

In-Sense of Humanity

France - Oasis Aérium - Training

10th - 21st of September 2025

Are you ready !?!

Because this training could truly transform your life...

**You are welcome to join this full immersion in our Community in France,
to learn about personal and group process, to taste community living**



KA153 YOUTH WORKERS MOBILITY



Co-funded by
the European Union

About the Training

In-Sense of Humanity

Being, living, and embodying our true nature together.

In this immersive experience, we will create the conditions for deep transformation through community and self-discovery.

Step outside your comfort zone, break free from old patterns, awaken your true potential, and lay the foundation for an empowered life that radiates purpose and connection.

Here, we will develop tools for self-empowerment, cooperation, and leadership, strengthening your capacity to create positive change both individually and within your communities.







During this training, we will explore a variety of powerful tools for personal and group transformation.

Together, we will dive into inner-work, create connection, exploring individual and group process, talk about nervous system, boundaries, emotions, physical and mental health.

These include the Zegg Forum, Breathwork, Radical Honesty, and Process Work.

We'll also engage in The Work That Reconnects practices, Clowning, Sharing Circles, and thematic circles like Queer or Men/Women Circles.

Movement-based methods such as Dance, Playfight, and Mantras will deepen our embodiment.

Learning by doing.



Our Team - Trainers



Kamilo

I am dedicated to creating spaces where individuals can connect deeply with themselves and others.

I work fosters personal growth, enriches community dynamics, and encourages mutual understanding, healing, and collective transformation.

Laura

I'm a therapist, yoga teacher, and facilitator devoted to conscious transformation.

I help reveal blind spots in people and groups to spark deep, meaningful change.

Blending sensitivity with leadership, I support social and systemic healing.



Habibi

I'm a radical joy seeker, weaving musical improv, sharing circles, and embodied exploration. My craft: creating alive, sensitive, and powerful spaces where connection turns into magic.



Oasis Aérium



Oasis Aérium is an intergenerational community of about 20 adults and 10 children, located on 4.5 hectares of land surrounded by chestnut trees, springs, and mountains.

Originally a holiday center, it has been transformed since 2010 into a space for collective living, personal transformation, and ecological experimentation.



Language and Communication

As the main language of the project will be English, participants should communicate in this language at a communicative level.

AGE RANGE

The project primarily targets young adults, ideally aged between 20 and 35 years.

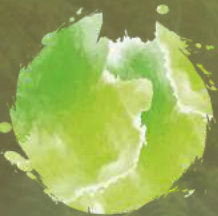
PARTICIPANTS PROFILE

Engaged as a Youth Worker

interested in working with personal and group practices

To be available on the entire course

- Travel days : 8-9-10th & 21-22-23 September
- Arrival day : before 5 p.m on the 10th of September 2025
- Departure day : 21st of September 2025



Applications and selection of participants

To apply for participation, please fill in the online application form by July 30th. We will give you an answer before August 7th.

We ask that you apply only if you are fully committed and available to participate in the entire program.

Selection is based on the profile and motivation of applicants, so we recommend you complete the application form with commitment.



ACTIVE PARTICIPATION

PREPARATION

Preparation for the project is crucial, involving meticulous planning and organization to set the stage for its successful implementation.

IMPLEMENTATION

All the participants will be expected to be present and active in all the activities, unless exceptions. If for any Reason you cannot participate, we will ask you to discuss with one of your referent so we can work it out together.

DISSEMINATION

The dissemination of the project's results is one of our priorities as it is increasing the impact of our action. After the project participants are obligated to make follow-up activities.



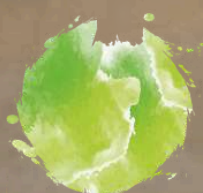
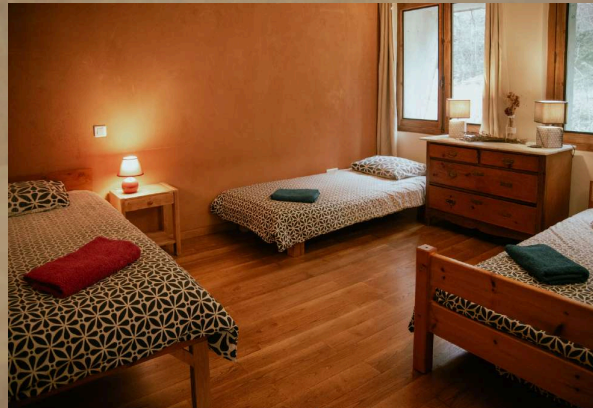
Accommodation

The Erasmus+ budget fully covers accommodation, food, green transport, training, and facilitation.

Participants will be accommodated in 2-5 person rooms with bathrooms. These rooms will be mixed in terms of nationalities to foster cultural exchange and interaction among participants from different backgrounds. Towels will be provided in the rooms.

The lodging also features common areas where participants can relax and socialize.

Participants will have their meals provided three times a day at the accommodation.



Travel Cost

Travel Reimbursement Guidelines

- Keep all travel documents (tickets, invoices)
- Fill out the reimbursement form during the Training
- Erasmus+ green travel guideline: Please choose environmentally friendly transport (like trains, buses, or carpooling)
- Upload photos/scans of documents to the Drive (before & during the training)
- The amounts below are the maximum we can give for green transports. In case you have to come by plane, it's possible but the amount of reimbursement is lower than written below. Please let us know and we will give you a precise number depending on your situation

Travel distance	Maximum amount refunded for Green Transport
10-99 km	23 €
100-499 km	210 €
500 - 1999 km	320 €
2000 - 2999 km	410 €



TRAVEL INFO

TRAIN

The main station to come by Train is in Montpellier, 1h30 from Aérium

BUS

From Montpellier, there is a bus that goes to Le Vigan

PICK-UP

We'll organize several pick-ups from Le Vigan to Aérium
(approx. 25 minutes by car)

Founded program

Accommodation, food, travel costs are covered by the Erasmus+
As the work and organisation of the facilitators are not covered
in this funding, we invite participants to bring a conscious
contribution as a donation at the end of the experience.



WHAT TO BRING ?

- Yourself fully committed
- Comfortable warm/cold clothes and hiking/working shoes
- Medicine in case you get sick, as we can not provide you with any of those
- Swimsuit
- Notes
- Water bottle
- Your joy and curiosity
- Conscious contribution in cash as a donation



IN-SENSE OF HUMANITY

See you soon

CONTACT : Kamilo
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