

Call for participants

ERASMUS+
TRAINING
COURSE

GAME OF WELLNESS

8 - 16. December 2018
eco-center Kapráluv Mlýn
near Brno, Czech Republic

Apply online until 29. 10. : *bit.ly/Apply4Wellness*

What is Game of Wellness?

*a 7-day **training course** which aims to introduce and explore concepts of “**wellness**” and “**gamification**” with focus on well-being of diverse **communities***

We will support you to find ways towards healthier & more sustainable life and working style - to make creative use of your resources.

We will focus both on the personal and professional development.
You will learn and experience how games and wellness can empower yourself and the people and communities you work and live with.

Main topics of the training course

Personal health is a common need of all humans, regardless their nationality, social status or economic situation. Living healthy is our shared pursuit.

Wellness puts the practical healthy-lifestyle recommendations into broader context of one's life. It connects body to the mind, it connects "me" to "we", it connects a person to his community and social context, providing a shared sense of meaning.

Gamification translates recommendations into practical joyful activities and adds a little sparkle to the process of making our lives healthier.

Wellness

living healthy, joyful and
satisfying life

Gamification

makes the hard stuff in life
more fun



*Wellness is far too
important to be
pursued grimly.*

DONALD ARDELL

Focus of the 3rd edition

This training course is a follow-up of GoW trainings hapening in 2016 and 2017.

Each edition is different! We will start exploring the training topic from personal perspective, continuing towards designing your own programs.

You will have direct experience with living in a community setting, where the shared goal will be "making the whole group function well". Plus, you will be encouraged to implement the new skills in your life, home, workplace and in work with other people.

**Pictures from
1st edition**

**Blog about
2nd edition**



Organizers

The training course is organized by **Dobro ti Czech Republic**, co-funded by **Erasmus+ program** and facilitated by an experienced trio of trainers.

For the third time! Find out more about the team :)



Erasmus+



Jana Stará

is a trainer, university lecturer and wellness coach. She created Dobroti in 2015 and since many years enjoys guiding people through topics related to health, wellness and natural movement.

More about her work:
www.welcome.cz



Bára Rodi

has passion for non-formal education since 2005. She has worked on more than 120 international training courses and projects. She is a member of the Czech national agency trainer's pool and also a medical doctor with expertise in burnout prevention and energy management.

More about her work:

<http://trainers.salto-youth.net/BaraRodi/>



Carmine Rodi Falanga

is a trainer with 16 years of experience and an expert on game-based learning, storytelling and communication.

Moreover, he is a stand-up comedian.

A funny one.

More about his work:

<http://trainers.salto-youth.net/CarmineRodi/>
and: carminerodi.blog

How do we work?



The activities are based on non-formal and experiential learning, all centered on different aspects of health in the context of youth work.
The program will be co-created by the trainers and the participants.

Objectives of the Game of Wellness

- 1) to introduce and explore concepts of wellness and gamification in the context of community youth work;
- 2) to create space for professionals to practice and refresh their trainers skills and to share their best practices and receive feedback;
- 3) to introduce practical online + offline tools and activities that promote healthy living, community building, conflict resolution and inclusion;
- 4) to empower youth workers to develop programs that support sustainable, healthy and joyful living in their communities and organisations;
- 5) to facilitate constructive development of realistic project ideas and support formation of new partnerships.



There will be time slots for workshops designed by participants
(meaning: possibly YOU!).

You will have a chance to offer a good practice, an innovative methodology
or activity connected with the topics of the course. Go for it!



Venue

The training course will take place in the Czech Republic, close to the city of Brno, in a **beautiful ecological education centre Kaprálov Mlýn**.

The venue is in a natural area near the city, easily reached by transport from Brno. Participants can fly either to Brno, or to Prague, Vienna or Bratislava - which all have excellent connections to Brno.

See details: www.kapraluvmlyn.cz/english





*And at the end of the day,
your feet should be dirty,
your hair messy
and your eyes sparkling.*

SHANTI



Who is this training course for?

For **25 participants** - youth workers, educators, teachers, coaches and people who actively work with groups in the field of non-formal education and want to develop their professional skills.

From following countries:

SLOVENIA

CZECH REP.

SPAIN

BULGARIA

FRANCE

HUNGARY

ROMANIA

POLAND

ITALY

UNITED KINGDOM

Participant contribution: a sliding scale from 50 to 120€.

We want you evaluate how much you can contribute financially, and how much you consider a fair fee for 7 days training programme.

Accommodation and meals during the training course will be provided.

Travel costs for participants:

Will be refunded after the training course to this maximum amounts:

- Spain - 530 EUR
- Bulgaria, France, Italy, Romania, United Kingdom, Poland - 275 EUR
- Hungary, Slovenia - 180 EUR
- Czech Republic - 20 EUR



Erasmus+

The training course has been co-funded through Erasmus+ programme.

For more information have a look here:
http://ec.europa.eu/programmes/erasmus-plus/index_en.htm



Apply here: bit.ly/Apply4Wellness

DEADLINE: 28. 10. 2018

Questions?

GameOfWellness@gmail.com

CONTACT US:

www.facebook.com/dobroticz/