

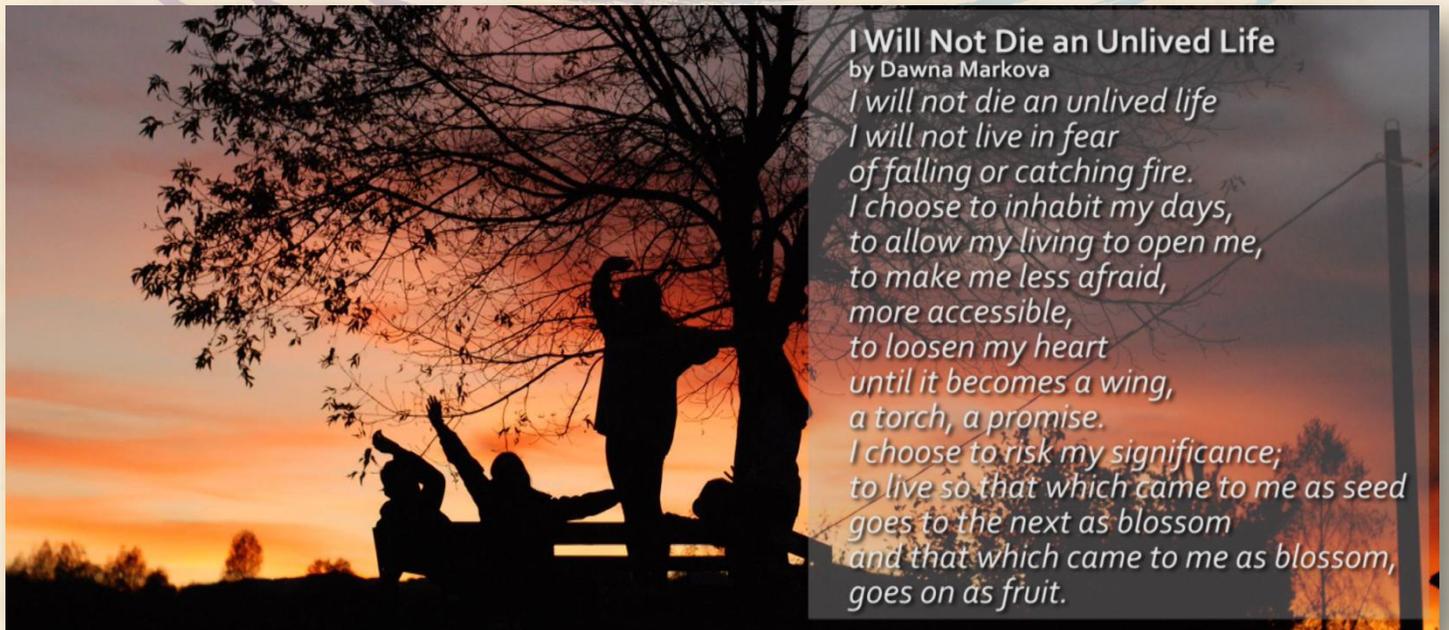
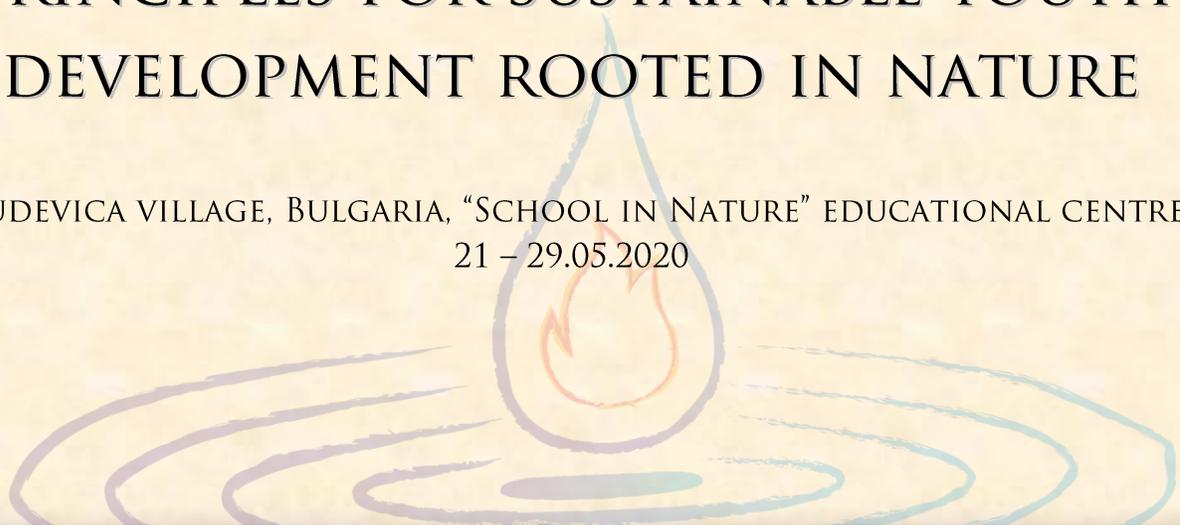
CALL FOR PARTICIPANTS

TRAINING COURSE FOR YOUTH WORKERS

# SPIRAL

## PRINCIPLES FOR SUSTAINABLE YOUTH DEVELOPMENT ROOTED IN NATURE

GUDEVICA VILLAGE, BULGARIA, "SCHOOL IN NATURE" EDUCATIONAL CENTRE  
21 – 29.05.2020



**I Will Not Die an Unlived Life**

by Dawna Markova

*I will not die an unlived life  
I will not live in fear  
of falling or catching fire.  
I choose to inhabit my days,  
to allow my living to open me,  
to make me less afraid,  
more accessible,  
to loosen my heart  
until it becomes a wing,  
a torch, a promise.  
I choose to risk my significance;  
to live so that which came to me as seed  
goes to the next as blossom  
and that which came to me as blossom,  
goes on as fruit.*

**SPiRAL** is a training course targeting personal development practitioners (trainers, youth workers, social workers, mentors, school teachers and councillors). The main intention of the project is to equip the participants with successful tools and methods to support the individual development of the young people. The training is based on the belief that the modern youth have much more developmental needs compared to one that are covered by the educational system (school and university). This extra needs are not just improperly addressed, but the deficits in their addressing leads to many of the modern society behavioural, psychological and health deviations (ADHD, social exclusion, mental health issues, violent radicalization, psycho-somatic symptoms, special educational needs etc.)



Some of these poorly addressed developmental needs are:

- **Need for well-being** (need for inner peace, mindfulness, inspiration, joy, happiness, balance)
- **Need for belonging** (need to be included, to be accepted, to be appreciated, to be respected, to be supported, to be recognized, to be trusted)
- **Need for meaningful connection** (need to communicate, to offer compassion, to receive empathy, to cooperate, to enjoy closeness and intimacy)
- **Need for confidence** (need to feel that you are worthwhile, to feel pride, to show self-love, self-acceptance, to be courageous)
- **Need for authenticity** (need for integrity, to be true to oneself, to live a life based on your values, to express oneself in a genuine way, to choose freely one's own dreams and ways to realize them, to make independent choices that reflect oneself)
- **Need for mastery** (need to develop competences, find your element, to grow, to be "in the flow")
- **Need for purpose** (need to have a meaning, need to be motivated, to create, to offer, to rise spirituality)

What these needs have in common is that they are not well covered not just in the educational system but they are neglected in the society at all. There is lack of effective tools and practices available for facilitating natural development in these spheres for the youth.

What we offer in this training are innovative way and methods to address these developmental needs. The approach combines *nature-based methods, mindfulness practices, developmental psychology and somatic practices*.

The abbreviation **SPiRAL** stands for the basic principles that unite the methods included in the Integral approach:

- Spiritual development
- Positive worldview
- Interconnection with all natural beings
- Resilience
- Active role in the community
- Life purpose identification

## TRAINING OBJECTIVES

- ☉ To develop common understanding about the developmental needs of young people focusing on disadvantaged one (NEET, marginalized, hard to reach, in a risk of radicalization);
- ☉ To develop competences that enable youth workers to work with youth on complex personal challenges, thus enabling them to reach their full potential;
- ☉ To practice and equip the youth workers with tools and techniques for working with youth (especially disadvantaged one) for their personal development, social inclusion and realization;
- ☉ To explore alternative practices for addressing developmental needs of disadvantaged youth;
- ☉ To create environment for development of social core values which youth workers can foster with their target groups: compassion, support, unity, respect, empathy, inclusion, acceptance;
- ☉ To empower youth workers to adopt and create their own practices based on personal strengths, talents and preferences in the field of personal development.

## TOPICS OF THE COURSE

**Self-discovery and resourcefulness** - understanding about ourselves and supporting others' self-development process;

**Physical exercises** – practices based on yoga and other traditions that can be implemented in everyday life;

**Meditation and mindfulness** – tools for focus and balance of attention, emotions and consciousness;

**Outdoor creativity and nature** – connecting with the self, nature, other people, the outside world, organize open air learning and creativity activities;

**Dance and movement** – embodiment as a method for deepening connection to oneself and provoking kinaesthetic learning experiences;

**Singing and using the voice** – experimenting with our natural ability to communicate and connect to the nature (inner and outer) through the very first mean of communication.



## PROGRAMME ELEMENTS

Working with values

Nature based methods

Experiential learning

Methods for self-development

Workshops development and delivery

Solo time in nature

Land art

Living as a community (*cleaning, cooking etc.*)

## WHO CAN PARTICIPATE

You can apply for this training course if you are from the following countries: Bulgaria, North Macedonia, France, Czech Republic, Greece, Romania, Italy, Portugal, Cyprus and Ireland.

Dates: 21 – 29.05.2021

Arrival day: 21.05.2021 before 12:00 (AM) in Sofia

Departure day: 29.05.2021 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, general educators, trainers, mentors, coaches, educational nature guides.
2. **MOTIVATION:** persons who feel a strong calling to participate in this course and have strong and relevant motivation for joining the process. The motivation should be a blend of personal and professional factors. We are looking for persons 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: [APPLICATION FORM](#)

The deadline for applications submission is **01st of March 2021 (included)**.

The selections results will be published on 10th of March 2021.

## CONTACT

Ognian Gadoularov – project coordinator and trainer

[ogi@learningforchange.net](mailto:ogi@learningforchange.net) +359 896 756 267



## TRAINERS TEAM

The trainers' team has a rich history in providing life changing experiences in safe but challenging learning environments. The "guides" of the learning process are professional youth workers, international trainers, persons with strong backgrounds in human development and psychology, with high ethics and working principles. The team is composed of:



**OGNIAN GADOULAROV (Bulgaria)** is a passionate naturalist, rock climber and expert of wildlife, birds and forests. For 11 years, he has been working in the field of non-formal education and personal development. Ognian supports people to unfold their full potential in life and to discover themselves. He is a trainer with interests and experience in meditation, yoga and energy practices. His favourite topics are personal development, self-discovery, responsible consumption, sustainability and environmental protection. He lives as an activist for cultural evolution, re-sacredtising life and reconnecting people with more-than-human-world. As a participant in the Great Turning, he likes to be known as Fire of Life and The Tree Listener, dedicated to the Great work for fair future for all living and nonliving beings on Earth.



**ELENI MICHAİL (Cyprus)** loves old trees, sunrises and singing. She likes to immerse herself into mountains and valleys and to initiate deep conversations with the beings around (children, elders, insects, birds, water, Earth, Moon). Eleni is a Mindfulness Teacher, a Soul Mentor and an Educator dedicated in inspiring change, supporting people to tune into their authenticity and into leading meaningful lives. She believes that every person is uniquely gifted and wonderful. Through her work she dedicatedly creates a space in which people can reconnect with their inner wisdom, as well as the wisdom of the Earth.



**BOGDAN ROMANICĂ (Romania)** is a nature based human development guide, trained with the Animas Valley Institute from USA (organization founded by Bill Plotkin). He is serving Soul, Earth and Great Mystery by guiding people in immersions in the natural world and the realms of their psyches. He leads processes for wholing, self-healing and Soul exploration. He is an apprentice of the Sacred Circle, the Mountains, the wild forests, wolves, storm clouds and other symbols and metaphors. Born in Romania, he is utterly in love with the Carpathian Mountains and the forests that spread not far from his city, Cluj-Napoca.

## FINANCIAL AND PRACTICAL CONDITIONS

**SPiRAL** is a project funded 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. ***Additional reimbursement will be provided for all the expenses related to international travel regulation due to COVID-19 measures (testing, medical certificates etc.)***

### Travel

If you plan to **arrive earlier** or **leave later** your expenses for accommodation 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 centre “School in Nature” in Gudevica village. The centre is situated **in the mountain** next to the Greek border in thinly populated region. There is **NO PERMANENT WIRELESS INTERNET ACCESS** in the centre.

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 centre 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.



