

# EARTH & SOUL

Practical nature protection, sustainable living, and youth worker well-being

HUSTOPEČE, CZECHIA

15<sup>TH</sup> - 22<sup>ND</sup> AUGUST 2026

# WHAT IS IT ABOUT?



SWITCH OFF DEVICES  
LET GO OF YOUR DAILY COMFORT



SWITCH ON YOUR SENSES  
CONNECT TO NATURAL RESOURCES

- EARTH & SOUL is a training course promoting **inner sustainability and well-being of youth workers** through methods of **Pathways to nature connectedness** (contact through the senses, emotion, beauty, meaning and compassion)
- Taking place between the vineyards of Hustopeče in Czechia.
- Designed for 24 youth workers and educators from EU and non-EU countries.
- Digital-free experience focused on community living and experiential learning at the farm



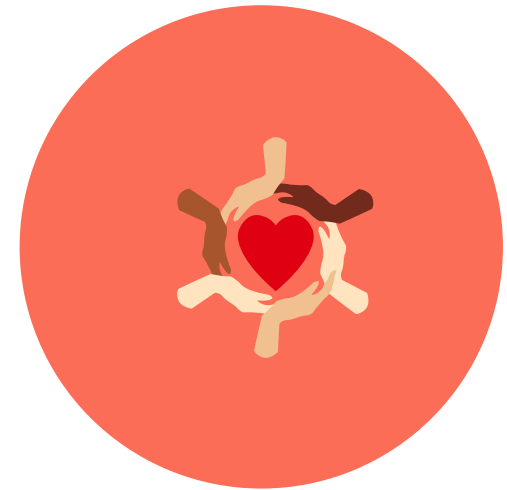
# TRAINING GOALS



**STRENGTHENING  
INNER  
SUSTAINABILITY  
AND NATURE  
CONNECTEDNESS**



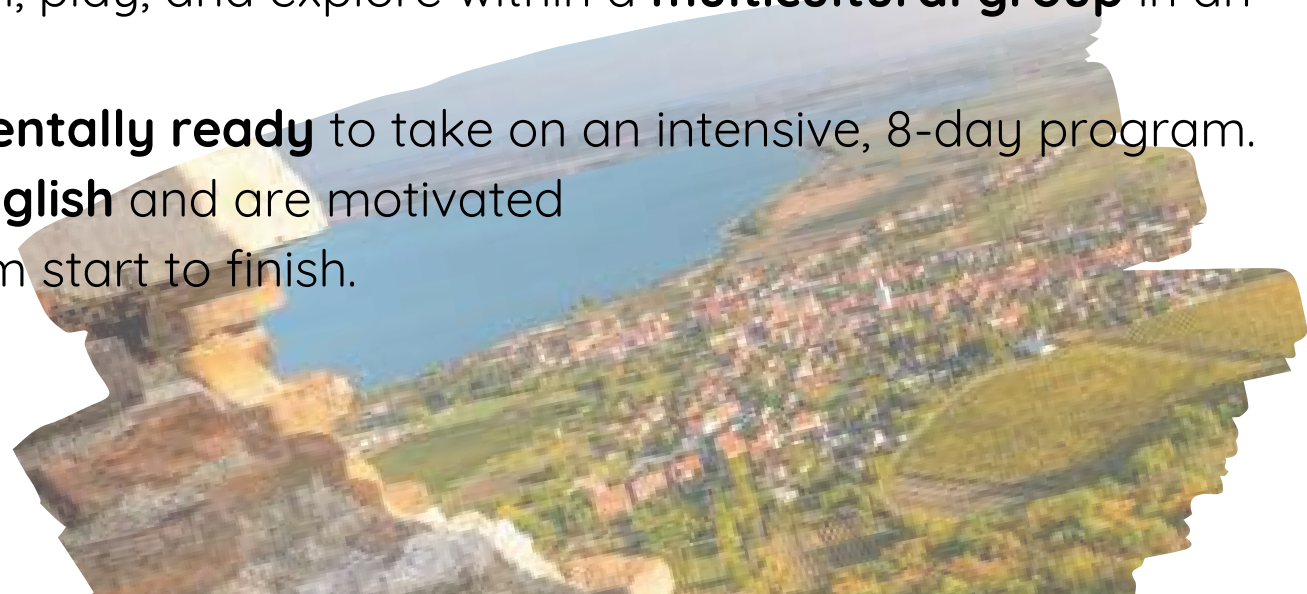
**PRACTICE WELL-BEING  
FOR YOUTH WORK  
CONTEXT**



**CELEBRATE 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 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 the **Pathways to nature connectedness**.
- 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 program.
- You are able to **work in English** and are motivated to participate actively from start to finish.



# WHY JOIN?

- **MASTER NEW TOOLS:** gain a professional toolkit of Pathways to nature connectedness and mindfulness to re-engage passive youth and combat digital burnout.
- **PREVENT BURNOUT:** build your own inner sustainability and well-being in a supportive, off-the-grid environment.
- **GROW THROUGH CHALLENGE:** experience transformative activities that build authentic leadership
- **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

## GROUNDING & COMMUNITY

PATHWAYS TO NATURE

CONNECTEDNESS PRINCIPLES,

SHARED LEARNING GOALS,

DIGITAL DETOX BEGINNING



2

## SENSORY CONTACT

COMMUNITY BUILDING,

BAREFOOT WALK

PRACTICAL CARE OF NATURE



3

## EMOTION

SEARCH FOR JOY IN NATURE

MY NATURAL RESOURCES

PRACTICAL CARE OF NATURE

# PROGRAM DAYS



4

## BEAUTY

VISIT TO DĚVIČKY CASTLE  
MINDFULNESS IN NATURE  
LAND ART



5

## MEANING

PRACTICAL CARE OF NATURE  
CYCLES OF THE VINEYARD  
FIRE TELLING  
COMMUNITY EVENT PREPARATION



6

## COMPASSION

ECOLOGICAL CITIZENSHIP  
PRACTICAL CARE OF NATURE  
COMMUNITY EVENT PREPARATION

# PROGRAM DAYS



7

**INTEGRATION: COMMUNITY EVENT**  
PATHWAYS TO RECONNECT TO  
NATURE IN YOUTH WORK,  
COMMUNITY EVENT



8

## **CLOSURE & DISSEMINATION**

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 community with her playful spirit. She is incredibly friendly and easy-going, with enough energy to share with everyone during the offline farm experience. She specializes in the pathways of emotion and compassion, helping to lower stress, build empathy, and keep spirits high after a long day of learning.



**VLASTIMIL**

Vlastimil has worked as an **outdoor trainer** and mountain guide. He specializes in **sustainable living** 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: 14<sup>th</sup> August 2026, 4 - 6pm**

**DEPARTURE: 23th August, 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.



# CLOSE TO NATURE EXPERIENCE

During the training, we will **live at the farm**,  
focusing on community living.

- **OFF-THE-GRID SUSTAINABILITY:** we practice a low-impact lifestyle using rainwater, and cooking on open fires or gas stoves.
- **TENT LIFE:** accommodation is provided in tents and there will be a wooden farm cottage with a kitchen, toilets and shower, designed as a base for 24 participants.

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



# OUTDOOR COOKING

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

- SHARED SOLUTIONS: you will manage the **flow of community life together**, from chopping vegetables to keeping the place tidy, turning everyday needs into opportunities for empathic communication and creative problem-solving.
- OUTDOOR KITCHEN: teams will take turns to prepare breakfasts and dinners, lunch will be provided by local cooks.
- 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 18th July 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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