



# Ei & Ai Emotional & Artificial Intelligence

**Croatia - Zagreb**

1st of August - 9th of August 2025

Erasmus+ Training Course



Co-funded by  
the European Union





# Emotional and Artificial Intelligence



El & AI is an alternative **9-days media literacy** training course for youth workers who want to transform their work through artificial intelligence (AI) tools and emotional intelligence (EI) skills.



It's all about mixing AI with emotions!

As **AI** influences **decisions** and **communication**, combining it with **emotional intelligence** strengthens **resilience**, **creativity** and **critical thinking**. This balance allows youth workers of different generations to challenge bias, **adapt to change**, and use AI tools ethically and effectively.



## In a **nature based** setting in Croatia we are going to:

- **digitally transform** the work of youth workers and their organisations, delving into **DigComp** framework's competence areas
- promote **critical thinking** and **inclusion** through the use of **AI**, developing **emotional intelligence**.
- **balance professional and personal development**, practicing **mindfulness & somatic movement**, using **nature-based methods** and **NVC (non-violent communication)**
- practice **digital literacy competences** (**use, understand** and **engage with technology**) in a way that eliminates the technology gap between different **generations of youth workers**
- **enhance employability** of youth workers, boosting emotional intelligence, **resilience** and **creativity** in an Erasmus+ context



# Participants

Apply for this project if you are:

- Youth worker, trainer, teacher, non-formal educator, volunteering mentor
- Fluent in English
- From
  - Croatia
  - Italy
  - Greece
  - Romania
  - Portugal
  - Netherlands

We are targeting to:

People 18+ belonging to generation X, Millennials or Generation Z

Our goal is to create a community of learners that belong to different generations and have different levels of technology adoption (like in a real workspace).







# Commitments

to participate in the **whole program**, coming later or leaving earlier is not possible.  
willingness to come open minded and open hearted

We have a no-alcohol and no-drugs policy, to allow space for **authentic connection** with yourself and the ones around you.

**Outdoor** and **indoor** activities - we will spend time outdoors for physical activities, no matter the weather

**Sharing** of practices - readiness to share your own gifts and tools to enrich the mutual learning experience



# ZMAG - Croatia

## Training location

We are going to spend 9 days in a **beautiful old oak tree forest**, at the estate ZMAG.



This is a recycled estate is located in the Vukomeričke gorice **hilly area**, at the edge Vukomerić villedge, 25 km out of **Zagreb**, the capital of Croatia.

From Zagreb it is around 35 min trip by car or 35 min by bus.

**\*We strongly suggest participants to prioritize green travel options by choose car sharing and train or buses over flights, to ensure that we keep the environmental impact as low as possible.**



# ZMAG - Croatia

To enjoy the forest to the maximum:  
Accommodation will be in **tents** and some mattresses are available  
in a **big common room** (17 sleeping places)

Bring your own gear, **tents, sleeping bags and mats!**  
If you don't have a tent let us know via the application form, we  
can organize one for you, there might be shared tents as well.  
If the sleeping arrangements are a concern reach out to us



Indoors there will be  
showers with warm water  
and toilets.  
Breakfast, lunch, dinner &  
coffee breaks will be  
prepared by ZMAG chef





# Anna

Anna has been working as a youth tutor since 2011 designing engaging learning experiences focused on digital media and storytelling across universities, vocational schools & international trainings. As a PhD lecturer she explores digital media use among generations while as a trainer in non-formal settings she loves to use technology to enhance critical thinking & creativity.

## MEET THE TRAINERS

Allie loves authenticity, creating safe spaces to explore, slow down, deepen the heart's connection with nature, oneself and others. She leads people out of their comfort zones to find out how much magic there is out there. She is passionate about CI, mindfulness, nvc, free dance and listening to the wisdom of the body as tools for a healthier more balanced life.

# Allie





# Travel reimbursement



You can calculate the distance with the distance calculator:  
<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

For the final destination you write: **Green network of activist groups  
ZMAG Reciklirano imanje Vukomerić 23/3, 10418 Dubranec**

The distance is calculated from **your place of residence to the place of the training (one-way)**. The budget is the **maximum** budget for reimbursement for **both ways** (two-way).

	Maximum amount of reimbursement	Maximum reimbursement for green travel
Croatia	211 €	285 €
Italy	309 €	417 €
Greece	309 €	417 €
Portugal	580 €	785 €
Romania	309 €	417 €
Netherlands	309 €	417 €

**This training is Co-funded by E+ therefore food, accommodation and activities are fully covered.**

**The travel costs will be refunded after the TC usually within 2 months(after participants send all their travel documents and complete the follow-up activity).**





### **The organizing NGO**

**Vestigium means footprint in latin. We are very aware and trailblazer in bringing awareness on the environmental impact our choices have on nature therefore in every step of the organization process there will be the focus on minimizing the waste and pollution.**





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WHERE?

**Croatia - Zagreb**

WHEN?

**1<sup>st</sup> of August arrival day**

**2<sup>nd</sup> - 8<sup>th</sup> of August 2025 Erasmus+ Training Course**

**9<sup>th</sup> of August - departure day**

[If you feel called,  
apply by clicking here](#)

**BEFORE THE 30<sup>th</sup> OF JUNE**



# Looking forward to receiving your applications

Write us if you read carefully the call for participants and still have any questions -

[allie.curioussteps@gmail.com](mailto:allie.curioussteps@gmail.com) - With love

Emotional & Artificial Intelligence team

Allie



Anna



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