



Erasmus+

EMBODIED BELONGING

Erasmus plus training course

January 18 – 29, 2027

Latvia

@dalies.biedriba

WHERE DO YOU BELONG?

Do you belong in the city, in nature or somewhere between the two?

What does it truly feel like to belong? Is belonging a place, a community, a landscape or a state of being quietly at home inside your own skin?

*When the outer world freezes into stillness and white silence, we are invited to turn inward. To feel the contrast. To listen to the heartbeat beneath heavy layers. To discover how deeply warm, alive, and connected a human body can be even in the middle of a Baltic winter. Through **eco-somatic practices, movement, nature connection, reflection, play and human warmth**, we will explore how our bodies relate to the environments we live in and how we can cultivate a sense of home that travels with us.*

THE PROJECT

Embodied Belonging is a 10-day Training Course in Latvia for 28 Youth Workers from different countries who want to explore new ways of supporting youth well-being, connection, and sustainability through non-formal education.

The project combines embodiment & somatics, mindfulness, movement, nature-based learning, and creative expression in a holistic and experiential learning journey. Together, we will explore questions such as: Where do we belong? Can belonging also be an inner body feeling? How does our body react to connection, disconnection, safety, acceptance, or community? And how can we support ourselves and young people in feeling more grounded, connected, and at home within ourselves and with others?

Through workshops, outdoor experiences, reflection practices, and collective learning, participants will gain practical tools to bring more creativity, awareness, and eco-somatic approaches into their youth work practice.

Embodied Belonging is an invitation to slow down, reconnect, learn through experience, and co-create more sustainable, compassionate, and human-centered ways of working with young people.

WHAT YOU WILL EXPERIENCE

Safe spaces to explore your creative potential

Somatic awareness and nervous system regulation practices

Group dynamics and Nonviolent Communication (NVC)

*Hiking, silent nature immersions, Forest Bathing and
reconnecting with your wild side*

Playfight, consent, and heart-sharing circles

Creative activities, dance, and movement jams

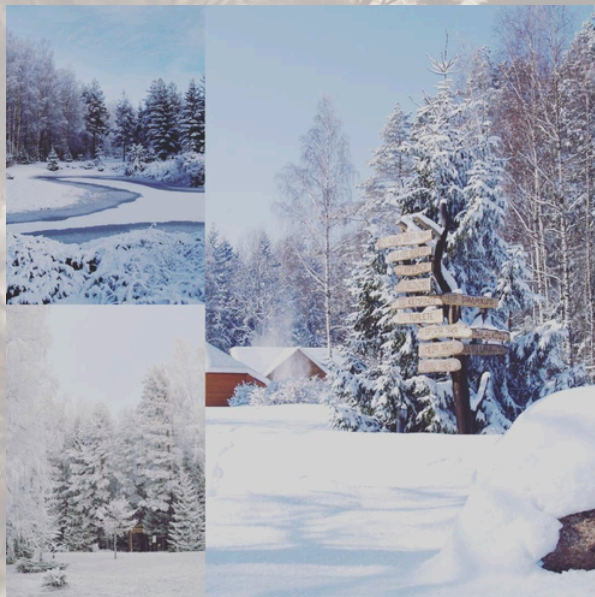
Self-care, embodiment, and new movement explorations

Practical tools and theory to integrate into your work

*This interactive training combines learning, shared practice,
and exchange between participants.*

VENUE & THE WINTER SANCTUARY

Location: Laumas Guest House (Laumas Recreation Park, Talsi Municipality, Latvia). Tucked away in a peaceful forest 20 km from Talsi. Surrounded by winter trails, snow-covered pines, and a spacious 100 m² seminar hall, offering a secluded sanctuary for deep integration.



Accommodation & Food: Fully funded by Erasmus+ (shared rooms with essential amenities, plus cozy, nourishing meals to keep your body warm and energized).

Safety & Atmosphere: To maintain a clear, focused, and truly present container, the project operates under an alcohol and drugs-free policy.

THE TEAM

Dārta Mutule is a facilitator, educational professional, and founder of (NGO) Biedrība DaLiES, with a Master's in Educational Sciences and over a decade of experience in formal and non-formal education and international initiatives. Deeply attuned to nature and its seasonal rhythms, her practice explores somatics, embodied learning, eco-somatics, and movement, inspired by the connection, presence, and shared listening cultivated through Contact Improvisation.

She weaves eco-somatic and sensory practices into her work, supporting people to reconnect with their bodies, inner child, each other, and the living world. She is currently continuing



her studies in Body-Mind Centering® (BMC®) and has foundational training in Psycho-Organic Analysis. Her current exploration centers on the interplay between body, connection, and belonging, and the potential of embodied communication to create deeper relationships with ourselves, each other, and the world around us.

THE TEAM

Kārlis Laizāns has over 9 years of experience in creating and facilitating events, gatherings, and workshops. His expertise lies in fostering meaningful connections through socializing, networking, and practices centered around consent, touch, free-form dancing, and authentic relating. He has also deeply explored community living, group decision-making processes, and collaborative co-creation, gaining a deeper understanding of these dynamics.

Lately, Kārlis has been delving into Playfight, a practice that integrates beautifully embodiment, emotional awareness, Nonviolent Communication (NVC), and consent.



THE TEAM

Marina Ciulla comes from Sicily, Italy, and holds a degree in Social Work with over 20 years of experience in social work and education. Throughout her journey, she has discovered that nature is one of the most powerful spaces for learning, healing, connection, and personal growth.

She is a Forest Coach, a certified Forest Bathing Guide, and an Outdoor Education trainer who loves creating experiences that help people slow down and reconnect with themselves, with others, and with the natural world.



She works with children, young people, and adults through nature-based activities, community projects, Erasmus+ programmes, and experiential learning. As the creator and one of the trainers of The Sound of Nature, she looks forward to sharing this magical journey, exploring nature through all senses, and creating unforgettable memories as a group.

TRAVEL REIMBURSEMENT

All the expenses are fully covered by the project through the Erasmus+ Programme.

Your travel expenses will be reimbursed only if you follow the rules below:

- Keep all original travel documents: tickets, boarding passes, invoices or receipts (digital or printed)*
- Reimbursement is made to participant's bank account, after the mobility, and only once your dissemination activity is completed.*

Travel Distance	Green Travel	Non-green Travel
10-99 km	56€	28€
100-499 km	285€	211€
500-1999 km	417€	309€
2000 - 2999 km	535€	395€

In case you want to spend some more days in Riga, Latvia, keep in mind that you have a margin of two days in order to get reimbursed, and also that Erasmus+ will not cover your food and accommodation costs during these extra days.

**Travel Budget: up to 395€ for Spain, up to 309€ for Italy, France and Slovenia, up to 28€ for Latvia. Travel Insurance is mandatory and can be reimbursed if it fits within your total travel budget. The amounts are set by the European Commission based on the distance to the venue.*

Selected participants will receive a separate document on travel arrangements with a step-by-step instruction.

Our partners: Juter(Italy), La Clairière (France), ASOCIACION PONTE Iniciativas Psicosociales(Spain), Društvo za uteleženi razvoj KORU (Slovenia)

PARTICIPANT PROFILE

We are looking for 28 open-hearted participants from our partner countries: Spain, France, Slovenia, Italy and Latvia.

Youth workers, trainers, space holders, facilitators, volunteers, or educators working with young people (including marginalized or disadvantaged groups). More than 22 years old. Communicative level of English to participate fully in group sessions.

Ready to fully dive into all 3 project phases:

- 1. Preparation: Pre-departure orientation and self-assessment.*
- 2. 10-Day Training: Full active engagement in Latvia.*
- 3. Follow-up: Organise at least 1 local workshop within 2 months after returning home to share the warmth with young people in your community.*

Apply here: <https://forms.gle/WPQCs2pHuRRom5BK9>

Step out of your comfort zone and into the quiet magic of the Baltic winter.

Application Deadline: October 14, 2026

*Questions? Contact your local sending organization or
dalies.latvia@outlook.com*