

INSIDE OUT

Lateral thinking for social action



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

“INSIDE OUT. Lateral thinking for social action” is an experiential training course designed to promote a creative space of personal and community development towards sustainable social impact within a cooperative network

CALL FOR PARTICIPANTS!

The training course will take place in San Esteban de Gormaz, a small village in the north of Spain surrounded by astonishing nature, from 11th to 19th of March 2020. It has been designed for youth workers, leaders, trainers, volunteers and professionals from the youth field and non-formal learning methods.

We have 2-3 places for each of the 6 partnering countries (Italia, Latvia, Lithuania, Norway, Portugal and Spain) of the project.



ABOUT THE PROJECT



Understanding creativity and social change coming together through the associative network, this project comes to meet the need of providing a space of learning for youth workers through different expressive and communication tools of emotional management, nature-based connection, introspection/self-image, resilience, stress management and resolution of conflicts through an embodied experience.

Exploring together different skills, methods and practices within personal and community development into a path of discovery, the idea is creating a sustainable social impact within a cooperative network based upon creativity and social action.

OBJECTIVES

- Open a creative space of personal development as groundfloor for community growth, exploring the different possibilities of social action within the youth field by connecting with all the available resources and opening the door to what might be created.
- Support participants in the development of skills and competences of emotional management, expression and communication individually and into the group, integrating the participating communities going towards cooperation and social change..
- Promote a learning platform in which participants can share best practices, ideas and tools from their own previous experiences learning from each other, as well as create more and innovate working together during the training course.
- Encourage youth workers to act as multipliers through the implementation of projects back in their communities, supporting them as agents of change, therefore creating a sustainable long term impact throughout the process.
- Promote the creation of mutual support networks among the participants, organizations and associated promoters, developing strategies for future projects in personal development and social action within youth work.

WORKING METHODS

This training course is organised within the context of Non-Formal Education, so it will be based on creating a safe, open and interactive learning environment for everyone and all the resources within the group, promoting as well a participatory approach.

Within the concept of learning by doing, we will be using methods such as discussions, movement sessions, games, group dynamics, storytelling, role play, nature-based experiences, visualisations, expressive art work, self-reflection and many others, including evaluation along the process. We welcome the participants to share their knowledge, experience and tools contributing actively to the programme by exchanging and sharing while learning from others and from themselves.



WHO IS IN THE TEAM?

Joul B Miranda - project designer and group facilitator in the fields of personal and health development, somatics, embodied practices, nature-based methods, social action, art tools, creative thinking, soft-skills and community development.

Antonio Cargnello - trainer into the field of self development, group awareness, creative expression and pursuit of joyful freedom through different methods around theatre improvisation, contemporary dance, martial arts and contact impro.

Laura Barranco - social educator and conflict mediator working through different non-formal methods building trust and connection in nature with youngsters, including special needs, and cooperating with community participatory processes.

Ana Beatriz Fernández - group facilitator working on personal and group development through embodied movement methods, somatic practices, as well as coaching and organizational learning, integrating music, art and dance therapy principles.

WHO IS IT FOR?

It has been designed for youth workers, leaders, trainers, volunteers and professionals that are active in the youth field at local, national or international level and are willing to develop their competences and skills through this learning intercultural experience.

So this IS FOR YOU if you WANT TO:

- *Get to explore personal development and social action interconnection*
- *Explore creativity and nature as sources of growth in yourself and others*
- *Get to know new non-formal methods and tools to improve the quality of youth work*
- *Go through a process of self-learning and reflection within yourself and the group*
- *Become an active agent of social change creating impact through your learning experience*
- *Connect and develop new networks willing to draw new ideas and get into action together*



Wanna join to see what happens?

Same way as this project will have an impact on you if you take part on it, we expect you to create an impact back in others acting as a multiplier of change. Which means that during the follow up and dissemination process, you will have to implement the learning from the training course adapting it into your own community.



THE VENUE

The training course will take place in San Esteban de Gormaz, a small old medieval village in the area of Soria, north of Spain from 11th to 19th March 2020 (including travel days).

Accommodation will be arranged in rooms of 2-4 people with shared bathrooms and wifi connection into a school-home in the village and meals will be served mainly there. The program will take place in the training room located in the same building and into the wonderful nature around us..

More information about how to get there and ticket booking procedure will follow for selected applicants

COSTS

The project has been financed by the Erasmus+ Programme, which means that the costs related to accommodation and food will be covered by the hosting organisation.

The travel costs will be reimbursed up to a maximum allowance according to the [Erasmus+ travel distance calculator](#) as it follows:

- Latvia, Lithuania and Norway: 360€
- Italia: 275 €
- Portugal: 180€
- Spain: no travel reimbursement available

There will be a participation fee of 20 € per person

DO YOU FEEL LIKE BEING PART OF THE PROJECT?

APPLY HERE:

t.ly/AqNxO

We look forward to hear from you until 15th February!



The selection process will be done few days after the deadline and so the selection results will be shared on 17th February. Commitment to participate in the whole duration of the project is required, including the phases before and after the training course, as well as being responsible for own health insurance during the days of the training course.

ANY QUESTIONS? COMMENTS? SUGGESTIONS?

Contact us!

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