



Erasmus+ training course in Romania (near Cluj-Napoca)

From the 8th to the 16th of June 2025

Human Nature

We are beings of nature, creations of the evolutionary journey of the wild Earth and the ever-expanding Cosmos. Our psyche is a galaxy of its own, part of the larger planetary ecosystem. Mind, Body, Heart and Spirit are dancing in unity so we may live a life of meaning, relations and reciprocity. We are all called to take our place in the cosmic ceremony of being, giving and receiving.

But the modern, technological and consumerist society that most of us live in, is designed against our true nature and the natural cycles of the Earth. As the effects of an unnatural way of living are more and more present on somatic, psychological and social level, the return to Nature and to our Human Nature is a necessary quest.

This program is such a quest. A seven-day long immersion into the vast world of Psyche, Soul and Earth, crafted with the intention of rooting those who will be part of, into the Wholeness of their being, the Wildness of the Earth and the Mysteries of the Cosmos.



Elements of the program

The Human Psyche – We will explore our human nature by working with the nature-based map of the human psyche, a tool developed by the depth psychologist Bill Plotkin. This will allow us to get in touch with our inner resources, cultivate our wholeness, but also meet with our inner protectors who enact survival strategies to keep us safe.

The Wild Earth – Nature will be our primary guide and source of inspiration. We will open ourselves for deep and intimate conversations and encounters with the natural world, allowing our love for the Earth to grow, rewilding our psyches and bodies, awakening our senses, instincts and intuition.

The Sacred Space – Beyond the mundane world, there is a sacred space and time. A place of renewal, transformation and numinous encounters. We will engage with rituals, ceremonies and symbolic actions, opening thus possibilities for deep revelations and transformation.

Our Souls – As the journey progresses, we will open ourselves to our souls, the source of deep guidance and meaning. We will court our souls with life transforming questions and tasks, that are meant to bring us closer to our true purpose and destiny.



A New Paradigm – We will nurture the sprouts of an indigenous, soulcentric way of being and living, a guiding vision that enhances human life and nurtures the Earth.

Becoming agents of cultural (r)evolution – At the end of the journey, hopefully, each traveler will carry some medicine or a sacred task to be given or performed to their people. As the indigenous people knew, this journey is not for oneself, but for the world.

Practices and activities

We will offer a bundle of practices and activities, that are rooted in the principles of soulcentric development and indigenous wisdom, such as: wandering in nature, embodiment practices, deep imagery journeys, symbolic art, the way of council, praying, fasting, guidance through questions, mirroring and personalized invitations, silence and solo time in nature, singing, drumming, dancing, storytelling, soul-poetry, community work, ceremonies, rituals, explorations of dreams, conversations with the natural world.

The process is centered on individual growth, with the goal of deeply understanding the developmental approach we offer. This understanding enables it to be truly experienced and internalized, ultimately becoming a valuable resource for personal and professional development, as well as for contributing to the growth of others (youth and adults).

Program guides

Bogdan Romanică (Romania)



Bogdan is a human development guide, trainer, and mentor, from Romania. In his work, he combines elements of eco-psychology, nature connection, experiential learning, outdoor education, storytelling, and art. He loves exploring nature and the human soul. He feels in his element when inspiring and empowering people to become the

truest versions of themselves. He has worked locally and internationally in the field of human development since 2010. He developed his craft by engaging consistently in deep and meaningful work and training with the Animas Valley Institute from the USA (organization founded by Bill Plotkin), the Mankind Project, Illuman and other organizations and teachers. Born in Romania, he feels deeply connected with the lands where he lives, the hills, mountains and forests that spread not far from his city, Cluj-Napoca.

Sandra Horea (Romania)



Sandra is a soul-centric human development guide and mentor to the depths who wholeheartedly invites people to be in intimate and meaningful conversations with their Soul. She calls humans to fall in love and be in relationship with Mystery, Eros, Death, Soul and live their larger story delivering their gift to the hungry world. As a guide, she creates deep purposeful spaces

of inner-discoveries incorporating in her work her experience regarding depth psychology and soul-based practices, eco-centric development, embodiment, storytelling, poetry and deep imagination. She has a wide experience of 13 years in working with youth and adults in facilitating spaces of personal and community transformation. She graduated the Wild Mind Program (focusing on eco-depth psychology of wholing and healing) at Bill Plotkin's Animas Valley Institute in the USA. At the moment she is intensively studying Soul Initiation Guiding Apprenticeship and Initiation Program (SAIP) within the same organization, an in-depth study of soul-initiation practices and guiding skills.

Panayiota Karayianni (Cyprus) - apprentice



Panayiota feels most at home in the quiet company of almond trees, by the murmur of a creek, or listening to the wind weave its stories through the land. Her work is an extension of this deep listening, to the body, to the cycles of nature, to the truths that arise when we slow down enough to hear them. With a background in Social Anthropology and trainings in yoga, somatics, and deep listening practices, she

holds space for others to remember their own natural rhythms, deepen their awareness, and build trust in the intelligence of their bodies. She believes in wholing and healing through ritual, myth, and embodied presence and she offers a gentle invitation to step outside the noise and into a more attuned, authentic way of being, one that honors both personal truth and a deeper connection to the living world.

Who can participate?

- We are looking for people who are actively involved in the field of human development, who work especially with young people, but also with adults. The roles that describe the selected participants should be trainers, youth workers, coaches, mentors, facilitators, counselors, wilderness guides, outdoor instructors etc.
- The participants must be over 18 years and have a good level of English. Participants can apply to this training if they have legal residency in Bulgaria, Cyprus, Greece, Hungary, Italy, Latvia, Romania, Slovakia, Slovenia and Spain.
- 25 places available.
- 2-3 participants/country.

Practical aspects (traveling, location, costs, preparation)

- Arrival day in Cluj-Napoca (Romania) is the 8th of June (no later than 16.00).
- Departure day is 16th of June (after 12.00 from Cluj-Napoca).
- There are 7 full training days.
- The training location is 90 minutes away from Cluj-Napoca.



Program venue

The program will take place in a natural area, at the foothills of the Carpathian Mountains, near the village Brăzești, a village located at an altitude of 465 m and 85 km from Cluj-Napoca. Participants will be accommodated in rooms of 3-4 people, in several cottages, with private bathrooms. The meals will consist of vegetarian food.

Traveling

The project is financed by the Erasmus+ Programme of the European Union, thus, all the activities, accommodation and food are 100% covered by the EU grant. The travel costs will be reimbursed to the participants after the course in the amount limit presented below.

1. Romania – from Cluj-Napoca to the location and back
2. Bulgaria – 265 Euros (green travel)
3. Cyprus – 285 Euros
4. Greece – 395 Euros (green travel)
5. Hungary – 265 Euros (green travel)
6. Italy – 285 Euros
7. Latvia – 285 Euros
8. Slovakia – 395 Euros (green travel)
9. Slovenia – 395 Euros (green travel)
10. Spain – 375 Euros

** Green travel: means of transportation with lower carbon footprint, such as trains, buses, carpooling. Green traveling may take longer but is a necessary action for the environment.*



Financial contribution

Each participant is asked to offer a financial contribution, on a sliding scale from 60 to 100 Euros (each person will choose the amount that feels right).

Each participant must have comprehensive travel and medical insurance, covering both the travel and the stay from the first until the last day of the way back home. The insurance should be covered by the participants.

If you plan to arrive earlier or leave later your expenses for accommodation outside of the days of the training will not be covered by the project.

Participation in this training requires a preparation phase.

Those who will be accepted in the training should follow an online learning process (reading different materials, articles, watching videos) related to the topic of the training. The participants will receive several suggestions for personal work before coming to the program (e.g. journaling on certain questions, self-time in nature and several other invitations). Applying to this program also requires the commitment to follow the preparation process.

A dissemination activity

As a continuation of the experience, each participant will have to implement at least one ACTION in their own community (dissemination event/workshop for youth).

IMPORTANT: NO alcohol – NO drugs policy

The practices and activities that will be done during the training require our full mental and physical capacities. Thus, we invite the participants not to consume any alcohol and drugs during the whole training duration.

Application procedure and deadline

If you feel a deep calling to participate in this training course, you must fill in the application form available at this link:

<https://docs.google.com/forms/d/e/1FAIpQLSciKzxZYXJ1B3YjSv7alt9b0TwfYsWxhA4n7N0E-Ob-SNx3XA/viewform?usp=sharing>

Deadline for application: 16th of April.

Selection results: 18th of April

Contact

Primary contact – Bogdan Romanică (Romania) – project coordinator and guide

romanica.bogdan@gmail.com

Host organization: Dreams for Life from Romania (<https://dreamsforlife.ro/>)

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