

# COMPASS

JESENÍKY MOUNTAINS

CZECHIA



5<sup>TH</sup> - 14<sup>TH</sup> JUNE 2026

# WHAT IS IT ABOUT?



SWITCH OFF DEVICES  
LET GO OF YOUR DAILY COMFORT



SWITCH ON YOUR SENSES  
CONNECT TO NATURAL RESOURCES

- COMPASS is a training course promoting **personal resilience** and **inner sustainability** through Adventure Education and mental well-being, while staying "off-line" in nature.
- Taking place in the **Eagle Mountains and Morava river** in Czechia.
- Designed for 22 youth workers and educators from 11 countries: **Czechia, Ukraine, Estonia, Poland, Romania, Lithuania, Latvia, Italy, Georgia, Spain, and Cyprus.**
- Digital-free experience combining demanding physical challenges —such as trekking, canoeing, and a symbolic firewalk— with deep, guided reflection to build crisis management skills and combat professional burnout.



# TRAINING GOALS



**STRENGTHENING  
PERSONAL  
RESILIENCE AND  
INNER  
SUSTAINABILITY**



**MASTERING  
ADVENTURE  
EDUCATION AND  
CRISIS MANAGEMENT  
IN YOUTH WORK**



**CELEBRATING  
HUMAN DIVERSITY  
AND PERSONAL  
UNIQUENESS**

# THE TRAINING IS FOR YOU IF:

- You are **older than 22** (there is no upper age limit).
- You are a registered inhabitant of **Czechia, Ukraine, Poland, Romania, Lithuania, Georgia, Spain, or Cyprus**.
- You are a youth worker, educator, mentor, NGO staff member, or leader looking to expand your professional toolkit.
- You are ready to **stay offline in the natural environment** and are interested in practicing resilience and inner sustainability.
- You want to improve your personal and professional competencies through **Adventure Education**.
- You are willing to live, learn, play, and explore within a **multicultural group** in an off-the-grid setting.
- You are **physically and mentally ready** to take on an intensive, 8-day outdoor program.
- You are able to **work in English** and are motivated to participate actively from start to finish.

# WHY JOIN COMPASS?

- **MASTER NEW TOOLS:** gain a professional toolkit of adventure education and mindfulness to re-engage passive youth and combat digital burnout.
- **PREVENT BURNOUT:** build your own inner sustainability and emotional resilience in a supportive, off-the-grid environment.
- **GROW THROUGH CHALLENGE:** experience transformative activities—from canoeing to the firewalk—that build authentic leadership and crisis skills.
- **CONNECT & CELEBRATE:** join a diverse international network to share best practices and celebrate your uniqueness.
- **LEAD WITH EMPATHY:** return home with the capacity to hold space for others and use compassionate facilitation to guide young people through their own fears and failures.



The whole program is very experiential and based on a “learning by doing” approach.

# PROGRAM DAYS



1

## COMPASS TUNING:

ADVENTURE EDUCATION PRINCIPLES  
(CHALLENGE, RISK, RESPONSIBILITY)

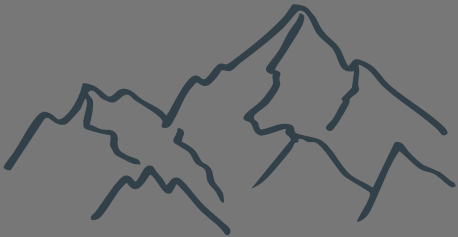
COMFORT ZONE STRETCH,  
SHARED LEARNING GOALS



2

## SUPPORT & MOTIVATION:

COMMUNITY BUILDING,  
LOST COMPASS CHALLENGE  
CARING FOR EACH OTHER  
PRACTICAL MINDFULNESS



3

## RESILIENCE IN MOTION:

MOUNTAIN ASCENT  
EMOTIONAL BACKPACK  
TREK DEBRIEFING

# PROGRAM DAYS



4

## WISDOM & TEAMWORK:

SENSORY SCAVENGER HUNT

CREATIVE IN NATURE

MIND MAPPING REFLECTION



5

## TRUST & SILENCE:

HIGH ROPES ADVENTURE

LABYRINTH OF TRUST

SILENCE OF THE FIRE



6

## LEADERSHIP & WATER:

LEADERSHIP IN ME

CANOEING ADVENTURE

RIVER OF CHANGE

# PROGRAM DAYS



7

**COURAGE & TRANSFORMATION:**  
RIVER OF JUDGEMENT  
FIREWALK CHALLENGE  
COURAGE CIRCLE



8

**ACTION & FAREWELL:**  
LOCAL FOLLOW-UP DESIGN  
PROJECT EVALUATION  
NEW COMMUNITY CELEBRATION



# THE TEAM



**MARIJA**

Marija has been working as a **personal development trainer** for 16 years, completed her PhD on this field. She has been living in five countries collecting her intercultural experience. She is specialized in the field of **outdoor, experiential learning and empathic communication**. She lives off the grid with her family.



**WASABI**

Wasabi loves to lead the pack with her **playful spirit**. She is a mountain expert who helps the group stay safe and on track. She is incredibly friendly and easy-going, with enough **energy to share** with everyone in the group. She specializes in connecting people, helping to **keep spirits high** after a long day of hiking.



**VLASTIMIL**

Vlastimil has worked as an **outdoor trainer** and mountain guide. He specializes in **sustainable construction** and **wilderness leadership** and is a dedicated advocate for minimalistic packing and a **zero-waste lifestyle**. He lives in close connection with the elements, integrating **environmental ethics** into both his professional and personal life.



# TIME FRAME



**ARRIVAL: 5<sup>th</sup> June 2026, 4 - 6pm**

**DEPARTURE: 14th June, 8 - 10 am**

We expect you to participate in the whole programme.  
(It means **coming later or leaving earlier is not allowed**)

Visiting cities for **site-seeing is not part of the program**, in case you want to visit them arrange it before or after the training.

We have **no-drugs and no-alcohol policy** during the whole training and free time during the training included.

# THE NOMADIC COMPASS EXPERIENCE

During the training, we will live in constant motion through the Jeseníky mountains, becoming a part of the landscape rather than staying in one venue.

- **LIVING ON THE MOVE:** this is a full outdoor journey we carry our essentials and set up camp in different natural settings each day.
- **OFF-THE-GRID SUSTAINABILITY:** we practice a low-impact lifestyle using filtered spring water, and cooking on open fires or gas stoves.
- **TENT LIFE:** accommodation is provided in tents

You need to bring your own sleeping bag and outdoor sleeping mat.



# OUTDOOR COOKING

Food during the compass training is more than just nutrition; it is a core **part of the teamwork** and shared leadership experience.

- BUDGET & PLANNING: the group will receive a dedicated **team budget** and work together to decide on meals and purchase ingredients.
- SHARED SOLUTIONS: you will manage the **flow of nomadic life together**, from chopping vegetables to keeping the place tidy, turning everyday needs into opportunities for empathic communication and creative problem-solving.
- OUTDOOR KITCHEN: each small team will be **provided with an outdoor cooking set, including a portable gas burner** to prepare meals in the wild.
- LOW IMPACT: in line with our sustainable values, the group will practice zero-waste habits, learning how to cook **efficiently and mindfully**.



# COST AND FEES

The training is funded through Erasmus+ programme, thus accommodation, food, materials, the programme and the travel costs up to the maximum allowed amount are **fully covered**.

Participation fee is **60€ per person** and you pay it upon arrival. If you can't afford to pay the fee, contact us and we will discuss individual agreements.

In the Erasmus+ program, **travel reimbursement** is determined by the distance between your home city and the venue.

To find your specific amount, you first use the **official EU Distance Calculator** to get the **"straight-line" distance** (as the crow flies). Once you have that number, you can find your grant in the table below.

# APPLICATION - SELECTION - CONFIRMATION

To apply, fill in the online application form,  
**latest by the 21st May 2026.**

The participants will be selected by sending organisations, in cooperation with Narana. Selection is done based on the profile and motivation of applicants.

If you are **accepted for the project you will receive a "Confirmation letter"** with more practical information regarding the accommodation, the exact address of the venue and directions how to reach it.

**APPLY HERE**



# CONTACT

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Co-funded by  
the European Union

