




E+ Training Course: **GREEN CAPACITY** Regenerative Culture in Youth Work

**CZECHIA, 22ND SEPTEMBER - 1ST
OCTOBER 2021**

ABOUT

Green Capacity is an eight days training course organised by Dobroti (CZ), taking place in Czechia in September 2021. It will bring together youth workers, trainers, educators, NGO leaders and workers who are willing to develop their capacities to create regenerative and inspiring learning environments and empower young people from all backgrounds to act as agents of change for environmental and sustainable development.



THE APPROACH

Regenerative Culture is a driving concept for this Training Course. By culture based on regeneration we seek to bring a different approach to our work as youth workers, educators and social change activists. A way of leading youth organisations and groups that supports culture based on the principle of regeneration and ecocentric approach - supporting young people and communities to be healthier, better off and more resilient while accepting responsibility for our choices at individual, communal and global levels

We will explore our individual approaches to practicing a regenerative ways of being, whilst focusing on practical solutions, actions and sharing worldviews in order to build our capacity to empower young people to take meaningful action in a regenerative way.

INTENTIONS FOR THE COURSE

During the course we intend to:

- develop common understanding of current environmental and social challenges, the role of regenerative youth work and personal responsibility
- experience living example of sustainable community and impact of the volunteering
- explore practical innovative approaches and non-formal education tools based on the principle of regeneration and ecocentric approach
- design, adapt and develop practices for contributive regenerative work

YOU WILL GET A TASTE OF

- Volunteering as a method for youth work
- Interaction and cooperation with local youth and local community
- Holistic and embodied learning (Movement and somatic practices)
- Practical workshops (hands on learning)
- Peer work (sharing and listening circles, dialogue, discussion, presentation)
- Self-reflection (solo time in nature, sit spot, journalling, drawing)
- Outdoor and nature connection activities (The Work that Reconnects, Wheel of Life)
- Mindfulness and meditation practices

PARTICIPANTS

We are looking for actively engaged participants willing to commit to making change in their lives and those around them.

Youth workers, trainers, educators, NGO leaders and workers who are working with young people on a regular basis, over 18 years and have a good level of English

Participants can apply to this training if they have a legal residency in Czechia, UK, Estonia, Poland, Bulgaria, Spain, Greece and Hungary.

VENUE

We will be staying together in a beautiful natural area in the Ecocentre Loutí, located near Prague. The accommodation is simple and cozy, you will be sharing cozy rooms with another 4-6 people, there is shower and toilet in each room.

We chose this ecocentre to be our home for the whole training course. We will bring the regenerative approach as well into our being there - we will support the local community in light daily chores to support the smooth run. You will take part in daily cleaning, dishwashing, maintaining the area clean, etc. As the ecocentre has a specific natural cleaning system, you will be asked to use only biodegradable cosmetics (please bring yours if possible). The wifi is available here.

All the meals will be vegan/vegetarian prepared with love by our team of Vegangelic cooks, there will be 3 main meals and the coffee break during the day.

We have a no alcohol and no drugs policy during the whole training, as the intention is to keep space for safe experience and authentic learning, allowing pure connection with self, others and the space.



CONDITIONS OF PARTICIPATION

- **Commitment** to participation in the online preparation process – materials provided by trainers
- **Full participation** in the programme from evening of September 22nd to morning of October 1st is necessary to be eligible for the reimbursement of travel and subsistence costs
- The **costs of food and accommodation** during the training course period (from September 22nd in the evening to October 1st in the morning) and travel (within a specific limit – see below) **are covered by the Erasmus+ programme**
- You are in charge of arranging your own **insurance** (health, accident, liability) for your travel/stay in Czechia
- We are inviting you to **contribute** to Dobroti's future local projects by making a donation from €0 to €80 based on personal financial possibilities. We don't want the money to be an obstacle in participating in this course, so in case any financial difficulties please get in touch with us
- The participants and the partner organisations are expected to ...
 - **promote** the project and its outcomes,
 - **transfer the competences** developed at this training course to further youth workers, teachers, trainers, facilitators
 - ensure the wider impact of this project by implementing concrete **follow-up activities** and **providing opportunities with and for young people** in their regions and countries. (it will be necessary to provide proof of the implemented dissemination, transfer and follow-up activities.)

COMING TOGETHER DURING COVID-19 TIMES

We are glad that you are interested in taking part in our project. Before you apply please check what it takes to participate in an international training course during Covid-19 times.

Please read our COVID STRATEGY [here](#).

The aim is that we experience our time together without masks and in a maximum safety, following national Covid-19 regulations. Please keep in mind that if the test is required for entry into the country, participants will cover the costs on their own. If there will be any Covid incident during the training course, Dobroti organisation will organise and finance all needed processes (testing, quarantine in different accommodation, etc.)

PARTNERS & TRAVEL COSTS

Following the rules of ERASMUS+, the costs of your travel are covered up to the following total amounts:

Czechia (Dobroti), Hungary (ReCreativity), Poland (WICI)
EUR 180

UK (Catalyst for Growth), Bulgaria (Learning for Change), Greece (Roes Cooperativa), Spain (Dynamica), Estonia (The Network of Estonian Eco-Communities)

EUR 275

APPLICATION

To apply, fill in the online application form:

<https://forms.gle/oQSm2wmCQhj6fio9A>

latest by the **22nd July 2021**

The participants will be selected by sending organisations, in cooperation with Dobroti. Keep in mind that sending organisations might have their local conditions for your participation.

Selection is done based on the profile and motivation of applicants. We recommend you to fill in the application form carefully.

If you are accepted for the project you will receive a "Confirmation letter with more practical information regarding the accommodation, the exact address of the venue and directions how to reach it.

Do NOT book any tickets before receiving a confirmation from us.

ABOUT DOBROTI

Dobroti Czech Republic, z.s. is non-profit organisation that „does good“ and connects educators and youth workers active in education and non-formal learning.

We aim to develop and share experiences and the best practices in the field of youth work using methods of Non-Formal Education, while bringing the essence of the natural, green sustainability, wellness and active healthy lifestyle in young people's and youth worker's lives and work. With little steps we make an impact in the societies we live in.

CONTACT

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TEAM

Kasia Stepien

facilitator, embodied educator and activist, passionate about promoting a culture of regeneration in all aspects of life, through nature-based practices, mindfulness and listening.



Šárka Martínková

embodiment facilitator, holistic cook and inner guide. She is bringing together wisdom of the natural cycles and movement as a pathway to reconnection and serving life with the gifts.

Jana Stará

caretaker, representative of Dobroti, facilitator and wellness coach. She stands for everything that does well in life.



Honza Látal

facilitator and ritual designer, interested in archaeology, astronomy and history of religions. His experiential events combine art, spirituality and natural elements

Dori Tomasz & Katka Kultová

Vegangelic cooks who cook with heart and the flow of nature. They are passionate about discovering new tastes and combinations to support people to get back in connection with their bodies and each other.

