



FROM I TO US

TRAINING COURSE FOR YOUTH WORKERS

4-11.03.2026
ARTERRA BIZIMODU, SPAIN

OBJECTIVES



➔ Exploring, exchanging and experimenting with tools which can empower individuals, especially young people, into seeing, realizing and implementing their full potential.

➔ Exploring, exchanging and experimenting with tools which can bring empowered individuals together, into collective perspective, in which “I” can be transformed to “us” bringing a sense of belonging, purpose and hope that together we can better serve our societies, our planet and face current local and global challenges.





TOOLS

Among tools which will help us to achieve the first goal are those working with personal needs, talents, dreams and values. Among tools serving the second objectives are for example Non-violent communication, Sociocracy, various ways of collective decision making, group processes and dynamics (including power dynamics and privileges).





PARTICIPANTS PROFILE

The training course is designed for 24 participants from Bulgaria, Estonia, Poland, Slovenia, Sweden, France, Hungary, Romania, Slovakia, Portugal, Italy, and Spain who:

- ➔ Are youth workers, educators, activists, project coordinators, or young leaders actively involved in their organisations and communities.
- ➔ Have experience working with young people and understand their needs, challenges, and realities in local contexts.
- ➔ Are motivated to develop their skills in the areas of sustainability, personal development, community living, group facilitation, and youth work.



PARTICIPANTS PROFILE



Have a good command of English, enough to actively participate in discussions, workshops, and group activities.



Are available and committed to take part in all phases of the project — preparation, the 6-day training course, and follow-up activities.



Contribute to diversity in terms of age, gender, and geographical background, helping to create an intercultural and intergenerational learning space.

VENUE

Arterra Bizimodu - intentional community and educational center in rural area, which provides shared rooms and locally sourced, ecological food.





TRAVEL

The travel costs of the participants are reimbursed after the mobility. Below you can find the maximum travel allowance for the travel both ways per participant per country:



GREEN TRAVEL

56 euro - Spain (28 euro in case of regular travel)

285 euro - France (211 euro in case of regular travel)

417 euro - Slovakia, Italy, Poland, Portugal (309 euro in case of regular travel)



REGULAR TRAVEL

309 euro - Slovenia, Hungary

395 euro - Bulgaria, Romania, Sweden, Estonia





TRAVEL

Green Travel is defined as travel that uses low-emissions means of transport for the main part of the travel, such as bus, train, bike or car-pooling.

Please keep all travel tickets, receipts and invoices. They are required for the reimbursement of travel expenses.

If you need any support with planning your travel, don't hesitate to contact us!



FACILITATORS



**GENNY
CARRARO**

I'm a consultant, facilitator and trainer.

Trained in Processwork and Sociocracy among other facilitation modalities, I'm the co-founder of the Italian Processwork School, and an experienced and dynamic facilitator of groups and organisations.

Having lost my sight at the age of two, I learned that collaboration and mutual support are key to the development of any personal as well as professional project.

More information: <https://gennycarraro.com/about-me/>

FACILITATORS



**ANNA
KSIAZEK**

I'm a trainer and coach with over 2000 hours of experience working with NGOs, public institutions, and the private sector.

I'm passionate about global education, changemaking, sustainability and personal development, among others.

I'm the co-founder of the ExChange the World initiative which aims to empower individuals to become changemakers through storytelling and personal development.

More information: <https://ksiazekanna.mystrikingly.com/>

PARTNERS

Dobbano Hangok

RIVE

Puentes Hungary

YOUTH SENATE TALLINN

Flexskill

Nasza Żywa Ziemia



Arterra Bizimodu

Ängsbacka

Zavod Aspira

Ecovillage de Pourgues

Sustainable for the Future

Waking Life



APPLICATION FORM

If you are interested, please fill in [this application](#) before 11.01.2026.

Cost of accommodation, food, program and travel (up to maximum amount indicated before) is covered by grant from the European Union.

Participants are responsible for buying and covering the cost of their proper insurance (health, accident and liability).





CONTACT

In case of any questions, don't hesitate to contact us:

ARTERRABM@GMAIL.COM

