



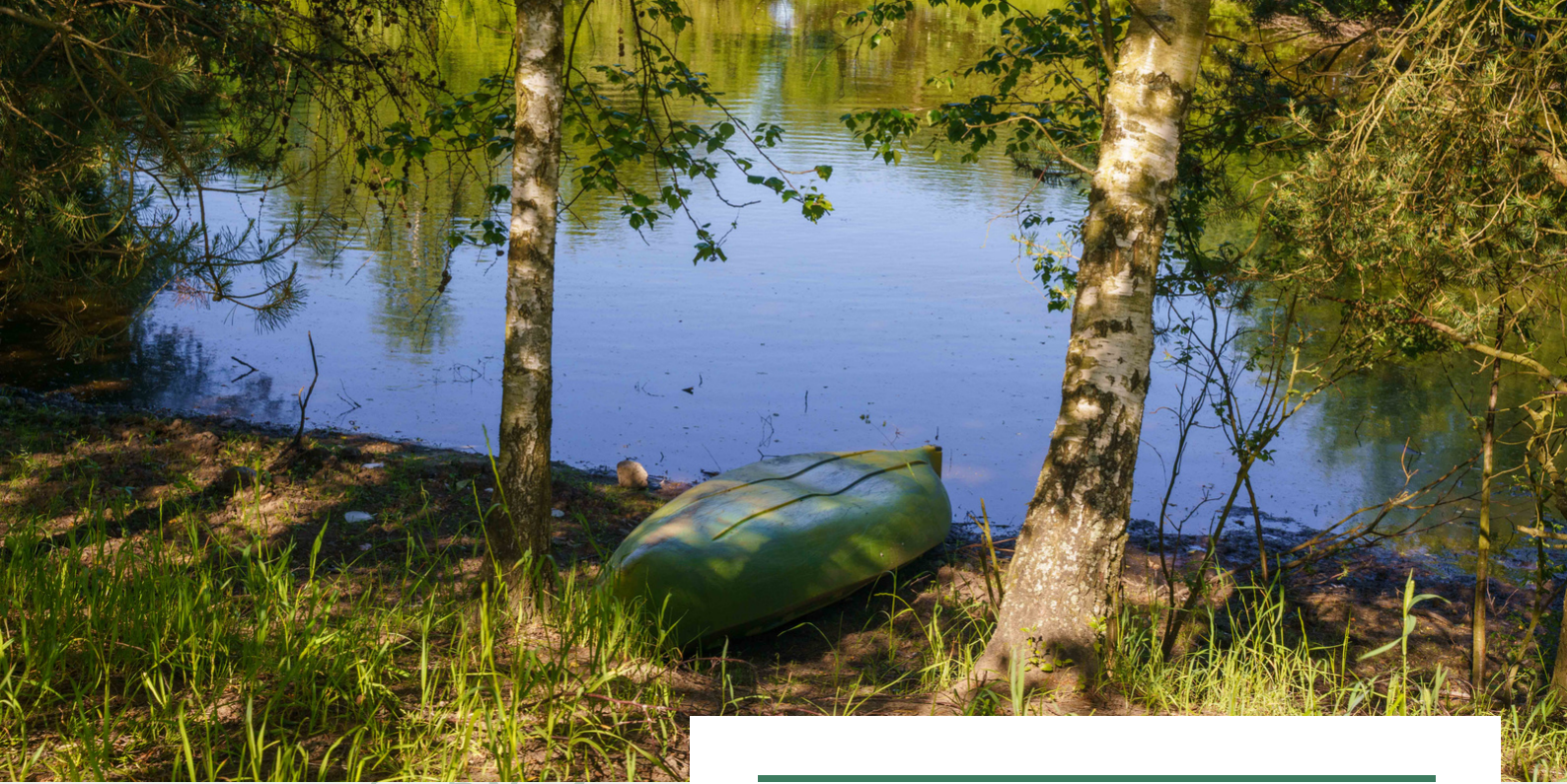
ŻYWA ZIEMIA, ZAKRZEWO 36,  
POLAND

---

RECONNECTING  
TO THE BASICS

---

AUGUST 18-26, 2021



---

## INFO PACK FOR PARTICIPANTS

---

### **Dear participants!**

We are looking forward to seeing you in August in Poland for our training course. 'Reconnecting to the basics' will be a seven days training course organized by Stowarzyszenie WICI (PL). It will be hosted in a remotely located agriculture education farm „Żywa Ziemia” in the region of Kaszuby, Pomorze in Poland. Participants will have the possibility to raise their knowledge and experience in the Empathic Communication approach, Anthroposophy, Applied Drama – methodologies supporting deep connection, reflection, and regaining stability in crisis moments.

Below you will find some recommendations and suggestions to help you prepare for this journey.



## RECONNECTING TO THE BASICS

Last year members of our association participated in a training course that presented Empathic Communication as a tool for dealing with group conflicts, especially in outdoor activities. During the training, we encountered the COVID-19 epidemic outburst in Europe. We have experienced how the methodologies and tools we were practising had a real impact on our well-being and supported us in managing the uncertainty of getting back home safe and staying healthy, with difficult feelings in relations with other people. Being in the lockdown, stopping the usual fast life, made us also realise how the basics we have in life support us to heal and overcome difficulties. Those basics are mindful and caring connection with ourselves, connection with other people, and with nature.

With this project we want to go back to the approach of Empathic Communication, recognising, on one hand, the value it had when being right in the moment of crisis, and on the other hand, including it in the recovery process after experiencing the crisis.

**The course is planned to answer the needs to be prepared with tools and methods to manage a crisis situation and deal with possibly traumatic experiences in an effective and healthy way as a person experiencing the crisis and as a person supporting youth in such a situation.**

## METHODS

The participant of this TC will have the possibility to raise the knowledge and experience in:

- Empathic Communication approach,
- Anthroposophy,
- Applied Drama.

These are the methodologies supporting deep connection, reflection, regaining stability in crisis moments, health, and wellbeing.

**THE EMPATHIC COMMUNICATION** approach is inspired by the work of M. Rosenberg and the Centre for Nonviolent Communication. At the core of what they explain is the NVC driven by compassion are two elements: **EMPATHY** allows us to feel and recognise what is alive inside ourselves and then expanding to feel in tune with another person. Learning the vocabulary of feelings and needs might be helpful to practice the skill of realize different emotional-cognitive states, being able to name them also for the others. **HONESTY** (which means that NVC is not about being nice but being honest)



## METHODS

refers to what is present and alive in you in the moment – not in the past nor in the imagined future. Honest in admitting that you might feel hurt or uncomfortable. Honest in setting limits and being assertive, in noticing your own anger and blocks for empathy. Only this way we may build a connection – with oneself, and then with others.

**ANTHROPOSOPHY AND BIOCENTRIC APPROACH.** The twelve senses Anthroposophical theory and the biocentric approach proposed by Rudolf Steiner in early 1900, explains the importance of sensory perception as a way to form the basis of the relationship with oneself, the surroundings, and the people around from an empathic perspective, as well as its relation with health and vitality. He focuses on will, feel and think as the holistic development of human beings and the observation of phenomenology of natural elements to gain understanding and knowledge about one's identity and capacities to play an active role in the responsibility to create a conscious living community.

**APPLIED DRAMA** activities will be introduced as a complementary method adding a new dimension. It uses theatre techniques of preparing to role-playing and stage performing to practice different social and psychological roles and scenarios, focusing on the „actor's" self-reflection and self-development rather than on the performance. Those activities lead to developing awareness and changes in understanding. This happens through reflection over what has been acted with the help of the body, what has been expressed outside and felt inside. Through this analysis, we practice awareness of our behaviour and interaction with others.

## PROGRAM

The project includes one training course for youth workers, trainers facilitators, community and group leaders, which will gather a total number of 24 members of our partner organisations.

The program of our course is built around several thematic blocks, distributed throughout each working day:

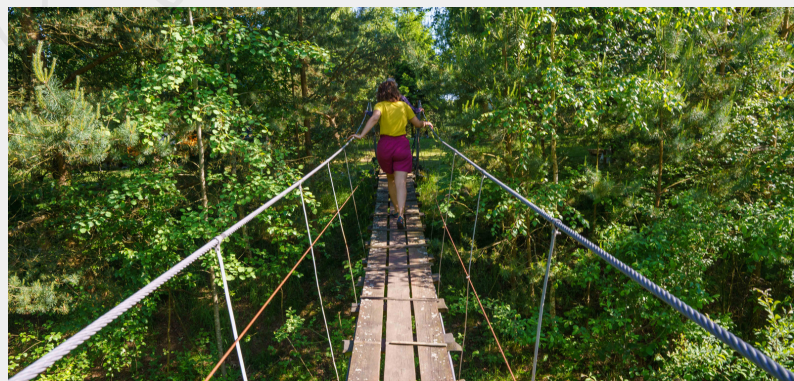
- 1 – Building safe environment for working as a community
- 2- Discovering the natural environment, education tools in nature
- 3 – Practice of mindfulness and biocentric approach, introduction to the steps and elements of nonviolent empathic communication
- 4 – Creation of a peer support network
- 5 – Practicing empathic communication with theater methodology in nature
- 6 – Planning dissemination



## COURSE OBJECTIVES

Specific objectives of the training course:

- introducing the concept of Empathic Communication inspired in the work of Marshall Rosenberg and the Centre for Nonviolent Communication;
- raising awareness about own needs and feelings, the ability to be in contact with them, to express them in verbal communication, and awareness about the meaning they bring to the communication process;
- equipping participants with an attitude ready to listen to others' needs and emotions;
- practising empathic constructive communication and conversation;
- equipping participants with open and proactive attitudes towards conflict and crisis situations;
- practicing daily habits to foster biocentric lifestyle applied to daily circumstances;
- creating space for networking and peer support;
- improving professional language skills for inclusive acting in a diverse environment, including linguistic diversity.







---

## TEAM OF TRAINERS

---

**Marta Skorczyńska** - non-formal education trainer, certified in applied drama methodology, actor in Forum Theatre performances. Since 2009 supporting international volunteers as a mentor, coordinator, and coach. Since 2017 supporting other youth workers as a trainer and coordinator of projects developing their toolbox. as well as supporting their professional and personal satisfaction. In her work finding inspiration from voice and body training methods, coaching and solution-focused approach, and educational games. Working with the Nonviolent Communication model and promoting empathic communication since 2018. In the process of training in NVC-based mediations and coaching.

**Ainhoa Magdalena** - pedagogue in Waldorf Steiner, Social Anthroposophical pedagogy, and non-formal education trainer. She has been part of associative schools and non-formal education projects combining humans' evolutionary stages companionship, specialised in children and diversity, since 2015. She has been part of Erasmus+ projects since 2009 in topics such as environmental development, embodiment, and art for social issues. As an educator, she focuses on the development and connection between the willing-feeling-thinking process in human beings through a rhythm of nature and artistic expression for holistic education, as well as the development of the senses as a tool for mindful observation and empathy.



## TRAVEL INSTRUCTIONS

**Zakrzewo** is a small village in northern Poland. It lies approximately 52 km west of the regional capital **Gdańsk**. The closest small city is **Łębork**.

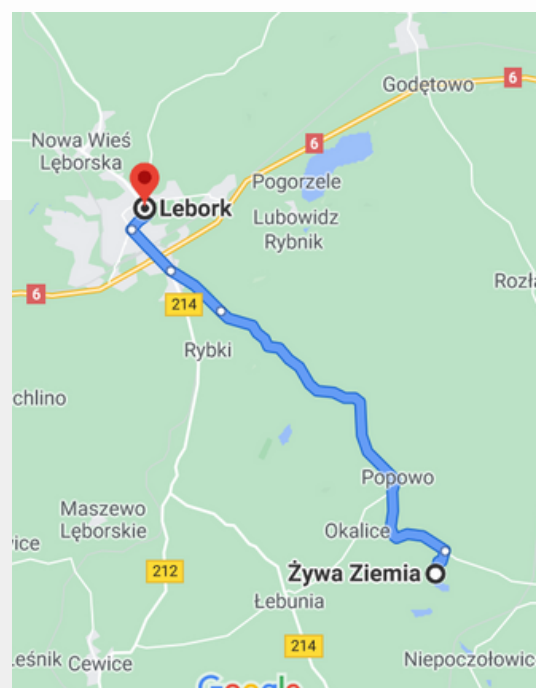
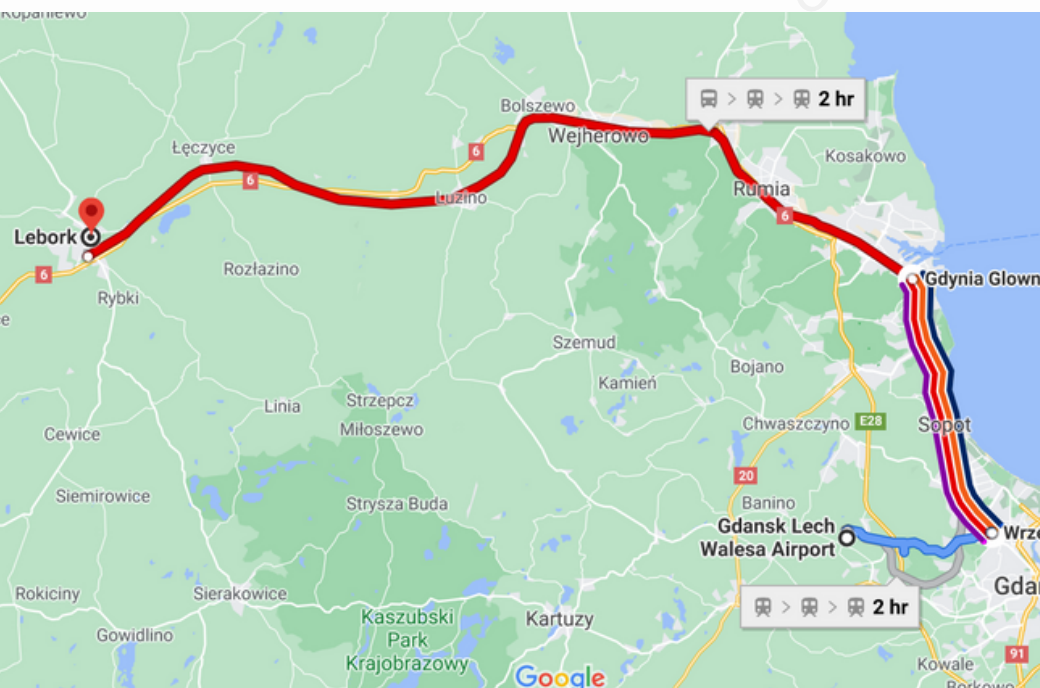
We are taking extra measures with an eye on the pandemic situation to make your stay as safe and pleasant as possible. We would like to invite the partner organisations to arrange group travel by car or van when it is possible. This will help with practical arrangements, each group traveling together to be accommodated together, and with the general safety of all participants. You can drive directly to the farm (we can send you exact instructions for your navigation). If you travel by public transport, you need to go to the **meeting point** at the train station in Łębork. In that case, a member of the project team will pick you up.

From **Gdańsk Lech Walesa Airport**, there is a **suburban train (Gdańsk Matarnia station)** to the Tricity (Gdańsk, Gdynia and Sopot). The train starts at 04:50 AM and leaves one, two, or three times per h. The number of courses depends on the time of day. The ticket price for the train is on average 4,60 PLN. You can check the trains from the airport and buy the tickets on the following web page [www.skm.pkp.pl](http://www.skm.pkp.pl). From Gdańsk or Gdynia you can travel with inter-regional trains to Łębork. You can check the trains to Łębork and plan the trip on the following web page [www.intercity.pl/en/](http://www.intercity.pl/en/). If you are flying to the airport in Warsaw, you can also check connections to Gdańsk on this page. There are not many buses running after covid-19 but you can check available options on this website [www.en.e-podroznik.pl](http://www.en.e-podroznik.pl).

The exact meeting point will be announced later. You need to be in **Łębork on the 18th of August 2021**, arriving no later than at **15.30** at the train station or **17.00** at the farm.

Your travel will be covered from August 17th until August 27th.

It is your responsibility to buy travel insurance!





## TRAVEL COSTS

Travel costs will be reimbursed up to the maximum amount per country and only in exchange for your ORIGINAL tickets, so keep all boarding passes, metro or bus tickets, etc. Flight tickets and invoices must show the full name, travel dates, and price. All kinds of extras like food on the plane, more comfortable seats, etc. we do not reimburse.

**IMPORTANT:** To not face any problems with arriving in time, please consult us and your sending organisation BEFORE planning your travel and we will confirm your travel itinerary before you finalise travel arrangements and booking any necessary tickets.

**WE DO RESERVE THE RIGHT TO REFUSE / NOT ACCEPT ANY COSTS WHICH WERE NOT DISCUSSED AND ACCEPTED BY OUR TEAM!**

**Please, try to choose the safest and eco-friendly means of transport.** Again, we would prefer to have participants from the same country coming together. If that is not possible, please choose the safest possible option.

**You are welcome to stay some days longer for visiting Tricity, travel, relaxation, visiting friends, etc. at your own expense.**

The travel costs of the participants are **reimbursed after the training course**. This means we will pay you back the tickets when you provide us with all your **travel documents and report your follow-up activities**.

Below you can find the maximum travel allowance per participant per country:



COUNTRY	TRAVEL LIMIT
POLAND	180,00 EUR
FRANCE, ITALY, NETHERLANDS, BULGARIA	275,00 EUR
CYPRUS	360,00 EUR
SPAIN	530,00 EUR

## FOOD AND ACCOMMODATION

### EMERGENCY CONTACT

ANNA KEPA - COORDINATOR

 ANNA.KEPAA@GMAIL.COM

 FACEBOOK.COM/ANNA.KA.1806

 +48 509 383 965

You can check the facilities of Żywa Ziemia farm and read more information at:  
[livingearth.pl/en/home-eng/](http://livingearth.pl/en/home-eng/)

TC will take place in an agriculture education farm „Żywa Ziemia” in **Zakrzewo**, in the **Kashubian** region, **Pomeranian Voivodeship in Poland**. It is located remotely in a close surrounding of nature, as well as it's a place promoting conservation of nature and supporting farm animals to lead a quality life.

Once there we will explain the basic rules of the hostel, like there is not allowed to do drugs, drink alcohol, or smoke at any place inside the venue area. There are cats and dogs around the house, and other animals like horses, geese, or chickens. Please consider it in case of any allergy or other issues you may have with animals.

In the venue, **3, 4, or 5** participants will **share one room**. Bathrooms and toilets are shared but adjusted to the pandemic restrictions about disinfection. We will try accommodate people from the same partner organisation/country together, who preferably also travel together. There is (for a small fee) a **washing machine** available for participants of this TC. The cost of a load of laundry is 8-10 PLN (cash only). The seminar room and dining room are located in the same building with some rooms but part of them is located within a five-minute walk. This place provides also beautiful outdoor spaces, solitude, and natural surroundings reducing “city” distractions.

We will have the meals during the training in the venue, all cover by the project. For environmental reasons, we will have most of the meals based on **vegetarian and vegan** options. If you have any allergy, medical, or food requirements, please let us know to be able to offer a suitable diet for you.







---

## THINGS TO BRING WITH YOU

---

In August you are most likely to experience good weather with pleasant average temperatures that fall between 20°C and 25°C. However, be prepared for rain, wind, and cooler temperatures. We will spend a lot of time outside during activities and walks. Please remember to take suitable clothing for such circumstances. We recommend having a light rain jacket, jumper, or warmer shoes.

- please remember the venue is quite secluded. Do your shopping before we pick you up! The closest shop is around 3,5 km away. The closest ATM is in Lębork, 14 km away.
- take comfortable clothing as we will be working with movement, inviting you to sit or lay on the ground (we will be moving, dancing). Please remember that we will be on a farm, the soil can be quite muddy);
- toiletries (remember to bring your toothbrush, shampoo, soap, etc.) as there are no stores in the area of the venue).
- at the hostel, there is bed linen and blankets, but you need to bring your own towel;
- slippers/warm socks to wear inside the house (no shoes inside is a venue rule!)
- health insurance/EHIC! And all the medications that you need to take regularly or in case of emergency;
- personal journal to write important "AHA" moments;
- (optional) music instruments, board games, and whatever you find enjoyable for spending time together with a group;
- (optional) yoga mats if you want to use them;
- (optional), traditional, preferably healthy sweets or snacks from your country to share with the others during breaks.

*Please consider that there is still a covid-19 thread! Decide for yourself, be ready to take a risk, and be responsible!*

*We are happy to see you soon and looking forward to meeting and working with you!*