unless you are a leader) and a citizen of one of the partner countries. Contact the partner organisation from the list below if you need any support.

Abroadship.org

Inovatyvi Karta

YOUTHub

Sztukater

INspire

Baltijas Regionlais Fonds

UK / Greece

Lithuania

Bulgaria

Poland

Czech Republic

Latvia

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Abroadship.org
Centre of Learning Through Mobility

For information, clarification, logistics,
general questions, please contact us at
hello@abroadship.org

[Intuitive Literate](#) in United Kingdom

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Global online platform of
opportunities abroad

Abroadship.org
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