



CALL FOR PARTICIPANTS

for youth workers (educators, trainers, facilitators, teachers, students...)

TRAINING COURSE: WELL-BEING LAB | PART 2

May 11th – 17th 2026
Megalopoli, GREECE



EnvironMental



Funded by
the European Union



Do you have a vision for a project—an idea you'd love to bring to life in your community—but find yourself held back by inner doubts, fears, or other obstacles that make it hard to take action?

In this training course, we want to create a safe and supportive space where the seed of your idea can begin to grow. Together, we will explore the inner parts that may be blocking the realization of your vision and gently work with them rather than against them.

Using an Internal Family Systems (IFS) approach, we will learn how to befriend these parts, transforming them from obstacles into allies. Through curiosity and compassion, we will explore new ways of relating to yourself, allowing your vision to unfold more freely and move closer to becoming a lived reality.

In these training course you have an opportunity to:

- leaf icon **connect with your inner sense of curiosity and compassion through body-mind practice**
- leaf icon **explore the inner obstacles that may be limiting your sense of leadership**
- leaf icon **get empowered to take meaningful action that serves your community and the young people you work with**
- leaf icon **share your own knowledge about body-mind practices and in that way improve your facilitation skills**



YOU CAN PARTICIPATE IF YOU ARE...

- leaf Motivated to explore and awaken your inner leadership, and to discover how it can support and enrich your work with young people.
- leaf Open to participating in outdoor activities and spending time in nature
- leaf At least 18 years old – there is no upper age limit
- leaf A resident of Germany, Greece, Bulgaria, Italy, Croatia, Latvia, Lithuania

IN THE SELECTION PROCESS PRIORITY WILL BE GIVEN TO PEOPLE WHO

- Have participated in the PART 1 of this training course
- Have prior experience working with young people (between the ages of 15 and 30), or are currently working with them, and particularly with young people with a disadvantaged background (young people experiencing geographical, social, economic, cultural, educational barriers)
- Are experiencing geographical, social, economic, cultural, educational barriers (e.g. LGBTQI, BIPOC, Roma, migration background, lower income, unemployed, rural areas, single parents, hearing or vision impairment, lower levels of education)



PROGRAMME



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7			
08.30 - 10.00	ARRIVAL	BREAKFAST								
10.00 - 10.15		WELCOME & LOGISTICS	STARTING THE DAY TOGETHER		ECOLOGICAL ACTION					
10.15 - 11.00			WAKING UP THE BODY-MIND							
11.15 - 11.30		BREAK								
11.30 - 12.30		SAFE(R) LEARNING SPACE & GROUP PRINCIPLES	EXPLORING INNER LEADERSHIP THROUGH INTERNAL FAMILY SYSTEMS (IFS)				ECOLOGICAL ACTION			
12.30 - 13.00			BODY-MIND PRACTICES LEAD BY PARTICIPANTS							
13.00 - 15.00		LUNCH								
15.00 - 15.30		GROUP INTEGRATION	BODY-MIND PRACTICES LEAD BY PARTICIPANTS			LOOKING INTO THE FUTURE & EVALUATION				
15.30 - 16.45			EXPLORING INNER LEADERSHIP THROUGH INTERNAL FAMILY SYSTEMS (IFS)							
16.45 - 17.00		BREAK								
17.00 - 18.00		REFLECTION OF THE DAY & CLOSING RELAXATION				CLOSING CIRCLE				
18.30 - 19.30		DINNER								
20.00		EVENING PROGRAM								

THE ORGANIZERS RESERVE THE RIGHT TO MAKE SMALL CHANGES TO THE PROGRAM IF NEEDED.



VENUE

THE CROSSROADS MEGALOPOLI GREECE

The Crossroads is a growing eco-community project based in Megalopoli, a small town in the heart of the Peloponnese, surrounded by mountains, rivers, and forests.



Activities are spread across two connected spaces: the Urban Villa and the Eco-Village Land, located just across the street from one another. The Urban Villa is a large house with a thriving food forest in the middle of town and serves as the main living and meeting space for the community. The Eco-Village Land is dedicated to hands-on outdoor learning, construction projects, and practical experimentation.

Together, these two spaces form the living heart of The Crossroads – a place where learning, creativity, and sustainability are woven into everyday community life.

Both areas offer outdoor workspaces, three shared kitchens, community gardens, and plenty of open-air spaces for workshops, cooking, and relaxation.



TRAINERS

IVA BUBALO

Iva is a psychologist with over a decade of experience in non-formal education, serving as both a coordinator and a facilitator of workshops, seminars, and trainings focused on personal and socio-ecological transformation. She is certified in Level 1 and Level 2 Internal Family Systems therapy, Mindfulness in Nature, and Kundalini Yoga.



Driven by a deep commitment to transformative leadership, Iva envisions a world where leadership is rooted in wisdom, humility, and service to the community. She is passionate about creating environments in which young people are empowered with equal opportunities to realize their purpose—for the well-being of both the human and more-than-human world.

VASILIKI STEFANIDI



Vasiliki (she/they) is a former participant of the RORE project, a psychologist and youth worker deeply passionate about the healing power of body movement.

Their well-being journey began through personal therapy and has since expanded into a rich exploration of transformative practices, including dance—especially contact improvisation—meditation, journaling, music, and grounding rituals in nature. In recent years, Vasiliki has worked closely with queer youth through Erasmus+ projects, centering their work on embodiment, authentic connection, and self-expression.

FOOD

All meals will be vegetarian/vegan, prepared with fresh, locally sourced ingredients whenever possible and served with care and attention.

ACCOMMODATION

You will stay in shared rooms within the Urban Villa or a local hotel nearby.

LANGUAGE

The working language of the training is English. Translation may be available upon request.

FOLLOW-UP SESSIONS

To support ongoing learning and connection, we will hold two follow-up sessions online via Microsoft Teams:

June 18th, 2026 (6 -7 pm CET)
July 23rd, 2026 (6 -7 pm CET)



HEALTH & TRAVEL INSURANCE

Participants are responsible for their own health and travel insurance. We require you to have European Health Insurance Card.

This is a free card that gives access to medically necessary, state-provided healthcare during a temporary stay in any of the 27 EU countries, Iceland, Liechtenstein and Norway, under the same conditions and at the same cost (free in some countries) as people insured in that country.

More information on the card and on how to obtain it is available [HERE](#).

PARTICIPATION FEE

The participation fee covers food, accommodation, and the training course.

Travel costs will be reimbursed by the organizer. The reimbursement amount depends on your type of travel and your place of residence. If you are selected for the training, detailed information about travel reimbursement will be provided.

If the participation fee is a barrier for you, please don't hesitate to apply—we will work with you to find a solution!

Fees by country:

- Germany: 65€
- Croatia, Italy, Lithuania, Latvia: 50€
- Greece: 40€
- Bulgaria 35€





DEADLINE FOR APPLICATION

February 15th, 2026

If you are selected for the training course, you will be notified by February 23th, 2026.

Apply via this [LINK](#).



CONTACT FOR FURTHER QUESTIONS

IVA BUBALO

PROJECT COORDINATOR

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