

••• CALL FOR PARTICIPANTS •••

COMPASSION IN ACTION:

building communities based on empathy and wellbeing

international training course for youth workers, teachers, facilitators and community leaders
Austria • January 22nd – 30th of 2019 • ERASMUS+ KA1

Dear friends and colleagues, the Austrian Civil Society Organisation “**COOBRA – cooperativa braccianti**” is happy to invite you to apply for participation in “**COMPASSION IN ACTION**”, a 7-day-lasting **international training course on building communities based on empathy and wellbeing**.

“COMPASSION IN ACTION” is taking place from **January 22nd – 30th of 2019 (including travel days) in Payerbach, Austria**, a beautiful village in a mountainous area not far from Vienna. The training course is designed for **youth workers, teachers, facilitators and community leaders**, the important criteria is that they be **directly working with and for young people on a daily basis**. Funding is provided the Austrian National Agency for ERASMUS+: Youth in Action, Key Action 1, Mobility of Youth Workers.

Please read carefully all indications given in this call, especially the eligible countries, conditions of participation and the requested profile of participants. If you feel you would like to join us submit your application at:

https://docs.google.com/forms/d/e/1FAIpQLSdZkWvsZc7s204QYf4xwl_cQZahS-4Nj7p3wG172WrykSAIA/viewform

The deadline for receiving your applications is December 1st. Please note that in each eligible country, we have an official partner organization who will be informed about your applications and who also have a say in the selection process of participants (see list below). You will be informed about the selection results by December 7th.

••• PROFILE OF PARTICIPANTS

The training course is designed for **youth workers, teachers, facilitators and community leaders**, the important criteria is that they be **directly working with and for young people on a daily basis**. Participants must be aged 18+ and be residents in the country of the nominating partner organisation. Participants should be **fluent in english**, and be willing and **committed to work hard (about 9 hours per day at least)**. Participants should furthermore commit to **carry out agreed preparatory tasks and be willing to follow-up on the training course** via active youth work, ideally in co-operation with their sending/partner organisation.

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●●● ELIGIBLE COUNTRIES AND PLACES

These are the international partners of the training course, and the amount of places for participants available:

PARTNER ORGANISATION	COUNTRY	PLACES
coobra - cooperativa braccianti	AUSTRIA	3
Association "European projects in Bulgaria"	BULGARIA	2
Medicinska skola Varazdin (Medical High School)	CROATIA	2
Noored Uhiskonna Heaks MTU	ESTONIA	2
PYTHIA Κοινωνική Συνεταιριστική Επιχείρηση	GREECE	2
Én Kint Egyesület a Békéért és Fejlődésért	HUNGARY	2
Oriel	ITALY	2
Donum Animus	LATVIA	3
Youth association Info front – Prilep	FYR MACEDONIA	2
Active Youth	MALTA	2
kobiety.lodz.pl	POLAND	2
Escola Profissional do Montijo - Associação para a Formação Profissional e Desenvolvimento do Montijo (EPM – AFPDM)	PORTUGAL	2
Youth Eurasia	TURKEY	2

●●● AIM AND METHODS

The main aim of the project is to **create a foundation to build more caring, supportive and healthy communities** by providing safe space for the participants to connect with their emotions, share experiences, develop positive attitudes and acquire **tools and strategies to respond to the challenges of social issues effectively and with compassion.**

Through methods such as dialogue, group and self-reflection, bodywork, meditation, stillness, movement, dance and play we will **journey into our personal stories and experience, learn from each other, exchange and identify practices, and create a shared understanding of what is necessary to bring more trust, support and empathy in youth work.** There will also be sessions on designing and planning concrete **follow-up and dissemination activities to ensure the wider impact of the project.**

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●●● LEARNING DIMENSION

Throughout this course, participants will develop **greater awareness of their bodies, feelings, emotions and inner processes** to build safe, empathic and authentic connection with youth based on trust and openness, therefore building strong foundations to create healthy, caring and supportive communities. During the 7 days, participants will gain more self-awareness, develop their capacity to communicate in compassionate and non-violent manner, lead from the heart and mind alike, as well as **learn to motivate and bring out the best in themselves, the people they are working with and communities they reside.**

Participants will also gain **tools and strategies** how to improve and maintain wellbeing thus contributing to developing resilience in themselves and young people they work with. Wellbeing as a core value will be basis of the program as well as subject for participants to **explore and see opportunities to create processes and safe spaces for wellbeing to be fostered and flourish in their home communities.**

●●● IMPACT, DISSEMINATION AND FOLLOW-UP

The participants and the partner organisations are expected to ...

- **disseminate and promote** the project and its outcomes,
- **transfer the competences** developed at this training course to further youth workers, teachers, trainer, facilitators and community leaders, and
- **ensure the wider impact of this project by implementing concrete follow-up activities** and providing opportunities with and for young people in their regions and countries.

Ideally, a special focus should be put on reaching marginalized youth and avoiding radicalization by promoting and providing empathy, belonging and well-being. In any case, it will be necessary to **provide proof of the implemented dissemination, transfer and follow-up activities.**

●●● THE VENUE

The seminar will take place in **Payerbach in Austria** (<http://www.tourismus-payerbach.at/>), a picturesque village in a scenic mountainous area about one hour train ride away from Vienna. We will be located at the Payerbacherhof (<http://www.payerbacherhof.at/en/>), a **cosy family-run hotel in traditional Austrian style** with hearty food, good infrastructure for conferences and attractive offers for wellness and hiking tourism. The selected participants will **share rooms with private bathroom with several other participants.**

To reach Payerbach, the best option is to take a **train from Vienna airport or a direct train from any major train station in Vienna.** The return trip costs about EUR 40 (EUR 20 each way). You can find possible schedules and prices on the website of the Austrian Federal Railways: <http://www.oebb.at/en/>

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●●● CONDITIONS OF PARTICIPATION

The training course will start on January 22nd in the evening and end with breakfast on January 30th. Thanks to funding provided by the ERASMUS+ programme through the Austrian National Agency, during this period all costs for food, accommodation, local transport and course materials are covered.

The selected participants are free to arrive to Austria some days earlier or stay some days longer, as long as the total amount of your extra days outside of the programme activities is not more than seven days. The costs of your potential stay in Austria outside of the period January 22nd evening to January 30th in the morning have to be borne by yourself and are not covered by the organisers.

Following the rules of ERASMUS+, the costs of your international travel are covered up to the following total amounts (if you prove that your travel falls into the corresponding distance band). Costs exceeding the indicated amounts have to be borne by yourself. Here is an overview of travel grant per distance band:

https://ec.europa.eu/programmes/erasmus-plus/programme-guide/part-b/three-key-actions/key-action-1/mobility-project-for-young-people-and-youth-workers_en

And these are the travel grants approved by the Austrian National Agency based on the submitted funding application:

COUNTRY	MAXIMUM TRAVEL GRANT PER PERSON
AUSTRIA	EUR 20 (km 10 - 99)
BULGARIA	EUR 275 (km 500 – 1999)
CROATIA	EUR 180 (km 100 – 499)
ESTONIA	EUR 275 (km 500 – 1999)
GREECE	EUR 275 (km 500 – 1999)
HUNGARY	EUR 180 (km 100 – 499)
ITALY	EUR 275 (km 500 – 1999)
LATVIA	EUR 275 (km 500 – 1999)
FYR MACEDONIA	EUR 275 (km 500 – 1999)
MALTA	EUR 275 (km 500 – 1999)
POLAND	EUR 275 (km 500 – 1999)
PORTUGAL	EUR 360 (km 2000 – 2999)
TURKEY	EUR 275 (km 500 – 1999)

Furthermore ...

- a participation fee of EUR 50 is to be paid in cash in Austria
- you are in charge of arranging your own insurance (health, accident, liability) for your travel/stay in Austria
- full participation in the programme from evening of January 22nd to evening of January 29th is mandatory to be eligible for the reimbursement of travel and subsistence costs, you cannot arrive later or leave earlier from/to Payerbach

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- **the programme will be very intensive and there will hardly be any free time.** Should you wish to do some tourism, relax, travel around etc, be advised that this is NOT part of the programme, and can only be done on your private costs if you arrive earlier or stay longer after the training course
- please bear in mind that **the train between Vienna and Payerbach costs about EUR 40 for a return trip (EUR 20 each way)**, and that this amount is part of your international travel costs
- we also have some money available for visa costs if you need, please contact us beforehand if you need visa so we can work out how to best support you.

●●● CONTACT AND TEAM

We are happy to hear from you and support you! Contact MarCus Vrečer at → compassion.in.action.2018@gmail.com



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