

CALL FOR PARTICIPANTS

TRAINING COURSE FOR YOUTH WORKERS

PEACEFUL MIND = PEACEFUL FUTURE

GUDEVICA VILLAGE, BULGARIA, "SCHOOL IN NATURE" EDUCATIONAL CENTER
28.05 – 05.06.2020

SOMETIMES

by Herman Hesse

*Sometimes, when a bird cries out,
Or the wind sweeps through a tree,
Or a dog howls in a far off farm,
I hold still and listen a long time.*

*My soul turns and goes back to the place
Where, a thousand forgotten years ago,
The bird and the blowing wind
Were like me, and were my brothers.*

*My soul turns into a tree,
And an animal, and a cloud bank.
Then changed and odd it comes home
And asks me questions. What should I reply?*

About the Course

WHY "Peaceful mind = peaceful future"

Peaceful mind = peaceful future provides opportunities for transformation and competence gaining for youth workers. The whole concept of the training process is based on innovative methods targeting personal and professional development of the participants. The *Personal development, Nature based methods and Creative art practices* will be offered as powerful tools for individual growth. In the training we will introduce integrated approach consisting of elements from *psychology, nature connection and creativity*.

During the process participants will explore how these elements can serve as a tool for increasing awareness, confidence and create sustainable positive mindset. They will discover their creative-resilient self; learn how to encourage local collective participation in benefit of young people. Finally they will develop capacity to become **role models of sustainability** in their community. To become **#changemakers**.

These results for the youth workers can be in great benefit for the young people with fewer opportunities who will be influenced in the future by the actions and activities provided by the participants of the training.

Given this, *Peaceful mind = peaceful future* aims at training youth workers to use the practices of *Personal development, Nature based methods and Creative art* within an integrated approach to individual and group support in order to increase inclusiveness, tolerance, kindness, daily life actions, unity and solidarity among the young people.

TRAINING OBJECTIVES

- 🕒 Providing knowledge and skills linking **personal development, nature based methods and creative art**;
- 🕒 Developing skills to provide **support in personal development and learning** through an integrated approach;
- 🕒 Demonstration of **innovative methods and tools** from the areas of Personal development, Nature based methods and Creative art for working with young people;
- 🕒 Development of **practical tools** for working with young people.

TOPICS OF THE COURSE

- 🕒 **Self-analysis** - how to transfer understanding about ourselves into process of conscious actions.
- 🕒 **Personal development** - practices to foster sustainable growth in a holistic way.
- 🕒 **Meditation and mindfulness** - tools for focus and balance of attention, emotions and consciousness.
- 🕒 **Deep Nature Connection** - connecting with yourself, nature, other people, the more-than-human world.
- 🕒 **Creativity, art and music** – creating bridges that connect different perspectives and that cultivate resilience.





PROGRAMME ELEMENTS

Working with values
Nature based methods
Experiential learning
Methods for self-development
Workshops development and delivery
Solo time in nature
Art with Nature
Community living (*cleaning, cooking etc.*)

WHO CAN PARTICIPATE

You can apply for this training course if you are from the following countries: **Bulgaria, Netherlands, Croatia, Greece, Italy, North Macedonia, Poland and Spain.**

Dates: 28.05 – 05.06.2020

Arrival day: 28.05.2020 before 12:00 (AM) in Sofia

Departure day: 05.06.2020 after 2:00 (PM) from Sofia.

Participant profile:

1. **RELEVANT PROFESSIONAL EXPERIENCE:** persons who have experience in youth work. The participants should have one of the **following roles:** youth workers, youth leaders, educational and career counsellors, teachers, social workers, trainers, mentors, coaches, educational nature guides.
2. **MOTIVATION:** persons who feel a strong calling to participate in this course and have relevant motivation for joining the process. The motivation should be a blend of personal and professional factors. The candidates need to be ready to experience deep self-developmental process. At the same time they will learn tools that are helpful in working with young people on their mindfulness, self-awareness, personal growth etc. We are looking for people who feel **comfortable of being in nature (as the topic will be addressed through nature based practices)** and who can immerse in natural learning environments.

The participants must be over 18 years and have a good level of English.

APPLICATION PROCEDURES AND DEADLINE

If you want to participate in this training course you have to fill in the application form available at this link: [LINK TO APPLICATION FORM](#)

The **deadline** for applications submission is **15th of March 2020 (included).**

The selections results will be published on 20th of March 2020.

CONTACT

Ognian Gadoularov – project coordinator and trainer
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TRAINERS TEAM

The trainers' team has a rich experience in providing transformational experiences in safe but challenging learning environments. The guides of the process are youth workers, international trainers, persons with strong backgrounds in human development, with high ethics and working principles:



Chari Cámara Beviá (SPAIN) is game designer, teaching artist and graphic facilitator.

Her creations combine daily life discoveries to illustrated maps that activate the relationships between our playful and mindful self, community and nature. Her passion is designing didactic experiences, games and mediations that connect drawing, nature, participation, music and randomness to guide us into a gathering space where we can play, explore, take care and learn together as a conscious collective.

Currently a freelancer working on Archiplay, her own project about sustainable games and art+education+nature experiences.



Maria 'Marushka' Lebioda (POLAND) is a youth worker and trainer of forest school and outdoor education, wild nature pedagogy and intercultural communication. She works mostly in the local context trying to encourage people to take more responsibility for the reality they create and live in. She is an enthusiastic individual, using her passion for experiential learning in outdoors to engage both young people and adults to develop their social and cultural skills. She has her own project called PINE Education in the Nature (PINE Edukacja w Naturze), which she develops in the little village in Western Poland, trying to inspire people to spend more time in the Nature, understand it better, get closer to it and build stronger relationships with other humans.



Ognian Gadoularov (BULGARIA) has been working as a youth worker and trainer of children, youth and adults since 2007. A specialist in the topics of personal development, motivation, youth projects and volunteering, he is active in the fields of interactive teaching and environmental education. A Certified Trainer of Trainers, he is an expert in conducting adventure programs based on the methods of experiential learning and outdoor education. Ognian is part of the Trainers Network of Salto EuroMed. His favourite topics are: Sustainability and Responsible consumption, Spiritual intelligence, Training design, Anti-globalization, Social change and Environmental rights.. <https://www.salto-youth.net/tools/toy/ognian-gadoularov.2625/>

FINANCIAL AND PRACTICAL CONDITIONS

Peaceful mind = peaceful future is a project financed by the **Erasmus+ Programme**, thus all the activities, accommodation and food are 100% covered by the EU grant. The travel costs will be reimbursed to the participants **after the course** in the amounts limit according the Erasmus + regulations.

Travel

If you plan to **arrive earlier** or **leave later** your expenses out of the days of the training will not be reimbursed by the organizers.

NON REIMBURSABLE EXPENSES ARE:

- Taxi fees;
- Accommodation for extra days in Bulgaria;
- Insurance

There is **NO** participation fee for this training course.



VENUE – EDUCATIONAL CENTER “SCHOOL IN NATURE”

The training course will take place in the Educational center “School in Nature” in Gudevica village. The center is situated **in the mountain** next to the Greek border in thinly populated region. There is **NO PERMANENT WIRELESS INTERNET ACCESS** in the center.

The educational centre “School in Nature” is placed in an old school building surrounded by beautiful nature, high in the Rhodopy Mountains. There are a lot of nature phenomena around – Springs of Arda River, Uhlovica and Golubovica caves, Peak Kom and also natural reserves. Today in the village live only 18 people.

The place is **RURAL AND REMOTE**. So you have to be **ready to live close to the nature, in a small community far from the city civilization!** You would enjoy the place if you are a person who likes **outdoors and country life**.



Accommodation

The accommodation will be in a village house (hut-type) with big common sleeping rooms. There are separate rooms for women and men. The beds are equipped with sheets, blankets and sleeping bags. There are two bathrooms with hot water in the house. There is also an outdoor bathroom (with amazing view to the sunset). The toilets in the center are 5 – 2 internal and 3 external compost ones. There is also a possibility to use tents and camping equipment for free if anybody wants.



Erasmus+



Food

During the training rich and healthy **VEGETARIAN food** will be served. It will include products from local farmers, homemade cheese, butter and milk and lots of vegetables and grains. The food will be prepared by a professional cook.

Please, inform us about **any special diet and food allergies** by stating it in the application form.



This project is hosted by:

Learning for Change Foundation

www.learningforchange.net

[Facebook](#)



Who we are?

“Learning for Change” Foundation is established in 2016 by experts in the field of education, training and project activities. The main motivation of the team of the organization is to provide learning and transformational opportunities for youth. The experts and professionals behind the organization works actively together in the field of Youth work designing and offering activates in different areas: personal development, motivation, youth projects and volunteering, interactive teaching and environmental education, adventure programs based on the methods of experiential learning and outdoor education, sustainability, responsible consumption, spiritual intelligence, training design, anti-globalization, social change and Environmental rights.

Our share values are: solidarity, social justice, the right for education and training, mutual cooperation, intercultural and interreligious dialogue, public and personal responsibility, peace and sustainable development.



MISSION: To support young people in the search of their true life purpose by raising personal awareness, connection to nature, and building sustainable core values.

VISION: To live in a value-driven society that provides opportunities for natural growth and personal development through one’s unique talents as an integral part of the global eco-system.

Two main areas of work of Learning for Change are:

- 1. Ecocentric (soul-oriented) personal development** – developmental psychological concept facilitating holistic personal growth;
- 2. Nature-based experiential learning** – reconnection with Nature (inner and outer) using outdoor education and learning by doing in wilderness settings;