

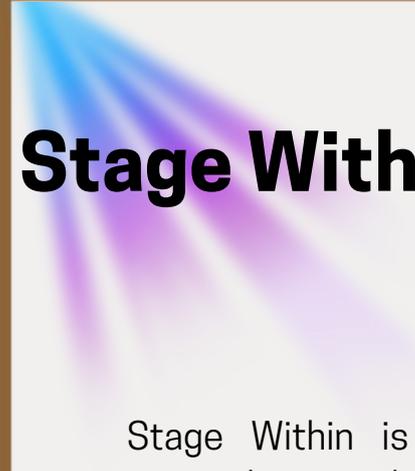


An **Erasmus+ training course** on creative pathways to self-awareness and expression, designed and curated by Ilianna and Maria.

# ‘The Stage Within’

**23-29 August 2026**

**Tenhola, Finland**



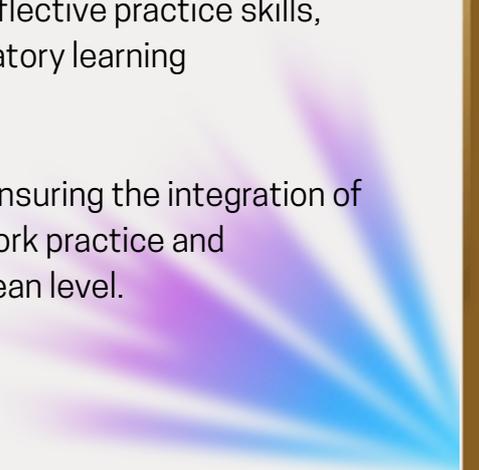
# Stage Within – Arts for Social Emotional Learning

Stage Within is a 5-day international training course designed to strengthen youth workers' capacities in using Arts-based methodologies to promote Social-Emotional Learning (SEL) among young people aged 15–20.

Through experiential workshops in dance, music, and theatre, participants will explore how creative expression can foster emotional intelligence, personal development, and meaningful relationships among youth.

The training combines non-formal education methodologies with artistic tools to empower youth workers to create safe, inclusive, and transformative learning spaces. The language we will use in the training is English.

## **Objectives:**

- To strengthen youth workers' understanding of Social-Emotional Learning (SEL) and its application in non-formal education, with focus on self-awareness, social awareness, self-management, and relationship skills.
  - To develop practical competences in using Arts-based methodologies (dance, music, and theatre) as tools to foster emotional intelligence, resilience, empathy, and positive group dynamics among young people aged 15–20.
  - To enhance facilitation, intercultural communication, and reflective practice skills, enabling participants to create safe, inclusive, and participatory learning environments.
  - To support the design of sustainable follow-up initiatives, ensuring the integration of arts-based SEL approaches into participants' local youth work practice and contributing to quality development in youth work at European level.
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# An indicative schedule of the week.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arrivals	Opening Ceremony & Welcome Session	Movement and Emotions	Break the Ice: Theater Activities	Warm up: Theatre Activities	Completion of the Accordion	Breakfast
	Dive Deep into the Self	Collaboration through Movement	Introduction to the Theatre of the Oppressed	What is Forum Theatre?	Reflection and Evaluation of the Training	Departures
	Schedule of the Training - Erasmus +	Embodied Presence	Reflection Journals	Performances	Closing Ceremony	
Welcome dinner	Creation of the Accordion	Reflection Journal	Free time	Performances	Farewell Celebration	

**\*with reservation to changes**

Once we have the selected participants, we will give more details on the weekly schedule with specific indications of time, duration of workshops and times of meals.

In general the day will start around 8:00am with breakfast and will finish around 20:00pm with dinner with various breaks for meals and coffees in between. Participation in all the workshops of the week is mandatory.

## Trainers



Maria

Maria is an educator and facilitator who believes in the power of the arts to connect people and support emotional growth. She creates safe and creative spaces where participants can explore, reflect, and learn from one another. With several years of experience designing and facilitating international trainings, she brings practical tools and heartfelt energy to support youth workers in strengthening Social-Emotional Learning through creative expression. She has expertise in emotional intelligence, art therapy and systemic work.



Ilianna

Ilianna is an educator and facilitator who tries to use inspiring ways of teaching in every aspect of her life. The cultivation of Social-Emotional Learning through the Arts has always been a priority in her teaching. She has attended many art seminars and learned how to create safe and inventive spaces where participants can delve into their own creative and innovative selves. Her passion for Theatre and Social Justice led her to the Theatre of the Oppressed, a method to promote social change.

## Organisers



Peace Education Institute is a Finnish non-governmental organisation with over 40 years of experience in peace education and inclusive learning. They support educators and youth workers by developing methods, trainings, and tools that promote peace, equality, anti-racism, and global responsibility in both formal and non-formal settings.

# Accommodation



The training venue will provide housing and vegetarian meals. You will check in on Sunday, the 23<sup>rd</sup> and check out on 29<sup>th</sup> after breakfast. You will stay in a shared room.

The number of participants per room will be arranged depending on the total number of participants.

Villa Christine (**Germundbyntie 12, Tenhola, Finland, 10520**)

# Travel



You will need to travel to **Helsinki Airport HEL** and go to **Kamppi Bus Terminal in the center of Helsinki.**

There will be a rental bus from the bus station arranged by the organisers to take you to the venue.

The route is approximately 2 hours.

The bus will be arranged for 17:00 pm so you will need to make sure your flights are arriving earlier than this on the 23<sup>rd</sup> of August 2026.

You are allowed to arrive a couple of days earlier **OR** to leave a couple of days later from the days of the training, by covering the expenses of accommodation and food on your own in the extra days.



# Reimbursement

The training is made possible through Erasmus+ funding, and therefore we adhere to their travel regulations. We will reimburse participants for travel costs to Tenala according to the [EU distance calculator](#) & Erasmus+ rules and travel cost table (below). **You will need to keep all your receipts and invoices in order for reimbursement to be possible.**

Travel Distance	Non-green Travel
10-99 km	28€
100-499 km	211€
500-1999 km	309€
2000 - 2999 km	395€
3000 - 3999 km	580€
4000 - 7999 km	1188€
8000 km or more	1735€



# Target group

## Who is this training for?

Youth Workers, Educators, Trainers, Youth project managers, NGO workers, and persons passionate about the Arts, and non-formal education methodologies. Whether you have a lot of experience in the artistic methods or a little, we think this training is for you. We will prioritise a diversity of experiences so we learn from each other.

## How to apply

If you felt called for this training please fill in the following form. We invite you to NOT use AI and respond to the questions from your heart. After reviewing the applications, we might call a few of you for an online interview before the final selection.

**APPLICATION FORM**





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Looking forward to  
receiving your  
applications,

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Maria and Ilianna