

ENGAGE!

HARVESTING BIOGRAPHY
FOR
SOCIAL IMPACT



ASHA CENTRE
INSPIRATION • CONNECTION • PURPOSE



Co-funded by the
Erasmus+ Programme
of the European Union

“The path from dreams to success does exist. May you have the vision to find it, the courage to get on to it, and the perseverance to follow it.”

– Kalpana Chawla

Introduction to the Training

Calling for active engagement, **Engage!** helps you discover your gifts and heartfelt issues to foster inspiring initiatives within your communities.

Community today has many faces. With blood-related communities seemingly dissolving, the importance of communities of choice and intent grows. To bridge the dichotomy of the community versus the individual, we can learn to combine the two. In order for communities to be resilient and sustainable - and, therefore, fit for the future - they have to give space to the individual whilst growing as a social organism. On the other hand, we need a community to fully develop our human potential.

The main objective of **Engage!** is to learn about self-efficacy; that we can set our own goals and find ways to achieve them whilst simultaneously co-creating social and community life for a greater common good.

Engage!...

... **helps** you to find your place in society by uniquely combining your self-development and your community engagement

... **empowers** you to have an impact in the world by reflecting on your biography; identifying core heartfelt issues and turning them into meaningful and relevant social activities

... **offers** you a sense of direction based on a set of values fundamental to the European Union, such as “respect for human dignity, freedom, democracy, equality, the rule of law and respect for human rights, including the rights of persons belonging to minorities” (as stated in Erasmus+ Programme Guide, page 21)

... **equips** you with skills to engage in sustainable development by linking self-actualisation with greater resilience and sustainability for both you and your community

... **includes** the circumstances of your biography as an important element in each activity linking its’ content to the realities of your life at home

... **connects** you to experts and organisations in your region to help foster lasting initiatives in your region and beyond

Engage! is comprised of three nine-day activities [A] spread over three quarters of a year with the following topics:

A1. Discover Yourself. The objective of the first activity is to develop yourself to find your gifts and calling. The main content is understanding individual human development through biography work.

A2. Discover Your World. The objective of the second activity is to understand community as a social organism and to identify its resources and needs. The main content is bio-regional based resource and community mapping.

A3. Unite Your Discoveries. The objective of the third activity is to bring together individual and social development for community engagement initiatives. The main content is social engagement and initiative design tools.

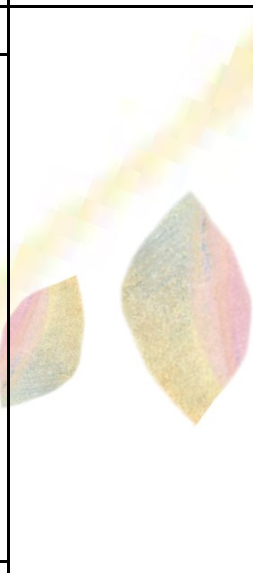
Each activity is complemented by social art sessions and spaces for reflection as well as offers opportunities to meet inspiring individuals who have had a social impact.

Please note that your participation in all three activities is required as **Engage!** is a deepening educational programme.

A1. Discover Yourself

30th March - 8th April 2020

Please note that the programme is subject to change at trainers' discretion.

Time	Monday 30-03	Tuesday 31-03	Wednesday 01-04	Thursday 02-04	Friday 03-04	Saturday 04-04	Sunday 05-04	Monday 06-04	Tuesday 07-04	Wednesday 08-04
8.30 - 9.30	Arrival of Participants	Breakfast								 <

* Eurythmy is an expressive movement art originated by the Austrian philosopher and social reformer Rudolf Steiner in conjunction with his wife Marie Steiner-von Shivers. Primarily a performance art, it is also used in education. It brings awareness to individuals and communities.

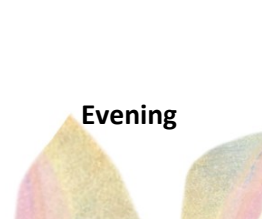
** Biography work is an in-depth and structured process which has the following goals: to identify recurrent themes, to shape transitions in life, to expand individual freedom of action in life in general and especially when facing critical life events, to take proactive actions, to undo blockades and to utilise our own potential. In this sense, biography work is a way to self-empowerment and increased individual self-efficacy.

*** A social charter is a mission statement, a declaration of intent of how people want to live and/or work together - for example in a neighbourhood, community or an institution - or how to create an initiative so that all stakeholders can participate constructively and unfold their individual potential. It defines the roles and the rules of communal living as guiding principles. In its execution, a charter may be more or less detailed. It can be a mere mission statement, even binding rules, though always in written form. The development of a community charter is a practice-based design process for various forms of communal living (neighbourhoods, communes), communities (neighbourhoods, municipalities, cities and bioregions), educational and social institutions, organisations and companies, experts (e.g. from community, urban and regional development, social work, integration and youth work) and mediators. There are many different ways of using social or community charters. They serve the development of social organisms, among other things when it comes to developing a community of purpose, making values liveable, establishing mutually agreed rules of conduct, developing ways for a 'healthy' crisis and conflict culture, promoting participation and self-responsibility of the stakeholders and making the importance of democratic systems comprehensible.

A2. Discover Your World

16th - 25th July 2020

Please note that the programme is subject to change at trainers' discretion.

Time	Thursday 16-07	Friday 17-07	Saturday 18-07	Sunday 19-07	Monday 20-07	Tuesday 21-07	Wednesday 22-07	Thursday 23-07	Friday 24-07	Saturday 25-07
8.30 - 9.30	Arrivals of Participants	Breakfast								Departure of Participants
9.30 - 10.00		Singing							Preparation for the Mapping Presentation and Farewell Lunch	
10.00 - 13.00		Rejoining as a Group: ‘What is New?’, ‘Who have I Become?’ (Impact of 1 st Activity)	Resource Mapping (2/3): The Potential of My Social Environment	Biography Work Age 21-28 (1/2): Me and My Will	Learning to Map a Community: The ASHA Community Map Field Trip (1/2)	Community Mapping - ASHA (1/3)	Re-think Thinking: Critical Thinking in the Time of Fake News	Mapping My Community (2/2)		
13.00 - 15.00		Lunch							Presenting the ASHA-Community Map & Farewell Lunch	
15.00 - 18.00		Resource Mapping* (1/3): My Personal Resources	Resource Mapping (3/3): The Potential of My Social Environment	Biography Work Age 21-28 (2/2): Me in the World	Learning to Map a Community: The ASHA Community Map Field Trip (2/2)	Community Mapping - ASHA (2/3)	Community Mapping - ASHA (3/3) & Mapping My Community	Looking Back: Testimonials, Final Evaluation & Closing Ceremony	Looking Ahead: Mentoring & Preparing for the 3 rd Activity	
18.00 - 19.00	Reconnecting	Evening Impulse: Individual Resilience	Evening Impulse: Introduction to Community Mapping**							
19.00	Dinner								Networking Dinner	
 Evening	Ticket Collection & Resting	Meeting Inspiring People: An Evening on the Story of The ASHA Centre	Local Pub Night	Evening Impulse: Preparing a Community Map	Networking & Reimbursements for A1	Reflective Evening	Meeting Inspiring People: An Evening on Creating Opportunities Involving Old Crafts	Bonfire Night		


* Resource mapping is part of a community development process. By talking to its' residents, it takes an inventory of the capacities available throughout the community – finding out the skills and experiences available as well as what action needs to take place. Mapping resources help you decide on the nature and scope of your project.

** Community mapping refers to a method of geographical and sociographical mapping of a particular community or area. Community maps show social life as a picture. They reveal social, ecological and economic realities and allow the co-creation of a more inclusive and resource-based community life. The initial purpose of community mapping was for the communities to use them as tools to revive ancestral knowledge and practices, to analyse the challenges of the present and to develop a common vision of how to rebuild their future now.

A3. Unite Your Discoveries

13th - 22nd October 2020

Please note that the programme is subject to change at trainers' discretion.

Time	Tuesday 13-10	Wednesday 14-10	Thursday 15-10	Friday 16-10	Saturday 17-10	Sunday 18.10	Monday 19-10	Tuesday 20-10	Wednesday 21-10	Thursday 22-10	
8.30 - 9.30	Arrival of Participants	Breakfast									Departure of Participants
9.30 - 10.00		Social Art Activity					My Ideas for Social Economy in My Community (1/2): Becoming Real	Social Art Activity		Learnings and Outcomes, Final Evaluation & Closing Ceremony	
10.00 - 13.00		Re-joining as a Group: ‘What is New?’, ‘Who Have I Become?’ (Impact of the 2 nd Activity) & Presentations of Participant’s Community Maps	Exchange and Learn (1/2)	Biography Work Age 28-35 (1/2): Letting My Light Shine	Sightseeing	Preparing Next Steps: My Community Network (1/2)		On Being Practical: Project Management Skills (2/2)			
		Lunch				Lunch					
		15.00 - 18.00	Presentations of Participant’s Community Maps (2/2)	Exchange and Learn (2/2)		Biography Work Age 28-35 (2/2)		Preparing Next Steps My Community Network (2/2)	Preparing My Next Steps (2/2)		
18.00 - 19.00	Reconnecting						My Ideas for Social Economy in My Community (2/2)	On Being Practical: Project Management Skills (1/2)		Preparation for the Final Farewell Dinner	
		19.00	Dinner								
Evening	Ticket Collection & Resting	40-minute Evening Impulse: Meeting Global Challenges: How to Make Communities Resilient?	40-minute Evening Impulse: Human Diversity as Human Capital: The Importance of Diversity	40-minute Evening Impulse: Social Economy: Fraternity as a Way to Sustainability	Local Pub Night	Meeting Inspiring People: An Evening on Democracy	Reflections	Networking & Reimbursements for A2	The Big Farewell With Bonfire		

Participant Profile

- 21 or over
- Good English-speaking skills (English Level C1 or higher)
- A genuine passion for participating in the project:
 - A willingness to learn about human development and community development
 - A willingness to self-reflect and share your own biography
 - A willingness to have a positive impact in society
 - A willingness to bring about sustainable change in your environments
 - A willingness to take social responsibility
 - A willingness to fulfil the tasks between the project activities
 - A willingness to be involved in project dissemination activities

Participation, Accommodation and Board

Participation, accommodation and meals (breakfast, lunch and dinner) are all provided free of charge.

Reimbursement of Travel Costs

We will arrange your collection and transfer from the city of Gloucester in the South-West of the United Kingdom.

ASHA reimburses travel expenses at 80% (for a travel distance of 0–1999 km - Spain, United Kingdom) and 90% (for a travel distance of 2000–3999 km - Greece, Italy, North Macedonia) of the overall cost.

ASHA reimburses travel expenses at 100% (but no higher than the Erasmus+ travel distance band ceilings - 275€ for Spain; 360€ for Greece, Italy, North Macedonia) when being mindful of our planet and, therefore, travelling by buses and trains.

Reimbursement will take place once you have fulfilled the home tasks given:

- A1 reimbursement - after presenting your Family Tree in A2 (in cash)
- A2 reimbursement - after presenting your designed Community Mapping Process in A3 (in cash)
- A3 reimbursement - after presenting your dissemination activities after A3 (bank transfer)

People Behind the Programme



Michael U. Baumgartner (Switzerland),
Programme Leader & Main Facilitator –
info@derentwickler.ch

Michael runs a practice in biography work and workshops for youth and young adults on self-efficacy and well-being in Switzerland and is a consultant to initiatives and organisations. He is trained in biography work and studied Applied Ethics and Social Work focusing on community empowerment. Michael has worked with various NPOs in the fields of adult education, environmental justice, corporate accountability, integration, health promotion and human rights as well as in social work. He is a member of the International Association of Community Development (IACD).



Maris Meos (Estonia / England),
Programme Initiator & Manager –
maris@ashacentre.org

Maris is a Project Manager at The ASHA Centre, England, responsible for ASHA's Erasmus+ projects since September 2017. She studied Leisure Time and Cultural Management and Teaching at the University of Tartu Viljandi Culture Academy, Estonia. During her studies she was part of the organising team of various festivals, gaining skills in fundraising, organisation and project management.



Chava Reut (Israel),
Co-Facilitator of Biography Work –
torus013@yahoo.com

Chava runs a practice in biography work, therapy and coaching in Israel. Her main areas of work are subconscious mind, decision making, finding one's path in life and well-being. She is trained in biography work and has studied psychology, coaching and various therapy techniques, focusing on working with the subconscious to promote personal empowerment. Chava has trained coaches and therapists and worked with students from underprivileged families (Children's Nurturing Project).

How to Apply

To apply for this training programme, simply complete the application form, following the link below:

<https://forms.gle/5ENgy4d1JftUzAzS8> *

* For residents of the region of Attica and Macedonia (Greece), Apulia, Lazio and Sicily (Italy), Skopje (North Macedonia), Basque Country, Catalonia, Extremadura and Madrid (Spain) and residents of the United Kingdom only.



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