



Co-funded by
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modita
FOUNDATION

FLYING GIRAFFES

**HOW NONVIOLENT COMMUNICATION
HELPS YOUNG PEOPLE TO SPREAD THEIR WINGS**

**ERASMUS+
TRAINING COURSE**

**20-28 JUNE 2026
POLAND**



ABOUT

Flying Giraffes is an Erasmus+ training course supporting youth workers in developing creative and engaging ways to teach emotional intelligence, empathy, and communication skills to teenagers.

During the project, we explore how Nonviolent Communication (NVC) can be experienced through playfulness and how feelings and needs can be expressed using forms of communication beyond words, such as movement, theatre, games, and creative expression.

Youth workers learn practical, hands-on approaches that help young people better understand their emotions, become more aware of their needs, and build healthy relationships.

The project also serves as a meeting point for youth workers who already practice NVC and want to exchange experiences and expand their range of playful methods. By learning from one another and co-creating new tools, participants build a supportive community that continues beyond the training.

AIMS

Equip youth workers with practical, play-based activities they can use in their daily work with young people.

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Create and share easy-to-use tools for teaching empathy and communication to teenagers.

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Support teenagers in learning how to express feelings and needs in respectful and constructive ways.

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Build a supportive community of youth workers who can exchange ideas and learn from each other.

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Strengthen cooperation between organizations working to promote emotional well-being and healthy communication across Europe.

PARTICIPANTS

Minimum 18 hours of prior NVC training

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Readiness to work with touch-based exercises

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Ability to commit to an intensive 6–7 hour daily
schedule

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Willingness to share emotions and personal
experiences

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Ability to communicate in English

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Over 21 years old

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Readiness and commitment to organise local
workshops inspired by the training

VENUE

MaPa is a serene workshop center nestled in the heart of the Elk Lake District, Masuria, Poland. Surrounded by lush forests and a tranquil lake, it provides the perfect setting for relaxation, personal growth, and creative exploration. The center consists of two thoughtfully designed buildings that offer versatile spaces for workshops, recreation, and comfortable accommodation.



The comfortable rooms can accommodate up to four people. Shared bathrooms are located next to the rooms.

Vegetarian meals will be served three times a day.

[See the venue](#)

PRACTICALITIES

Accommodation, food, and travel costs (up to the reimbursement limit) are **fully covered** by the Erasmus+ program.

Travel expenses will be reimbursed **after** the training course, once all required documents (as detailed in the application form) are submitted.

Participant Contribution

To help cover part of the costs of food and workshop materials used during the training, participants are invited to make a voluntary contribution to support the project.

A contribution of 60–100 EUR, depending on your personal possibilities, would be greatly appreciated and will help us provide quality materials, shared resources, and more diverse meals throughout the activity.

Medical Insurance

Participants are responsible for their own insurance.

TRAVEL REIMBURSEMENT

Participants' travel costs will be reimbursed up to the set **reimbursement limit**.*

It is essential to keep **all original travel documents**, including bus and train tickets, invoices, boarding passes, etc. Reimbursement cannot be processed without these documents.

Tickets bought without confirmation will not be reimbursed.

Travel expenses will be reimbursed in EUR (or PLN for Polish participants) up to 2 months after the training course, provided that all requirements have been fulfilled.

The travel limits have been reduced to account for the cost of the group transportation that we will arrange from Elk to the venue and back.

* For the reimbursement limit, please see the Reimbursement Table on the following page

REIMBURSEMENT TABLE

Regular Travel

- Reimbursable: Economy class flights, train, and bus tickets.
- Not reimbursed: Taxi fares, business class flights.

Green Travel (Preferred Option)

- Includes: Train, bus, or carpooling.
- Additional funding for overnight stays may be provided.

COUNTRY	Regular Travel	Green Travel	Maximum Travel Days (Green Travel)
Poland	191 €	265 €	2
Latvia	191 €	265 €	4
Romania	289 €	397 €	4
France	289 €	397 €	4
Italy	289 €	-	-
Spain	375 €	-	-

TEAM



We are a team that loves people and believes in the power of fun and meaningful connections. We've known each other for many years and have worked together on numerous projects, growing and learning along the way. We draw our inspiration from meeting new people and building strong connections – and we can't wait to meet you and welcome you to Poland

PAULINA ORBITOWSKA-FERNANDEZ

NVC TRAINER



I could say that I am a professional dreamer as everything I do in my life is to fulfill my dream of a world that is based on empathy, dialogue and power-with relationships. To make this happen I work as a certified trainer of Nonviolent Communication, coach, mediator, eduScrum trainer, Resonant Healing Practitioner, MindSonar Analyst and an academic teacher. I support individual clients, leaders, teams and organizations in building their personal and professional relationships on the foundations of partnership, honesty and empathy. I also accompany my clients in making their relationships with themselves safe and nurturing. What I do is my real passion so I share my experience and knowledge with different people in different settings: business, education, NGOs, medical, public institutions. I am where people long for more human connections.

SYLWIA FEDERICO

FACILITATOR



Fascinated by the essence of human connection, self-awareness, and our universal interconnectedness, I have spent my life exploring what it truly means to be human. This exploration has shaped both my personal journey and professional path, inspiring me to create spaces where people can reconnect with themselves and each other on a profound level.

Blending diverse methodologies, I have spent over 20 years in non-formal education designing and leading projects that inspire self-awareness and meaningful relationships. My journey began with artistic expression, evolved through talent development, and led me to explore emotional awareness, the bodymind connection, and Nonviolent Communication. As a trainer, facilitator, and embodiment coach I support individuals cultivate emotional resilience, authenticity, and a sense of wholeness, supporting them wherever they seek deeper connection—with themselves, with others, and with life itself.

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JAVI QUILEZ

NON-FORMAL EDUCATION TRAINER



I am a non-formal education trainer, EcoTrainer and Waldorf pedagogy teacher with over two decades of experience in NFE — starting as a Scout educator in 2002. I have co-designed educational experiences for more than 60,000 participants at international events such as Jamboree 2007 (UK) and RoverWay (Italy), and led the adaptation of Youth in Action for the European Scout Region in Spain (2006–2011).

Pioneer of the Eduesc@peroom concept (2013), I have co-created board games and immersive learning tools including Gira2, Mission Z, Real iDeal and Amazing Island. As a Nonviolent Communication practitioner, I bring a playful yet deeply human approach to communication training.

MAGDALENA SZYMAŃSKA

COMMUNICATION BUDDY



I am a psychologist, economist, experienced project manager, and NVC practitioner passionate about conscious and compassionate communication. Over the years, I have designed and coordinated educational projects in Poland and Spain, creating inclusive spaces that support personal growth, emotional awareness, and meaningful connection.

In this training, I will support you as a communication buddy — before, during, and after the course — assisting with practical matters and staying in touch regarding follow-up and reimbursement. My intention is to help you feel informed, supported, and at ease throughout the entire journey.

I love experiencing Nonviolent Communication in a playful and engaging way, because I believe learning is most powerful when it is both practical and joyful.

WANT TO APPLY?



CLICK

HERE



APPLICATION DEADLINE

05.05.26



DATE OF SELECTION

07.05.26

CONTACT

MAGDALENA@FUNDACJAMUDITA.ORG

POLAND, MUDITA FOUNDATION

SPAIN, PROMESAS

ITALY, ASSOCIAZIONE JOINT

FRANCE, NOMADWAYS

LATVIA, KALM

ROMANIA, CU PLACERE



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